

THE WASHINGTON GOALH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



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WASHINGTON STATE COACHES ASSOCIATION



2009-2010 Membership Application

See our website at
www.washcoach.org

Please PRINT ALL
 information LEGIBLY.

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

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 doing this)

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			_____
<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 members while working a scheduled, sanctioned and supervised WIAA sport or event. Contact 1-800-257-4860 X757.

*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	1-360-271-1377 jparrish@donobi.net
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Benefits effective upon receipt of application and \$35.00.
 Membership is from 8/1/09 through 7/31/10.

- _____ 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 BACKOR EXTRA IF NECESSARY



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For more information contact the below:

Secretary-Treasurer
Jerry Parrish
18468 8th Ave NE, Poulsbo, WA 98370
360-271-1377 (CELL) 360-779-4326 (FAX),
jparrish21@comcast.net

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

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

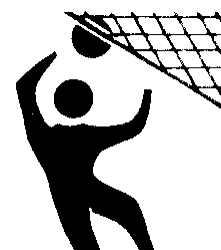
WHAT'S INSIDE

From The President	2
From The Sidelines	3
Burnett-Ennis Scholarship Winners	4-5
Budgets And Trainers - BATS!	5
WWU Football	6-7
<i>Washington Coach</i> Deadlines	7
Parsonage-Turner Syndrome	8-10
Fastpitch: Senior All Star Challenge	11
The Transfer of Training	12-13
WSFCA Mid-Winter Clinic	13
Cheerleading: Safety First	14-15
WSCA Insurance Coverage	15
Cross Country: Bre	16-17
Where Are They Now Form	17
Volleyball: All-State Matches	18-19
Basketball: WIBCA Hall of Fame	20
Hawkes Squawks	22-23
Track & Field: Training the Correct Energy Systems .	25-26
Football: 3A/4A All State Football Game	27
On The Sideline	28-29
More Than Winning	30
Building A New Dynasty - Pat Tyson	31-33
Football: Earl Barden Classic	34
Terry Ennis Scholarship	35-36

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

WSCA Members,

I hope all of you had a super summer and are excited about a new year in the classroom and on the athletic field. Our advisory board meeting in Leavenworth was quite an adventure for me personally. My daughter Karly's birthday fell on the same date as our first day get together so I missed the hot tub chatter by not showing up until 11:05 p.m. and the tub closes at 11:00. So I went to bed only to be awakened at 2:44 in the morning by a horrible pain. I tried to tough it out but by 6:30 I knew I was losing the battle so I returned to Yakima. My wife Kathy asked me to bring her a gift back from Leavenworth and I know I surprised her by bringing her back a kidney stone. I would like to thank Mike Schick and Jerry Parrish for covering for me in my time of need. I really missed Bill "Alex" Alexander and Jerry's colorful banter. I also need to thank Norm Lowery for opening the door for us basketball coaches to get involved with the Executive Board as Jerry Koester and I followed his lead. Norm was inducted to the Washington Interscholastic Basketball Coaches Association this summer and in his acceptance speech he said he felt he did not belong but I, and obviously many others, disagree. Norm Jr. was a Head Coach for 22 years with 211 wins and his leadership with WIBCA and WSCA was invaluable. Norm, please embrace and enjoy your honoring.



I also had the great pleasure of joining the National Coaches Association Meeting (no health problems this time). Talking with the football coaches from Kentucky was a real eye opener. They have a football coach who is very successful and loved by the community but he could have ended his career by a couple of old school coaching methods. Please do not make these mistakes. Do not punish your team by not letting them have a water break. It does not matter how bad things are going if you withhold water these athletes will overheat. Have you ever said, "I am going to run you guys into the ground" or something similar to this statement. Right now this statement does not look good in a court of law. This football coach cared deeply about his players and meant no harm. We all hope this court case gets settled as a no fault accident but we all need to rethink are statements and actions. I look back at some of my actions and statements and cringe at the thought of these things being brought up in a court of law. I remind us of this message not to hold ourselves back or be paranoid, but so we can achieve our goals by rethinking what we say and do. I feel we will all become better coaches and mentors with this thought process.

Let all of us have a successful and healthy (please) 2009-2010 year.

YOU GOTTA LOVE IT!!!!

PAT FITTERER

FROM THE SIDELINES

by Jerry Parrish

Announcements for the Association

Washington Coach Editor, Mike Schick, Edgemont Junior High in Puyallup, and Eastern Washington athletic director representative Bill Alexander from Quincy, delivered a proposal to the WIAA District Directors at the WSSAAA Conference in Spokane. The proposal was to have all WIAA Districts allow the use of our WSCA membership card (good for card holder only) for entry into all state and WIAA District post-season contests. The proposal was well received and the WSCA will soon announce the extent of the agreement. At the present time all WIAA Districts have entered into an agreement with WSCA except WIAA District VII, and WSCA is hopeful that WIAA District VII will soon join with the other WIAA Districts.

Use of WSCA web page- HYPERLINK "<http://www.washcoach.org/>" www.washcoach.org has been upgraded to provide our membership with these options. On the PDF file page you can now fill out your 2009-2010 membership application, download, and mail in to the secretary. Also, on the PDF file page are forms for nominations for various awards provided by many of the sports in our association. Contact your individual sport representative (all individual sport reps are listed on our web site) for ways to add entries to the web site. There are many links available and WSCA is attempting to make our web page as comprehensive as possible.

ORCHIDS

- Congratulations to the coaches, who spend hours and hours in promoting, helping, and assisting in all the WSCA sanctioned All-Star Senior games. The game coordinators spend time in organizing and they are very grateful to the "gofers" who donate their time to make good things happen for the athletes in our state.



- School Districts and cities that allow use of their facilities are also to be thanked for their cooperation for use of game sites.

ONIONS

- To the coaches who do not check their email addresses sent to the WSCA secretary. Communication would be much better if the membership would make sure their email address is current.
- To the coaches who do not check on their athletes selected to play in an All-Star Senior and are "no shows". ■

Do you have some great pictures?

We are always looking for pictures for the cover of *The Washington Coach*. If you have pictures of student-athletes, coaches or game action you are willing to share for publication, please send them to Mike Schick at wscsca-editor@comcast.net.

From The Sidelines

Congratulations

Burnett-Ennis Scholarship Winners!



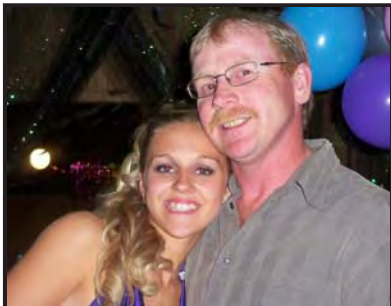
**Kayla Anderson
and dad Jim**



**Jillian Pflugrath
and dad Dwight**



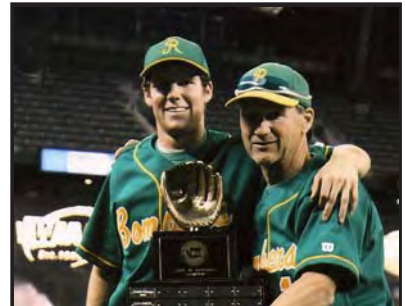
**Danielle Birch
and dad Mike**



**Brandi Dellinger
and dad David**



**Alayna Kramme
and dad Curt**



**Brett Jacobs
and dad Ben**



**James Dorr
and dad Jim**



**Wade Gebbers
and dad Cass**



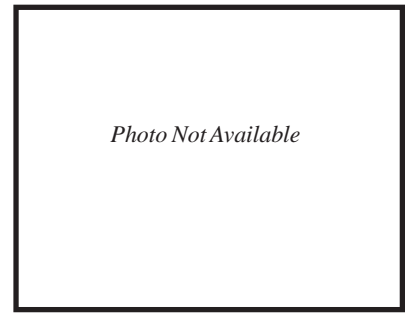
**Cory Whitmore
and dad Greg**



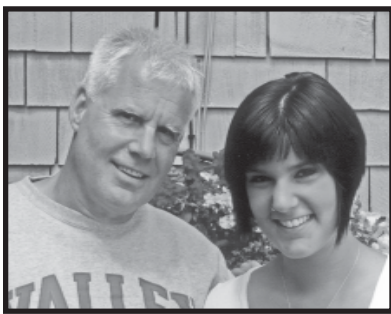
**Brooks Waller
and dad James**



**Derek Hahn
and dad Michael**



Rachelle Ridout



**McKell Wonhoff
and dad Greg**

Congratulations

Student Teacher Scholarship Winner!

BATS!

(BUDGETS AND TRAINERS)

Dick Langum, Risk Manager
Canfield and Associates

The budget crunch is hitting all schools, but the advantage of sustaining athletic trainers is a very positive and proactive risk management tool for your athletes, coaches and general fund balance. If a school gets to a point where only part of the current training services can be sustained, contact your booster club(s) to seek their financial help in filling the gap between current levels of service and the lesser level of service proposed in your budget cuts. Why is this a good option? The trainers treat every student athlete and do so with the number one responsibility we all have in education, "protecting the health and safety of our students". If a school has an accident, additional resources are frequently spent on potential deductibles, le-

gal costs and substitute costs each impacting the school's general fund balance. Whereas if a school has a trainer, the accident might have been avoided or immediate treatment provided thus saving those general fund dollars.

This recommendation is not a uniform replacement plan or refinishing a gym floor both services which can be delayed or modified over a couple of years. Trainers do not have the ability to delay treatment to an injured athlete; their service is needed now. An additional benefit of having access to licensed athletic trainers is their ability to assist school districts in the return to play mandates of HB 1824, the Zachery Lystedt Bill, which will be implemented in late July, 2009. ■

WWU FOOTBALL

By Jeff Kramer
with Kirk Kriskovich

A year ago the thuds and grunts of young men preparing for another football season echoed through the woodsy Western Washington University campus. Now the practice fields stand silent and empty except for an occasional jogger. Did it have to be this way?

When WWU President Bruce Shepard announced Jan. 8 that the school was eliminating football, it made national news as a telling sign of hard times throughout the country. But in a matter of weeks, it was clear to our organization, savewwufootball.com, that the reasons cited for ending a century of small college football tradition in Bellingham didn't square with reality.

As fuel prices sank, the Administration lamented rising travel costs as a prime reason the program could not be maintained. It grossly overstated the annual cost of maintaining a football team, and put the annual athletic department shortfall (one year reaching as high as \$500,000) squarely at the feet of the football program - money it falsely claimed would go "toward education." New WWU Vice President for University Relations Steve Swan, less than a week on the job and without ever speaking to a football alum, internally circulated a document citing a need for an "\$11 to \$12 million dollar endowment" to maintain the football program, when the University's entire endowment is \$20 million. Football became a handy scapegoat for the university's larger fiscal woes and to protect an athletic department dogged for years by poor management, lack of spending controls, an administrative staff of six that accounts for \$480,000 in annual salary and benefits and a marketing program that was allotted less than 2% of a \$3.2 million budget.

