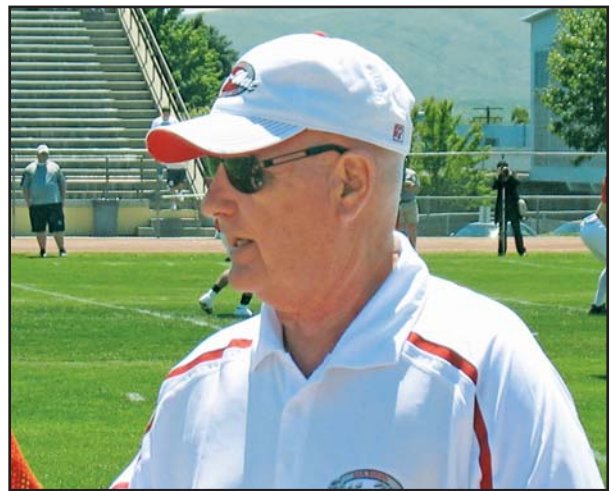


THE WASHINGTON COACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



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.

An applicant must have been a member of WSCA for a minimum of 5 years.

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



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- Kyle Peacocke	Everett
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- Aaron Radford	Kentwood
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Tennis -Nathaniel Whitley	Rogers Puyallup
Track & Field - Daunte Gouge	Kings
Volleyball - Tony Batinovich	Puyallup
Wrestling -Craig Hanson	East Valley (Spokane)
- Brett Lucas	Todd Beamer

For more information contact the below:

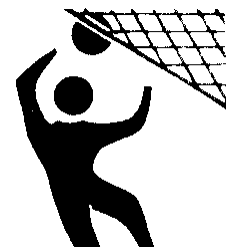
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Do you have an article you would like to have published in the **Washington Coach**?

Email Mike Schick at
WCSA-EDITOR@comcast.net or mail to
2110 Richardson Drive
Puyallup, WA 98371

Winter deadline is December 1.

From The President

“A good teacher is a good coach and a good coach is a good teacher.” I heard this several times during my undergrad studies at Eastern Washington University. Now, as a new season and a new school year begins, I have been reflecting on the very qualities that make a good teacher and a good coach. Typical of the 21st century inquirer, I googled the concepts and AFL Big Pond produced some ideas to which I added a few of my own thoughts.

- A good teacher/good coach is well organized. Practices are planned out. Skills build on each other. Lessons are challenging and fun. A well-prepared coach or teacher has done the mental preparation but keeps an open mind ready for teachable moments.
- A good teacher/coach is energetic and enthusiastic. They bring intensity and emotional and physical involvement. Positive energy brings a synergy to the team that is infectious.
- A good teacher/coach is patient and understanding. They show an evenness of temper allowing their students/athletes ability to learn and grow without fear of failure. Learning a new skill or strategy can be challenging even for the most gifted student. A good teacher/coach allows their students/players to “fail forward”.
- A good teacher/coach is encouraging and supportive. They know what buttons to push. They know when to press in and when to pull back. They take the time to get to know their kids so they know what each kid needs for their best performance.
- A good teacher/coach is fair and consistent. They set realistic rules and help their kids develop self discipline. They are willing to confront poor behaviors and encourage and reward wanted behaviors. They treat each student/athlete in a dignified and respectful manner.
- A good teacher/coach is good at delegating tasks to assistants and older, more skilled players. They trust their assistants and players to help in the day to day tasks. This gives a feeling of ownership by all parties involved. They allow ownership in the decision making process which helps to develop leaders in the group.
- A good teacher/coach is a careful observer and thoughtful planner. They know what they have to achieve and are constantly evaluating their students’/athletes’ progress toward their goals.
- A good teacher/coach is creative and flexible. Even though they are well prepared, a good teacher/coach is open to new things and teachable moments. They are willing to scrap something that isn’t working and replace it with something that might work. They see a natural flow to the learning process and can change directions if need be in the middle of the stream.
- A good teacher/coach is knowledgeable and committed to improving their coaching. They seek out mentors to help them gain knowledge and insight. They listen to their students/athletes for the knowledge they might already have and learn from them as well. They attend workshops, clinics, and seek out peers in their field for added insight.
- A good teacher/coach is caring and interested in player’s well-being. “Students/athletes don’t care how much you know until they know how much you care.” Can you talk about other topics other than your sport or field of study. Do you know what interests and activities your students/athletes have? Do you care how they are doing in all areas of their life?
- A good teacher/coach is fun to be around. Can you laugh and share a joke? Can you find the amusing in most situations? Do you impart a love of life and things around you? Does your cloud have a silver lining?

I know that some of you don’t teach. If we coach, however, we are also teachers so think about your favorite teacher and the qualities they had. Think about how they inspired you and made you think. Remember how fun they were and the times you laughed (and possibly cried)?

Your homework assignment, if you choose to accept it, is to google the phrase “a good teacher is a good coach and a good coach is a good teacher” and allow your coaching to be influenced by the inspirational words you read and the ideas you discover.

Have a great year!!!

Your President, Sue Doering



FROM THE SIDELINES

by Jerry Parrish



From The Sidelines

ONIONS

- ◆ to athletes who are more “me” than “we”. They are looking to call attention to themselves and forget about their team. Act like you’ve been there before.
- ◆ to “State” All Star coaches that do not register their games with the Washington State Coaches Association.

ORCHIDS

- ◆ to the High School Cover 2 sports—the columns written by two semi-retired coaches, Dick Kalla and Larry Bales, show great insight into high school sports in our area. They can be found on the Seattle PI web sites at <http://blog.seattlepi.com/highschoolcover2sports/>
- ◆ to the athletes who follow their school and team Code of Conduct in areas of academics, citizenship, classroom behavior and do not let their teammates down.
- ◆ to the medical personnel who care for and treat our student athletes.
- ◆ to the many school districts that are providing financial support to their district coaches becoming members of the WSCA as the list grows each year.
- ◆ to the WSCA Scholarship committee headed by Susan Doering (Colfax), Rick Giampietri (Central Valley) and Darrell Olson (Everett). These people do a great job. Each year the selection process becomes more challenging as there are so many strong candidates.
- ◆ to JP Shin who was instrumental in hosting the annual Seahawk Academy and is now working for KIRO-TV. He showed great hospitality to the many coaches who took part in the Seahawk Academy.
- ◆ to Ryan Magayag, who was the prime host from the Seahawks when NATS (National Athletic Testing Service) was guests of the Seattle Seahawks. Ryan is now working in the UW athletic department.

- ◆ Give me a football coach who teaches players the science of the game after teaching science during the day.
- ◆ Give me a high school field named after a coach not the highest bidder. ■

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.

