

THE WASHINGTON COACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION

READY, SET ACTION!



Page 25 - photo by Andy Sawyer/Yakima Herald-Republic



Page 37



Page 21

WASHINGTON STATE COACHES ASSOCIATION



2008-2009 Membership Application

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

Send completed form with \$35.00 to:

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

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

We want to know more about our coaches.

Could you please tell us:

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

USE BACK FOR EXTRA IF NECESSARY



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2nd Year Position Rob Friese	2nd Year Position Jan Kirk
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Football - Bob Bourgette	Kennedy
Golf - Darrell Olson	Everett
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Swimming -Jeff Lowell	Mercer Island
Tennis -Nathaniel Whitley	Rogers Puyallup
Track & Field - Rob Phillips	Seattle Academy
Volleyball - Tony Batinovich	Puyallup
Wrestling -Craig Hanson	East Valley (Spokane)
Brett Lucas	Todd Beamer

For more information contact the below:

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Jerry Parrish

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WHAT'S INSIDE

From The President	2
From The Sidelines	3
What do you get for \$35.00?	4
Change of Address Form	4
September - Prostate Cancer Awareness	5
Hawkes Squawks	6-8
On the Sideline Nomination Form	9
Washington Coach Deadlines	9
The 1928 Footrace Across America	10
How Many Fingers Am I Holding Up?	11
23rd All-State Volleyball Series	12-13
It's More Than Just Pay to Play	14-15
Tackling the Correct Way	16
The Definition of a Coach	17-18
He was Born to Coach	18-19
What's your Motivation?	20-21
New Stunt Certification Required	21
Reminders for 2008-2009 Cheer Programs	22
On the Sideline	23
Earl Barden Classic	24-26
Washington State Football Hall of Fame Form	25
Cross Country	27
Scholarship Winners	28-29
Where Are They Now? Form	29
2008-2009 WIAA State Championships	30-31
Plyometrics for the Athlete - Part II	32-33
WSCA Career Recognition Form	34
2007-2008 Career Win Award Winners	35
The Return of Track Town USA	36-37
2008 Senior All-State Fastpitch Challenge	37
Email Addresses Needed	38
Terry Ennis Scholarship	39-40

Do you have an article you would like to have published in the **Washington Coach**?

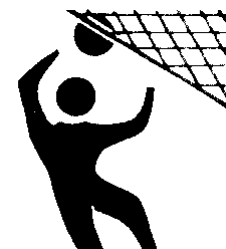
Email Mike Schick at

WSCA-EDITOR@comcast.net or mail to

2110 Richardson Drive

Puyallup, WA 98371

Winter Deadline is December 1



From The President

Fall 2008

Dear members of WSCA,

We are all excited to start a new year. We had a changing of the guard with Mike Schick turning over the President duties to me. Mike set the bar very high by doing an outstanding job the past two years and I will work very hard to keep this organization doing great things for student-athletes and coaches. With Bill "Alex" Alexander's leadership we have helped and provided 8 Senior All-State games with over \$10,000. Mike Schick is creating a special projects committee to help individual sports with certain financial needs. We have changed the application process for the Career Milestone Awards so you may nominate a deserving person. I feel this will be a huge boost in the number of award winners. We are able to do these things because our organization has grown to more than 3,100 members and with over 33% of this money going back to each individual sports group they have the funds to do great things within their own individual groups. I know that Boys Basketball got the opportunity this summer to induct their 100th coach into their Hall-of-Fame with a nice plaque placed on the wall in the WIAA office with the use of these funds. \$35 dollars is a small price to pay for insurance, the chance of getting my son or daughter a scholarship, a pass to get into all District and State events in all sports, eligible for state coach of the year and national coach of the year, Hall-of-Fame eligibility, receive this great magazine, be eligible for a coach on the sideline article, a chance to be in the selecting group to get my athletes in the All-State games or to get to coach in one of these great events, help with coaching clinics, be honored with a Career Milestone award or if you ask real nice our legendary Secretary-Treasurer Jerry Parrish will send you a window decal.



We will actively try to improve communication throughout the state. We will have a WSCA executive board member attend each of the WIAA District meeting to answer questions and make ourselves available to help. October 12, 2008 we will have the individual sports reps meet with their individual WIAA reps. The ISA's will inform the WIAA of their sports meetings and the WIAA has an open invitation to attend these meetings. If you do not know who your ISA (individual sport association) rep is call me or E-mail me and I will provide you that information. Communicating with your ISA is your best avenue of being heard.

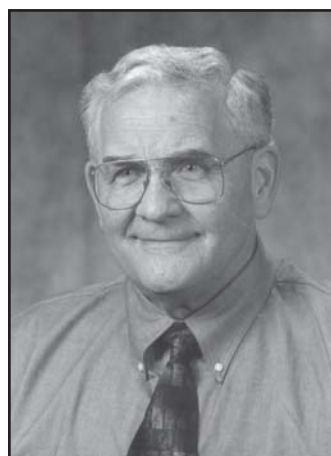
I invite all of you to join your individual coaches associations. I have learned more coaching tips from these meetings than I have from attending many clinics. We are always trying to find new people who want to donate their time and knowledge to the WSCA board. I also encourage you to attend other sporting events in your building. Some of my best connections to students have come from these student-athletes seeing me at a swim meet, a volleyball game, football game, baseball game or helping at a track meet. Students really connect in class to someone who cares and supports them out of class. Plus, I have also learned valuable coaching ideas from watching how other coaches get it done. Have a great year and keep smiling.

YOU GOTTA LOVE IT!!!!

Pat Fitterer

FROM THE SIDELINES

by Jerry Parrish



From The Sidelines

ORCHIDS AND ONIONS

ORCHIDS

- To Susan Doering, Rick Giampietri and Kyle Rydell for their good work in determining the Burnett-Ennis Scholarship winners for spring, 2008.
- To all the Spring Sports Champions and their coaches.
- To the All-State game coordinators and communities who continue to support high school athletics.
- To Dan Weedon, Toro Insurance, who has provided WSCA with good insurance advice.
- To the 40 plus schools and school districts who have enrolled 100% of their coaching staffs in WSCA for 2007-2008.
- To WSCA web page that now has *Washington Coach* archives on our association web page.
- To our new *Washington Coach* editor, Mike Schick and associate editor, Barb Johnston, for doing a great job with their new challenges.
- To the parents who sent information regarding "Where Are They Now" as we track the past winners of the Burnett-Ennis Scholarship.
- To Kevin Griffin and the Seattle Seahawks for raising our awareness in prostate cancer research due to the loss of Coach Terry Ennis.

- To the WIAA District Directors for working with WSCA to allow WSCA members for WIAA District Post-Season Contests.

ONIONS

- To those who try and convince high school athletes that they will be awarded a Fantasy Island Scholarship.
- To fall sport coaches who do not give their athletes and their own families any time off during the summer. ■

MOVING?

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

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

What do you get for \$35.00?

Have you ever been curious how your \$35.00 dues are utilized by the Coaches Association?

- | | | |
|--|--|---|
| 1. Liability Insurance | 5. All-State competitions and coaching opportunities | 6. Scholarship Opportunities |
| 2. <i>The Washington Coach</i> , 4 issues | | a. Burnett-Ennis |
| | | b. Terry Ennis—Varsity Gold |
| 3. Entrance to WIAA State and District tournaments | | 7. Individual Sport Association Reimbursement |
| 4. Continuing education clinics | | 8. ISA and Executive Board Expenses |
| a. Clinics | | 9. Career Recognition Awards—4 Levels |
| b. Clock hours | | 10. Membership in your professional coaches association |
| c. Coaching education hours | | |
| d. Possible salary benefits | | |

◆
**JOIN
YOUR
ASSOCIATION
TODAY!**
◆

CHANGED YOUR ADDRESS?

NOTIFY THE WSCA

Name _____ Email _____

OLD ADDRESS

NEW ADDRESS

Address _____

Address _____

City _____

City _____

State _____ Zip _____

State _____ Zip _____

New Phone # _____

Current email Address _____

Please send change of address to WSCA, 18468 8th Ave NE, Poulsbo WA 98370 or email the change to jparrish@donobi.net



SEPTEMBER - PROSTATE CANCER AWARENESS MONTH

In honor of Terry Ennis, who passed away September 12, 2007, coaches are asked to wear the Prostate Cancer Awareness pin to every game in September.

On September 12, 2007, the Seattle Seahawks and the Washington state high school football community lost a dear friend, Terry Ennis. Terry battled prostate cancer for five years.

Terry coached for 36 years and was named the Seattle Times High School Football Coach of the 20th Century. Terry was the second-winningest coach in state history with a career record of 287-87. He won 1A state championships at Archbishop Murphy High School in 2002 and 2003 and the 3A title in 1991 at Cascade High School.

In addition to coaching and teaching, Terry served on the Seattle Seahawks High School Coaches Council, managed the Seahawks High School Coach of the Week program and was instrumental in the development of the Seahawks' High School Coaches Mentorship Academy.



Terry Ennis

Prostate cancer is one of the most common cancers in American men. It affects more than 200,000 Americans each year. Prostate cancer in its early stages can be cured. Fortunately, about 85% of American men with prostate cancer are diagnosed in the early stages.

September is Prostate Cancer Awareness Month. We ask that you and your coaching staff join your fellow football coaches, officials and administrators throughout the state and wear Prostate Cancer Awareness pins during every game during the month of September as a tribute to the life of Terry Ennis.

To learn more about prostate cancer, please visit the Prostate Cancer Foundation's website at www.prostatecancerfoundation.com or the National Cancer Institute's website at www.cancer.gov/cancertopics/types/prostate.

Seahawks and Virginia Mason will be focused on Prostate Cancer Awareness month which will be this September. Each high school in our state will receive information. Script to be read will be sent to each school along with ribbons for coaches to wear on Sept 12th games. Also, Emerald City Classic will have information regarding this awareness message.

We wish you and your coaching staff a healthy year and the best of luck this season. Terry's death was extremely sad and he will be missed dearly. ■

HAWKES SQUAWKS

by Dee Hawkes
Retired



Here we go again - another year of Squawks has started! You might wonder how this retired coach can return for his 35th year of writing this column. The simple answer is that I can't let go. When the time comes to step off the soapbox it probably will be because of health problems. At my age, the old motor is still running but it needs more meds to keep it going. I still have a tote bag full of tolerance.

SO WHAT HAVE WE HERE

It's just a matter of time before escalating gas prices will crash down hard on school athletics. If any proof is needed, just look at what the school districts are doing to cope with this issue in order to meet budget. These are desperate times for school transportation officials who must work out all the angles to find ways to cut gas expenses, but still be on top of safety issues. Some districts may charge or raise participation fees. Other districts may cut back on travel distances, or take the option to send fewer JV and sophomore teams on the road. Further down the road, yellow school buses may be abandoned for private transportation.

Today, we stand on the brink of major changes in how the preps will travel. When the day comes that athletes drive themselves to games, even bigger problems will be created. (In my day, we drove in cars down Queen Anne hill because all our games were played at Seattle Memorial Stadium.) Adding to the uncertainty is a rumor that future preps may have to board buses to an athletic event with pre-paid bus cards, much like getting on a Seattle Metro bus. This option might just be one answer for the escalating price of gas.

ALL EYES ARE ON

There's a new club on the horizon called the SHORT YARDAGE CLUB. It started this past summer. This club involves a collection of old football coaches who have lunch, shoot the bull, tell old stories of woe, and have a good time with fellowship. The membership requirements are that the coach must be old enough to have worn baggy baseball pants or mud cleats, know how to run a 16-mm

projector, or experienced games ending in a tie. These coaches know first hand about health issues and the possibility of having their final number called. The inaugural class of coaches included Steve Doutrich, Paul Lawrence, Ed Lucero, Tom Merrill, Jerry Parrish, and Dee Hawkes. Although invited, Dick Nicholl, Mike Silvey, Fred Emerson and Jack Stark weren't able to make the first meeting. Just when it is least expected, you too may be invited to join! There are no membership dues for this club, but coaches who join are required to show respect to all coaches older than they are. Remember, these are the coaches who can still scheme a defense to stop the Single Wing!