Equally misleading was the Administration's assertion that Western was somehow cheapened by playing a home-and-away schedule in the 5-team Great Northwest Athletic Conference. (That format seems to suit the NFL quite nicely.) Conveniently overlooked by administrators were the loud rumblings coming from other schools in the region that were exploring joining the Division II conference.

Southern Oregon University, whose athletic director is a WWU alum, is studying a move to the GNAC. A decision is expected by the end of this coming school year.

Simon Fraser University, once a football rival of Western, and just 90 minutes away, recently became the first Canadian school to become a member of the NCAA and will be playing football in the GNAC in 2011.

Just last month, officials in the Golden State Athletic Conference met to discuss possibly moving the entire league to NCAA Division II in the next few years - which would provide a wealth of potential opponents for GNAC teams.

"I don't know what schools are lined up yet, but everybody is looking at it," GSAC commissioner Cliff Hamlow said.

None of this was - or should have been — news to the WWU administration. But for reasons that seem more political than financial, the blinders were on tight. WWU Vice President of Student Affairs Eileen Coughlin, for example, steadfastly told WWU Football Boosters at the Rotary Bowl in December of 2008 that Simon Fraser, "wasn't interested" in playing football in the GNAC (never mind that Simon Fraser had sent observers to the game). Her comments were echoed by Shepard in a private meeting with football boosters. Informed by our organization of Shepard's defense of Coughlin, Simon Fraser's Athletic Director, Dr. David Murphy, became agitated and stressed that Western had known of Simon Fraser's intent all along.

It's notable that as Western was ignoring the growing interest in its own conference; it was also bucking a national trend: Many schools are adding football to help stem the tide of lagging male enrollment, and, in some instances, to spur alumni donations.

Pacific University, which saw a lag in enrollment and charitable giving following the elimination of its football program 19 years ago, is set to renew the sport in 2010. George Fox University in Newberg, Oregon, which last fielded a football team in 1969, is considering playing Division III football within three years. Georgia State will field a team, kicking off in the Georgia Dome, in 2010, while South Alabama and Old Dominion will root for new teams this coming season. Even four state Junior Colleges — South Puget Sound Community College, Tacoma Community College, Green River Community College and Yakima Valley Community College — will field

football teams in the coming fall. In fact, more schools have been adding football than dropping it in recent years: In the 1980s, 42 football programs were added in the United States, 22 in the 1990s, with 28 to follow this decade.

To see what schools gain from football, one need only look at what has been lost at Western:

The reduction of male athletes will force a reduction in female student-athletes to maintain compliance with Title IX. Between 60 and 70 opportunities for women (in what WWU calls a 'roster management adjustment') will be cut.

Some 60 percent of the minority athletes in the Western athletic program were dismissed from competition; football accounted for over forty minority athletes at the school, and 13% of the African-American population of **the entire school**.

Western now has only one non-white coach in its athletic department.

Meanwhile, the decision has rippled beyond Bellingham, proving especially hurtful to rival Central Washington University. That institution was forced to reschedule games at a cost of \$10-\$60,000 per contest to make up for the holes in their schedule, an expense that is stressing the resources of athletic programs there. As the years go by, thousands of young men in Washington State will have to take their college football dreams elsewhere, or give them up entirely. This program can, should, and will work if run properly at the state's third largest state school, and the largest university in the GNAC.

At savewwufootball.com, we believe our fight is your fight. We're under no illusion that Viking football will be

restored anytime soon, but neither do we doubt for one moment that it will be restored. We're now 700 members strong and growing, and we're not going away.

We invite you to learn about our group via our web site and join us.

Our organization, like the WIAA, understands that sport has immense benefits beyond wins and losses. When the sound of clashing shoulder pads and helmets returns to those practice fields at WWU, more than a football team will have been restored. There will be more opportunities to learn and grow for men and women, more diversity, more graduates heading into the workforce knowing what it means to strive and sweat for a collective goal.

In 100-plus years, the Vikings have fielded great teams and poor ones and many in between. But the real story is the journeys of our student-athletes and our coaches. With your help, the journey will continue. ■

Jeff Kramer is a 1985 Western graduate in journalism and an award-winning humor columnist for the Post-Standard. He played football for the Vikings in 1981 and 1982. Jeff lives near Syracuse with his wife, Leigh, daughters, Miranda and Lily, and canine freeloaders Larry and Rondo. You can read his award-winning humor column on Syracuse.com.

Kirk Kriskovich is the Vice President of Communications and webmaster for savewwufootball.com, an organization working to reinstate football at Western Washington University. A WWU alum, he coached football for 15 years in the state of Washington and served 12 years teaching in the public school system. He is presently a department manager at Sublime Media in Seattle.

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



Parsonage-Turner Syndrome

By Doug Flanagan, Post-Register Writer

Parsonage-Turner Syndrome is a rare autoimmune disease that will strike maybe two of every 100,000 people in the United States this year.

Tim Weber is, unfortunately, one of those people.

He was struck with the agonizingly bad luck to contract the virus that started as a common cold, but eventually mutated into a condition with no defined cure and that has partially paralyzed his left arm. But Weber, a senior at Quincy High School, has also been blessed with something else, a fortuitous inner strength that has allowed him to cope with the disease with an extraordinarily positive attitude and mature outlook.

To put things into proper context, imagine that you were told that you might not ever regain full use of an extremity. How would you react?

"I'd be scared," said David Stoddard, Weber's track and field coach. "I'd be thinking, 'Geez, if I can't move my arm, what am I going to do?'"

"I couldn't handle something like this as well as he has," said Weber's mother, Harriet. "His attitude is so optimistic. He's been an absolute trooper."

Tim is a bright, articulate, well-adjusted teenager who clearly has been raised with proper values and has never allowed himself to ask why this had to happen to him, or become depressed, or feel like he couldn't lead a completely normal life with the condition. When he was diagnosed, he didn't panic, or feel overwhelmingly frightened; he simply thought to himself, OK, this sucks, but there's so

many things out there that are worse. I can deal with this. Life will go on.

"The one thing that I always told myself is that I don't want to feel sorry for myself, and I didn't want other people to feel sorry for me," he said. "There are so many other people that are in way worse situations than me. This disease, it's not life-threatening, it's not really going to hurt me. It's just something that's caused my arm to be paralyzed. I can live a productive life with this. This will heal."

There's a good chance it will heal almost fully, thanks in part to surgery that was performed on Tim on Monday in St. Louis by a world-renowned surgeon who specializes in nerve transplant procedures. He was told that it's going to take anywhere from six to 18 months to determine the surgery's full impact, but the success rate from this type of procedure is generally very high.

"They're very confident that this will work," Tim said. "If it doesn't work, I guess I'll just be in the same situation that I'm in now. It makes me nervous just because I've never had surgery before, and it's something new. But I'm optimistic because I think in the long run it will be a good thing."

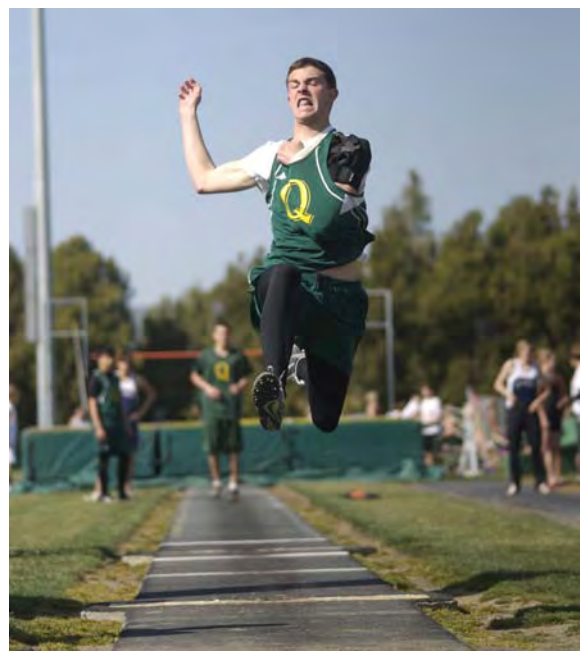
Chasing a diagnosis

Tim was visiting his older brother, Kris, in Ellensburg last fall when he woke up at about 4 a.m. on Oct. 18 with an

intense pain in his left shoulder. Not thinking much of it, he asked Kris for some Ibuprofen and went back to sleep.

However, the pain continued to linger when Tim got back to Quincy. The following Thursday, he was in his sixth-period class, sitting at his desk, when he reached his left arm out to grab a pencil and encountered difficulty. "(My arm) would get out there, and it was just sluggish," he said. "It got to a point where it wouldn't do anything, and so then I'd have to put my arm down on my desk and use my fingers to scoot my hand forward. When I got home from school, I couldn't extend my arm out, I couldn't reach for anything and I couldn't lift my arm."

Tim had previously simply dismissed the pain as muscular, attributing it to weightlifting. But when things appeared to be more serious, he and



his family immediately began to seek medical help.

That afternoon, Harriet and Tim went to Dr. Pete Blanksma, a chiropractor in Wenatchee. They thought that Tim's pain might have something to do with his rotator cuff; he had injured the muscle when he was in junior high, and he figured that this might simply be a flare-up. But Blanksma told him that his pain wasn't chiropractic in nature and referred him to Wenatchee Orthopedics.

The next day, Dr. Keary Kunz wrote a prescription for Vicodin to help Tim sleep at night and said the problem might be neurological. "It wasn't really a diagnosis," Tim said. "but it helped us on the right track."

From there, Harriet called Dr. Stephen Glass, a neurologist in Woodinville with whom the family had some previous history. The doctor recommended that Tim have an MRI exam, and several days later after examining the results, Glass told Tim to see a research neurologist at Virginia Mason Hospital in Seattle.

"We went to him, and he was the one that gave us the original diagnosis of Parsonage-Turner Syndrome," Tim said. "He said, 'You're a textbook example, basically, of what this disease is.'"

Parsonage-Turner Syndrome is the name given to a set of symptoms resulting from inflammation of the brachial plexus, a complex network of nerves through which impulses reach the arms, shoulders and chest.

Those who suffer from Parsonage-Turner experience acute, sudden-onset pain radiating from the shoulder to the upper arm. Affected muscles become weak and atrophied, and in advanced cases, paralyzed.

"(I was told) with this amount of nerve damage, it could take years for it to come back on its own," Tim said. "I was told there was no cure. I was scared."

The rest of the family was devastated as well.

"That was the hardest time for me through this whole thing," Harriet said. "The doctor basically told us nothing could be done. I couldn't accept that. If I get paralysis, I'm in my 50s, and I would expect that when I get older, but not when you're an 18-year-old kid."

For the next several months Tim attended physical therapy sessions at Quincy Valley Medical Center's rehabilitation facility with therapist Amy York. The therapy couldn't directly help Tim's condition, of course, but it was able to strengthen the surrounding muscles to compensate for the damage and make his arm stronger.

But Harriet wasn't satisfied with therapy and a "there's nothing to be done" conclusion; she wanted to exhaust any available options before settling for that. On this point, Harriet and Tim clashed.