Burnett-Ennis Scholarship 2011 Recipients

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**Lucas Graff
and dad
Steve**

Chiawana



**Michael
Barnhart and
mom Robin**

Central Valley



**Andrew
Olson and
dad Darrell**

Cascade



**Corina
Gebbers and
dad Cass**

Brewster

**Ty Ridout
and dad
Kevin**

Montesano



**Shawn Bowen
and dad Gene**

*Gov. John R
Rogers*



**Heather
Whitmore
and dad Greg**

Ritzville



**Courtney
Fairhart and
dad George**

Eatonville





**Julia Roper
and dad Brian**

Lynden

**Taryn Jones
and dad Bob**

*Auburn
Riverside*



**Baylee Mires
and dad John**

Mead

Student Teacher Scholarship Recipients



**Timothy
French and
dad Timothy**

Western

**Brad Perry
and dad
Mark**

Boise State



**Ben Harmon
and dad Tom**

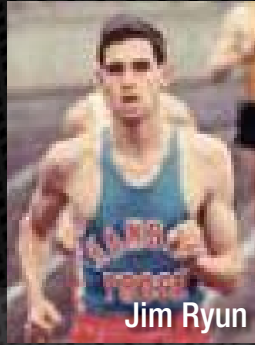
Western

**Chelsi Friese
and dad Rob**

Eastern



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Jim Ryun
Olympic Miler
First 4 Minute Miler



Mike Bellotti
Retired U of Oregon
Football Coach

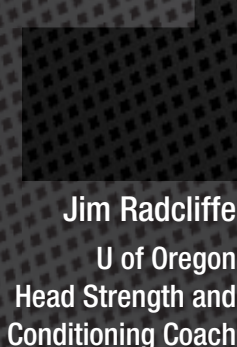


Bill Harmon
Top 50 Golf Pro

Northwest All Sports Clinic

February 9 - 12, 2012

Doubletree Hotel
Sea Tac Airport • Seattle, WA



Jim Radcliffe
U of Oregon
Head Strength and
Conditioning Coach



Bill Hillhouse
House of Pitching
Softball



Sara Schamb
Montana State
Volleyball



Dave Beaty
U Kansas
Football Coach



Debbie Green
CSSB
Long Beach State
Volleyball



Tom VomSteeg
Men's Soccer
Coach

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Bring your entire Athletic Staff!**



Donnie Marbut
WSU Baseball



Lindsay Meggs
UW Basball



Gary Baskett
Whitworth College
Track



Paul Stumpf
UCSB
Women's Soccer Coach

To Print Updated Schedule Go To
WWW.ALLSPORTSSCHOOL.COM

Coaches Choice Northwest All-Sports Clinic Registration Form

CLINIC REGISTRATION FEE

AD'S AND COACHES SAVE BIG WITH
"UNBELIEVABLE GROUP RATES!"

NEW STAFF RATE

\$395 Up to 6 Coaches (Prior to Feb. 1, 2012)
Over 6 Coaches \$60 each

\$595 Up to 10 Coaches (Prior to Feb. 1, 2012)
Over 10 Coaches \$50 each

\$200 Additional Late Fee if Paid After
Feb. 1, 2012

For Early Registration Rate (PO Must be Paid by
Feb. 1, 2012)

INDIVIDUAL RATES

\$100 Individual, must be paid by Jan. 1, 2012

\$120 Individual, must be paid by Feb. 1, 2012

\$130 Individual, after Feb. 1, 2012, or at door

MAKE CHECKS PAYABLE TO:

North West All Sports School

MAIL TO:

All Sports School
76086 Via Firenze
Indian Wells, CA 92210

PURCHASE ORDERS ACCEPTED:

You may fax the registration to
1-760-772-7558

TO VERIFY REGISTRATION:

jharryman@allsportsschool.com
Phone: 760-345-7287
Fax: 760-772-7558
For confirmation we must have e-mail address

GIVE YOURSELF A RAISE!

PROFESSIONAL DEVELOPMENT CREDIT

One or three semester hours of post
Baccalaureate professional development
credits are available. Call Loyola
Marymount University for credit
Requirements and enrollment information.
Call Don Jacobs at (800) 762-0121. Prior
district approval is recommended.

- 3 semester credits \$297.00
- 1 semester credit \$99

WIAA CLOCK HOURS

20 Plus Credits Available at Clinic
(425) 687-8585

CHECK-IN REGISTRATION

Thursday, February 9, 2012

1:00pm - 8:00pm

Friday, February 10, 2012

8:00am - 7:00pm

Saturday, February 11, 2012

8:00am - 3:00pm

CLINIC LOCATION

Sea Tac Doubletree Hotel
18740 International Blvd.
Seattle, WA 98188
(206) 246 - 8600

HOTEL ROOM RATES

\$121.00 (Plus Tax) Single/Double

PARKING

\$5.00 for Parking at Hotel
Free at Tyee H.S. on Friday PM and Saturday
and Sunday

General Session Speaker



Jim Ryun

US Olympics Medalist

- Training for the 1st HS 4 Minute Mile
- Dream Big
- Q&A



To Print Schedule & Register Online www.allsportsschool.com

NORTHWEST ALL-SPORTS CLINIC

February 9-11, 2012

SeaTac DoubleTree Hotel – SeaTac Airport

New Staff Rate:

\$100 Individual, must be paid by Jan. 1, 2012 \$495 Up to 8 Coaches (same school, paid by Jan. 1, 2012)
\$120 Individual, must be paid by Feb. 1, 2012 \$795 Up to 15 Coaches (same school, paid by Jan. 1, 2012)
\$130 Individual, After Feb. 1, or at door \$995 Up to 15 Coaches (same school, paid After Feb. 1, 2012)

School Name: _____ Home Phone: _____

School Phone: _____ School Fax: _____

Name of Coach Registering: _____

Home Address: _____

City: _____ State: _____ Zip: _____

Sport: _____ Email: _____ Amount Due: _____

Names of Coaches attending (#1 being primary contact)

DO NOT LIST NAMES OF ANY OTHER COACHES if you are just registering for yourself.

**All Coaches must be from the same school. No Additions allowed after the registration form is submitted.*

1. _____ 5. _____

2. _____ 6. _____

3. _____ 7. _____

4. _____ 8. _____

** Additional names may be added in space provided*

Payment Information (NO REFUNDS - Check, Credit Card, and P.O.)

Check – Make checks payable to: ALL SPORTS SCHOOL

P.O. - Pay by Purchase Order - Fax PO's to (760)772-7558

PO Number: _____ Acct. Phone Number: _____

Billing Address: _____

City: _____ State: _____ Zip: _____ Fax: _____

Pay By Credit Card (VISA and MASTERCARD ONLY) *Note: Confirmation DOES NOT mean Credit Card has been processed! To receive verification, you must email a verification request to: jharryman@allsportsschool.com*

Name on Card: _____

Card Number: _____ Exp Date: _____

CVC code: _____ Amount: _____ Signature: _____

Schedule Updates: www.allsportsschool.com

SEND OR FAX FORM TO:

ALL SPORTS SCHOOL

76086 Via Firenze

Indian Wells, CA 92210

Home: (760)345-7287 | Fax: (760)772-7558

**Deadline:
November 1st**

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

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



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

To be eligible for this scholarship:

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

Name _____
Last First Middle

Permanent address _____
Street City State Zip

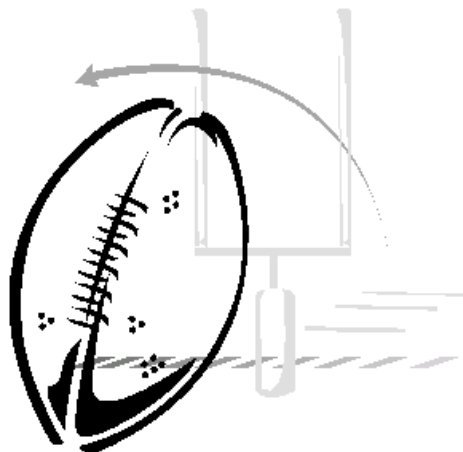
Date of Birth _____ Telephone number _____
Month/day/year Include area code

High School attended _____

Graduation date _____

School address _____
Street

_____ *City State Zip*



continued on next page

continued from previous page

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

The First Month of Track and Field

“10 GREAT WORKOUTS FOR SPURTERS”

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

Getting the track season off to a good start is critical for the **success** in late May of your sprinters. Keeping your sprinters healthy can be difficult enough, yet dodging the rain, snow, wind and the fast paced lives the kids live, lack of quality sleep, things kids eat today, can often times make things more difficult in late February and early March. Remember there are no state championships or league championships in February or March. March is a great month to lay a solid **sprint** foundation. So what can be done to assure maximum success with your sprinters and get them ready for May?



Some initials thoughts.

Always plan from the championship meet backwards, Plan from May back to February or March. Once you have arrived at the first month planning of your season, it will be essential to plan out a direction for the athlete that will enable them to positively progress throughout the 13 week season remaining injury free. Each athlete will be unique and bring different fitness levels to the first day of practice. This fact should be included in the workouts. Some will be arriving from other sports, others will not. Just because it's written down, doesn't mean it's written in stone. Like aspirin, more is not better. Also, limit the lactate workouts. Nothing will tear up an sprinter more than early high levels of lactate work, especially early in the season. Be sure and ask yourself how much lactate that sprint really involves. 100 meters has virtually no

lactate, while the 400 has quite a fair amount of lactate once the runner hits the 40 second mark. Do **not** road run your sprinters. Nothing will kill foot speed and muscle elasticity quicker than road running and countless lactate workouts, not to mention the gait in road running does nothing but mess up a sprinters gait. Road running does **not** build a base for sprinters.



Here are some great workouts for that first month of practice.

1. Take the first two or three days to teach a proper dynamic warm up. Depending on the fitness level of your athletes, this may be **their** workout. If the weather is not cooperating, stay inside and go through the dynamic warm up in the gym. It's difficult to teach someone who's more concerned about how cold they are than how they are performing the drill. Pound in those good running mechanics when they are in a warm environment to get them to really listen to you.

2. Use a day during the first week of practice for a chalk talk. This will be time well invested in goal setting, talking about proper sleep, nutrition, and academics. Encourage them to keep a training log. It's powerful to be able to look by at workouts and how you felt each day, to monitor one's own progress. This is another great way to get athletes to buy in to the workouts by monitoring them in a training log. This is time well spent that could save both you and the athlete headaches as the season progresses.



Continued on page 12

Continued from page 11

This may be the day when you can see the athletes really need to be off the track for recovery.

3. 6 -9 x 30 meter flys, with a 4 minute recovery between each. Have the athletes accelerate over 20 meters to top speed for 30 meters. (total distance covered will be 50 meters with the athlete running at max for 30 meters) Again, 4 minutes will be needed to completely recover the system so they are ready for the next 30 meters. The athlete may feel they are ready before the 4 minute recovery is up. Encourage them to take the full 4 minute recovery so the system can completely recover. The fly 30's are done at maximal effort. Wait 72 hours before repeating this workout.

4. Tempo work (run at 60% to 80%) aids and facilitates recovery while minimizing the chance of injury. Two or three days of tempo work early can help keep the athlete injury free. Tempo runs not only improve recovery but over time enhance capillarization of the muscle, leading to an increased heating of motor neurons in the muscle. This heating lower the electrical resistance in the neural pathways within muscle, thus improving the muscle's contraction speed. Distances can range from 100 to 400 meters. Recovery between reps should be a pulse of 120-140 and recovery between sets should be 5 to 10 minutes. The key as a coach, will be reigning in the athlete and making sure they stay inside the 60% to 80% effort. Any workout done under 60 meters at maximal effort will benefit greatly from a tempo workout following it the next day.

5. Relay attacks are one of the best early season relay handoff practices that can be done with no baton. We've all struggled with athletes going in and out of the zone and backing off. This is a death sentence for a great hand-off. Have the outgoing



runner mark their go mark. Then have them move that mark 30 inches closer to the end of the zone, toward themselves. It'll appear the incoming runner will run up the outgoing runner. Now make sure the lane is divided in 1/2 with each runner staying on their side of the zone. **No baton is needed.** Have the incoming runner come at the outgoing runner as if it were a normal handoff. Instead of handing off, it will end up being a race to a pre-

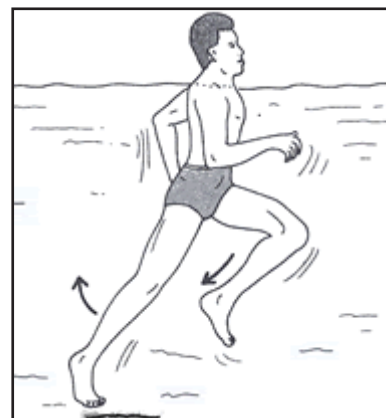
determined mark, 40 meters down the track. Once the incoming runner hits the adjusted go mark, the outgoing runner takes off and it's a race down the track, some 40 meters. If you've had problems with runners backing off through the zone at any point, this should solve it. Insert the baton a week or so later and adjust back the go mark once the baton is re-inserted. Only allow a couple attempts at each zone and remind the athletes that this is a highly intense workout and not an easy day. Allow 4 minutes between each run and make sure this relay practice and your next one is 72 hours apart. Keep this practice away from the 30 meter flys also. This workout along with the 30 meter flys is unlikely to injure and athlete as long as they are properly warmed up, dressed appropriately for the weather and rested properly. Injuries often have nothing to do with the workout and everything to do with improper stimulus or workloads leading up to the workout as well as inadequate recovery and restoration.

6. A technical work day built in early is very important. Video tape the athlete and let them see what they look like. Many of your sprinters are highly visual and seeing it and hearing it is much more effective than just hearing a correction that needs to be made. Take video on the straight away and on the corners.

7. Acceleration work from a stand, falling or out of the blocks. Again, this is very intense and should not be looked at as an easy day. Take the acceleration out to 50 to 60 meters to develop a good acceleration pattern. Follow this workout with some standing long jumps or standing triple jumps. The acceleration work and the short jumps are highly compatible.

8. Pool workouts are great for restoration and can aid in helping with increased dynamic mobility work. After a 20-30 swim workout, have the athlete go through some joint range of motion work.