THERE'S SOMETHING TO BE SAID FOR

At last, someone with credentials is speaking out about the use of steroids by young athletes. In his "I Play Clean Program," Dick Butkus, NFL Hall of Famer, encourages young athletes to sign a pledge card not to use steroids in order to play sports. He states that athletes feel pressured to use performance-enhancing drugs, but don't understand the consequences, which can include heart failure, personality changes, and suicide. Butkus is especially upset with some professional athletes who are portrayed as role models, but who actually are users. In baseball, for example, last year's Mitchell Report identified 86 players who had used steroids. Check out www.isplayclean.org for more information. It is encouraging to see that we already have a few players and cheerleaders in our state that have signed the Butkus' pledge. However, we need more.

Coaches continue to struggle with teenage drug abuse among athletes. This remains a problem. One solution that seemed to make sense was random drug testing, but the Washington State Supreme Court ruled that the practice is unconstitutional. Now, it's back to square one, which means that an athlete has to volunteer to take a test. With so much going on, it appears drug and alcohol programs will resurface again. In the past, most programs have failed. For those players who don't use, it is wasted time; for those who do use, the message falls on deaf ears. This

much known, many moms and dads would rather have their kid move on than enter into a treatment program. All is not lost. Hopefully enough positive athletes will use peer pressure to clean up a troubled program.

In the nation's largest testing program, 10,000 Texas athletes were tested for unauthorized substances. It is encouraging to note that only two kids tested positive for steroid use. The two-year program approved by the Texas legislature cost \$6 million. Critics say this is another "feel good" program that should be eliminated. They believe the money would be better spent by taking on alcohol abuse, which is a bigger problem.

SOME SHORT SQUAWKS

"Getting your bell rung" is a shop-worn sports cliché. However, getting hit in the head should be taken seriously. New research indicates that symptoms, such as a headache, could be a sign of concussion, which should be evaluated. It's far better to play it safe than to ignore it. . . . Can someone explain why 12-year olds on a select baseball team are training year around? Of course, their purpose is to get an edge so that they can win championships. Ordinary horse sense would suggest that this is a bit of overkill. . . . For the immediate future at least, state wrestlers can find competition at the junior college level. Wrestlers in the Yakima Valley are flocking to Yakima J.C. . . . It is good to know that cheerleader stunts, which are coordinated and often breath taking, must be overseen by a "stunt-certified" professional. This could be your cheerleader coach. . . . It looks like many high school code of conduct documents should be looked at by a set of legal eyes before it is given to an athlete or parent to sign. A standard basic code may not contain the language necessary to handle the proper punishment for a violation. Once an attorney has given approval, then the code should have a better chance to hold up in an appeal process. . . . Coach Bob Vander Haak was an anchor in the Lynden Christian athletic program, coaching at least one sport for 34 years. He made the switch over from slowpitch to fastpitch with great success and won several state championships. Now, after retiring from coaching, Bob's memory bank is top loaded with stories about his players, their parents, and his coaching buddies and how much they all meant to him. Nice job coach. . . . This one bears watching: A highly recruited California QB is letting his web site do the talking. His personal website, QBforce.com, which has received over 35,000 hits in one week contains his stats, video highlights, and lots of tips about how recruiting works. This QB's older brothers had gone through the recruiting process, and his advice is there for anyone who needs some answers. . . . Nibble on this.

Talk about an interesting new approach to conditioning! Check out the website www.speedball.com and judge for yourself. This sure appears to be a high octane activity that can be played inside or outside.

MORE SHORT SQUAWKS

With college costs rising, there still are a fair number of parents who believe that with total exposure to college recruiters, their son or daughter will get an athletic scholarship. So, families foot the bill to have their offspring spend their summer traveling all over the kingdom. In the words of an old song familiar to most, "It ain't Necessarily So." This is a catch-22. . . . Old coaches never die. They just return to coach. One example is Hugh Wyatt, who at the age of 70 is getting his double wing offense ready for North Beach High School. He has been all over the map coaching, which included spending seven summers coaching US Club football in Finland. Hugh sure sounds like a good fit for the Hyaks. . . . Maybe the "tool kit" for learning all about concussions should be required training for all high school coaches. The free and informative "Heads Up" program can be found by going online. . . . In a no-nonsense stand, the Olympia School Board told district athletes if they don't leave a drinking party, then they'll sit out one game. . . . I never could understand why youth sports officials register players while they are looking for volunteer coaches at the same time. It's like putting the cart before the horse - this practice has never worked! . . . Talk about a bizarre sport! A one-hole golf tournament played in New Mexico takes the cake. A tee is placed on top of Socorro Peak, 7,243 feet above sea level. The hole is a patch of dirt 60 feet in diameter over two and half miles away and 2,550 feet below. Can you believe that the course record is nine strokes? The same golfer has won the tournament 15 times. First off, how does one get up the mountain? Is it by foot, by tramp, by pulley, or by jumping out of a helicopter?

On Labor Day at Texas Stadium in Irving, Texas, (which is deep in the heart of Texas) six powerhouse high school football teams will kick off the season. Two teams from Louisiana and one from California will play three top programs from Texas. The National Football Foundation Scholarship has been named the charitable beneficiary of the games.

BLUE LIGHT SPECIAL

Everett Herald's sports writer Scott Johnson pulled off a "blue light" special with his newspaper series on the 25 most successful quality coaches from Snohomish County. His high school lineup card read like an almanac

Continued on page 8

Continued from page 7 - Hawkes Squawks

with such familiar coaches names as Norm Lowery, Jim Ennis, Reg Scodeller, Karen Blair, Dick Armstrong, Tom Campbell and Keith Gilberson, Sr. to mention a few. The college coaches included Dennis Erickson, Mike Price, Lynda Goodrich, Jim Lambright, Marv Harshman, Keith Gilberson, and Keith Kingsbury among the honored. Granted, there are others that deserve recognition, but his personalized story of each coach told it all. The hardest part for him was picking the most influential coach who stood a notch above the others. That honor went to our very own Terry Ennis. No matter how you slice it, all 25 coaches earned their stripes by bringing out the best in their players. By the way, Everett is loaded with lots of quality assistant coaches whose loyalty made a difference too. Why doesn't a sports writer do the same thing for King, Pierce, and other state counties. Scott's series especially caught my attention because of his good writing. It is to be saved and reread from time to time.

IT'S GOOD TO KNOW THIS ABOUT RECRUITING

A few parents have asked for an explanation of the

different recruiting periods allowed by the NCAA in a calendar year. The year is broken up into four periods, which involves different time slots for each sport. During the *Contact* and *Quiet* periods, a coach can have personal contact with a potential athlete. During the *Evaluation* and *Dead* periods, a coach is not to have personal contact with a potential athlete. Although the rules are cut and dried, some find ways to fudge on the clock. In a side note: Only three percent of high school senior basketball players go on to play NCAA college basketball. It's a good thing that there are other options to play college basketball!

ALL TOLD

You may not always agree with what I have to say. Whether something is worth squawking about usually comes within the coaching ranks. Often a real dose of reality is applied so as to bring it into focus. There are still more rivers to cross before I retire the Squawks, so let me know what's on your mind. The best way is to send an email at hawkes32@comcast.net. Beneath the autumn leaves, have a good time coaching the preps.

See you around, I hope. ■



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Lacey, Washington 98503
t 360-413-5047 / f 360-413-5051**

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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

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 Mike Schick at WSCA-EDITOR@comcast.net

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

Mike Schick, 2110 Richardson Drive, Puyallup, WA 98371

Attention All-State Game Coordinators

Are you an All-State Game coordinator in the 2008-09 season? If the answer is YES, then please plan on attending a meeting to finalize the insurance package. The meeting is on January 24th during the Winter Coaches Conference. The information needs to be turned in to the insurance company by February 1 to ensure that it gets issued in a timely manner. Please note that if your information is not in by February 1, you will not be added to the insurance later on. Please feel free to contact either Dan Weedon or Jerry Parrish for additional details or questions. ■

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 Mike Schick at 253-848-9321 for additional information.

THE 1928 FOOTRACE ACROSS AMERICA

by Steve K. Bertrand

Few running events have ever sparked as much national interest as promoter C.C. Pyle's 1928 Bunion Derby. This 84-day cross-country run started in Los Angeles on March 4th & ended in New York on May 26th, 1928. Recently, Charles B. Kastner published a book entitled "Bunion Derby: The 1928 Footrace Across America" chronicling day by day this unique endurance event. He first learned about the race from his father-in-law.

Kastner spent eight years researching & writing his book. Relying upon many of the great sports writers of the era, Kastner unfolds his story. A marathoner himself, he feels a bond with these people. "I respect them," he said. As the runners make their way across America, Kastner takes the reader into the small towns they visited. He has collected many interesting stories from the Bunion Derby. For many small American towns, this was a pretty big deal. The entire country eagerly followed the event.

There were many hardships faced during the Bunion Derby. "These guys weren't trained for this event," said Kastner. "They were just normal guys. They got in shape as the race progressed." Few people at the time ran to compete, for fun or fitness. There wasn't modern technology. Runners experimented with food & beverages. They ran in little more

than rubber-soled shoes. Those who started slow & gradually built into the race were more successful. They became calloused. Many who went out aggressively burned out.

The 199 guys who lined up for this event were running the roads, mountains & deserts of America for cash prizes. They ran over freezing mountain passes & through sweltering deserts. They endured sprains, strains & blistered feet. Furthermore, each daily stage had to be completed by midnight. If you were caught catching rides in automobiles, you were disqualified. Daily stages varied in length from seventeen to seventy-five miles.

The winner was guaranteed \$25,000. At the time, you could buy a house for \$3,000.00 or an automobile for \$300.00. Many left family & jobs to chase the dream of providing a better life for their loved ones. They represented all walks of life – immigrants to millionaires. Known as the "bunioneers", they came for fortune, fame & glory. Consequently, each town passed through made a pledge to support the event. There was the race &... the sideshow. The event drew jazz bands, carnivals & dancing girls.

When they weren't competing, life offered its own challenges. Runners put up with no showers, Jim Crow, gale force winds, bad food, & slept in barns & tents. If you were a minority, like Seattle's Ed "The Sheik" Gardner (He wore a turban.), there was prejudice.



Charles B. Kastner

While leading the race through Texas, the KKK threatened to kill Gardner if he didn't relinquish his lead. He trudged along the unpaved roads, through rain, mud & racial slurs. At a time when there weren't civil rights, Gardner became a national hero to the black community. He became their hope. Fighting shin splints, Gardner eventually dropped back but kept going, finishing eighth overall.

Kastner describes the Bunion Derby as the "grandfather" of ultramarathon events. During the 3,400-mile transcontinental footrace, the leaders averaged forty miles per day at seven-minute mile pace for 84 days without a day off. "These were iron tough guys!" said Kastner.

Following much of Route 66, the event helped bring awareness to this new 2,400-mile road to the west. In the end, fifty-five runners finished the Bunion Derby. An interesting side note in American history, Charles B. Kastner's book "Bunion Derby: The 1928 Footrace Across America" was published by the University of New Mexico Press in 2007. Available online or in bookstores, it provides a great read for those interested in a slice of running & American history. It retails for \$24.95. Currently, Kastner is working on a screenplay based upon his book. ■



Information you should know...

HOW MANY FINGERS AM I HOLDING UP?

Concussions Aren't Just for Football Players Anymore

by Dan Weedin, CIC
Toro Consulting, Inc.

It was December, 2005 and I was coaching the first game of our high school basketball season at North Kitsap High School. It was late second quarter and we were playing North Mason at home. A North Mason player was heading on a two-on-one fast-break and my point guard Katie was in great position to take a charge. As the offensive player made her move to the basket, Katie stood her ground, feet planted, in perfect position.

BAM!

The collision came and the referee signaled offensive foul. Everyone on our bench and in the stands jumped up and cheered...except for Katie. She lay motionless on the floor.

When I went out to see her it was apparent she had suffered a concussion. Her head hit the floor hard after the impact with the other player. This was her second concussion in a couple of years. Needless to say Katie didn't finish the game and missed two more before she was cleared to play again.

It's not only football coaches that should be worried about head injuries. Concussions are common in most sports, especially basketball, soccer, wrestling, and baseball/fastpitch. Any opportunity for contact with either another player or equipment lends itself to this peril. In fact last winter, the UCLA basketball program was in the news as two of their players were out a significant time due to concussions.

Concussions and other head injuries are tough to prevent. They are part of the game. That being said, as a coach, you can plan for them and how you respond. As you head into a new year, now is the time for you as coaches to start preparing your **game plan** when it comes to head injuries. What do I mean by that?