"She was like, 'I don't want to take no for an answer,'" Tim said. "But I'm just like, 'No. I just want to try and live with this for right now. I know you want to go out and find all these cures and do all this stuff, but this is my senior year in high school. Right now there are a lot of things that are just as important as getting my arm back. I want to have fun with my friends and I want to get ready for college and do all this stuff.'"

"(Glass) told her, 'Let it go for about six months and just let nature run its course and see what happens. You need to give the shoulder time, these nerves time to try to regenerate themselves.'"

Harriet went home, did some online research and in the process came across the name of Dr. Susan MacKinnon, a St. Louis-based surgeon who successfully completed the world's first nerve transplant surgery.

"Peripheral nerves, the ones in the extremities, are orphans in medicine,"

MacKinnon said to U.S. News and World Report for a 2006 story. "A lot of specialists dabble, but nerves belong to no one. I can simply take one of their own nerves and move it a little bit to a new place, and let the brain do the rest."

Harriet had found what she was looking for, but still she waited. For the most part, she let Tim alone; free to enjoy his senior year. Not too long ago, however, she saw Tim's normally positive attitude start to waver ever so slightly.

"As the months went by, I saw Tim get more and more discouraged," she said. "Then he started with track and field and was doing a bunch of things, and he was doing pretty good. But over the last couple of weeks, he started saying, 'I'm so tired of this.' That was the go-ahead I needed to pursue the surgery more actively."

A couple of weeks ago, Tim and Harriet went to St. Louis and visited with MacKinnon at Barnes-Jewish Hospital and scheduled the eight-hour surgery.

"They're going to disconnect a nerve from my left pectoral muscle at the muscle and move one end up to the deltoid muscle that needs it," Tim said. "They're going to do that in one or two other places where other nerves need to regenerate. What it will do is start firing the muscle."

There's still a chance that Tim might never regain full motion of his left arm again.

Leaping forward

Several months ago, Tim made the somewhat controversial decision to participate in track and field this season. After transferring to Quincy High School for his junior year, Tim showed promise in the long jump and triple jump last season.

But a lot of people had doubts of whether it was in Tim's best interests

Continued on page 10

Continued from page 9 - Tim Weber

to do track this year with his condition.

"They all thought I was kind of crazy, but in my mind, I was like, 'Why are you guys so opposed to this?' " Tim said. "I knew that my balance may be affected, but I didn't think I was going to fall and hurt myself. I said, 'This is really important to me. It's my senior year.' They said, 'Well, OK.' The doctor said he would clear me as long as I taped my arm to my chest."

So that's what happened. Before every practice and meet this year, Tim strapped a brace around his left shoulder that clasped his forearm tight to his chest and watched Stoddard wrap athletic tape around his body to keep the brace secure.

"He told the doctor, 'I'm doing track. Find a way to get me out there,' " Stoddard said. "Honest to God, I was thinking I just wanted to get him through so I didn't hurt him. I want the kid to come out because I know he likes the experience, but I want him to be able to use his arm for the rest

of his life. I'm not really thinking numbers for him."

Despite the obstacles, Tim managed to put up marks that were basically equal or in some cases better than those that he scored last year.

"He's jumping just as far as he was last year, with one arm, learning how to balance it," Stoddard said. "It was an iffy thing for him at first to see if he even could do this. (He gets so many comments and compliments (from) coaches and athletes at the meets. They're saying, 'What happened?' You tell them the story and they're just blown away. 'Really? Are you kidding me? He's still out here?' It's just heartwarming. It's inspiring."

Tim set several personal records as the season went along, including a mark of 32 feet, 11 inches in the triple jump at a meet April 18.

"Overall I'm pretty pleased," he said. "(My season has been) nothing outstanding, and there's 20 other guys at each meet who can out-jump me, but that's OK. I'm doing good. My goal is to try and PR as many times as I possibly can."

Throughout this whole ordeal, Tim

has learned a lot. He's learned how to balance himself so he can perform a triple jump without falling. He's certainly learned a lot about Parsonage-Turner Syndrome. He's learned some things about how to deal with patients that he could use in his possible future career in the medical field. (He plans to attend Eastern Washington University next year and major in occupational therapy.) He's learned that life isn't always what most people would consider fair. He's learned that the value of the support one in crisis can get from family, friends and other loved ones can be immeasurable.

But all that pales in comparison to what Tim Weber has learned about himself. In this particular case, what doesn't kill him is quite literally going to make him stronger.

"I've learned a lot about perseverance," he said. "I don't want to brag, and I'm not sure 'resilient' is the right word or if I have that exact personality, but that's the attitude I want to try to assume. I definitely have the will to get past it. I've learned that no matter what happens, it's not going to slow me down." ■

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2009 SENIOR ALL STAR CHALLENGE

This year, 66 players from around the state were selected from 126 applicants. The selected players represented 48 different high schools from 21 different conferences. For the first time, players were able to apply using a new website set up specifically for the senior all star challenge-www.seniorallstarchallenge.com.

These players will be attending 40 different colleges and universities around the country. Not only are Pac-10 schools Washington, Oregon State and Stanford represented but powerhouse Depaul as well as such diverse schools as Dartmouth, Pomona, Robert Morris and Ohio University as well.

Team coordinators Tom Rizzuto, Jeff Skelly, Steve Taylor, Bruce Welling, George Lynn, Paul Antonovich, Mike Eckhart, Greg Kaas, and Larry White once again selected some of the top coaches in the state to coach the games. Coaches from Jackson, Woodinville, Juanita, Emerald Ridge, Kentwood, Battle Ground, Shadle Park and University coached the games.

Game Summaries:

Game 1: West Central 2, Northwest 1

Kayla Evans (Kentwood) picked up the win. Katie Adams (Kentwood) scored both runs on RBIs by Kerriane Davidson (Emerald Ridge) and Kassi Young (Enumclaw). Allison Kutz (Mt. Vernon) scored the lone run for Northwest on an RBI single by Carly McEachran (Jackson).

Game 2: Southwest 7, Eastern 0

Crystal Nyman (Kelso) and Ally Vanschoorl (Olympia) combined for 11 strikeouts and gave up only one hit. Nyman got the win. The Southwest teams combined for 13 hits and 7 runs- Taylor Darneille (Wilson), 2-3, double, 1 RBI, Nyman 2-3, 1 run scored, Becca Cable (Stadium), 2-3, 1 RBI, 2 runs scored, Jessica Guy (Mt. View), 2-2, 1 run scored, stolen base, 1 RBI.

3rd/4th Place Game: Northwest 4, Eastern 1

Kori Seidlitz (Mt. Lake Terrace) and Erika Ramstead (Nooksack Valley) limited the East to 1 run on 5 hits. Ramstead also knocked in 1 run driving in Erin Tsutsumoto (Newport). Tsutsumoto had previously doubled in Jessica Tanigawa (Marysville Pilchuck).

Championship: Southwest 5, West Central 4

It took extra innings to decide the championship. Crystal Nyman drove in the first run of the game, scored in the 8th, and picked up the win. Nyman threw the final 4 innings striking out 5 and shutting out West Central. Taylor Franich (Enumclaw) knocked in 1 run for West Central in the 3rd with a triple. Jessica Glenn (Kentwood) doubled in the 5th for 2 RBIs. Southwest scored twice in the 4th on RBI singles by Lacy Seidl (Castle Rock) and Mai Galusha (Battle Ground). ■





THE TRANSFER OF TRAINING

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

The relationship between load intensities and the learning of and improvement of technical skills

Different training and percentage loads will produce different results. Each level of intensity elicits a particular range of responses in regards to learning and technique improvement within the athlete.

In general, the beginner gains the most from low intensity motor skill exercises when first learning the skill set necessary for their sport or sport position. This is a basic element of skill learning.

With low to moderate level intensity, the athlete is able to maintain control during the execution of individual parts or the entire movement. This allows total control of each element in turn or completion of the full range of movement for the complete exercise in the precise order necessary to achieve perfection.

Often times, especially in the weight room, lifters can be seen literally throwing the weights up and down with the hope they will be able to complete the lift with the load. Not only is this extremely poor technique but it is an accident waiting to happen.

A more advanced reason for not going too fast in the beginning is that it does not allow the body enough time to completely establish the sensory loops to fully work themselves out during the performance of the lift or exercise. This means there are gaps in the learning process that will eventually hold the athlete back when it comes to perfecting the motion.

A classic example is with the runner trying to go too fast too soon. Their form suffers due to a lack of attention to the task, their movement patterns suffer because of the increased attention to more speed. The final kicker in this is their undue concentration on more speed interferes with their brains ability to clearly establish the proper sequence of motor excitation necessary o actually run faster.

High intensity loads on a beginner disrupt conditioned reflexes. These in turn shorten the response time of the motor reactions. With these shortened times the body

doesn't have the ability to integrate the feedback into useful patterns of movement.

Using weak to moderate loads in training helps to improve the athletes attention to the feedback coming from their body, improves acquisition of and reproduction of the earlier learned lessons and motor skills, allows them to recognize and master the rhythm of the movement and teaches them to control the speed of movement for the best results.

By not following these developmental stages, the athlete will lag behind those who have gradually built up their ability to perform at the highest level.

More on the physiological responses to different intensity training loads

Performing any movement with high intensity or maximum effort requires a strong excitation-inhibitory response from within the brain center and consequently into the joints and surrounding muscles that execute the motion.

Other parts of the brain respond to signals that excite the inhibitory processes thus allowing more effort to be put into the movement. Weak signals to the brain cause weak responses within the total neuromuscular system. Additionally, weak inputs are a distraction to the athlete and their ability to concentrate on the task is diminished accordingly.

In practice, using weak to moderate intensity training loads at the beginning of acquiring a motor skill has a negative effect on reproducing skills that previously were learned while working with maximum effort. In the cases of an experienced athlete, using these loads makes it difficult if not impossible for them to reproduce their normal correct technique when using a heavier load in competition.

On the other side of the coin, i.e. those who used training loads of 95-100% 1RM were not able to perform with correct technique when using the lower intensity loads in practice.

In both instances, in the performance of partial and full movements, the sequence will be uncoordinated during

the execution of the motion and consequently the rhythm of the movement will be off as well.

Some authorities recommend using all the ranges of intensity percentages from low to high when coaching and learning complex movement patterns. The degree of high load and skill pattern intensity is, by necessity, limited during this learning process.

The acquisition of and then establishing the neuromuscular pathways are hampered by too much initial intensity. Enhancing the conditions under which these pathways are established sets the stage to correctly and firmly input the movement or skill information into the neuromuscular system.

This is not say high intensity has no place in training the beginner. It does so in developing the physical abilities of the athlete and in providing a positive influence on the replication of already learned abilities during competitive conditions.

High intensity training loads foster long-term adaptations leaning toward the ability to rapidly switch attention from one thing to the next and improve concentration along with forcing the muscles to adapt to the training program.

However, having said that high intensity training works for the beginner the use of such should be limited and gradually introduced to the trainee. They must be able to handle loads up to and including 90% intensity before moving into the 95-100% arena.

Working your athlete in percentages at and below 90% is critical for the proper development of their skill. Loads above 90% should consist of not more than 10% of the entire training load. However, the advanced athlete will do well with loads at and above 90%. See A.S. Prilepin's¹ table for more details on this area of the article.