9. Go through a pre-meet routine with all athletes. Talk to them about inclement weather and how best to make sure a proper warm up is done and how to re-warm up for the next event. Talk about re-focusing after another athlete false starts and how to focus at meets. Teaching how to focus is a skill that has to



be taught not something the athletes can be told to do. Go through everything that could possibly go wrong and have a plan. Discuss what to eat, when to eat it and what not to eat. Never take for granted the importance of discussing the importance of hydration. Energy drinks vs. Water vs. Protein Drinks!

10. The very best workout in that first month, may be a DAY OFF. Not only for the physical, but many athletes benefit from a mental day off. It's much more difficult to recharge the mental battery than the physical one.

Some myths about early March sprint training:

1. It's important to build a base by doing some distance running. Wrong! This is a great way to kill foot speed and alter a good sprint gait. If you want to sprint fast, you have to sprint. Again, the key will be proper rest after the workout.

2. If I sprint my athletes in March, they'll get hurt. Wrong! This is only the case if the athlete aren't warmed up, aren't dressed correctly for the weather or aren't rested correctly. 48 to 72 hours of rest from sprinting is essential. There is no cutting corners on this one.

3. Running relay or block work is a rest day. Wrong! These types of workouts are extremely intense and require 48 to 72 hours of rest.

As a coach, a properly trained or slightly undertrained athlete is much more productive in the long run than an injured athlete. Coach on the safe side if there is any doubt. Listen to the athlete and observe their body language. Today's athlete have so many "outside of track stimuli" that could take a toll both mentally and physically. It's never been more important as a coach to be really tuned in to the athlete. It's much easier to see physical fatigue than mental fatigue in an athlete. Both however, can doom the athletes success.


The first month is your foundation. Built from the foundation up, with the right materials (workouts), all 10 workouts play an important part in laying the foundation for a successful season and shouldn't be overlooked.

"You can have the will to be great, but you must have the will to prepare to be great!"


Coach Hoddle is the director of the Northwest Track and Field Clinic held on Feb. 10 and 11, 2012 at the SeaTac Double Tree, featuring Olympian Jim Ryun in 2012. ■

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Ryan Young Meet Tommy John

by Lane C Dowell

Welcome to the big stage: If you are not a Javelin aficionado, a fan of UCal Berkeley FIELD and track, an avid reader of the Kitsap Sun's daily sports page, or Kathy Felix, you may never have heard of Ryan Young. On June 24, 2011 at the USATF National Outdoor Track and Field Championships at perhaps the most revered and attractive theater for this great sport, Eugene's Hayward Field, Ryan Young stepped onto the big stage and kicked in the door to opportunity.

We'll let Ryan describe this shining career moment, the moment that his potential was realized.

Ryan Young: It was an indescribable feeling to finally perform the way I always knew I was capable and on that type of stage. This meet was the culmination of learning experiences from my previous failures during my college career.

My prep going into the meet was to focus on the first three throws from a shorter approach, to get into finals and gain three more throws. Once I accomplished that on an awful technical throw (punched the power way over the top of the javelin and the angle stayed negative), that was a huge relief for me. I had qualified for finals.

There was no change in placement after Round 4. I loosened up and was ready to make something happen. Going into finals I was in 6th. I figured out the rhythm to the approach, and I turned to Coach Miller and said "I got this, I know what I need to do."

In the 5th Round Corey White opened with a 75m throw and jumped into 3rd place dropping me into 7th. That fired me up big time!

With the confidence of the 4th round throw and the fire of competition in my eyes, I moved down the runway for my 5th throw feeling the most connected with the javelin that I ever had. I moved through the penultimate, got the feet down quicker than I had all year, and ripped on it. I knew when I let it go it'd be a good one. I just wasn't sure how good.

I saw it land and waited for what seemed like forever for my numbers to be flashed on the results board...2 (place)...Young...5th (round)...**77.63m...**(254'8") came up. I was ecstatic for a brief instance and then realized I had more in me.

Even though I got 4th, it was still the highest I've finish in a big meet and a PR, so I was excited about the result.

Placing 4th I still have the opportunity to chase the A standard of 82m until August 8th. This will earn me a spot on the USA World Championship team. So, I'm in the process of setting up meets and figuring out how to reach that elusive A Standard. If I am unable to achieve the A standard, I should have the opportunity to represent the USA in the Pan Am Games in Guadalajara, Mexico in late October.

All things are looking up and as you say this year is only a spring board to bigger and better things as I push forward to make the 2012 Olympic Team in London.

Flashback with us to get a feel for the rocky road Ryan Young traveled through his collegiate years until he met Tommy John.

At the first meet of his freshman year, 2006, at the University of California, Ryan Young from Little Norway, Poulsbo, Washington, a stone's throw west of Seattle across Puget Sound, raised many an eyebrow by heaving the Javelin 232' 10". This performance was the 7th all-time best throw for an American junior (19 and under) and moved him past Breaux Greer on the Junior Leader Board. Greer is the current American Record Holder (91.29m...299' 6").

The sun appeared to be shining brightly on the javelin career of UCal Berkeley's Young, but Ryan's progress was hampered by injury after injury at California.

Long and Strong: How did you develop the passion for the Javelin?

Ryan Young: I would say that I first developed a passion for the javelin in 2008. I had thrown it in high school and won 2 state titles and then my first two years



of college, but I never really understood what being a javelin thrower meant. It was Martin Maric, a discus thrower from Croatia, and Jonas Hallgrimson of Iceland, who introduced me to lifting and javelin videos. That passion has continued to today and made me what I am and will become.

LS: You raised quite a few eyebrows as a frosh at Cal Berkeley when you passed Breaux Greer's U-19 national best.

RY: I'm not sure what his best was at that age. I threw 232'10" as a freshman. I wasn't aware until several weeks later that I had become (at that time) the 7th US Junior all-time. It was pretty cool to know and certainly made me believe that I had potential in the event.

LS: Ryan, describe the sequence of events that lead you to Tommy John surgery.

RY: The UCL injury was one of the most frustrating experiences I've had. UCL injuries are usually over-use injuries. I think it started in the weight room, I remember catching a few heavy cleans, which were a bit sketchy with elbows out, then the heavy overhead squats, with a lack of shoulder pre-hab and ther-a-band work.

I started to feel pain in the elbow at night, but nothing while throwing, so I didn't think much of it. Every throw I took in March was around 72m from 3 crosses.

Then I started to throw with a full approach. On a throw that was supposed to be a light rhythm throw, I left my arm down and pulled just wrong. That's when I felt the pop.

LS: What were the potential positives your doctors discussed with you? Were there any risks mentioned?

RY: Tommy Johns is a tricky surgery. Some people come back stronger than before. The reason for this is that Tommy John is an over-use injury and over time small tears in the ligament produce weakness for the total tear.

So the positives are that I would get a new ligament and have it be tighter. The risks, of course, are that it could have set me back a long time, because recovery can be unpredictable. There is also the risk of nerve damage since during the surgery the nerve must be moved.

LS: Have you tested the Tommy John surgery and are you now the thrower that you want to be?