- Regardless of your sport, make time in your pre-season meeting with players and parents to **discuss the inherent dangers of your sport**. You need to lead off with a discussion about head injuries. **Document** your presentation, both with the players and parents. If you can, use video to record the meeting. As I used to tell my players, the video never lies. If you are ever accused of not warning properly, you now have proof. Sorry...it's the world we live in.

- Don't take chances. It's easy to say now that you won't put an athlete back in a game after a head injury. It's harder when the game is on the line, the emotions are high, and he/she looks fit to participate. Make a decision now that part of your game plan is to resist that urge and **just say no**. At North Kitsap, we were fortunate to have a training staff that had to clear an athlete to play. Most high schools don't have that luxury. And, if you think this doesn't happen, think again. The newspapers are filled with stories of kids who received serious injuries after going back in following a head injury. **Just say no**.

- **Resist the urge** to play them too soon after a concussion. Look, I was one of you. Good sense sometimes flies out the window in the middle of a season. The player wants to play; the parent wants them to play; YOU want them to play. The bottom line is that nothing is as important as your athlete's health...period. Once a player has suffered a concussion, it is easier to get another one. Troy Aikman and Steve Young are perfect examples. Wait to get medical clearance from a doctor before letting them back into play.

There are two important factors you face with this issue. The first is the long-term health of your player. You have a great responsibility as their coach to protect them from undue harm. Take that responsibility seriously. The second is to protect you. You have liability for their care. If you don't use best practices, you may find your name on the front page of the paper instead of the sports page...for all the wrong reasons. If you do everything a prudent and educated coach should do when it comes to head injuries, you will be also protecting your reputation and career.

Best of luck to you this year.

Dan Weedin ■

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Dan Weedin from Toro Consulting is the insurance consultant representing the Washington State Coaches Association. Dan is available for coaches to contact with questions concerning liability issues. You can reach Dan at 360-697-1058 or dan@toroic.com.*

23RD ALL-STATE VOLLEYBALL SERIES

by Jan Kirk

The 23rd all-state volleyball series took place at Fife High School on Saturday, July 19th. The players and coaches arrived at 9am on Friday morning, and were divided onto teams {Red and Black} and then were involved in 2 practices before checking into their hotel, eating dinner, and putting on team skits. They arose Saturday morning and ate breakfast before traveling to Fife HS and participating in a 3rd practice. The 1B/2B's played at 4pm; the 1A/2A played at 6pm; the 3A/4A played at 8pm. Many tee shirts were given away between games and timeouts via a number on admittance tickets obtained by the spectators upon entering. All State tee shirts were also awarded to the officials from the Tacoma and Yakima Boards, who volunteered their time and expertise.

It takes a great deal of time and effort to sponsor the all-state series. The organizers would like to thank the Puget Sound Volleyball Region, the Washington State Coaches Association and the Evergreen Volleyball Region for their financial support of the event.

The series would not go forth without their sponsorship.

Listed below are the participants in the all-state series:

1B/2B:

Lauren Varney	Tekoa	Libero
Tarin Bond	Adna	Libero
Lisa Vaughn	Lopez Island	MB/OH
Elizabeth Madden	Manson	MB/OH
Ashley Warnecke	Wilbur	MB/S
Marci Connaley	Ocasta	Middle
Aubrey Plew	Manson	Middle
Cora Kellerman	LaConner	Middle
Kati Hronek	Rainier Christian	OH/RS
Elyse Bunger	North Sound Christian	Outside
Natalie Nobbs	Riverside Christian	Outside
Sabrina Schwindler	LaConner	Outside
Sylvia Herrold	Naselle	RS/MB
Julie Clark	Wilbur	S/Lib
Megan Tompkins	DeSales	S/Lib
Karla Koller	Lacrose/Washtucna	S/MB

Katie Barnes	Manson	S/OH
Shelby Zanoni	LaConner	Setter
Laney Brown	Waterville	Setter

Coaches: Amy Magley, Rainier Christian: Desiee Phelps, Manson: Greg Knott, Liberty Bell, Wendie Bond, Adna

Alternates for 1B/2B:

Kim Woodward	Darrington	Libero
Raye Galloway	Odessa	Middle
Sara Jespersen	Wahkiakum	Middle
Kelli Campbell	Liberty Bell	Outside
Ashtin Jeney	Reardan	Outside
Korrie Bourn	Liberty Bell	Outside
Caitlin Pendergrass	Darrington	Rightside

1A/2A:

Tille Henry	Fife	Libero
Jordan Harazin	Colfax	Libero
Ellen Payne	RA Long	Middle
Katie Hildebrandt	Fife	Middle
Brooke Gaston	LaCenter	Middle
Kayla Graff	Goldendale	Middle
Christine Hilt	Black Hills	Outside
Megan Robinson	Archbishop Murphy	Outside
Sadie Lazzarini	Colfax	Outside
Kieree Meloy	Selah	Outside
Ariel Erienbach	Burlington-Edison	Outside
Talia Venera	Ellensburg	Outside
Izzy Barth	Chelan	OH/S
Cristin Richards	Tumwater	Outside
Patti Reeves	Archbishop Murphy	S/Lib
Richelle Heacock	Eatonville	Setter
Sasha Valdez	Selah	Setter
Emily Sampson	Tumwater	Setter
Abby Bruya	Colfax	Setter
Ryann Carter	Fife	Setter

Coaches: Mike Bettinghouse, Archbishop Murphy: Geoff Olson, Eatonville: Tara Afftholter, Ellensburg: Donene Hendricks, Chelan

Alternates for 1A/2A:

Ashlee Holst	Columbia Burbank	Libero
Amanda Van Drest	Chelan	Libero
Ashley Bjorum	RA Long	OH/Lib
Patsy McGarrah	Montesano	Outside
Jessica Levine	Black Hills	Outside
Jessica Carpenter	Granger	S/RS
Carly Lundgren	Columbia Burbank	Setter
Talia Hamer	Mark Morris	Setter
Courtney VanBrocklin	Mt. Baker	Setter

3A/4A:

Marisa Muramoto	Kennedy	Libero
Chantal Petkus	Hanford	Libero
Theresia Dever	Central Kitsap	Libero
Betsy Devich	Woodinville	Libero
Caitlin Barschig	Mt. Spokane	Middle
Erin Lauber	Edmonds-Woodway	Middle
Jordan Keller	Kamiak	Middle
Alaina Barber	Roger	Middle
Brittany Quick	Hanford	Middle
Markee Murphy	Puyallup	Outside
Alison Fairchild	Kentwood	Outside
Kaytlyn Aust	Tahoma	Outside
Rachel Femling	Prairie	Outside
Allison Buck	Camas	Outside
Brittany Goldfinch	Heritage	Setter
Megan Birge	Timberline	Setter
Devin Larson	Kamiak	Setter
Kristin Barott	Hanford	Setter

Coaches: Chris Pratt, Woodinville; Mandy Flores Handley, Rogers (Puyallup); Hugh Harris, Hanford; Mary Opitz, Kamiakin

Alternates for 3A/4A:

Kim Jimenez	Eisenhower
Madison Turpin	Puyallup
Haleigh Adkins	Rogers
Caitlin McIver	Capital
Alisha Larion	Mt Si
Danielle Reese	Gig Harbor



“IT’S MORE THAN JUST PAY TO PLAY!”

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

Coach Hoddle is currently cross country coach at Tenino High School and director of the Northwest Track and Field Clinic- Feb. 13, 14, 15, 2009. He’s a USATF Level II coach and USATF Level I instructor, having instructed at 20+ Level I schools.

Gas is floating around the \$5.00 a gallon. Food costs have skyrocketed. Heating costs up dramatically. School districts operating expenses are going up. As districts begin to face many difficult financial decisions, the phenomenon of “Pay To Play” has hit many areas and has become part of our sports vocabulary. Is the term fair? Is the term really representing what is happening? Are teams just playing?

Many teachers, coaches, civic leaders, business people, doctors, lawyers and working professionals are where they are today because of a coach. A coach who through sports, that taught them many important things about life and gave them life skills that they would later call on in adulthood. One only has to have read Steve Bertrand’s July article in Northwest Runner Magazine on his coach Marvin L. Gray, to see the impact Coach Gray had on and still has on Steve’s coaching and life. Steve has picked up Coach Gray’s baton and now has the similar impact on his student/athlete’s. Some of these skills just can’t be learned in a chemistry, biology or algebra class regardless of the classes’ importance. So perhaps the term “play” is only slightly representing what is going on in our co-curricular activities. It might be easier to charge a fee or even raise the fee when we use the term “playing” but what about the many valuable life skills one attains through participation in co-curricular programs.

Before examining so called “Pay

to Play”, I think it’s only fair we call after school activities what they really are. Wouldn’t it be more appropriate to call after school activities, co-curricular than extra-curricular? Co-curricular means along side of your curricular work or part of, not in addition to. It’s much easier to charge a fee to someone when we use the term “extra-curricular” activities, just as it is for using the term “playing.” So having said that, let’s look at what co-curricular activities really do for the well-rounded student who is preparing for life.

Co-Curricular activities teach us at least 25 items that will help us later in life:

1. Sports aren’t always fair and neither is real life!
2. Goals are important and you need to have them, short, middle and long term. Have vision!
3. Self-discipline is very important. If you can’t discipline yourself, others will help you.
4. There will be good times and bad times. Enjoy one and **prepare** for the other.
5. You’ll get knocked on your gluteus maximus a lot. It’s what you do when you are knocked down that really matters. Life will hit you harder than the spike in volleyball or the linebacker in football.
6. The person you are competing against won’t ask you how your self-esteem is and



Bryan Hoddle

- later in life, seldom in your job, will your boss ask you that either. Your boss is interested in you getting the job done with success.
7. Being successful takes work and you’ll need to push your mind and body to levels that are uncomfortable.
 8. Character and humility can take you and those around you a long way.
 9. The score *does* matter even in junior high/middle and high school. Later in life, they keep score and there are winners and losers. Make no mistake about that!
 10. You’ll be around people you don’t like but still have to get along with them for the good of all and success of the team. Just wait until you get a work colleague or boss you don’t like and you’ll most likely run across a few of those throughout life.
 11. The coach will tell you things you don’t want to hear and so will the referee. Later

your boss will do the same thing. Your response to both will matter. One may park your gluts on the bench. The other might fire you. The bench will look like a soft landing in comparison.

12. Time management is a great skill to learn for school success and later in life.
13. Your competitors may cheat or demonstrate poor sportsmanship. How will you react? There are rules you must play by in sport and life.
14. The art of listening and focusing will help create success. They'll both save time and later save money.
15. Your teammates may say things that hurt you. Get use to it. Just know there are more darts headed your way in life. You can take the high road if you choose.
16. Balance in life is very important. Be well rounded.
17. Lifetime fitness is just that. It is forever and your school sports team will teach you just that, giving you skills and knowledge for a lifetime of physical well being. Your competitive days will one-day end but lifetime fitness is never ends. We should all be alarmed by the onslaught of Type II diabetes and increase in childhood obesity to understand the importance fitness plays while participating in co-curricular programs, not to mention how exercise and adolescent brain development go hand in hand. NOTE:(Childhood obesity is a national crisis. Check out CDC figures. The thought of cutting Physical education or recess opportunities for kids today with a 'pie in the sky'

idea that it will elevate high stakes test scores makes absolutely no sense!)

18. Sports give you the opportunity to pick someone up that needs to be encouraged. In life, encouragement is caring. People make mistakes. Don't stomp on them when they are down. Help them learn from that mistake and allow them to help you correct your mistake.
19. Sometimes you'll need to take the lead and other times you'll need to be a good follower. Both are important.
20. You may not get 5 times to get it right. Ask a running back if he wants to give the lineman 5 times to get it right in the game. Also, in real life there will be a correct answer to the question and you'll be required to get it right. You may not be rewarded just because you showed your work, especially if it's wrong!
21. When the odds are stacked against you, you have two options. Give up or get after it!
22. Saying "Thank you" is really powerful. Start practicing on your team and coaches.
23. A weak link in the chain can hurt everyone. People around you are counting on you.
24. People older than you have wisdom, so ask questions and learn.
25. Along with rights come responsibilities. With more rights come more responsibilities.

No one can argue that co-curricular activities have many lifetime benefits for the student/athlete. What about the student who can't afford a so-called "Pay to play" fee. Is there a fund set up to help that student? Will

the fee be waived for that person because of financial hardship? Are there alternative funding options other than a "pay to play" fee? What about families with more than one child or those who participate in multiple sports offerings?