In summary then, weak loads and intensity are useful in specialized warm ups. The majority of the load distribution should be in the moderate to maximum range with 90% and above reserved for approximately 10-30% of the total volume. These moderate loads and levels make it possible to systematically form technically correct movement patterns in ways that closely correlate with the degree of effort, the speed of movement and the tempo of the sport being trained for in the weight room or field of play. ■

(Footnotes) 1

<i>Percent</i>	<i>Reps/Set</i>	<i>Optimal Total</i>	<i>Range</i>
55 - 65	3 - 6	24	18 - 30
70 - 75	3 - 6	18	12 - 24
80 - 85	2 - 4	15	10 - 20
> 90	1 - 2	7	4 - 10

MOVING?

If you have any change of mailing address, telephone number or email address, please contact WSCA Office at jparrish@donobi.net or 360-271-1377.

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.

WSFCA Mid-Winter Clinic 2010

Football coaches, please mark your calendars for the 2010 Mid-Winter Football Clinic to be held on January 22-23-24 at the Hilton Hotel in Bellevue. Room rates will remain the same as the past two years at \$97. Suggestions for speakers and topics may be sent to clinic coordinator, Ed Laulainen, at coached@kalama.com. or phone: (360) 423-7378, fax: (360) 636-4247.

You may keep updated on clinic information at washcoach.org.

SAFETY FIRST

Pam Headridge, President, WSCCA
Author, Developing a Successful Cheerleading Program, Coaches Choice

It is back to school time and also an excellent opportunity to review your current cheerleading safety standards, revise those measures if needed, and replace the 2008-2009 safety rules with the 2009-2010 safety regulations. Safety is the utmost importance of coaching. Cheerleaders are tossed in the air, extended above each other's heads in stunts plus they jump, dance, and tumble. Cheerleading is a high-risk activity and you, as their coaches, must take every precaution to provide a safe environment. Below is a list of cheerleading safety priorities.

- Cheerleaders should be **trained and supervised by a qualified coach** who is safety and stunt certified. The WIAA/WSCCA stunt certification is good for three years. The listing from 2006 to 2009 are online at <http://www.wscqa.com/StuntCertification.html> Make sure yours is up-to-date. Looking for a class? <http://www.wscqa.com/CheerConferences.html>
- Coaches must have a current **First Aid and CPR card**. Also they should carry a first aid kit specific to cheerleading.
- Provide a **safe environment** for both practice and performance areas.
- Verify that each member of the squad has all the **required documentation** to participate. Always have with you everyone's medical release forms, an accident form, an emergency plan of action and contact numbers.
- Have and practice an **Emergency Action Plan** developed especially for your team and in conjunction with supervisory and available medical staff such as certified athletic trainer and/or school nurse. Two excellent outlines are available at these web sites. <http://www.aacca.org/content.aspx?item=Resources/EmergencyPlan.xml> and <http://www.nationalcheersafety.com/>
- Be sure to pick up your copy of the **National Federation of High Schools Spirit Rules** from your athletic director. These rules books are shipped from the WIAA office in August to your high school athletic director. According to this rulebook, "In order to maintain participant safety, spirit coaches have a professional responsibility to read the NFHS Spirit Rules Book, including the situation rulings, and fully comprehend all rules in order to safely and correctly teach the appropriate skills to their athletes..."
- Take the **2009-2010 NFHS Spirit Rules Clinic** online at wiaa.com. All head cheer coaches are required to take it every year. Secure your password for sign-in from your athletic director. I highly recommend that all coaches: head, assistant and volunteer, take the course.
- Also online, that cheer coaches need to know, are the **new head injury guidelines and procedures**. It provides policies for the management of concussion and head injury in youth sports, plus information for coaches, parents, athletes, health care pro-



viders, and resources for schools. <http://www.wiaa.com/ConcussionManagement/default.htm>

- You must assure that **your athletes are conditioned and performance ready**. Assess your athletes' physical and mental preparedness. Have a practice plan that implements your goals. Document your steps and procedures. At the end of every practice, have your cheerleaders sign it. Online are several excellence examples of practice plans and templates. <http://www.oakharborcheer.com/PracticeConditioningStuntsSafety.html>
- Squad members need to **perfect proper technique** and build confidence by mastering basic stunts. Identify your team's skill level and direct team members to follow proper progression in learning new skills. Here is another chart to verify their skills. <http://www.oakharborcheer.com/StuntProgression.html>
- Get a copy of your **district's handbook** in order to know and understand the rules at games and activities. Ask your athletic director for a one.

Safety is a big concern in the cheerleading arena. Using this checklist will help to assure the safety of each of your cheerleaders and help you to obtain a successful, fun year. ■

LOST YOUR MAGAZINE?

Have you misplaced your copy of *The Washington Coach* and want to refer to an article you recently read? Good news. WSCA has downloaded *The Washington Coach* magazine to members services on the WSCA website.

All you have to do is log on to the WSCA Home page at www.washcoach.org, and click on Magazine Archives at the top. Magazines are listed by quarterly publications since 2002.

If you have questions or concerns, please contact Mike Schick at wscs-editor@comcast.net

Your WSCA Insurance Coverage

The insurance coverage for WSCA members is through Wells Fargo Insurance and underwritten through K&K Insurance. K&K is the leading insurer for athletic events in the country. It is a comprehensive liability policy protecting all member coaches for \$1,000,000 of liability insurance in their duties as a coach. This protection includes coverage for allegations of sexual abuse and molestation. The insurance will pay to defend coaches and pay if necessary. The WSCA carries a \$1,000,000 Directors & Officers policy to protect its' board of directors. The WSCA also has insurance coverage for all sponsored all-state events covering both coaches and athletes. ■

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BRE

by Steve K. Bertrand

It was moments after the 4A girls' 1600-meter run at the 2009 State Track & Field Championships at Mount Tahoma High School on a warm, Saturday afternoon, May 30th. I was standing near the fence on the northwest side of the track with parents, athletes, coaches & friends waiting for my senior girl distance runner, Breanna Huschka, to make her way our direction. When she arrived Breanna looked at me & said, "Well... it's over." She was referring to her high school distance running career. There were tears in her eyes. She turned away. I felt a lump forming in my throat & swallowed. Silence...

"Bre", as teammates affectionately nicknamed her, started running in middle school. She ran cross-country & track. However, coming into high school she wasn't sure what she'd do. "I thought about playing volleyball," she laughed. Members of our cross-country team were quick to encourage her otherwise. It seems like just yesterday... How quickly those years passed!

During those sixteen seasons, there've been many fond memories. As a coach, my favorite is watching a young girl shed her middle school shyness & become

a confident young woman. For Bre, this has come about through the sport of distance running. "Distance running would not be so influential in my life if it did not have its setbacks," said Bre.

She speaks from experience. Falling short of her goals & narrowly missing trips to the state cross-country championships her freshman, sophomore & junior years, she never gave up. "Even when I thought there was nothing left to do but box up my ribbons & racing flats, I never quit," she said. As a result, perseverance paid off. She qualified for state her senior year. She went on to run 19:15 for 5K in the state cross-country championships & finished 21st over-

all in 4A competition. This earned her a trip to the prestigious Washington/Oregon Border Clash.

This spring Bre set school records in the 1600 (5:05.49) & 3200 (11:06.57). She qualified for the state meet in the 1600 & 3200. She was 7th in the 3200 (11:07.91) & 10th in the 1600 (5:06.00) "Running is what

makes me unique," said Bre. "It is the undying determination, dedication & desire I have gained from this sport that has helped shape me into the person of strong character I am today."

As I reflect on Bre's last race, I smile recalling her confident start. The way she floated down the backstretch. Surging. Passing. Staying with the lead pack. "Stick like glue" was her race strategy. Lap after lap... The clock ticking... She endured. Fit, fast & focused. Then, I watched as Bre turned the last corner & headed down the homestretch. Her eyes were partially closed as she reached deep one last time, mustering her reserves, then, raced across the finish line. The crowd cheering...

"...If you can fill the unforgiving minute
with sixty seconds worth of distance run,
yours is the earth & everything that's in it..."

Rudyard Kipling

From a coaching standpoint, it is very rewarding to see an individual's performances match their potential. In terms of the "bigger picture", it is equally comforting to see athletes leave your program capable of standing confidently & competently on their own two feet. These are the things



Bre and Coach Bertrand

parents wish for their children. Bre is such a person. She'll continue her running at the University of Washington.

Through four autumns, winters, springs & summers, I have been blessed. I can't help but believe that when most coaches reflect on an athlete, team or season that they somehow hope through their role they have provided education & motivation that helps an individual achieve great things through athletic performance. The funny thing is – every once in a while a kid comes along that turns the tables on things & ends up providing just such an inspirational experience for a coach!

As I pulled the van into the Cascade High School parking lot after the state meet & dropped athletes off, Bre drove up. Following the state

meet, she'd gone home with her folks so she could hustle back to Cascade & help with the Relay for Life, a fundraiser for cancer research. It's an event she has helped with throughout high school.

She jumped out of her car, smiled & greeted me in her usual manner – "Hi, coach!" This is a greeting I've grown to cherish. Bre was still wearing her running clothes. We talked for a moment & then she asked, "Would you like to go for a run?" Honestly, I was exhausted. It had been a long season. It had been a long state meet. And so, I looked at her for a moment & then gave the only reply I could – "You bet."

Thanks, Bre! ■

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 _____

ALL STATE VOLLEYBALL MATCHES

by Jan Kirk, WSCA Board Member

The 24th All State Volleyball Match was held at Fife HS on July 17th and 18th. The athletes arrived Friday morning, met with their 2 coaches and fellow teammates and then participated in 2 practices. They then retired to the motel for dinner and a get together, with each team performing a skit. Saturday morning after breakfast at the hotel, they came back to Fife for another practice and preparation for the matches Saturday evening.

The 1A/2B match was won by the Black team in three games with scores of 25-21, 28-26, and 31-29. The Black team was led by Castle Rock's Emmy Dolan with 10 kills.

Brenna Peterson and Rebecca Haight played for different high school and they don't play for the same club team. However, the two played as if they had been together their entire careers for the Red squad. Capital's Peterson had 30 assists, almost half of them to Haight, from Mark Morris, who had 14 kills in a Red sweep of the Black.

Capital's other participant, Brittany Lawrence, had a match-high seven digs.

The 4A matchup ended with the Black team defeating the red 25-20, 25-6, and 25-22. Alex Sele had 6

kills and 4 blocks. Amanda Warner had 5 kills and 3 digs. Brigit Miller, the Narrows League co-MVP, had 18 assists and 12 kills. Tahoma's MacKenzie Cies led the Black with 15 kills.