RY: I began throwing baseballs as part of a rehab program and then started to throw arrows in December. I began with the men's javelin in mid-January. The process was slow, but I think that it allowed me to correct technical and training issues that may have been the root of why the injury happened in the first place.

I tested it out for the first time in a meet at Cal's Brutus Hamilton Invite on April 23rd and had the 2nd, 3rd and

4th best throws of my life. It was definitely my best-ever series. My goal entering this competition was to stick 72m and hit the US Nationals automatic qualifying mark.

LS: What are your goals and plans for the future?

RY: My goals for this year are to get back to a competitive level, establish myself as one of the elite US javelin throwers going into the 2012 Olympic year and to be top 3 at US Nationals.

I'd like to throw 80m this year, but I want to make sure I get through this year healthy and set myself up for an even better year next year, so that I can hit the Olympic A standard next season and hopefully have a shot to represent the US in the 2012 Olympics.

The 2011 USATF National Championships will serve as a barometer for the development of this talented and athletic young man from Little Norway. He is healthy, dare we say bionic, thanks to his friend Tommy John and the word quit is not in his lexicon.

Ryan Young has grown as a thrower. All appears in place for this former Golden Bear to achieve his goals. Will the energy generated by a knowledgeable and very athlete friendly fan base at Eugene's historic Hayward Field translate into the medal stand for Young? Stay tuned.■

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HAWKES SQUAWKS

by Dee Hawkes
Retired



Suffering from summer fatigue? You're not alone. The three month break in the prep scene always means that it is "Quiet on the Western Front." Now, you're back in the saddle ready to enjoy the current batch of athletes. If there is an upside to summer, you can start the journey by preparing and planning for their arrival. Rethinking your coaching is always a good sign. For this retired coach, whose age is still classified, the return to squawking is a welcome relief.

THE MERRY-GO-ROUND IS OUT OF CONTROL

There is unrest among the coaching ranks. Discussions are taking place everywhere about the outside of school summer turnouts that just took place all over the state. Now, you can do whatever you want with your athletes, because the WIAA is not involved. The sky is the limit! Many coaches feel they are on a merry-go-round, and they don't know how to get off. They experience extreme pressure to stay on it. Then, there are the others who simply enjoy the ride. With no rules, boundaries, or regulations, the wheel just keeps spinning faster and faster. School boards, districts, and superintendents are standing on the sidelines just watching the wheel spinning out of control.

However, for whatever reason, the riders (the athletes) stay on the ride despite the fact it is during their summer vacation. All those involved must pay a heavy price in huge time commitments and questionable safety issues. As you know, coaches often

receive no pay. Nothing is more sacred in high school sports than providing a level playing field. However, the wide-open summer months rob some schools from getting there. Unless this merry-go-round stops from time to time to make the necessary repairs, the summer of 2012 will look worse than the previous one.

SHORT SQUAWKS

It was bound to happen. In Maryland, the state association has allowed private schools to recruit athletes regardless of residency. This leads to a crash course that will cause a lot of wrecks, and which likely will never be repaired. No matter how we slice it, this new rule isn't fair – the level playing field is lost! . . . We've got to hand it to the state of Iowa, whose high schools' baseball playoffs are held in the summer when school is out. It can get mighty hot, but there are no makeup games due to rain.

It appears that Coach Tom Merrill has one more river to cross. This season is his 52nd season as a coach. He returns to coach the line at Kennedy High School. Head Coach Bob Bourgette once played for Tom, as did most of the current Kennedy staff.

At last, a journey that started long ago has ended for Coach Scott Omess, who returns as the new head basketball coach at Bainbridge High School. His challenge is to build a first class feeder program, which is called Bainbridge Roots. The early line says that, with the help of parents, past, and present players, the effort should be successful.

LOCAL BETTER THAN NATIONAL

Another hot issue this year with summer programs is the growth of seven-on-seven football, which involves most all of the schools. In some areas, these no pad tournaments bring out college recruiters to watch and evaluate. Another new wrinkle emerging is the increase in all-star teams that travel the country. Low keyed competition between skill players seems to make good sense locally, but to journey out of state is a bit much. When this happens, commercial interests climb aboard and start dictating what it is all about.

A good solid summer program can get caught up in the hype that playing on the national market is the way to go, but I think not. Seven-on-seven competitions have been around a long time, and they don't need the red carpet treatment.

MOVE OVER – ALMIGHTY DOLLAR IN CHARGE

Isn't it a sad commentary that the student body and the band will have to move to the West End Zone at the newly renovated Husky Stadium? No longer will the student body cheer, scream, yell, and fill the stands at the 50-yard line and dance to the musical magic provided by the outstanding Husky Band. The new seats have a high price tag, and are certainly not suited for a budget minded student

who must make ends meet. The message here is simple. Starting in the season of 2013, those that can afford it will take over the premier seating with the best view seats. Till then, the campus gang must fend for themselves. It is almost certain that those who attend the school have been given the short end of the straw – so much for tradition!

FOR SOME, THERE ARE NO LAZY DAYS OF SUMMER.

These days, any three-sport athlete probably needs a daily planner to fit in everything to do for each sport in the summer. In many respects, the summer sports schedule may resemble an 80-hour work week. The push from multiple sources to get better athletically has over taken any reasonable approach to having a normal summer. The lazy days of summer to fish, camp, climb, or hang out on a farm are gone. Even family vacations or cousin picnics have to be squeezed in depending on whether the planner has an open date.

REALITY CHECK

Have you been bothered by college coaches who overly preach the welfare of the student athlete? We hear and read about those coaches who cover up or turn a blind eye to player misbehavior. The book Scoreboard Baby by Ken Armstrong and Nick Perry is a must read for coaches of all sports. With no disrespect to those coaches who run a clean program, there are others who go overboard and stretch things to gain an edge, even if it means breaking the rules sooner or later. If you're dedicated, then by all means, walk your talk.

WHEW! TOO MANY BASEBALL STATISTICS

It may be remembered that baseball involves nothing more or less than

the science of getting someone out! Don't look now, but this sport keeps more statistics about every little thing that happens than any other sport. Nothing is left out and with that comes statistics that really don't mean anything. This old baseball coach has several pet peeves, which start with the pitch count. Prior to the game, coaches determine how many pitches the starting pitchers can deliver. My take is old fashioned, pitchers should be toast if they are not throwing strikes, or are not getting the batter out. Performance is the best measuring stick! It is obvious that keeping track of numbers has taken over the game. As they say, baseball is the American pastime.

THE REAL McCOY

Anyone who plays golf knows how difficult it is to master the game. From the week-end warriors to serious handicap players, hitting and chasing that little ball can be exasperating. Then, along comes a kid who shows so much potential that it is scary. One such player is Tyler Salsbury, a 17-year old senior at Enumclaw High School. Just playing locally, this 5-9, 135 pound golfer has already won 40 amateur tournaments. The talented Salsbury already has the Midas touch! Somewhere along the way, he might just spread his wings and play championship courses.

To coach you need to be tech-savvy. However, "a little here and a little there" works okay for this old timer. We will stay connected through the magazine, and if you have something else to say then send an e-mail to: hawkes32@comcast.net. So, have a great fall, practice what you preach, and be a coach, not a pal to your players.