It's easy to say, "Well, kids pay fees to participate in club sports." The other side of the argument is that not all kids play club sports. For many kids, school co-curricular programs are the only opportunity that student may have to acquire the many benefits those programs have to offer. The book "Game On, by Tom Farrey states, "Even Physical Education classes are disappearing, thanks in part to the misconception that private, non school sports will fill the void. Playing sports has become a case of the haves and have nots, just like other phases of American life." Many schools who instituted "Pay to Play" have seen participation numbers decrease. It's hard to argue that fact.

"Pay to Play" is likely here to stay but must do all we can to make sure that no child is left behind that wants to participate. If we're not going to leave them behind in the classroom, we can't leave them behind in co-curricular activities. They say, "some things money can't buy." In this case money is buying at least 25 great things that will help our student/athletes and leaders of tomorrow. It's more than just "pay to play!" Co-curricular activities are a great investment that our kids will benefit greatly from forever! Whether it be Coach Marvin L. Gray or Coach Steve Bertrand or the countless hundreds of coaches in the State of Washington, a list to large too mention, the message is always the same. **Everyday Washington Middle School and High School coaches teach lifelong skills through sports and it's far more than just playing.** ■

TACKLING THE CORRECT WAY

1. A correct tackle incorporates the fundamentals of the:
 - a. Approach
 - b. Contact
 - c. Finish

2. **Tackling Progression:** The most difficult tackle is an open field tackle. Therefore, there exists a fundamental teaching progression. This teaching sequence begins with:

a. Fit: Place yourself into the ideal tackling position. Knees bent, back flat, head up, arms wrapped and hips rolled. Once you have assumed the ideal position, you then have a model to strive for. (Visualize this position)

b. Contact: The pop is the coordinated skill of making contact in the correct position while rolling the hips, thrusting the arms and utilizing the power of the lower back and legs. The arms are utilized in two stages:

- i. As contact is made thrust the arms in an upward direction around the ball carrier. (six shooter)
- ii. Break the ribs of ball carrier with thrust.

- c. **Finish:** The combination of the contact and the leg drive allows the tackler to finish his victim by placing him on his back.

- d. **Approach:** Once the fit, contact and finish have been taught, it becomes necessary to concentrate on the approach. The single most important skill to be learned is the throttle down. As you approach the ball carrier, gather your momentum, assume a

good football position with the feet chopping, close the distance between you and the ball carrier and concentrate on the belt buckle. Your point of aim should be the near number on side tackles. The approach is divided into five situations:

- i. Head on – move in sternum – scrape numbers.
- ii. Side – move in – sternum near number – head across bow.
- iii. Boundary – move in – sternum near shoulder – hit through.
- iv. Open Field – move in – create leverage.
- v. Desperation

Escape with LB: Rip Push Pull

- a. Progression:
 - a. Start in Win Position: Push Pull, Dip and Rip by Player
 - b. Now go from Fit to Win Position: Push pull, dip and rip by player
 - c. Now reach right or left and then fit to win with dip and rip by player
- b. Add RB: escape of blocker using proper technique and make tackle
 - a. Start with defender getting blocked and cut off in Fit Position.
 - b. LB's hands on shoulder and sternum of offensive player.
 - c. LB will push pull offensive player and step with outside foot.
 - d. Then rip by taking second step trying to get hip to hip with offensive player.
 - e. Finish by getting square to the LOS and finding the ball. ■

The Definition of a Coach

by: *Chip Baker*
May 2008 Copyright American Football Monthly

The other day I was at a sporting event with a friend who is a fellow coach. Behind us a student hollered, “Hey Coach.” We both automatically turned our heads in response to find that he wasn’t addressing either of us. This athlete was talking to his coach, seated in our general vicinity. The athlete got his coach’s attention. He appeared to be in somewhat of a panic, but whatever the coach was saying to him, it seemed to calm him down. Eventually, he smiled. Observing this interaction made me reflect on the job we do as coaches on a daily basis, and even more generally, the life we live as a teacher/coach. It brought to mind all the coaches I have had the privilege to play for, work under, and work with. I have learned many great things from just being in their presence. I realized, these people, these coaches, all share traits in common. The first trait is consistency. Great coaches are consistent. They are consistent in their dealings with people, their mannerisms, and the way they respect and follow rules. They attempt to do the right thing at all times. They show respect for those they come in contact with regardless of how they have been approached. Great coaches are consistent in their demeanor. There is no guessing; you know what to expect from them. Great coaches take pride in doing the right thing and always making child-centered decisions. The second trait is that coaches go overboard. They go overboard to help those around them. “If you help enough people get the things they want, you will get the things you want.” That quote was from inspirational and motivational speaker Zig Ziglar. Coaches are great teachers first. They teach everyone around them. They teach and model what can be used to be successful in life. When they go overboard, helping those around them, they promote growth. Everyone they come in contact with learns something; something that will make them a better athlete, a better student, a better person. Their aim is to produce positive, productive, hardworking, successful citizens for our society; their goal is to instill traits that can be passed on gen-

eration to generation. The third coaching trait is to attain knowledge. Coaches love their job. Not only are coaches excited to be coaching, at whatever level they are currently coaching at, they are always striving to be better at their craft. Knowledge is the key that opens the door to success. With knowledge, the level of success is unlimited. As a teacher/coach, knowledge can be sought in a variety of ways. Coaches may read and research, communicate and compare, discuss with others in the profession and observe others doing what they do. What makes a great coach is taking this knowledge and using it effectively to benefit others. To know something is one thing but to do something with it is a whole other ball game. It is like baking a cake. You may have all the right ingredients but still not be able to bake a good cake. To take the skills and knowledge you have and use it to positively influence others—that is what good teachers/coaches do. The fourth trait is confidence. Coaches are confident, but not arrogant. They do a great job because they believe that they can. “The secret of making something work in your lives is first of all, the deep desire to make it work; then the faith and belief that it can work” (A quote about confidence from Eileen Caddy). Great coaches do not go around bragging or boasting about their accomplishments. They enjoy the moment and continue working to achieve more. Coaches carry a quiet confidence. This confidence exudes through the staff and the children they are around. It makes everyone feel they too can be effective and do an effective job benefiting children. The fifth and final trait is a hand to guide. Coaches teach children to do the right thing, to believe in themselves and to follow the rules. Not only do they say it and demand it, but they live it. From actor Denzel Washington: “We’re all destined to leave some kind of mark. We’re all meant to walk a certain path, at a certain time, in a certain direction, for a certain purpose.” Coaches realize they are here for a certain purpose, to walk that certain path and most importantly, to

Continued on page 18

Continued from page 17 - Definition of a Coach

guide those around themselves in the right direction. They teach life lessons that children can take away with them to use to be successful in their lives. Coaches understand they are part of a cycle. They take what they have learned and use it daily to help young people. In turn, the people around them can take what they have learned from them and use it to help someone else. Webster defines coach “as one who instructs or trains, or one who instructs players in the fundamentals of a competitive sport and directs team strategy.” When I hear the word “Coach I see a myriad of faces, past and present. In my mind, a coach is much, much more than an instructor or director. To me a

C.O.A.C.H. is one who is C-consistent with others, O-overboard in helping others, A-attains knowledge to help others, C-confident in dealing with others, and finally, H-a hand to guide others. All this while also teaching fundamentals and strategies of various sports. For those of you reading this article: my hope is that it has provided some information to help you, help others and become a better COACH. We are very fortunate to be in the coaching profession and we have the opportunity to be a positive influence to many people. We can all help someone as they try to figure out their path. You don’t need a curriculum to see that you are a part of the math. Chip Baker is an assistant coach at Conroe High School (TX). He can be reached at ebaker@conroeisd.net. ■

WAY TO GO

HE WAS BORN TO COACH

Gilbertson adds new Seahawk post to long resume

by Clare Farnsworth, P-I Reporter
reprint Seattle P-I

KIRKLAND — Keith Gilbertson never was *just* a football player, and never has been *just* a football coach.

He always was an advocate for the sport, and the profession. He still is, in his new role this season as wide receivers coach for the Seahawks.

Gilbertson’s passion for the sport, and comprehension of the game, is rooted in the fact that he grew up the son of a coach — Keith Sr. — in the coaching hotbed that is Snohomish County.

It was apparent to Jerry Parrish, Gilbertson’s first position coach at Snohomish High School in the mid-1960s.

“Keith’s insight into what we were trying to do was really good,” said Parrish, now retired and a member of the Washington State Coaches Hall of Fame.

“I could tell then, by the questions he asked, that he had what it would take to be a good coach.”

It remained just as obvious to Kasey Dunn, one of Gilbertson’s recruits when he was the head coach at the University of Idaho and now a fellow coach on Mike Holmgren’s staff with the Seahawks.

“Keith is the reason I decided to get into coaching,” said Dunn, who was hired in March to coach the Seahawks running backs after Stump Mitchell left to join Jim Zorn’s staff with the Washington Redskins.

“Just being around him at Idaho, seeing the enthusiasm he brought to the game and the joy he got from the game, that’s when I started thinking about becoming a coach when my playing days were over.

“I don’t think you can give some-

one a better compliment than that.”

The game has honored, humored and even humbled Gilbertson for as long as he can recall.

“I can’t remember when I didn’t want to do this,” he said. “I grew up in a house where my dad was a coach, and I think people thought he was a real fine coach.

“Then there was a real, real strong legacy of high school coaches in Snohomish County. High school football was very, very important around that area. So I just think it was natural for a lot of us to go that way.

“Everything I have in life was because my father was a coach.”

Gilbertson might have been born with the body of an offensive lineman, but he has the mind of a quarterback — the position he always fancied himself playing.

“But that wasn’t happening,” he cracked.

It does, however, explain what Holmgren labels “Gilby’s total grasp of the big picture when it comes to offense.”

It’s the reason Holmgren offered the wide receivers job to Gilbertson after long-time assistant Nolan Cromwell left to become the offensive coordinator at Texas A&M.

Still, the promotion from assistant offensive line coach was a move Gilbertson was not expecting.

“At the time, it kind of caught me off guard,” he said.

Not surprisingly, Gilbertson is attacking his new role just as he has all the rest that comprise his extensive résumé.

“When you have new coaches, you get to learn a little bit more,” wide receiver Nate Burleson said. “Sometimes, with the same coach for so long, it gets a little repetitive.

“I’m learning a lot more from Gilby, even beyond what I learned under Nolan. Gilby has a new vision and a new way of looking at things. I’m excited about what Gilby brings to this receiving corps.”

Not that there haven’t been — and won’t be — other minor tweaks.

Cromwell, an All-America wish-bone quarterback at Kansas and later a Pro Bowl safety for the Los Angeles Rams, used to flaunt his arm by throwing to the receivers during individual drills in practice. Not Gilbertson.

On game days, Cromwell used to exchange leaping shoulder bumps with each of his receivers just before kickoff. Asked if that tradition would continue, Gilbertson lowers his head and offers an “are you kidding?” glance over the top of his glasses.

To say Gilbertson has been around doesn’t do justice to his career — or his resiliency.

It all started in 1971, when he was

hired for what became a four-season stint as a graduate assistant at Idaho State. From there, Gilbertson went to Western Washington (grad assistant, 1975); the University of Washington (grad assistant, 1976); Utah State (offensive coordinator, 1977-81); the University of Idaho (offensive coordinator on Dennis Erickson’s staff, 1982); the L.A. Express of the USFL (assistant coach, 1983-85); back to Idaho (head coach, 1986-88); back to Washington (offensive line coach, 1989-90, and offensive coordinator, 1991); the University of California (head coach, 1992-95); the Seahawks (defensive assistant, 1996, and tight ends coach, 1997-98); back to Washington, for stints as assistant head coach (1999), offensive coordinator (2000-02) and head coach (2003-04); and back to the Seahawks, where he was an offensive consultant (2005) and assistant offensive line coach (2006) before his latest assignment.

As Parrish put it, “Keith’s got quite a few stickers on his bag.”

But Gilbertson also has stuck out wherever he has gone because of the same intuitiveness he displayed on the practice field at Snohomish High School all those seasons ago.

“Keith is a good teacher,” Parrish said. “He knows what he wants to get across, and his enthusiasm is just an outer show of his confidence.”

Gilbertson has come full circle, with very few degrees of separation. In addition to being reunited with Dunn, Jerry Parrish’s son is Kirk Parrish, the Seahawks’ college scouting director — and Dunn’s quarterback when they played together at North Kitsap High School.