All State Athletes:

4A Megan Albert	Emerald Ridge
2A Tara Anderson	Mark Morris
2A Shannon Bailey	Cedarcrest
1B Jaci Bayless	Mansfield
2A Allison Beardsley	Fife
1A Kylee Bellamy	Goldendale
1A Sydney Bloom	Goldendale
4A Emily Boerger	Marysville-Pilchuck
1A Chani Brisby	River View
4A Elizabeth Clark	Southridge
4A MacKenzie Cies	Tahoma
2B Sandra Cruz	Bridgeport
1A Emmy Dolan	Castle Rock

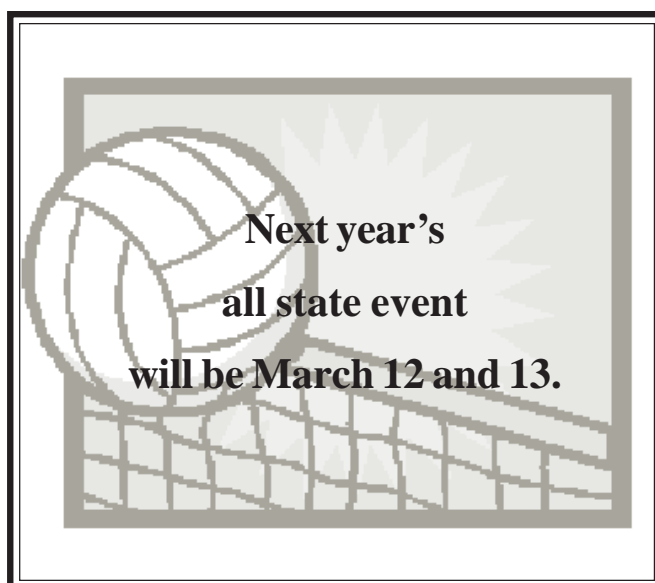


2B	Emily Elhard	Evergreen Lutheran
1A	Becky Flores	River View
2A	Aimee Gone	Toppenish
2B	Annie Gonzales	Bridgeport
2B	Chelsey Graber	Highland Christian
4A	Katie Grajewski	Kentwood
2A	Rebecca Haight	Mark Morris
3A	Amy Hirai	Franklin
4A	Brandy Iverson	Bethel
3A	Emily Jovanovich	Kennedy
2B	Kelsey Kennedy	LaConner
3A	Brittany Lawrence	Capital
1B	Janelle LeMieux	Tri-Cities Prep
2A	Camille Lubereski	Fife
2A	Jonika McMillan	Centralia
2B	Danielle Medina	Bridgeport
4A	Nicole Mertens	Olympia
2B	Mariah Mielke	Davenport
2B	Alexis Miller	The Bear Creek School
4A	Brigit Miller	Olympia
1A	Bailey Nelson	Stevenson
4A	Ashley Nguyen	Kentridge
4A	Charnele Odingo	Bothell
1A	Jordan Offutt	Cascade
3A	MacKenzie Peerboom	Mt. Si
1A	Kelsey Penner	Stevenson
3A	Brenna Peterson	Capital
2B	Mandy Powell	Darrington
4A	Krystal Savage	Bethel
1A	Heather Schulke	Castle Rock
2A	Alex Sele	Tumwater
3A	Justine Simpson	East Valley Spokane
3A	Justine Tabor	Union
4A	Jadelyn Thompson	Marysville-Pilchuck
2B	Gabrielle Tirado	Chief Leschi

1B	Teryssa Toppano	Mary M. Knight
4A	Jaclyn Trinque	Bethel
1A	Hannah Velling	Cascade Christian
3A	Julia Vigen	Highline
2A	Amanda Warner	Tumwater
1A	Katie Waters	Cascade
1B	Katie Wattenburger	Tri-Cities Prep
2B	Jamie Wilson	Entiat
2A	Kiersten Wilson	Selah
2B	Kathryn Wolfman	The Bear Creek School
1A	Ashley Wright	Cascade
2A	Megan Zumbuhl	Sequim

All State Coaches:

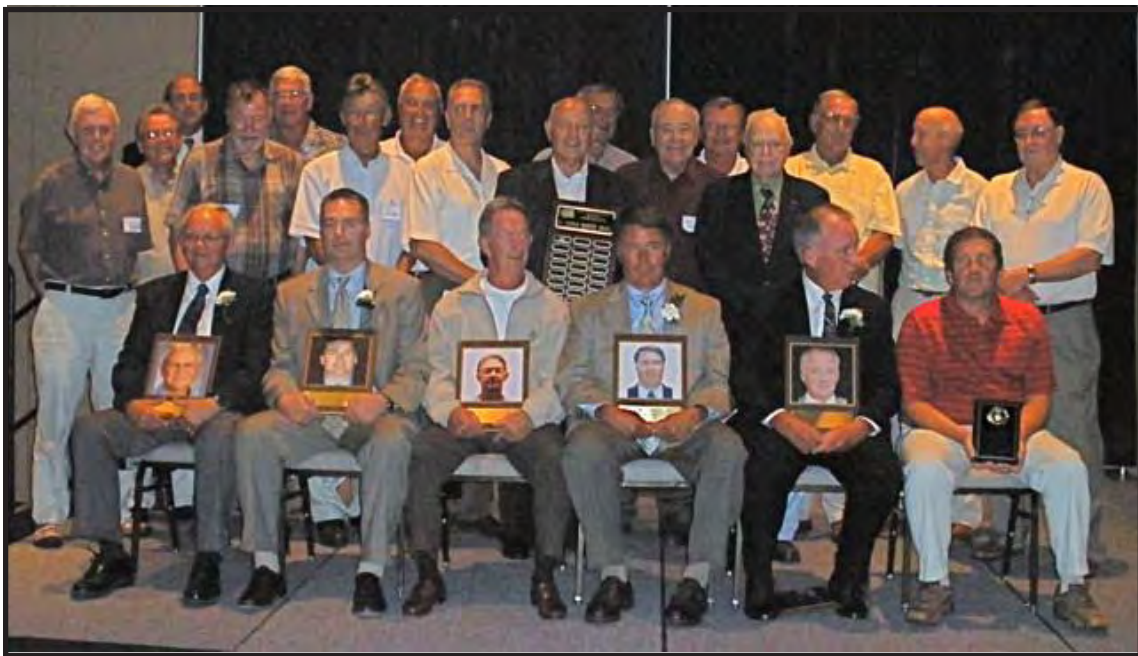
Calvin Stark (Bridgeport), Greg Powell (Darrington), Marni McMahon (Cascade), Jolene Calzadillas (Tri-Cities Prep), Marlie Davis (Bothell), John Lengphounproseut (Southridge), Kim Zorn (Tahoma), Elizabeth Quitiquit (Kentridge), Kitty Brehmeyer (Mary M. Knight), Audrey Adams (Chief Leschi) & Josh Kruenen and Kyle Dobashi(Union). ■



2009 WIBCA HALL OF FAME

The 2009 WIBCA Hall of Fame banquet was held on July 30th, 2009 at the Comcast Arena in Everett, WA. This year WIBCA was proud to induct Rod Iverson, Tim Kelly, Keith Kingsbury, Mike Lowery, and Norm Lowery, Jr. Further, WIBCA also honored Larry Walker as the first recipient of the Ed Pepple Service Award for Larry's

23 years of coordinating the WIBCA Hall of Fame. The turnout for this year's banquet was quite impressive with over 200 guests and 20 current Hall of Fame members. Thanks to all there were involved in making this a very memorable night for our six coaches who were honored. ■



Front Row (left to right):

Rod Iverson, Tim Kelly, Keith Kingsbury, Norm Lowery, Jr., Mike Lowery, Larry Walker

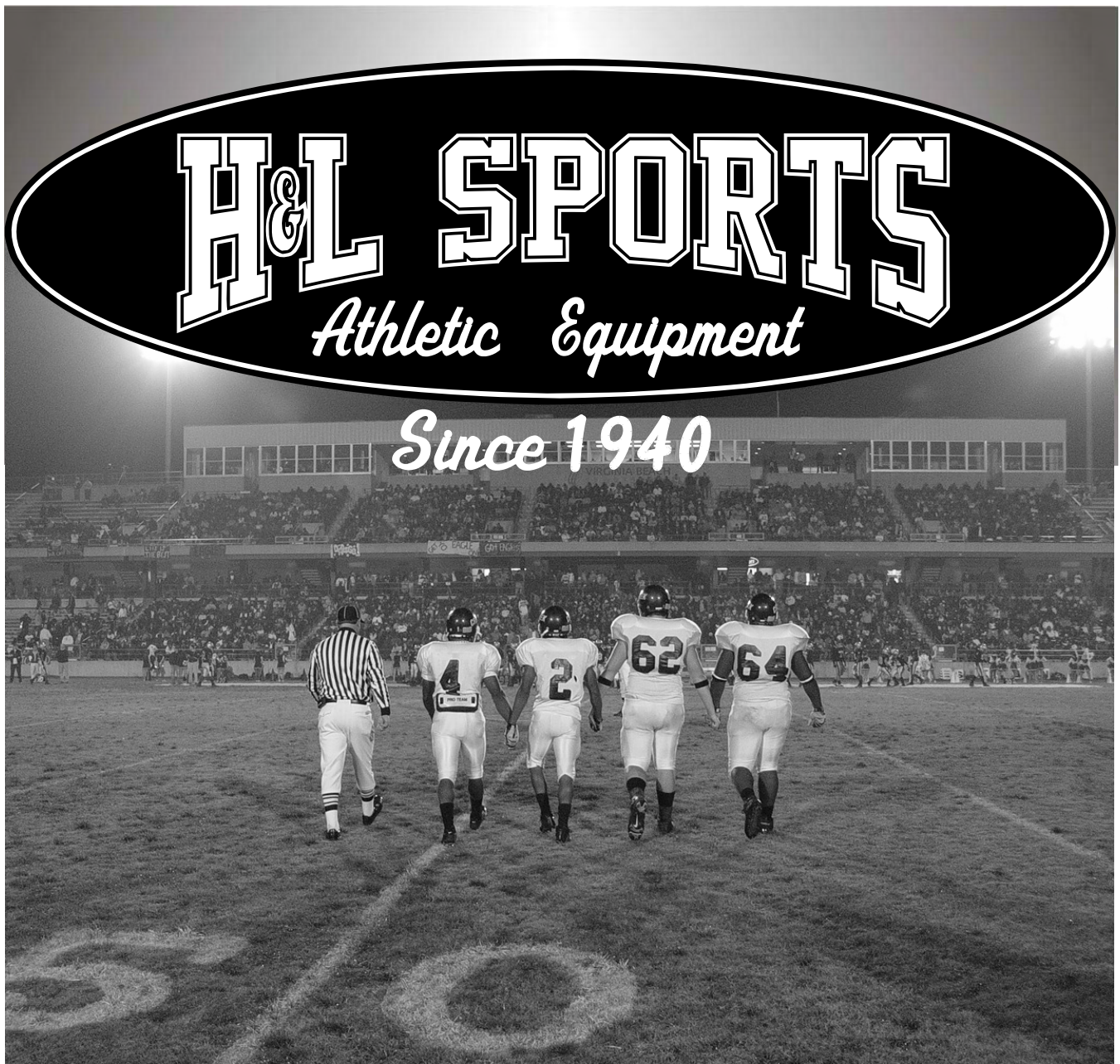
Second Row

Jim Enlsin, Ray Cresap, Richard Hammermaster, Rod Ancheta, Charlie Cobb, Ed Pepple, Don Koplitz, Lyle Patterson, Mel Bowden

Back Row:

Pat Fitterer, Jim Adams, Jack deKubber, Roger Ottmar, Jerry Koester, Mike Mullen, Dick Brock

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HAWKES SQUAWKS

by Dee Hawkes
Retired



Oh, it's that time of year again when time management becomes a major focal point. The carefree days of summer have been replaced by, "Be here," "Do that," and "Don't be late." If you are a coach who has to shuffle between the classroom and the playfield, make sure you have your priorities in order. For the non-teaching coaches who have to travel, you must handle all your signal lights and stalled traffic as just a temporary setback.