See you around, I hope. ■

Attention Junior High/Middle School Football Coaches

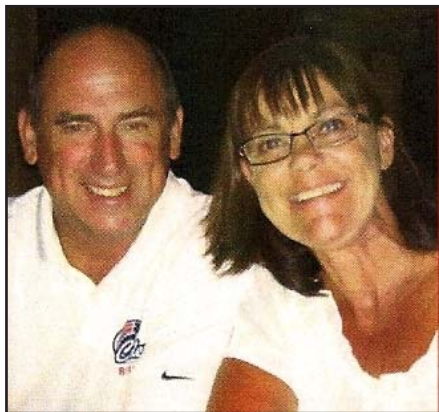
The WSFCA has added a special "middle level coaches clinic" specifically for junior high/middle school football coaches. This section of the Mid Winter conference will be held on Saturday, January 28 from 9:00 am to 4:00 pm and includes lunch and 7 coaching certification hours. The cost for this session alone is \$50 unless you are attending the entire conference.

Please mark your calendars for the WSFCA Mid-Winter Conference to be held January 27, 28, 29, 2012 at the Hilton Hotel in Bellevue. The clinic rate is \$99. For more information and clinic line up to be posted in September, please continue to check the WSCA website: www.washcoach.org. All high school, junior high and middle school football coaches are encouraged to contact clinic coordinator, Ed Laulainen, to provide suggestions for clinic topics, speakers, or ideas to make the clinic a success.

Ed may be contacted at coached@kalama.com or (360) 423-7378.

The Passing Parade

Kathy J. Fitterer



Kathy Jo Fitterer, 58, of Yakima passed away on June 24, 2011. Kathy was born in Ellensburg. She lived in Bellingham before moving to Yakima eight years ago. She worked as an elementary school paraprofessional.

Survivors include her husband, Pat Fitterer; two daughters, Karly Floyd and Mindy Schultz, all of Yakima; a brother, George Bender of Ellensburg; two sisters, Susan Taylor of Ellensburg and Mary Martin of Tulsa, Okla.; and three grandsons.

A memorial service was held at Central Washington University's Music Center in Ellensburg.

The WSCA continues to send thoughts and prayers to coach Fitterer and his family.

WSCA LIFETIME ACHIEVEMENT AWARD

Any mid-level or high school coach who has coached a minimum of 50 sports seasons is invited to please send the following information to Tom Harmon, WSCA Executive Board Member.

Specific Sports and Seasons Coached: Example: JV Football 15 yrs.

Fall

Winter

Spring

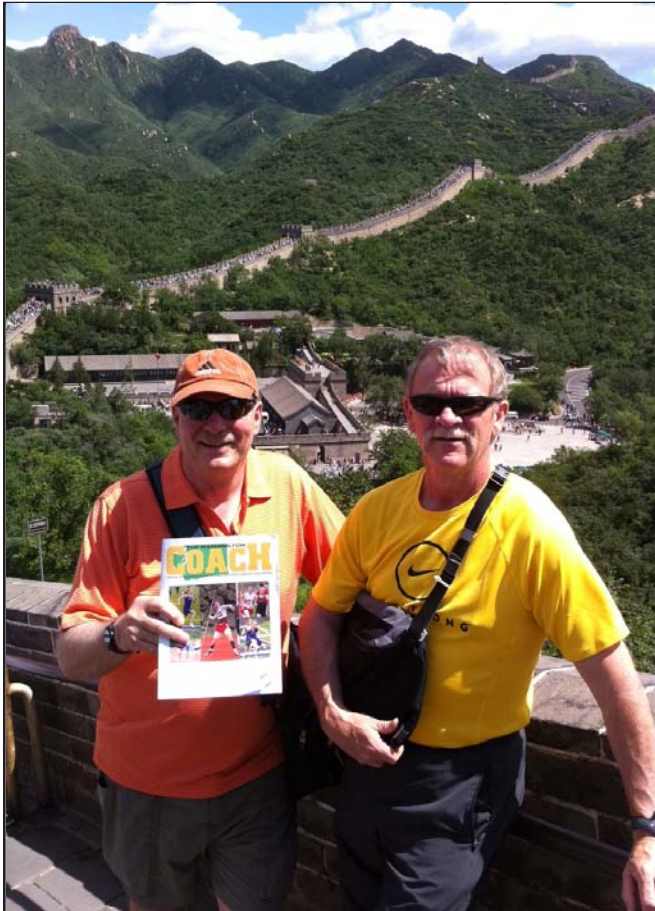
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Send to: Tom Harmon email: tom.harmon@nv.k12.wa.us
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Gregg Elder and Ed Lundberg, football, basketball and track, Everett Public Schools are on the Great Wall of China at Badaling. We are touring China with a group of students from Washington Cultural Exchange and have a beautiful day to hike the Great Wall and during break times read Coach magazine. In ancient time, Badaling Great Wall was a very important pass to protect Beijing City on the north side, it was called, "the Key to the North Gate of Beijing city. Badaling, China is about 40 miles north of Beijing.

Larry Taylor, Centennial Middle School, Snohomish, reading in Paris.



Laulainen's Receive Service Award



Congratulations to Ed and Bev Laulainen who were honored with the 2011 Chee Chee and Curt Brusklund Service Award as presented by the WIAA at the Coaches School in Yakima in July.

This award is presented to the individual(s) who exemplify the ultimate in service to the WIAA, either to the state association office or to WIAA member schools. These individuals have exhibited caring and kindness through their service that were a hallmark of the Brusklunds.

Individual Sport Representatives

These people are your contacts for better communication on all types of issues. Clinics in your sport? Tournament information? WIAA Amendments? Concerns-Suggestions.

Sport	Name	School	Email Address
Athletic Trainers	Chris Franklin	North Kitsap	cfranklin@nkschools.org
Baseball	Pete Orgill	Davis-Yakima	pgorgill@msn.com
Basketball Boys	Nalin Sood	Mountlake Terrace	Soodn@edmonds.wednet.edu
Basketball Girls	Jade Hayes	Bellevue Christian	jadehayes40@yahoo.com
Cheerleading	Tara Wood	Liberty (Issy)	Ferrari084@aol.com
Cross Country	Joe Clark	Lakes	jclark@cloverpark.k12.wa.us
Football	Bob Bourgette	Kennedy	bourgetteb@kennedyhs.org
Golf	Darrell Olson	Everett	darrell_olson@everett.wednet.edu
Gymnastics	Susan Riley	Shorewood	susriley@hotmail.com
Soccer West	Aaron Radford	Kentwood	aradsoccer@comcast.net
Soccer East	Tom Turner	Quincy	tturner@qsd.wednet.edu
Fastpitch	Tom Harmon	Nooksack	tharmon24@hotmail.com
Track & Field	Daunte Gouge	Kings	dgouge@crista.net
Tennis	Open		
Volleyball	Tony Batinovich	Puyallup	tbatinovich@puyallup.k12.wa.us
Wrestling	Craig Hanson	East Valley (Spokane)	hansonc@evsd.org
	Brett Lucas	Todd Beamer	blucas@fwps.org
Middle school Rep West	Mike Schick	Edgemont Jr High	schickmh@puyallup.k12.wa.us
Middle school Rep East	Open		

BURNETT-ENNIS SCHOLARSHIP

Deadline: April 20th

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

To be eligible for the scholarship:

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

Personal Information (please print clearly)

Name _____
Last First M.I.