The stint that still haunts him, of course, was stepping into a no-win situation at Washington when Rick Neuheisel was fired. Gilbertson did it for the good of the program and out of loyalty, even though it ended up

doing no good for his peace of mind.

“I knew what that was going to be the day they fired Rick Neuheisel. There was no other outcome to that,” he said. “Everything’s changing. Nothing but troubles. Nothing but controversy.

“That was going to be what it was. I wasn’t happy about a lot of things there for a long time. But that happens.”

It left Gilbertson with no interest in being a head coach again.

“No, gosh no,” he said. “I didn’t want to be a head coach the last time.”

But he continues to love being an assistant coach.

“There are a lot of good things about it,” he said. “First and foremost, if you enjoy the game and the complexities of the game, it’s very challenging and rewarding. That part of it’s fun.

“But the people, I think, are the issue. The people you work for and work with. The people you get to coach. That’s really what it is.”

Through it all — the peaks as well as the valleys — Gilbertson has remained on solid ground as a people person.

“Keith has never let his status go to his head,” Jerry Parrish said. “He’s always been very, very congenial to high school coaches.

“To me, that says a lot about the man, and his character.”■

**Be an “active”
member of the
WSCA.
Get Involved!
Take advantage of
the services provided.**

What's Your Motivation?

Chip Baker
Conroe High School
reprint Texas Coach



At times it can be difficult to motivate students to do the things they are supposed to do to ensure success. As coaches we are the potter and the students are the clay. We have a challenging opportunity to mold that clay

into productive, responsible, accountable students. There are a number of things we can do to help motivate our students. I will discuss some things in this article that I have seen to be beneficial.

In order to motivate effectively we must make a conscious effort to build a relationship with each student. When I say build a relationship I do not mean try to be buddies or friends with them. That is not our role. I mean make an effort to find out all about them. For example: What is their background? Where do they live? What are their interests? What are their goals? What do they want to be when they grow up? How many brothers and sisters do they have? These are all examples of information that can help us build relationships with our athletes. By knowing the answers to these questions we have a better understanding of what may drive the athlete. This can help us relate to them and provide relevance to their lives. If we can show them how the things they learn can be beneficial for them in their life, they will be more apt to learn and retain what we teach them. Each student is going to be different and have different motivations. This is what makes the task difficult. I am sure that it will pay off in the long run.

Another way to motivate effectively is to instill pride.

We have to make them understand that they are not just playing for themselves. They are playing for their family, team, school, town or community, and those young children that look up to them. "A careful man I want to be, a little fellow follows me; I do not dare go astray, for fear he'll go the self-same way" (Coach John Wooden). They must realize the importance of every decision they make. We are not born losers; we are born choosers (Ex 49er Rich Garza). We have the opportunity everyday to make the correct choices to be successful in life. Those who choose to do right have rewards and those who choose to do wrong have consequences. Those consequences affect everyone around them because they are a part of a team. The team is their family as well. "There is no "I" in team but there is an "I" in win. The "I" in win stands for individual responsibility" (Coach Nick Saban).

There should be things done on a daily basis to build self-efficacy to motivate our athletes. Self-efficacy is defined by educational psychologists as the degree to which people believe they are capable or prepared to handle a particular task. If our athletes feel that they are well prepared, they will play well. If they are told that they are capable and can handle anything thrown at them, they will handle anything that is thrown at them. They must understand that with hard work and good attitude they are capable of accomplishing whatever goals they set out to accomplish. It is important that they know that there is always something to work and improve on. Anything can happen if you are willing to put in the work and remain open to the possibility. "Dreams are realized by effort, determination, passion, and staying connected to that sense of who you are" (Michael Jordan). If players feel capable, well prepared and motivated they can achieve great levels of success.

Extrinsic motivation should be used to help our athletes achieve their goals. Examples of these are goal boards, reward stickers, saving new uniforms for consecutive wins or playoffs, big hit, Mr. Hustle, offensive, defensive, or special teams awards, rewards t-shirts etc. Not only should extrinsic motivation be used, strategies involving intrinsic

motivation should be taught to our athletes to help them motivate themselves. "In lay terms, you should want to excel and be the best that you can be, regardless of whether you're reaping the material rewards that come from success. That is, you should want to win the race because it will give you personal fulfillment, not because you will get a medal or a check" (Coach Nick Saban). When they comprehend the concept of intrinsic motivation, they will have knowledge that will help them become successful in life.

I hope this article may help you in your quest for success in motivating your athletes. When I started my career as a teacher/coach I would think to myself that if I could just make a difference in the life of one child I would be satisfied. Well, I think I have achieved that, but I am not satisfied with that. I want to make a difference in as many lives as I can. That is my motivation! ■

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"Forget the times of your distress, but never forget what they taught you."
Herbert Gasser

"The harder you work the harder it is to surrender."
Unknown

"I am the best golfer. I just haven't played yet."
Cassius Clay

"One machine can do the work of fifty ordinary men. No machine can do the work of one extraordinary man."
Elbert Hubbard

◆ Cheerleading ◆ Cheerleading ◆ Cheerleading ◆ Cheerleading ◆ Cheerleading ◆

NEW STUNT CERTIFICATION REQUIRED FOR CHEER COACHES

Pam Headridge,
Vice president - WSCCA, Head cheer coach - Oak Harbor High School

A special announcement to all cheer coaches... If your cheer squad stunts, please be aware that a new requirement goes into effect for 2008-2009 school year. Cheer coaches must be stunt certified as of August 25, 2008. Amendment 23.3.1D states "Stunt Certification is required for Cheer Coaches who intend to have their cheer squad(s) perform stunts. The certification program must be approved by either the Washington State Cheer Coaches Association or the WIAA. Coaches must be recertified every three (3) years." Any person who oversees a cheerleading squad that performs stunts under their su-

pervision must be stunt certified; be it the head or assistant coach or supervising administrator.

Currently only two stunt certifications meet this new requirement: WSCCA Stunt I & II Certification and National Federation of High School Stunt Progression. Many other good educational opportunities, such as cheerleading camps and AACCA classes, are excellent sources to coaches, but at this time, they do not meet the hands-on requirements that WIAA and WSCCA wants. As the list is updated, it will be posted on the Washington State Cheer Coaches Association's web site.

WIAA and WSCCA believe this new prerequisite will develop a safe learning environment for high school cheerleading. Understanding the fundamentals of stunting is key to coaching. Through these approved certification classes, coaches will learn about performer readiness, skill and stunt progression, safety drills, spotting techniques, and the medical and legal responsibilities in cheerleading.

To find a class near you, go online to Washington State Cheer Coaches Association site, <http://www.wsc.ca.com/CheerConferences.html> ■



REMINDERS FOR 2008-2009 CHEER PROGRAMS

Pam Headridge, WSCA Cheerleading Representation, Oak Harbor High School

- All cheer coaches must meet the WIAA Coaches Standards, regardless of whether program is declared as an activity or sport, or whether the squads compete against other member schools.
- The head coach must take the WIAA online spirit rules clinic within the first three weeks of the season. See your athletic director for online password.
- Stunt certification is required for coaches who intend for squads to stunt. Only WSCCA Stunt I & II and NFHS Stunt Progressions are acceptable certifications. Check online for classes. <http://www.wsc.ca.com/CheerConferences.html>
- All sports eligibility rules except transfer rules apply.
- All eligible squads, whether the program is declared as a sport or as an activity, may compete against other eligible squads.
- Each school district establishes the beginning and ending dates for activity seasons.
- All squads are bound to abide by the NFHS Spirit Rules during all practices, performances and competitions. No jewelry of any type is allowed (no spacers, fishing line, band-aids or dental floss may be used).
- In order to qualify for Cheer State (Jan.24 at Everett Event Center)
 - The team must have performed in at least ten (10) school events, such as school assemblies, sideline cheerleading, half-time performances, pep rallies, etc at any time during the winter sports season.
 - The team must have participated in at least one (1) school sponsored competition and must have scored at least 195 as a minimum qualifying score (whole numbers only; there will be no rounding of decimals) after all deductions (based upon the cumulative scores awarded by three (3) judges in the competition.
 - Qualifying school competitions may be held during the months of November through Jan. 10. Contact the WA Cheer Judges Association for more information about hosting a competition. <http://www.wsc.ca.com/WSCJA.html>
 - Qualifying competitions are listed on WA State Cheer Coaches Association web site. <http://www.wsc.ca.com/Competition.html>
 - A school may participate in a maximum of three categories, provided each student participates in only one category. The third category must be a coed division. NOTE: The crowdleader category is exempt from this rule. Because the crowdleader category encourages spirit teams to work together, the restriction that each student participates in only one category does not apply.
 - One male may be a member of the following squads: SMALL, MEDIUM, LARGE, & SUPER LARGE
 - ROUTINE: Routines are limited to two and one-half (2 1D2) minutes. The music portion cannot be longer than one and one-half (1 1D2) minutes. Routines consist of cheer, chants, stunts, dance, jumps, and/or tumbling. The music portion cannot be longer than one and one-half (1 1D2) minutes. NFHS Spirit rules will be strictly enforced in all categories. Categories are
 - Small: 12 and under participants
 - Medium: 13-16 participants
 - Large: 17-20 participants
 - Super Large: 21 & over participants
 - Coed Small: 2-4 males & up to 20 participants
 - Coed Med: 2-4 males & 21 or more participants
 - Coed Large: 5 or more males, up to 20 participants
 - Coed Super Large: 5 or more males, 21 & over participants
 - Non-tumbling –Up to 20 participants. This non-tumbling division will prohibit all tumbling except inversions into a load-in positions into stunts and pyramids. Tumbling is defined as any skill with the feet over head rotation.
 - Crowdleader - A crowdleader team may consist of a combination of separate groups (cheer, song/pom, pep flag, mascots) working together, or a single team that does not have both cheer and pom. Each team will perform a game action cheer and fight song routine. ■

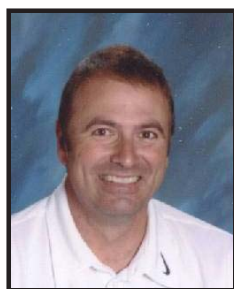


KIMMIE MARTON
Sumner High School

A graduate of Highline Community College and Western Washington University ('98), coach Marton earned her teaching endorsement from PLU in 2004. She currently coaches gymnastics at SHS with her twin sister Karrie

who works for the US Army. Kimmie has been coaching gymnastics for 18 years and was selected as the SPSL 4A coach of the year in 2002-03. Her teams have had great success as they were SPSL-North Division champions in 2003-04. Sumner finished second at the state gymnastics meet in 2002-03 and placed second at the sub-district meets from 2002 through 2005. Kimmie became a coach because she loves the sport of gymnastics and she wanted to share that love with others. Coach Marton enjoys watching her gymnasts learn and achieve new skills.

Her proudest moment in coaching was taking the Sumner team to their first appearance at the state gymnastics meet where they had one of their best meets of the season. Kimmie's favorite quote comes from Albert Einstein in "weakness of attitude becomes weakness of character." Kimmie has been a WSCA member for 8 years.



TOM YEAROUT
*Lewis & Clark High School
(Spokane)*

Coach Yearout has been coaching football for 20 years. He has also coached basketball for 9 years and baseball for 7 years. A graduate of WSU ('88), Tom earned his masters degree from Whitworth in

1991. His family includes his wife Julie and their daughter Laurie (18) and son David (16). Tom was named District 8 assistant coach of the year in '99 and head coach of the year in 2000 and 2007. He was also named the GSL coach of the year in 2000, Seahawk coach of the week in '03

and '07 as well as the WSFCA District 8 coach of the year in 2007.

The LC football teams have had great success as they were GSL co-champions in 2000 and 2001 and in 2007 they won the 4A state championship. Tom admits he enjoys teaching the individual and the team aspects of athletics and he says he feels fortunate to have quality mentors along the way. His proudest moment in coaching thus far was being named the head football coach at LC following John Hook. A favorite quote, "players win games." Tom has been a WSCA member for 16 years.



RYAN ZACKULA
Graham-Kapowsin High School

Ryan has been coaching track and field and cross country at GK since 2006. He coached both sports at Spanaway Lake High school from 1999 to 2006. Ryan earned his Ba. Ed. from Eastern

Washington University ('98) and his Ma. Ed. from Antioch University ('01). His family includes Abbie (8) and Max and Kellie, both 4 years old. Ryan has been the boys' track and field coach of the year in the SPSL-South Division and he is also a USATF Level II certified coach for jumps and endurance. In 2002, the SLHS cross country team won the 4A state academic championship. His track and field teams have won 66% of their dual meets and in 2007 the GK boys' track team won the SPSL-South championship.