DUCK SOUP

This fall, the Oregon Ducks will have a choice of 80 different jerseys to wear. These jerseys will feature laminate numbers, high tech ergonomics, and ventilation. The jerseys will have an 85 percent weight differential from other brands. This apparel will be the coming attraction in college football! There shouldn't be any doubt as to who is the manufacturer. Another jersey tale: The New York Jets have agreed to place a corporate logo on their practice jerseys for additional income – hopefully this marketing ploy won't be used by the preps!

TWO – IN – A – ROW

(1) Credit goes to the coaches who can keep their parents at arms length. About 90 percent of the parents are positive and support what is happening on the field. Then there is that 10 percent who buy into the pushy parent syndrome, lock, stock and barrel. These people will not back down. If you are confronted, address them very professionally, but keep your distance. If you continue to put the kids first, you are on solid ground..... (2) As you have probably guessed (regardless

of sport) this old timer is not an advocate of prep teams leaving the state to play games. Exceptions could be made for hooking up with teams in Oregon or Idaho on or near the Columbia River. The reality today is that those programs that can afford it often do go out of state. The other programs who have limited budgets must compete within the state. On the face of it, however, the newer coaches believe they should go where they can find competition. Whether you agree or disagree, if the reason to play out of state is just to gain national recognition, then you don't have my vote.

NOW DAYS THEY SKATE ON THIN ICE

The over fifty coaches remember when prep sports danced to a different tune. It used to be that we'd go to high school and try out for teams: football in the fall, basketball or volleyball in the winter, and baseball or softball in the spring. We'd play each sport depending on the season, whether we were a star or just an average athlete. We went out there to compete for the school, and playing one sport all-year round was left to tennis players or golfers. In the past, athletes didn't opt to transfer schools just to be recognized. It was fun because the sports were extracurricular, and if we were good enough, the sport could help us go to college. If we were really good, colleges would provide an athletic scholarship for us to play for them.

This was all fine and good until integrity issues started to surface regarding eligibility.

CALL IT WHAT WE MAY

In the high stakes poker game of recruiting, college compliance programs were established to make sure the rules were followed. Today, it's all about how each rule is interpreted before committing risky behavior.

Here's how some recruiters test the water. Some shifty things are going on with major basketball college recruiting. Most college coaches prefer to evaluate prospects by how they perform in AAU tournaments. With the new NCAA recruiting rules, however, coaches were showing up at schools, asking players to shoot free throws, which could then be interpreted as an "evaluation" period. It is this writer's belief that arriving in private jets, small-talking with the high school coach, and getting a kid out of class to make free throws is plain and simple like laying an egg. There are qualified recruiting services that can provide chapter and verse about a basketball prospect. There is no hiding the fact that there are only a few diamonds in the rough to be discovered. The major programs are all after the same top guns, whether they are local or national.

SHORT SQUAWKS

Hopefully, the guidelines by the National Athletic Trainers Association about turning out in the heat were given serious consideration by our state coaches during the summer. During such intense heat, all precautions were needed to protect our athletes.

A real showdown for budget cuts

came in the Bremerton School District. Three classified employees who coached were dismissed because they were being paid hourly under the Federal Fair Labor Standards Act (FLSA). On the other hand teachers who coach work under a contract that is not covered by FLSA. So, this summer the district looked for teachers to fill three head coaching positions. It's hard to see what positive results came from this budget decision. There is no hiding the fact that the athletes involved were given the short end of the stick.

Kory Hill is the driving force behind bringing back junior college football to our state after a 13-year absence. He started his own crusade with no school support, financial or administrative. The fact he personally had to leave the state in order to play JC football bothered him so much that he has set up a four team league. These colleges include: Puget Sound, Tacoma, Green River, and Yakima Valley. Practice will start in September, and the first of five games will be played in October. Players will have to cough up \$250 to help cover expenses. While a case can be made for restoring JC football, this seems like they are drifting down a raging river without a paddle.

If there's one piece of fitness equipment that gets noticeable results, it is the Vibe Plate. This equipment is also big in the rehab business. To best appreciate the Vibe Plate, my suggestion is to visit a fitness center that features it. The results from schools that have the machine are remarkable. If you teach speed and strength then it's worth doing some research online at vibeplate.com, or go see it demonstrated in person.

OH, FOR THE GOOD OLD DAYS

In the mid 50's, the Oregon High School Basketball Tournament was held at McArthur Court on the University of Oregon campus. It was similar

to having the UW host our tournament. Basketball at its finest was played all day long as teams competed to be state champions. Student fans came in droves, because during breaks from the games a sock hop was held, and everyone took to the court to show off their dance moves. Instead of a dance team, the student body was on the floor. With the passage of time, this practice stopped. This writer applauds this creative idea. It isn't hard to imagine students taking to the floor after a home basketball game next season. Since dancing, brought on by television, is the current rage, more students would come to fill the stands.

SQUAWKS ON PARADE

In just a side note, the spring state championships will be after Memorial Day in 2010, which makes good sense. . . . In West Virginia high school football, it is mandatory that players wear shoulder pads for the first seven days. They then have only three days in full pads before preparing for game like scrimmages. This rule needs an overhaul. . . . Imagine all the barbecues and tail gate parties that will take place on Saturday, September 12th, when the Huskies entertain LSU, and the Cougars stake out the north parking lot late in the afternoon near Qwest Field before playing Hawaii. . . . Time and again, one watches poor tackling at every level of football. Since players can't use their head, we see more and more diving, arm grabbing, and less pad on contact. This particular fundamental skill needs to be seriously addressed and correctly taught to avoid injury. . . . Check out the new horse collar rule in high school football. There is merit in penalizing a violent tackle that is brought about by grabbing the ball carrier's collar and yanking him to the ground. The downside I see is that if he fumbles there is no call; if he keeps the ball a penalty is charged. This doesn't make sense, because the pen-

alty is called and enforced by where the ball is, which has nothing to do with the illegal tackle in the first place.

ONE GOING, ONE STAYING

In the movie "The Man in the Gray Flannel Suit," Gregory Peck had nothing over retiring basketball coach Ed Peple, who throughout his career was known as the Man in the Maroon Blazer! His ever present blazer has been put back in the closet to be removed only in moments of remembrance. Our state's foremost winning basketball coach earned his stripes mostly with Mercer Island teams. Now, he is going to become a spectator and just watch the sport he loved. . . . Step back, move aside, and make room for Keith Gilbertson, who is entering the Snohomish locker room to coach his 60th season. Show some respect and mind your manners for the 82-year old coach is about to speak! Listen carefully, for what he has to say makes good sense. Since this quiet coach won't get too loud, pay close attention. You're in the presence of a coaching legend. What an amazing record Gilbertson has, but even more important is that this man's lifetime career has been dedicated to teach young people to be responsible adults!

SOMEONE MUST CARRY THE BANNER

Because of so many prep events to watch and enjoy, my fall calendar reads like an almanac, and despite having multiple passes, my wallet feels lighter. Like Andy Rooney from "60 Minutes," this retired coach plans to voice his opinion during the coming school year, even though his eyebrows are a tad bit bushier than mine! If you want to talk visit hawkes32@comcast.net

See you around, I hope. ■

“THE STATE OF FOOTBALL”



A display of high school football helmets from across the state at Quest Field in Seattle.

TRAINING THE CORRECT ENERGY SYSTEMS IN TRACK AND FIELD

by Bryan E. Hoddle-2004 Head Coach-USA Paralympic Track and Field Team
www.bryanhoddle.com

It's the end of basketball season. Your high jumper comes out the first meet of the year and booms a 6'6" (men) or a 5'6" (woman) jump. Talk about great coaching! It's the first meet of year of the year and they come out of the chute and hit a big one!! By meet three, the 6'6" jump is now 6'0" and the 5'6" jump is now 5'0". WHY? What happened?

Without knowing it, the wrong energy systems have become a part of the training plan. The high jumper is now actively training for the 400m as well. The capacity to tolerate lactic acid has become a weekly part of the training regiment, without realizing high jump and lactic acid toleration have nothing in common. It's a little like mixing motor oil in pumpkin pie. One tastes good and one is helpful for the car, just not together. It's the same for the high jump energy system requirements and 400 meter energy system requirements, as both are different. In reality, lactic acid is a detriment to muscle elasticity, a must in all jumps including the high jump.

So what's the big secret to training track and field athletes across the board? Simply said, it's understanding the energy systems and how to correctly use them. In essence, "it's the art of coaching."

If we take a 100m high school runner, that runner will run the 100m in somewhere between 10.5 to 14.0. If we read the chart included, we are nowhere near needing lactate training to be successful. We're in Alactic

(without lactic acid) CP system. We can run 300's till the cows come home, but are the 300's really beneficial for the 100m runner?

Another example is the training of a 400m runner. Sixty minute runs address an energy system that isn't compatible with the needs of a 400m meter runner. As many of us know, after running the 400, lactate power and capacity play a huge role in the 400 meters. Nothing will kill foot speed quicker than long sustained runs. Having said that, if you are inside the correct energy system and run over 40 seconds at greater than 95%, you will produce some monster lactate levels.

The difficulty for a multi-event athlete is the cross section of energy system training needed to maximize performance in the various events. I'd recommend staying on the low duration of the energy system chart. The art of coaching is finding the right mix of workouts for a broad range of events. This is something the decathlete and heptathlete must balance in training. All too often the coach will feel like the workout wasn't effective without lactate. The workout can be effective however.

Finally, regardless of the event in track and field, a coach will never go wrong if he or she gives continual focus to the Alactic System, staying below the 15 second duration. Regardless of the event, speed wins. Along with training the correct energy system, speed is a great recipe for track and field success.