High School Attended _____ Date of Birth _____

Permanent Address _____
Street City Zip Code

Permanent Home Telephone number ____ (____) _____

Parent/Guardian _____ Years Member of WSCA _____

Address of Parent/Guardian if different from applicant:

Street City Zip Code

Academic Information GPA _____

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

Athletic or Extracurricular Participation

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

Please continue with application on reverse side.

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BURNETT-ENNIS SCHOLARSHIP

Deadline: April 20th

College Goals College planning to attend _____

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

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

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

Check list:

Application Letter of Recommendation Transcript Resume

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

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

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

MEN OF CHARACTER

Clint Baty
Lake Travis High School

In every sport, coaches will tell you there is a lost art form due to the progression of the game and how far we have come. Football, the lost art of the fullback and the tight end. Basketball, the lost art of the mid range jump shot and the post feed. Baseball, the lost art of the bunt. With all of those things being lost throughout the years, there is one thing that needs to remain consistent in every sport: Character. Character among coaches, character among players, and character among parents. In today's, "It's all about me society", we are losing sight of the thing that is most important. Character. This is what we will be known by when we are done coaching, when we are done playing, or when we are done cheering for our kids as they play their games.

Being a basketball coach for 16 years has exposed me to many different teams of my own, as well as all of my opponents' teams. We often refer to the basketball arena as the fishbowl theory. All of our actions, facial expressions, body language, bench etiquette, interactions with the coaches and officials are all magnified inside this fishbowl. It is hard to see some of these things on a football field, soccer field, or baseball field because of the distance. Not in basketball. Our fans, parents, faculty members are right in the middle of the action and can see everything that happens.

How many times have you seen some of these things happen in a game? A football player gets an unsportsmanlike penalty for 15 yards, a basketball player gets a technical for acting inappropriately, a baseball player throws his bat or helmet in the dugout after striking out, a football player comes off the field cussing, a basketball player pulls his jersey out of his shorts after fouling out, a baseball player verbally harasses his opponent, or any player that acts out because of adversity in the game. What usually happens to these players right after their incident will tell you a lot about the coach, the team, the program, and the school. Does he get to stay in because he is a good player (what message does that send)? Does he try to defend himself and reason with the coach or act like he didn't do it (unable to accept responsibility)? Does he take responsibility and already know the consequence (coach has covered this incident regarding character)?

What do you want your team, program, school, and coaching staff to be known by?

One of the things I tell every team I am associated with is: "I can learn more about you by watching you play for 10 minutes, than I could in a 30 minute conversation with you or your parents." This is absolutely true. And if you don't believe me, pay attention to a certain player (that you don't know) for 10 minutes during their next game and come up with your own evaluation. Things to look for: Is he receptive to coaches instructions, does he pay attention during timeouts, does he hustle on and off the court, how does he handle coming out of the game, does he play hard on both ends, is he trying to be cool, how does he handle adversity, how does he interact with his teammates, is he looking into the crowd, is he respectful to the officials and his opponents, is he willing to get water for his teammates, is he making the same mistake over and over, is he dressed like his teammates or trying to stand out, how does he respond to a mistake? Obviously everyone has areas of character to work on but the point I am trying to make is that it needs to be addressed. If that player you watched for 10 or 15 minutes responds exceptionally to all the areas listed above, you will know that he has outstanding character. Also, as a father of two children, there is no better compliment to receive as a parent than "You have a son/daughter with great character." All of our kids will be men/women a lot longer than they will be ball players. Teach them the right way to do things and why they should do it that way.

A side note to consider. Think about all of the new high schools that have been built over the last ten years. With these new high schools, come new teams, more players participating in each sport, and more athletes competing for college scholarships. Also, think about how many more opportunities there are for kids to get better due to youth programs around the country. Unfortunately, they are not building any new colleges, other than the ones online. Consequently, those college scholarships that every parent thinks their son/daughter deserves become more difficult to achieve. What is going to separate or make the distinction between two good players? College coaches will tell you that character is becoming the #1

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recruiting factor because there are so many good players out there. If you were a college coach, would you want to deal with the player that has good character or the one that lacks character? Easy choice.

Because I have seen the lack of character that kids show during athletic contests, I implemented my own version of the John Wooden first practice. You know the one where he taught his players how to put on their socks and shoes correctly so they wouldn't get blisters. I actually taught my players how to act on the bench when we do something well or not so well, how to act on the floor when you get called for a foul, how to act on the floor when you make a big play, how to enter the game properly, how to leave the game properly, how to act during a time out, how to act during pre game, how to act towards the officials, and how to act after a game. The players need to understand they are more than just a reflection of themselves and you never know who is watching. I cov-

ered every good & bad example of the situations listed above. Not only did my players get a kick out of watching me model some of the antics that we see, they also understood how bad it looks to everyone watching and how bad it makes them look as a person. In order for this practice to be effective, you must take it serious. I prepared the gym for a normal game to get their attention. I got their attention and it helped us with our character throughout the year. I will do this every year at the first practice until I retire.

Why are some of our most memorable teams, regardless of record, leaving an impression on us? The Character shown by all involved. Every coach can look back on his career and think of a handful of coaches that they admire or respect. Why do we admire or respect them? Because of the things they stood for and the behavior they didn't stand for. ■

Membership Renewals

Membership renewals for 2011-2012 will be done on line at www.washcoach.org. Reminders to current members are sent in May, July, and September. There will not be any membership forms mailed.

One of the great WSCA benefits is our million dollar liability coverage and by enrolling before school starts each coach will have insurance coverage. Renew now so that you can take advantage of the benefits.

REGISTRATION INSTRUCTIONS

- Click on www.washcoach.org
- Click on Home Page
- Click on Register
- Click on New Registration
- Fill in all blanks
- Make sure you fill in school district and school where coaching
- Log In ID is your 10 digit phone number—no spaces or dashes
- Pass Word is of your choosing and must be at least 7 characters
- When completed click on register
- Print contact information and send dues to WSCA secretary

STARTING A NEW SEASON AND SCHOOL YEAR

By Pam Headridge

Coaching scholastic cheerleading is more than working with your team. It is about working together with other coaches, students, administrators, teachers and the community. It is the epitome of the word “teamwork”. It is a job about coaching, paperwork, communications, organization, and working with others that cheer coaches must understand in order for their cheerleaders to do their tasks of developing school spirit and pride. At the same time it is a coaching job that needs the support from the administrators and teachers in order to provide a cohesive program that is best for everyone in the school. How do cheer coaches do all this?

First step is laying out an outline of what you want your program to be. Next step is to understand the procedures of how to go about getting it done by visiting with the school staff and administrators.