Ryan became a coach to help high school student-athletes experience the same sense of enjoyment and achievement he developed in high school and college. A proud moment in coaching came from watching two former SLHS athletes compete in the 2008 Olympic trials in Eugene. A favorite quote of Ryan's come from Bum Phillips. "If you make your average athletes good and your good athletes great, then you're a successful coach." Ryan has been in the WSCA for 8 years. ■

See page 9 for Nomination Form

EARL BARDEN CLASSIC — Beasts of the East

Kittitas' Reno helps East defense clamp down for victory

PUBLISHED ON Sunday, June 22, 2008
by Scott Spruill
reprint Yakima Herald-Republic

YAKIMA — In the middle of picture-taking and good-bye hugs, Mike Reno took a moment to look around at his blue-clad East teammates and admire the view.

After a warm, muggy afternoon of holding his ground on the turf at Zaepfel Stadium, the Kittitas standout summed up the efforts of his defensive cohorts perfectly.

“Wow, we played really well — really well,” said the 6-foot-3 linebacker. “All the guys in rotation contributed and we had no letup. There were some tough situations but we didn’t give in.”

Spotting the West a touchdown on the opening drive, the East rallied behind its stellar defense for a 17-6 victory in the 14th annual Earl Barden All-Star Football Classic on Saturday.

On six of its final seven possessions, the West got inside the East’s 40-yard line and came away empty. Interceptions in the second and fourth quarters gave the West great opportunities but both times the East did not yield a first down.

Clinging to a 10-6 lead in the final period, the East put the game away — on a defensive play, keeping with the theme — when Tyler Moos of Reardan recovered an errant punt snap in the end zone with 3:34 left.

“I thought both teams were evenly matched but the fourth quarter definitely made a difference for us,” said East Valley’s Kurt Russell, who caught four passes for 58 yards and averaged 39 yards on three punts. “All week we talked about taking control in the second half. Everybody stepped up to do that, especially the defense.”

With Chehalis quarterback Griffin Squires throwing for 126 yards and running for 22 more, the West offense had plenty of chances with advantageous field position. But those chances ran out late in the game, which is when the humid conditions took a toll on the West defense.

Sensing the time was right to lean on the tiring West, the East offense protected a 10-6 lead by going to work on the ground. Taking the ball on its own 20 on the final play of the third quarter, the East didn’t relinquish possession until there was 4:59 left.

Royal running back Hector Ledezma slashed and weaved for 43 of his 65 yards during the drive, which

didn’t produce points but drained nearly eight minutes off the clock.

“We tried to wear them out and be physical at the end,” said East coach Greg McMillan. “It’s tough at 10-6 because they’re just one big play from taking the lead. And with this talent, anybody could do it. So we just tried to run the ball and the clock a little.”

After the long drive, the East offense, as it turned out, was done for the day. The defense forced a three-and-out and on the punt the snap sailed over Robbie Elliott’s head and into the end zone. Elliott attempted to swat the ball out the back of the end zone, but the 6-foot-5 Moos swooped in for the recovery and a touchdown.

Connell’s Spencer Hadley, with five receptions for 41 yards and two runs for 24, was named the East’s offensive MVP and Cashmere defensive back Tanner Wood was picked as the defensive MVP for the winners.

With the East trailing 6-3 in the second quarter, Russell hauled in passes for 16 and 23 yards to sustain a go-ahead drive that ended in Kevin Baffney’s touchdown pass to Lucas Fox with 11 seconds left in the half.

“We were using a lot of spread, trying to mix in differ-



ANDY SAWYER/Yakima Herald-Republic - East teammates celebrate a fourth-quarter touchdown that all but sealed their win after the ball was snapped over the West punter’s head into the endzone where Tyler Moos recovered for the score during the East-West All-Star high school football game Saturday, June 21, 2008.



ANDY SAWYER/Yakima Herald-Republic - The East's Kurt Russell of East Valley stays in bounds for a first half catch during the East-West All-Star high school football game Saturday, June 21, 2008.

ent things and open it up," Russell said. "This 2008 class is amazing, a ton of great talent. It's been great to be around these guys for the whole week."

Squires, who connected with Lynden's Ryan Gaylord for the first score of the game, received the West's offensive MVP award and Tumwater's Hank Bryant received the defense award.

Squires was 3-for-3 for 60 yards on the game-opening drive but the East secondary got stingy after that, allowing 70 yards the rest of the game on 8-for-22 throwing.

"There were phenomenal athletes on both sides," said Reno, who sacked Squires in the first quarter for a 13-yard loss. "To hold those guys to six points, that's amazing."

East	0	10	0	7 — 17
West	6	0	0	0 — 6

Continued on page 26

Washington State Football Coaches Hall of Fame Nominee Information Sheet

Nominee Information

Name: _____

Phone #: _____

Address: _____

City: _____

State: _____ Zip: _____

Email: _____

WSCA Member?	Total Years Coaching
Lifetime _____	_____
Former _____	Head _____
Current _____	Asst. _____

Offices Held _____

Nominee Coaching History

Year	School	Record
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Career Record

W _____ L _____ T _____

Honors Received : (Chronologically)

Year _____	Honor _____
Year _____	Honor _____
Year _____	Honor _____
Year _____	Honor _____
Year _____	Honor _____
Year _____	Honor _____

Advocate Information (you)

Name: _____

Phone #: _____

Email: _____

Please Mail to:
 Greg McMillan
 902 Ridgeview Ave
 Selah, WA 98942

(509) 698-5353 • E-mail: mcmillan_1@charter.net

Continued from page 25 - Earl Barden

West — Ryan Gaylord 21 pass from Griffin Squires (run failed)

East — FG Lucas McComas 24

East — Lucas Fox 16 pass from Kevin Baffney (McComas kick)

East — Tyler Moos recovered punt snap in end zone (McComas kick)

INDIVIDUAL STATISTICS

RUSHING — East: Hector Ledezma (Royal) 12-65, Spencer Hadley (Connell) 2-24, Austin Allred (Royal) 7-15, Kevin Baffney (DeSales) 6-6, Lucas Fox (Kettle Falls) 1-5, Brett Clyde (Connell) 2-0. West: Brent Phillips (Montesano) 9-38, Griffin Squires (Chehalis) 9-22, Sean Hurlbut (Meridian) 8-12, Alex Chicano (Aberdeen) 1-4, Tyler Cardin (Fife) 2-3, Robbie Elliott (Adna) 1-1.

PASSING — East: Baffney 5-11-1-69, Allred 8-18-1-63. West: Squires 10-20-0-126, Ryan Huber (Tenino) 1-4-0-4, Elliott 0-1-0-0.


RECEIVING — East: Hadley 5-41, Kurt Russell (East Valley) 4-58, Ledezma 2-12, Fox 1-16, Brett Linehan (Chelan) 1-5. West: Ryan Gaylord (Lynden) 5-78, Reese Baumann 3-34, Brady Bomber (Lynden) 2-14, Justin Erickson (Eatonville) 1-4. ■



ANDY SAWYER/Yakima Herald-Republic - The East's Mike Reno of Kittitas closes in for a first-quarter sack of West quarterback Griffin Squires during East-West All-Star high school football game Saturday, June 21, 2008.


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by Joe Clark, Lakes High School
President Washington State Cross Country Coaches Association

Although it may not be readily apparent, this has been a busy summer for the Washington State Cross Country Coaches Association. In July we hosted the East West All Star. The race is held on the traditional Lower Woodland Park course, and once again, fast times ruled the day. While it is often difficult to get athletes to take part in a mid July race, our numbers continue to grow, and the times have steadily dropped. For this we thank all of those coaches who have promoted the event and encouraged their senior athletes to participate. Also, a huge thank you to Super Jock and Jill, Brooks, and all of the coaches who helped out on with this event as well as with the Run of the Mill, one of our key scholarship sources.

Along with the race, we were able to award \$5000 in scholarships to deserving athletes. The process was a competitive one, with a record number of applicants and we are looking at expanding our scholarships next year. We currently award a scholarship in the name of Jeff Munroe, another comes from Brooks, and the majority of the additional funding comes from the "Run of the Mill" race in Mill Creek. We are actively seeking other sources for potential donations to enhance our scholarship program. Complete information on this years race and scholarship winners can be found on our website at www.watfx.com. There will also be an article in the upcoming Northwest Runner.

As we get closer to the season,

there are a couple of things to share as well. First, the state meet will continue to be held at the Sun Willows golf course in Pasco. Although John Crawford has stepped down from being the competition director, he will still be handling the results so you can expect them to be posted on the internet before you leave town. Le Burns will head things up from the Pasco end, and will be working with Teresa Fisher from the WIAA. The WSCCCA will continue to work with them to provide the best possible meet for our athletes, and we have provided them with all of the feedback we received after the 2007 state meet. With the help of the WSCA, we also hope to complete our drive to put up plaques for all Hall of Fame coaches in the WIAA headquarters. We have also ordered additional traveling trophies to reflect the B classifications and they will be in place this fall. Both should be on display at this year's state meet.

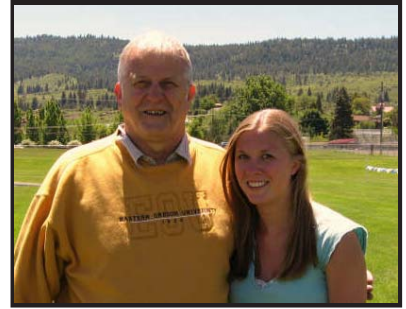
Speaking of the B schools, there was a good deal of discussion at the White Pass clinic as to what could be done to increase the number of participating teams in the B classifications to 16 entrants. As with anything, this will be a process and may take some time and patience. Brad Donovan of Willapa Valley is gathering information and suggestions. That way we will have a better idea of what our memberships concerns and ideas are, so we can then look at potential solutions. We are also putting together a basic guide to help new coaches, and will have that information out soon.

Finally, as you prepare for the upcoming season, there are a couple of things that the WSCCCA would like to emphasize. We are seeing an increased number of student athletes who are suffering from anemia, both girls and boys. While tests for anemia are not a standard part of a physical, we strongly encourage cross country athletes to be tested. It is a condition that is treatable if detected. Second, we are in a state with an outstanding array of invitational meets of all sizes. If you don't already take advantage of these, go for it. They really go a long way towards helping to develop your team and are one of the things that separate our sport from all of the others. And finally, we want to thank the WSCA for their support of "All" sports. Chances are you are already a member, and aware of most of the benefits you get. But you may not know that the WSCA has provided insurance for al star events, grants to help with those events (for things like uniforms and athlete perks), and is helping us to honor those in our Hall of Fame as well. Please encourage those coaches you know to join as well. They really are working hard for all of us. ■

The WSCA web page
address is:
www.washcoach.org

Congratulations

Burnett-Ennis Scholarship Winners!



**Robi Nilson
and dad Ron**



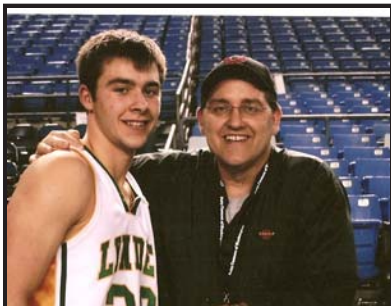
**Alexandria Lepper
and dad Ron**



**Travis Todd
and dad Bruce**



**Laney Brown
and dad Gary**



**Brady Bomber
and dad Ed**



**Mike Reno
and dad Frank**



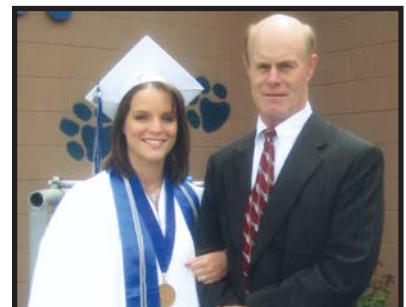
**Clete Hanson
and dad Craig**



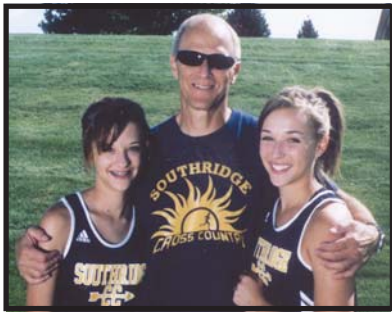
**Laurie Yearout
with parents Tom and Julie**



**Kelsey Randles
and dad Dan**



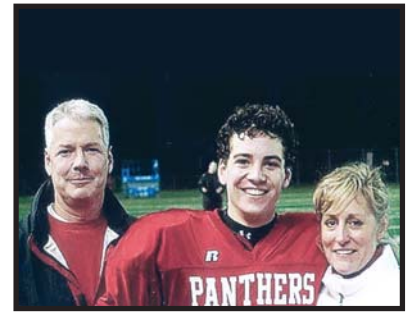
**Whitney Curtis
and dad Doug**



**Mackensie Rockstrom
with sister Macie and
dad David**

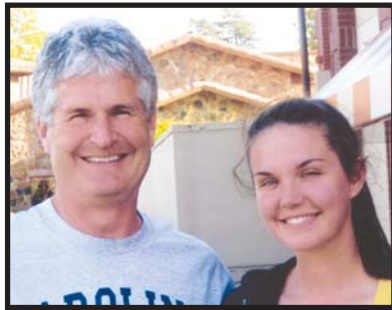


**Brad Perry
with parents Mark and
Tammy**



**TJ Gionet
with mom and dad**

Congratulations



**Stephanie King
and dad Mike**

Student Teacher Scholarship Winners!