Continued on page 26

Upcoming Events

USATF Level 1 Track and Field Coaching School
January 15, 16, 17, 2010
Canby High School-Canby, Oregon
Contact Tom Millbrooke at
millbrot@canby.k12.wa.us

Northwest Track and Field Clinic
February 12, 13, 14, 2010
SeaTac Double Tree
www.allsportsschool.com

Simplot Indoor Track and Field Games
February 18, 19, 20, 2010
www.simplotgames.com

TRAINING ENERGY SYSTEM

DURATION OF SESSION EFFORT	ENERGY SYSTEM(S)	POWER/CAPACITY	TRAINING EFFECT
0 TO 0.2 SEC.	NERVOUS	—————	REACTION
0 TO 0.2 SEC. (PER LEG)	ALACTIC (STORED MUS. ATP)	POWER	INITIAL THRUST
0 TO 0.1 SEC.	ALACTIC (CP SYSTEM)	POWER	SINGLE LEG THRUST AT TOP SPEED
1.0 to 0.1 SEC.	ALACTIC (NERVOUS + STORED ATP + CP)	POWER	STARTS
2 TO 5.0 SEC.	ALACTIC (CP SYSTEM)	POWER	ACCELERATION
5 TO 15.0 SEC.	ALACTIC (CP SYSTEM)	POWER	MAXIMUM SPEED (FLYING START)
15 TO 30.0 SEC.	ALACTIC (EXTENDED CP SYSTEM)	CAPACITY	SPEED (ABILITY TO HOLD >95%)
30 TO 45.0 SEC.	LACTIC	POWER	ABILITY TO PRODUCE ENERGY without O ₂ OR CP
45 TO 90.0 SEC.	LACTIC	CAPACITY	AS ABOVE, PLUS ABILITY TO TOLERATE LACTIC ACID
90 TO 300.0 SEC.	LACTIC WITH AEROBIC SUPPORT	AEROBIC POWER LACTIC CAPACITY	ABILITY TO USE O ₂ TO HOLD UP PACE AS LACTIC ACID ACCUMULATES
5 TO 10.0 MIN.	AEROBIC WITH MINOR LACTIC	AEROBIC POWER	MAX O ₂ RATE
10 TO 12.0 MIN.	AEROBIC	POWER CAPACITY	RAISE ANAEROBIC THRESHOLD
20 TO 60.0 MIN.	FUEL: GLYCOGEN	CAPACITY	ABILITY TO MAINTAIN STEADY PACE
ABOVE 1 HOUR	AEROBIC FUEL: GLYCOGEN + FAT	CAPACITY	ABILITY TO MAINTAIN STEADY PACE FOR THE MARATHON ■

East beats West in the 3A/4A All State Football Game

Blake Bledsoe, from Spokane's Central Valley High School, lead his squad to a 13-12 win at Everett Memorial Stadium. Bledsoe scored on a 13 yard run with 1:40 left in the game to put the East on top. Greg Kittrell had high praise for the entire East team especially the defense which recorded three fumbles and an interception in the hard hitting contest. Bledsoe who had 90 yards passing, 29 yards rushing and two touchdowns was named the East team's most valuable player. The West team MVP was Jake Frauenholtz from Everett High School who had three receptions for 42 yards and an interception on defense returning it for 34 yards which lead to the West's second touchdown. ■



PROVIDE YOUR EMAIL ADDRESSES

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. ■



BARRY REIFEL
East Valley High School (Yakima)

Coach Reifel has coached football for 28 years as well as coaching basketball for 4 years and wrestling for 2 years. He and his wife of 26 years have five children. A graduate of WSU (Ma.Ed '84), Barry has received several coaching awards during his successful coaching tenure. He became a coach because, "It is the best way I know of to serve the lord with the gifts he has given me." Coaching his son was the proudest moment in his coaching career. His favorite quote comes from Frosty Westering in that, "The goal is not the end of the road-the goal is the road!" Barry has been in the WSCA for more than 10 years.



BRAD AGERUP
Mariner High School

Brad is the athletic trainer for all the sport programs at Mariner. The graduate of WSU and Seattle University (Ma.Ed '78) was the first full time athletic trainer in the state starting in 1983. He is the state president and regional director of WSATA. Brad's family includes his wife Melissa and their daughters Sarah (17) and Kaitlyn (15). Brad became an athletic trainer after receiving a scholarship to WSU in sports medicine from Everett High

School. He lists his proudest moments in athletics as winning a second round game as a Seahawk in Miami ('84) and playing in the football championship game in the Tacoma Dome in 1988.

Brad's favorite saying is, "Just ice it!". Brad has been a WSCA member for more than 20 years.



MERLE HAGBO
Clover Park High School

Merle graduated from Humboldt State University ('57) where he played football and baseball. While at CPHS, Merle coached varsity baseball for 34 years winning 3 SPSL baseball championships. He was also an assistant coach in both basketball and football. His family includes his wife Georgia and their son Brian and daughter Tracy. In 1973, Merle was named the 3A Washington State baseball coach of the year. Coach Hagbo was inducted in to the Washington State High School Baseball Coaches Association hall of fame in 1988 and he was inducted in to the Tacoma-Pierce County Sports Hall of Fame in 2006. His coaches at Humboldt State and Lincoln HS in Tacoma were a big influence in his life and he started coaching to pass along what he had learned to his players. Coach Hagbo's proudest moment in coaching came as CPHS played in the first state baseball championship game against Kennedy in 1973. "Alway do your best and never give up." Merle has been in the WSCA for 50 years. ■

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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, 2110 Richardson Drive, Puyallup, WA 98371

Thank you for your efforts

More Than Winning

by Doug Curtis, Principal, LaCrosse Schools

Most of us would agree that Tony Dungy and Chuck Noll have had successful coaching careers and we could learn a lot from their beliefs and practices. Tony Dungy played and coached for Chuck Noll and adopted many of his philosophies. They both had a unique approach to the importance of winning. The following are a few quotes from these two coaches:

Tony Dungy: “We want to win but if that is our only goal it will be a very shallow goal. We want to make a positive difference in our communities and families.”

Chuck Noll: “A life of frustration is inevitable for any coach whose main enjoyment is winning.” “The thrill is not in the winning but in the doing.”

We all agree that winning is important, the question each coach has to decide is how important it is and if it is your only measuring stick of success. Coaches who belong to Fellowship of Christian Athletes have access to resources that allow us to measure the success of our teams by other standards. FCA has four core values they promote: Integrity, Serving, Teamwork and Excellence. The emphasis begins with Integrity, which leads to Serving each other, which leads to Teamwork, which leads to Excellence. With this cycle “Excellence” becomes the standard as you emphasize the other three core values.

Core values are simply the way you live and conduct yourself. They are your attitudes, beliefs and convictions. These values are observable as they should be what you are and not what you want to become. Talk is cheap but values are valuable. These values can be evident in our programs regardless of your win-loss record and will be the core of what your athletes and coaches learn and take with them in life.

Integrity means that you are the same in all situations. To coach and compete with Integrity means you are transparent, authentic, honest and trustworthy. You should be the same whether you win or lose a contest or are practicing or competing in a contest. Integrity means to act the same when no one is looking. It is not about being perfect but being the “Real Deal.” John Kitna, former Lincoln High School and Central Washington University quarterback and now an NFL quarterback is quoted as saying, “If high school coaches would take kids at the high school level and teach integrity and character, instead of just who they are as players, then they can take that with them and develop even more integrity in college or the professional ranks.”

Serving is a paradox as you seek out the needs of others

and in turn develop and improve your own character and performance. When your goal is to serve others then you set an example that truly influences others. It can be said that setting an example is not the main means of influencing others-it is the only means. Coaches who aim to serve their coaches and athletes make everyone around them better. It is important for teams to do service for their communities as well as each other. It teaches them qualities that will make them better citizens as well as teammates. As a coach you truly become a positive role model when you model service to your athletes and community. Self-serving coaches and athletes only bring about division and jealousy with all they influence.

Teamwork is about relationships and working together to become the best team possible. The enemy of Teamwork is the “Me-Monster”—the kind of coach or athlete who is completely lost in his or her own world, consumed with his or her own desires. “Me-Monsters” are everywhere, especially in the athletic world. Luke Ridnour, from Blaine High School and the NBA reflects on his positive high school experience with teamwork: “It was never about putting one guy in front of the other, it was always about the team. The coolest thing I remember about high school is the loyalty we had toward each other.” As with serving, teamwork requires putting others first and working for a common cause.

A classic example of a coach who models striving for Excellence is legendary women’s basketball at North Carolina State-Kay Yow. Despite her long battle with cancer she maintained a commitment to modeling excellence on and off the court. Kay led by actions as well as words when it came to excellence and her teams reflected that commitment. She said “you’re always talking to your players about what they need to do to pursue excellence, as a coach people see me and think I’m coaching basketball, but I think I am coaching people.” Kay also reminds us that when you think about excellence you often think of the end result, but she feels it is more important to remember the process and the journey, or as Chuck Noll would say “the doing.” Kay points out that awards and trophies get tarnished but a coach’s true reward is when players and coaches you have influenced understand the true meaning of excellence.

The above four core values give you another way to measure the success of your coaching, but if you emphasize these values winning seems to take care of itself also. They also give greater value to your program as you promote “more than winning.” ■



By Steve K. Bertrand

Pat Tyson feels like he's a kid again! After taking over the helm as head cross-country/track & field coach at Gonzaga University, the 59 year old has been very busy. Tyson wouldn't have it any other way. Known for his high energy & infectious enthusiasm, the "Pied Piper" of distance running is hard at work building a new dynasty.

Tyson grew up in Tacoma, Washington. He graduated from Lincoln High School in 1968. He'd finished 7th in the '67 State Cross-Country Meet. From there, he headed south to the University of Oregon. He was a key performer on teams that finished 2nd (1970), 1st (1971) & 3rd (1972) in the NCAA Cross-Country Championships. Under the tutelage of legendary coaches Bill Bowerman & Bill Dellinger, Tyson thrived. This was the "Pre" era. Tyson was Steve Prefontaine's roommate.

During this time, Pat Tyson absorbed it all. "As a distance runner, I couldn't have had better teachers," he said. And, when he graduated with degrees in social studies & education in '73, he packed up all he'd learned & embarked on his own career as a teacher/coach at Seattle's Morgan Junior High. It was the fall of '73.

Tyson spent ten years at the junior high level. Kids came out in droves. They followed him everywhere. Clung to his every word. They experienced success &...

had a lot of fun! When the head cross-country job opened up at Shorecrest High School, Tyson applied. He got the position. His first year, Tyson's team finished third in the 1983 State Cross-Country Championships. In '84 & '85, they claimed back-to-back state titles. Pat Tyson quickly made a name for himself.

In 1986, Spokane's Mead High School was looking for a coach. Tyson got the job. From there, he's never looked back. "Tyson's Army" claimed twelve state titles from 1986 to 2006. From 1988 to 1996, they claimed a string of nine in a row. Even with the opening of Mount Spokane High School (which split enrollment), Mead has continued to be successful. Since 1988, the Mead cross-country program has finished no worse than third in the state meet.

The names of individual Mead state champions read like a "Who's Who" of Washington distance running. Chris Lewis ('86 & '87), Greg Kuntz ('89), Matthew Davis ('91, '92 & '93), Micah Davis ('94), Jesse Fayant ('01) & Evan Garber ('03) all claimed state cross-country titles for the Panthers.

Continued on page 32

In 2005, Tyson took a leave of absence from Mead. He took the interim position at the University of Oregon. Bill Dellinger had retired. The University of Oregon was looking for a new head coach. Tyson worked tirelessly building the program. When Oberlin's Vin Lananna got the nod as head coach, Pat Tyson looked elsewhere.