**Pete Zukowski
and dad Phil**

***The Washington State Coaches Association is seeking information on all past
Burnett-Ennis Scholarship winners***

"WHERE ARE THEY NOW"

Please complete and mail to Jerry Parrish, 18468 8th Ave NE Poulsbo WA 98370 or email to jparrish@donobi.net

Name _____ Parent-Coach _____

Year Scholarship Awarded _____

Brief summary of scholarship recipient's status _____



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2008-2009 WIAA/Dairy Farmers of Washington/Les Schwab Tires State Championships

- Nov 8** **Boys and Girls State Cross Country Championships**
Sun Willows Golf Course, Pasco
- Nov 14-15** **2A, 3A, 4A Girls State Swimming and Diving Championships**
King County Aquatic Center, Federal Way
- Nov 13-14** **2B Girls State Volleyball Championships**
Yakima SunDome
- Nov 14-15** **1B, 1A Girls State Volleyball Championships**
Yakima SunDome
- Nov 20-21** **3A Girls State Volleyball Championships**
Toyota Center, Kennewick
- Nov 21-22** **2A, 4A Girls State Volleyball Championships**
Toyota Center, Kennewick
- Nov 21-22** **1B/2B Boys and 1B/2B/1A Girls State Soccer Championships**
Sunset Chev Stadium, Sumner
2A, 3A, 4A Girls State Soccer Championships
Harry Lang Stadium, Lakewood
- Nov 28-29** **Football Semifinals**
Tacoma Dome and various eastside sites
- Dec 5-6** **2008 Gridiron Classic**
Tacoma Dome
- Jan 24** **Cheerleading Championships**
Comcast Arena, Everett Events Center
- Feb 6-7** **2A/3A, 4A Girls State Bowling Championships**
Narrows Plaza Bowl
- Feb 13-14** **Regional Wrestling**
- Feb 19-21** **2A/3A, 4A Boys State Swimming and Diving Championships**
King County Aquatic Center, Federal Way
- Feb 20-21** **2A/3A, 4A State Gymnastics Championships**
Tacoma Dome Exhibition Hall
- Mat Classic XXI, Boys and Girls State Wrestling Championships**
Tacoma Dome Arena
- Feb 25-28** **1B Boys and Girls State Basketball Championships**
Yakima SunDome
- Mar 4-7** **2B Boys and Girls State Basketball Championships**
Spokane Arena
1A Boys and Girls State Basketball Championships
Yakima SunDome
4A Boys and Girls State Basketball Championships
Tacoma Dome

March 11-14	2A Boys and Girls State Basketball Championships Yakima SunDome 3A Boys and Girls State Basketball Championships Tacoma Dome
March 14	Individual Events (Forensics) University of Puget Sound
March 20-21	Debate and Student Congress Tournament University of Puget Sound
March 20-21	Drama Festival Western Washington University
March 27 March 28	1A/2A/3A State Dance/Drill Championships 4A State Dance/Drill Championships Yakima SunDome
April 24 April 25	State Ensemble Contest State Solo Contest Central Washington University
May 23	Baseball Regionals
May 27-28	Boys and Girls State Golf Championships Tri Cities
May 29-30	3A, 4A State Baseball Championships Safeco Field, Seattle 1A, 2A State Baseball Championships County Stadium, Yakima 1B, 2B State Baseball Championships Parker Field, Yakima 1A, 2A Boys State Soccer Championships Sunset Chev Stadium, Sumner 3A, 4A Boys State Soccer Championships Harry Lang Stadium, Lakewood 3A, 4A State Softball Championships SERA Fields, Tacoma 2A State Softball Championships Carlton Park, Selah 1A State Softball Championships TRAC Softball Complex, Tri Cities 1B, 2B State Softball Championships Gateway Sports Complex, Yakima
May 29-30	4A Boys and Girls State Tennis Championships Kamiakin High School & Tri-City Court Club 3A Boys and Girls State Tennis Championships Vancouver Tennis Complex 2A Boys and Girls State Tennis Championships Nordstrom Tennis Center, Seattle 1B/2B/1A Boys and Girls State Tennis Championships Yakima Tennis Club 2A, 3A, 4A Boys and Girls State Track and Field Championships Mt. Tahoma High School, Tacoma 1B, 2B, 1A Boys and Girls State Track and Field Championships Eastern Washington University, Cheney



PLYOMETRICS FOR THE ATHLETE - Part II

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

Editors Note: Plyometrics for the Athlete - Part I was featured in the Summer 2008 issue of the Washington Coach.

Setting up the program

Setting up a plyometric program for your athletes means following the standard resistance and aerobic training schedule guidelines, i.e. the warm up, frequency, intensity, duration, mode, progression, recovery and cool down.

Choosing a plyometric exercise for the upper, lower or trunk of the body will be determined by the desired outcome of the training session. Depending on the intensity of effort, the recovery capabilities of the organism may not be able to tolerate more than placing one emphasis at a time.

For instance, jumps in place are less demanding than depth jumps on the neuromuscular system. Upper body plyometric exercises may include medicine ball throws, and variations of the explosive push up. None of these will place as much of a demand on the neuromuscular system as the lower body movements. Trunk plyos such as the medicine ball twists, throws and sit ups are short range of motions exercises and place an even smaller demand on the system.

In each of the body areas mentioned in the preceding paragraph intensity is measured by the amount of stress that is placed on the muscles, joints, tendons and ligaments. This stress is therefore controlled by the intensity level of the exercise. Just as we do in setting up a resistance or running schedule as intensity rises, volume decreases. This is an inviolable rule.

Frequency refers to the number of plyometric sessions held each micro cycle or in most cases within a week. Most are conducted two to three times/week. And this will depend on the recovery capabilities of the athlete.

Remember that psychological maladaptations such as tension expressed as jitteriness, being intense, and tense or being calm, still, quiet will manifest before physiological indicators appear.

By the time physiological indicators, reported or observed, of an active, energetic, vigorous, ready to train or sleepy, tired, drowsy, wakeful athlete show up they are already in an overstressed status and the training has to be drastically modified.

Established guides for recovery are similar in nature to other explosive power training regimens; rest times are longer to allow full recovery between sets. Work to Rest ratios (WRr) of 1:5-1:10 are not uncommon. These WR depend on the volume and type of drill being used in the training session.

The work to rest ratio is lengthy to allow the muscles the time they need to refuel prior to the execution of the next intense plyometric exercise. Since these are explosive plyometric training exercises periods and not cardio sessions these rest times need to be adhered to.

In aerobic training the volume of distance and time are each integral parts of the planning process. The same is true for programs incorporating plyometrics into the schedule. In the case of plyometric training the volume refers to the number of sets and repetitions performed per training session.

Generally speaking, lower body volume is determined by the number of foot strikes to the floor per workout. The volume can also be distance related, for example, how many feet did the athlete bound. In the case of an athlete who is new to plyometrics, with no previous experience, a safe number of contacts with the surface is between 80-100. Anymore than that can cause unnecessary stress and potential injury to the athlete.

An intermediate, labeled as one with a small amount of plyometric experience may be able to withstand from 100-120 hits per session. The advanced athlete with considerable prior training experience can tolerate anywhere from 120-140 contacts to the floor surface. Observation and correction of faulty technique is the coach's responsibility.

Determining how long to run a plyometric program is still up to debate but most go for at least six to ten weeks.

Even more vexing is the scheduling of plyometric exercises within a strength training schedule. Bear in mind this does not take into account the training cycle, i.e. the macro, meso or micro cycle phases. For our purposes we will only mention the micro cycle commonly known as the weekly or daily schedule.

In my opinion placement of these exercises within a regular micro-strength training program would come directly after the general and specific warm ups due to the

explosiveness and technical nature of the movements. However, there are other options.

Even though plyometrics is an explosive undertaking, these exercises can still be combined with regular strength training schedules. For example, combining a lower body strength session with an upper body plyometric series is a perfectly acceptable practice. If the weight training period is a heavy day then follow the weights with plyometric movements.

Another combination of strength and plyometrics is to blend the two together. The squat jump is a classic strength-plyo exercise. It is performed by selecting a weight that is close to 30% of the one repetition maximum and then squatting and jumping as high as possible on the upward phase with that weight. This complex is for the advanced athlete only since it presents high loads on the body.

Plyometric exercise drills

A wide variety of plyometric exercises exist and are available to the strength coach to use in their program. A few of the most common movements now follow. They are in no particular order.

Lower torso-In place jumps

- Ankle hops
- Squat jumps
- Pike jumps
- Double leg tuck jumps

Lower torso-moving jumps

- Double leg over a barrier
- Vertical double leg jump
- One legged jump over a barrier
- One legged jump vertical

Lower torso -repetition hops and jumps

- Double leg hops
- Double leg barrier jump to the front
- Double leg barrier jump to the sides
- Double leg zigzag hops
- Single leg hops
- Single leg jumps to the sides
- Single leg zigzag hops

Lower torso -cyclic hops and jumps

- Skipping forward
- Skipping backward
- Skipping with power forward
- Forward power bounds
- Forward power bounds with double arm swings

Lower torso height drills-off of various boxes

- Push off from a single leg
- Push off with alternate legs
- Jump up onto the box
- Jump down from the box

Lower torso depth jumps-recall the safety advisory

- 1 Depth jumps
- 2 Depth jump immediately followed by a jump to another box
- 3 Squat depth jump-use with caution
- 4 Depth jump followed by a lateral move
- 5 Single let depth jump-use with extreme caution

Upper torso plyometrics

When using a medicine ball choose one that is not so heavy that it slows down movement. This decrease in movement execution alters the neuromuscular patterns to such an extent the motion becomes useless. These are meant to be explosive exercises not slow motion charades.

Medicine ball throws

- Chest passes
- Soccer throws
- Lateral throws
- Overhead throws
- Under the legs throws
- One hand overhead throws
- One hand lateral throws
- One hand shot put throws
- Hot potato drops-stand over the athlete and drop the medicine ball onto their outstretched arms. They immediately fire it back upwards.