In the fall of '06, the University of Kentucky position opened up. Again, Tyson got the job. It looked like a great opportunity. "I went into the position like I do many things – with blind faith & a willingness to take risks!" said Tyson. He found the people friendly & supportive. But on October 8th, 2006, while on a morning run, Pat Tyson was hit by a car while in a crosswalk.

"I was on a training run," said Tyson. "We were near campus & a car with no signal blinkers made a sweeping left turn into the crosswalk." Tyson was lucky he wasn't killed. The vehicle ran over both feet. It was very painful. "It felt like someone worked me over with a sledgehammer," said Tyson. He was in the emergency room undergoing surgery for eight hours. Tyson spent the rest of the cross-country season in a cast. Used to a high level of activity, Tyson had a tough time coaching from the sidelines. He was off his feet October through January.

"You can be better than you think! And, if you are turning out, you better be willing to give it your all! Whether it's school, sports, marriage or work, you better be willing to do your best!"

When he resumed walking, he'd made the decision to leave the University of Kentucky. "I started missing home," he said. "I missed my support group." Tyson looked into a position with Nike. They had an opening. He was the runner-up. So, in the fall of 2007, Tyson returned to Spokane. He spent time exploring his options. "I got a lot done," said Tyson. "Following the injury, there was surgery, medical bills & rehabilitation." Tyson spoke at clinics. He worked as a distance running consultant. "Out of respect for Mead's Steve Kiesel, Tyson kept his distance. Kiesel had taken over following Tyson's resignation. Kiesel coached Mead to the '07 & '08 state cross-country titles.

In the fall of 2007, Tyson began conversations with Alberto Salazar. "I was going a bit 'stir crazy'," confessed Tyson. Following his running career, Salazar has worked for Nike. He stays connected with the sport of distance running as coach of the Nike Oregon Project. Salazar was looking for someone to take athletes on high altitude training runs in Colorado. He felt Pat Tyson would be a good fit. But a different opportunity presented itself – Gonzaga University. Head coach Kevin Swain was stepping down. He wanted to spend more time with his family. Pat Tyson began looking toward home.

Still, the position hadn't opened up. So, in the spring of '08, Tyson took the job at South Eugene High School. They were looking for a Director of Operations for their sports programs. Pat had thrown his name in the hat & landed the job. There wasn't an opening for a distance coach; but Tyson handled the day-to-day operations. He was the organizational guy. "I recruited, ordered uniforms, arranged transportation, organized banquets, etc..." said Tyson. Never one for idleness, the job kept him hopping. "They already had a 'dream staff'!" said Tyson.

May '08, the Gonzaga job opened up. Tyson applied, interviewed & waited... The previous fall he'd been inducted into Washington's Hall of Fame by the State Cross-Country Coaches' Association. "That spring was a 'quiet' time," said Tyson. "I waited till after South Eugene High School competed in the Oregon State Track & Field Championships." Then, it was announced. Pat Tyson got the job. In the spring of '08, he moved back to Spokane following the NCAA's. Gonzaga had never had a full-time cross-country/track & field coach till Pat Tyson accepted the job. And, by the time the job was offered, there wasn't much time for preparation.

Having missed the '08 recruiting season, Tyson played the hand he was dealt. His men were 6th & women 7th in the Conference Championships. Always positive, Tyson reflected on the season. "They lived up to expectations," he said. "They did their best. They're great 'team people'!"

Pat Tyson knows the Bulldogs future looks bright. "I always work to make a place better than it was," said Tyson. "I try to bring some of that 'Oregon energy' to my coaching." Borrowing "old school" tactics he picked up from Bowerman & Dellinger, Tyson brings a "tough love" approach to his coaching.

"Kids need to commit to being their best," said Tyson.

“You can be better than you think! And, if you are turning out, you better be willing to give it your all! Whether it’s school, sports, marriage or work, you better be willing to do your best!”

Tyson also spoke to the role of a coach. “It’s a mix of things,” he said. “As a coach, you need to provide ‘real enthusiasm’. You need to be a student of the sport. You need to be genuine. You need to understand kids. There’s got to be balance. At the same



time, you need to hold the line with kids. Help them break bad habits. Show them how to do the little things that impact performance - sleep, nutrition, hydration, stress reduction, etc... Let them know it’s not acceptable to skip practice. Steve Prefontaine understood these things. Discipline helped him develop his abilities to the max!”

Going into his 37th summer coaching, Pat Tyson is busy doing what he’s always done – speaking at distance running clinics. He’s attending camps in Montana, Oregon, Rhode Island & Washington. He’s also working with his cross-country captains. Right now, he’s creating a meet schedule & building his roster. Numbers look good. Presently, thirty boys & thirty girls have signed up for the team. “I hope to improve the quality too,” said Tyson. Tyson was quick to compliment Forest Braden, a Boise State All-American from Bonner’s Ferry, Idaho, an assistant coach on his staff. “He’s a great help!” Tyson also hopes to add a woman’s coach.

Tyson’s “dream list” for Gonzaga is long. It includes a synthetic track, full track & field program, increased staff, scholarships, support for travel & trips to “the show”. “If you’re good, we’ll take you places,” said Tyson. He envisions trips to the Mount Sac Relays, Hayward Field, Stanford & Penn Relays. He wants his kids to get a great education & have a “cool” running experience. “We’ll get money for the blue-chippers,” he said. “But,

they’ll need to be hungry. That’s how it was when I ran at Oregon.”

Pat Tyson isn’t resting on his laurels. He returned to jogging in the spring of ’07. He’s worked up to ninety minutes a day. “I still love running!” said Tyson, who primarily pursues the sport for personal health. He’s not fully recovered from his injuries. “I’m planning to undergo a third surgery between now & April,” he said. His second surgery was in December of ’07.

In the meantime, Pat Tyson enjoys what he’s doing. So long as he’s supported, he’ll stay put. “I see efforts,” said the guru of distance running. “I enjoy the freedom I’m given. It’s nice to be back in Spokane. I’m thinking like I’m twenty-two again. With all there is to learn & do, it’s a bit like being back at Morgan Junior High!” he laughed. “We’ll just have to see what we can do.” ■

**NOTE the WSCA email address
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Herd Leads West to Victory in the Earl Barden Classic

partial reprint of article by Dave Thomas, Yakima Herald

Yakima, Wa.- In the first half of the 15th Earl Barden Classic held on June 28th, the West team went with a quarterback rotation of Greg Herd and Chris Smith and its offense never really clicked. The second half became a one-man show for Herd and he turned in a virtuoso performance.

Herd, the Eastern Washington University-bound athlete from Steilacoom High, threw a momentum-shifting touchdown pass and later ran for another score to rally the West to a 31-13 victory over the East on a sunny day at Zaepfel Stadium.

“He’s quick; He’s fast and strong,” Selah defensive lineman Ethan Bersing, the East defensive player of the game with 5 ½ sacks, said of the 6-foot-3, 198-pound Herd. “I wouldn’t expect anything less from him.”

On a fourth-and-4 from the East 27, Herd dropped back to pass and was on the verge of being sacked for about a 10-yard loss, but, some how, he not only slipped

away from a lineman, but stayed on his feet. Herd then spotted Derek Rice open in the end zone, firing a perfect strike for the score that helped give the West a 14-13 lead with 19 seconds left in the third quarter. With Rice’s touchdown catch, momentum clearly swung to the West which fell behind 13-0 in the first quarter after miscues twice gave the East the ball deep in West territory.



“They came out fired up (in the second half),” Granger’s Mychal Lopez, the East offensive MVP, said of the West defense. “We just couldn’t stay on the field. But we’re happy with how things ended. We would’ve liked to have gotten a W, but the team worked hard all week.

We’ve got nothing to hang our heads about.”

Scholarship winners of the 15th Earl Barden Classic were JJ Quinlan of Archbishop Murphy for the West and Cody Rollins of West Valley-Spokane for the East. ■

HELP

Members

We are looking for Coaches that would like to be actively involved in the organization of each sport. Please contact

jparrish@donobi.net

to get involved in your sports

All-Star Games, clinics

and activities. . .

WE ARE LOOKING FOR YOUR HELP!

**Deadline:
November 1st**

Washington State Football Coaches Association **TERRY ENNIS SCHOLARSHIP**

This scholarship is being offered by the 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

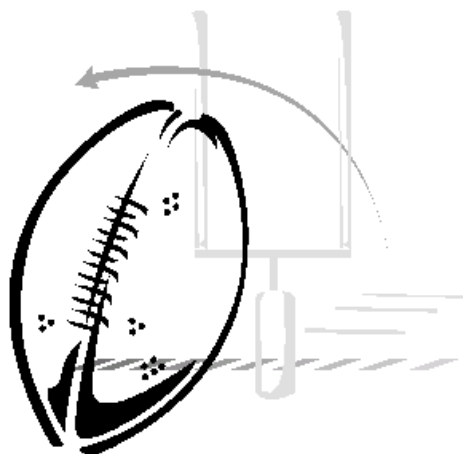
Date of Birth _____ Telephone number _____
Month/day/year Include area code

High School attended _____

Graduation date _____

School address _____
Street

_____ *City State Zip*



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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.

Mail to:
Jerry Parrish, WSCA Secretary
18468-8th Ave NE
Poulsbo WA 98370

COACH: Are you a Candidate for the WSCA Career Recognition Program

The WSCA Executive Board has a recognition program for the coaches in our state association.

A criteria has been developed for head coaches at the high school level in the following sports:

- Football
- Volleyball
- Girls Basketball
- Boys Basketball
- Girls Soccer
- Boys Soccer
- Baseball
- Softball

Criteria for assistant coaches and for the remaining sports will be established later this year after consulting with I.S.A. representatives.

Coaches in the mentioned sports will be honored for reaching career milestones. It will take 100 wins in those sports (50 in football) to achieve Level I. To reach Level II it takes 200 wins (100 in football). Accumulating 300 wins (150 in football) allows you to attain Level III. Those coaches who have 400 career wins (200 in football) will be honored at Level IV. Awards ranging from certificates to plaques will be given to deserving coaches by the WSCA.

To be recognized by the WSCA, you must apply for this award and be a WSCA member. An application is located below.

Congratulations in advance for our coaches who meet the milestone criteria.

HAVE YOU APPLIED? CAREER MILESTONE RECOGNITION PROGRAM

Name: _____ School: _____
 Home Address: _____ City/Zip: _____
 Sport: _____ Membership #: _____ Years Coached: _____

School	Year	Victories

TOTAL VICTORIES _____

Forms need to be complete and accurate before being returned to:

Jerry Parrish, 18468 8th Ave. NE, Poulsbo WA 98370

ADRENALINE

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Washington

State Football Coaches Association

and the Terry Ennis Scholarship Award.

Visit www.washcoach.org for details.

**For more information, please contact
your local area sales representative:**

DAVID WRIGHT

dwright@adrenalinefundraising.com

360-708-8247

MICHAEL BRAUNSTEIN

mbraunstein@adrenalinefundraising.com

503-486-5432

www.adrenalinefundraising.com