Upper torso plyometrics-push ups

- Single clap push ups
- Double clap push ups
- Triple clap push ups
- Depth push ups
- Decline clap push ups
- Medicine ball slams

Mid section plyometrics

- Medicine ball toss sit ups
- Leg raise pushes
- Lateral medicine ball toss sit ups
- Lateral lying side tosses

Plyometrics will develop powerful responses in your athlete's if placed correctly into their yearly training program. ■

2007-08 Career Win Award Winners

Updated 8-2-08

WSCA CAREER MILESTONE WINNERS

NAME		SCHOOL	WINS	SPORT	LEVEL
ALEXANDER	BILL	QUINCY	100	F	II
ALLRED	WILEY	ROYAL CITY	108	F	II
BATINOVICH	TONY	FOSS AND PUYALLUP	446	VB	IV
BATINOVICH	TONY	PUYALLUP	200	FP	II
BEATTIE	BILL	OLYMPIA	100	F	II
BEVERLIN	CRAIG	KAMIAKIN	200	F	IV
BOURGETTE	BOB	KENNEDY	100	F	II
DAHL	DENNIS	ORCAS ISLAND	100	F	II
DOWNS	MIKE	BELLEVUE CHRISTIAN	410	BBB	IV
FISCHER	BRIAN	NEWPORT BELLEVE	200	B	II
FLETCHER	RODNEY	CHENEY	100	F	II
GIAMPIETRI	SAM	CHEWELAH	50	F	I
HULTBERG	JAY	NORTH MASON	306	B	III
KITTRELL	GREG	MOSES LAKE	100	F	II
KURLE	ERIC	GRAHAM-KAPOWSIN	100	F	II
LOVELADY	MARK	LIFE CHRISTIAN	204	BBB	II
LUNKE	LARRY	PENINSULA	100	F	II
MACK	DAN	KAMIAK	50	F	I
MARQUARDT	A J	KENNEWICK	102	B	I
MCCORMICK	PERRY	SELAH	100	F	II
MCMILLAN	JACK	LASALLE	204	F	IV
MILLER	DAVE	LAKES	50	F	I
MOELLER	MIKE	EATONVILLE	114	B	I
NELSON	JEFF	LACROSSE-WASHTUCNA	100	F	II
OLZENDAM	DAVE	NEWPORT BELLEVUE	421	BBB	IV
OSBORN	MARTY	KENTRIDGE	100	F	II
OTTON	SID	TUMWATER	200	F	IV
PARKHURST	MARTY	ORTING	100	F	II
RICKARD	RORY	REPUBLIC	202	BBB	II
RICKARD	RORY	REPUBLIC	206	B	II
RICKERSON	DOUG	GARFIELD-SEA	85	F	I
ROBAK	JOHN	SPANAWAY LAKE HS	63	F	I
ROOD	RON	CONCRETE	150	F	III
SCHUH	JON	UNIVERSITY (SPOKANE)	212	F P	II
SIGURDSON	D J	SOUTH KITSAP	50	F	I
SMEENK	AL	SUNYSIDE CHRISTIAN	477	GBB	IV
SMITH	GARY	OMAK	50	F	I
TALLEY	DEL	CHELAN	100	F	II
VAN LIEROP	DON	FERRIS	200	BBB	II

Abbreviations

B= Baseball

F=Football

FB-Fast Pitch

BBB=Boys Basketball

GBB= Girl's Basketball

VB= Volleyball

The Return of Track Town USA

by Steve K. Bertrand

Put away any doubts about Eugene, Oregon being the track & field capitol of America. They're back! Recently, they hosted Eugene '08: The Olympic Track & Field Trials. This ten-day venue, hosted Friday, June 27th through Sunday, July 6th, drew an estimated 75,000 visitors to the area. Eugene did their homework. They couldn't have organized a better event. In addition, the community offered a myriad of exciting venues for visitors outside Hayward Field.

Town – Though conservative figures, visitors were expected to spend \$18 million on hotels, meals & tickets; & an additional \$10 million on food, retail & other activities. While people were in town for the trials, Eugene made every effort to get visitors to explore beyond Hayward Field. As a result, what many visitors learned about Eugene is – it's a beautiful place to visit.

Trails – The Oregon Recreational Trails Program received a grant for \$60,000 to update their Ridgeline Trails system. The city then kicked in an additional \$90,000. Trail systems like Spencer's Butte were completed just in time for the trials. Presently, trail running has seen a big increase amongst the running community. Recreational areas like the popular Pre's Trail, Rexius Trail, Hendricks Park Trail & Amazon Trail, were crowded with recreational enthusiasts during the trials.

History – The University of Oregon's fabled track & field facility is named after its first head track coach, Bill Hayward. Hayward coached the Ducks from 1904 to 1947. However, the birth of track & field on the University of Oregon campus dates back to 1895. Originally, Hayward Field was built as a football stadium in 1919. Now an exclusive track & field facility, Hayward Field is referred to as the "Carnegie Hall" of US track & field venues. It is the centerpiece of Track Town USA & one of the top facilities in the world.

Tradition – Few can boast as strong a track & field tradition as Eugene. They hosted the 1962, 1964, 1972, 1978, 1988, 1991 & 1996 national collegiate championships. They also hosted the US Track & Field Olympic Trials in 1972, 1976 & 1980, making it the only site to host

three consecutive trials. In addition to the 2008 trials for the Beijing Olympics, Eugene will also host the 2012 Track & Field Olympic Trials for the London Olympics. Over the years, Hayward Field has hosted NCAA Championships, USATF Championships, USATF Elite Running Circuit events, Olympic Trials, the Nike Prefontaine Classic, & Masters Championships.

Tributes – Hayward Field has been the scene of several movies. It played itself in the fictionalized staging of the Olympic trials for the 1982 film, *Personal Best*, & was the focus of the 1998 biography of Steve Prefontaine, entitled "Without Limits". In honor of Hayward Field, Nike paid its own tribute to the historic facility when they released the "Air Zoom Hayward" running shoe.

Renovations – The most dramatic renovations to Hayward Field took place in 1988. \$1.9 million dollars were spent in a remodel project that saw the track reconfigured from 440 yards to a 400-meter oval. In 1991, a new \$200,000 scoreboard was added to the south end of the field. The com-

puterized scoreboard shows unofficial times for the first eight finishers. The last major addition was the Bowerman Building. Added in 1992, the Bowerman Building was made possible by a generous donation from Bill Bowerman, head track & field coach from 1948 to 1973. The building houses locker rooms, track memorabilia & the International Institute of Sport & Human Performance. Additions made prior to the 2008 trials included a new track surface, permanent lights, a video board & newly configured grass infield. The new scoreboard was installed thanks to a generous donation from Phil Knight & Nike. These remodels cost about \$8 million. They were funded mostly through private donations.

Greats – Throughout its history, Hayward Field has seen many great coaches & athletes grace its stadium. Coaches like Bill Hayward, Bill Bowerman & Bill Dillinger are synonymous with Oregon track & field. But many notable athletes also competed at Hayward Field for the University of Oregon. To name a few, track & field athletes like Kelly Blair, Rudy Chapa, Joaquim Cruz, Bill Dellinger, Phil Knight,



Kenny Moore, Steve Prefontaine, Alberto Salazar & Mac Wilkins all competed for the Ducks.

Future – In addition to the 2012 Track & Field Olympic Trials, Hayward Field will be the location of the 2009 & 2011 USA Outdoor Track & Field Championships. Look for current coaches like Vin Lananna (U of O), Alberto Salazar (Nike Oregon Project), & Frank Gagliano (Elite Oregon Track & Field Club) to continue carrying the torch regarding Eugene's track & field tradition. Athletes like Galen Rupp, who led the Ducks to the NCAA Cross Country Championship title this past fall, have also helped continue the Hayward legacy.

If you've never sat in the stands at Hayward Field on the campus of the University of Oregon on a warm evening with the bleachers packed with supportive fans raising their voices to deafening decibels while the best track & field athletes perform below, & experienced the magic created when people believe anything is possible if you are only willing to dream, work hard, & make it so, then you, my friend, have missed out on a truly unique experience, & the reason Eugene, Oregon is known world-wide as the track & field capital of America! ■

FASTPITCH ■ FASTPITCH ■ FASTPITCH ■ FASTPITCH

2008 SENIOR ALL-STATE CHALLENGE

This year marked the 6th year of the Senior All-State Challenge. In many ways, this year's games were perhaps the most exciting of all. For the first time, the Washington State Coach's Association became the major sponsor of this fastpitch all-state event. The support of the Coach's Association will allow The Senior All-State Challenge to grow in the future.

This year also marked the first time that the top seniors in the entire state were invited to participate. The rosters for the four teams featured sixty four(64) graduating seniors from forty two(42) different high school teams. Thirty seven(37) of these players participated in a high school fastpitch state tournament. Twenty three(23) high school conferences were represented.

Four games were played on Saturday, May 31 at a fabulous softball venue- The University of Washington softball field. Preliminary games were played at 10:00 and 12:00. The consolation game was played at 2:00 with the championship game at 4:00.

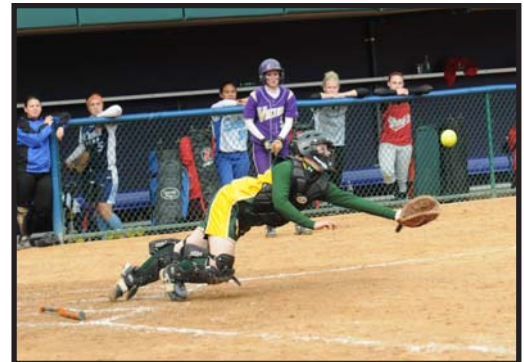


Last out of the championship game by Kirsten Shreve of Kentwood.

The first game featured the West Central Washington team against the Southwest Washington all stars. The West Central team prevailed with a 4-2 victory.

The 12:00 game was between Eastern Washington

and Northwest Washington. Eastern Washington won the game 5-1 to move into the finals.



The ball was caught by catcher Shelby Haag of Richland.

The consolation game between Northwest and Southwest ended with a tight 2-1 victory for the Northwest. The Northwest team pitchers Stephanie Fox(Eastlake), Jordan Birch(Monroe) and winning pitcher Devan McComb(Woodinville) combined for a three hitter. Southwest pitchers Aly Rae(Port Angeles), Kendra Suhr(Mountain View), and Sarah Glennon(Stadium) only gave up four hits. Carly Feiro(Mount Vernon) was 2-3 and scored the winning run in the bottom of the seventh.

The championship game between West Central and Eastern Washington ended with West Central prevailing 3-1. Felicia Harris(Kentlake) struck out 10 for the victory. West Central led the game 1-0 until the bottom of the fifth when Angela Smith(Curtis) drove home Sarah Martinez(Mt. Rainier) and Kyleen Sweepe(Mt. Si). Harris went 2-2 in the game, and Amanda Goings(Puyallup) 2-3 for West Central. Julia Draney(Kennewick) hit a double and scored one run, and Molly Anderson(Gonzaga Prep) was 2-3 with one RBI for Eastern Washington. ■

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One of the major cost increases the WSCA has experienced over the past five years has been printing and postage. Each issue of the Washington Coach runs the WSCA nearly \$4,000 with printing and postage costs. Considering all the mailings we do with All-State selection, coach of the year balloting, etc., WSCA has found we do much more communication with email than phone calls or letter mailings. This is why it is imperative that when you complete your WSCA membership application, please make sure you include your email address. Thanks for your cooperation.



NOTE the WSCA email address
Jparrish21@comcast.net
Drop us a line!

The WSCA web page address is:
www.washcoach.org

Our web site has been expanded to include a membership roster to be used as our membership grows and get more information. Please help us keep this site current.

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.

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This scholarship is being offered by Washington Football Coaches Association and Varsity Gold in honor of Terry Ennis. It is intended for an outstanding senior football player who represents the finest qualities of integrity, academic excellence, intensity and leadership.



By completing the information in this application, you will enable us to determine your eligibility to qualify for this scholarship. It is intended for a graduating Washington State High School football player.

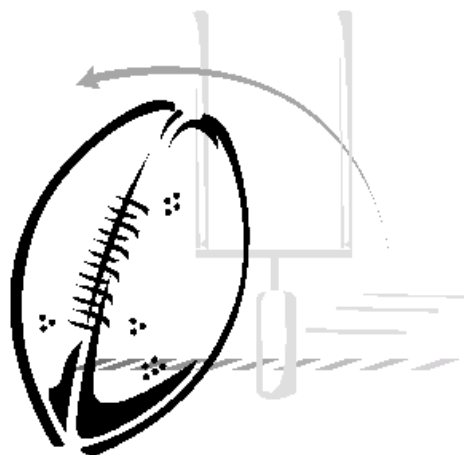
To be eligible for this scholarship:

- Submit this application.
- Submit a letter of recommendation from your head football coach and one teacher.
- Submit your high school transcript.
- Coach must have been a member of WSCA for at least five years. Only one recommendation is allowed per school.

Name _____
Last First Middle

Permanent address _____
Street City State Zip

Date of Birth _____ Telephone number _____
Month/day/year Include area code



High School attended _____

Graduation date _____

School address _____
Street

_____ *City State Zip*

continued on next page

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Washington State Football Coaches Association TERRY ENNIS SCHOLARSHIP

Academic Information

Briefly describe any scholastic distinctions or honors you have received since entering the 9th grade.

Athletic or Extracurricular Participation (Sport, Years, Letters, Honors)

College Goals

In order to formulate a better concept of who and what you are; we would like you to respond 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) has affected your high school life and your future plans.

3) Describe your contributions to your community and school service

Your application must be received before November 1st.

Incomplete applications will not be considered.

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