One of the key people is your athletic director. He is usually the one that gets all communications from the state activity organization. He can help you with all the questions on procedures, especially when traveling to other schools or playoffs. Schedule an appointment to discuss the issues important to both you, your program and him so that both of you have a better understanding of your role as the cheerleading coach. Remember that you are the ultimate cheerleader and must project enthusiasm for both the school and your program. Tell him about your desires and how you will go about making them happen. Ask him what he expects from you. Coaching cheerleading can mean different things to each of you. Both of you need to be on the same page. Ask him what are the steps to follow if you have a concern or problem that affects your program or the school. Always thank him for his support. Remember that if you want support, you and your cheerleaders must also be

supportive of your administration. No behind the scene negative talk about not getting the time, practice space or other items.

Another person that needs to be on the top of your list is the leadership teacher. School spirit is all about synergy. Some schools have cheerleading as a class while others have a separate leadership class. The leadership teacher will be a great support system but only if you all work in harmony. One of the biggest problems I hear about, all the time, is that the leadership classes and the

cheerleaders do not work together. Often they are two separate groups trying to develop school pride but chose not to work together and often are adversaries. These two groups need each other. The quote, “Teamwork divides the task and multiplies the success” applies strongly to these groups. Plus having two school groups learning to work together teaches both the cheerleaders and the leadership students valuable lessons on cooperation, compromise, organization, group effort and ultimately success

when everyone comes together as one.

Lastly, before each sport season starts, seek the other sport coaches out and ask them how the cheerleaders can be supportive and motivating to their teams. They know their players and what they want and need. The key here is to make the teams feel special and appreciated. It is not about how many performances the cheerleaders can do or who appreciates them. By seeking out coaches you and the cheerleaders are showing they care.

Organizing your job behind the scenes enables your cheerleaders to do their job in the school. Be proactive, be organized, be involved, be supportive, and communicate and support with the key people in your school. Work together not separately and it will be a win-win situation for everyone. ■

**“Teamwork
divides the
task and
multiplies the
success”**



Increasing your muscles ability to recover

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

Researchers Matt S. Stott, Travis W. Beck and Jason M. Defreitas, from the Department of Health and Exercise Science, University of Oklahoma, Norman, Oklahoma¹ examined the effects of diverting activities of recovery.

Their study focused specifically on diverting activities and the effects each had on recovery from fatigue after performing concentric muscular actions. The effects that diverting activities have on muscular fatigue, first discovered and reported by Ivan Mikhailovich Sechenov² (1829 – 1905) in the early 1900's, are known as the Sechenov phenomenon.

Through his experimental research, Sechenov discovered that during muscle fatigue nerve impulses from the feedback loop coming from the fatigued muscles impinged on the conduction abilities of the nervous systems firing of that particular muscle and inhibited continued voluntary effort of movement. He found out that performing a diverting activity produced an increase in flow of impulses from the non-fatigued muscle in the contralateral limb. This shifted the balance between inhibition and disinhibition between the two muscles, thus allowing more work to be done by the previously fatigued muscle. The researchers from Oklahoma University expanded on the previous work of Sechenov by adding in the elements of mental and meditation diversion.

The participants in this study, eleven men and eight women, were all between twenty and twenty three years of age.

During the physical portion of the test, each participant performed two sessions of fifty consecutive maximal concentric one-leg extensions.

Between these two sets, the men and women did one of three different types of activities. Two of these diverting activities were mental, consisting of performing math problems or resting quietly, and the third physical. The physical diverting activity involved performing leg extensions with contralateral leg.

Previous work on diverting activities have confirmed the Sechenov phenomenon that more work can be per-

formed following a period of diverting activity between sets than can be performed by simply passively resting between sets.

Both mental and physical diverting activities that are performed after all out maximal concentric actions have greater beneficial effects on recovery than does simply resting between sets. In the work done by Sechenov he fatigued one arm out and then worked the opposite arm, in doing so he discovered he had a quicker recovery time for the previously fatigued arm. Similar findings found that when exercising an upper movement and then recovering with a lower body movement that it increased the upper body's recoverability.

In the present study, three minutes were devoted to recovery between the sets. During each of the training periods, one group did mental diverting, physical diverting or rest, the latter were the control group.

The mental activities consisted of doing a worksheet of math problems during the three-minute time. Each person was instructed to answer correctly as many questions as possible within the three minutes. The problems involved addition, subtraction, multiplication, and division. They were not allowed to use calculators and had to show their work for each answered problem. Each problem was difficult but not so hard that the participants could not finish them. They were not removed from the equipment during the time they were doing the problems. Once these problems were finished, they went back to the exercise.

The physical activity involved contralateral leg extensions. They did five sets of 10 repetitions at 50% of their predetermined one repetition maximum with thirty seconds rest between each set. After these five sets were finished, they went back to the 50-repetition set.

The control group simply rested for three minutes between the fatiguing sets. They were not removed from the equipment for these rests, however, they were asked not to talk, to keep their eyes open and to stay as still as possible. After the three-minute rest was up, they continued with the exercise protocol.

The results of this study demonstrated that when the subjects used their brain and did three minutes of math between each of the fatiguing sets, the peak torque values between the pre-and post-exercise sessions were the same. This indicated 100% recovery.

However, the control group, those who rested between, showed a decline in the average torque values.

The conclusion reached was that by using mental and physical diverting activities, the recovery process would be enhanced and the severity of the effects from fatigue would be reduced.

The advantage to using mental recovery methods in the weight room is that you are not only producing a physically superior athlete but you are also increasing that athlete's mathematical problem solving ability. The student athlete wins both ways.

(Footnotes)

1 Journal of Strength and Conditioning Research, NSCA, Vol. 25, Number 7, July 2011

2 <http://encyclopedia2.thefreedictionary.com/Ivan+Mikhailovich+Sechenov> ■

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Plantar Fasciitis— Disabling pain

By Bjorn Svae, President Posture Dynamics

That “first step” pain in your heel that usually gets better after being on your feet for a while is likely Plantar Fasciitis. If the pain is chronic, it has become an injury that heals best by temporarily using an arch support to immobilize the foot. The pain comes from micro-tears where the fascia under the foot attaches to the heel bone. This can be caused by tight Gastrocs pulling too hard on the Achilles tendon, but most often the increased tension on the fascia comes from the feet pronating too much. Hyperpronation occurs when the arch drops causing the ankle to move forward, inward and downward, which also rotates the leg internally. This is an extremely common problem. Over 80% of people structurally hyperpronate to various degrees, but it is not always easy to spot because over 60% of people who do will subconsciously try to compensate for it by favoring the outside of their feet. They supinate their feet until the foot is flat on the ground, but when the weight transfers to the forefoot, the muscles are not

strong enough to prevent the arch from falling and the foot from hyperpronating. The fascia becomes over-tensed because of the lengthening of the arch and twisting of the foot.

If you think the logical approach to the problem would be to stop the feet from hyperpronating, you have the right idea, but don't run out and buy arch support orthotics to prevent the arches from falling. With Plantar Fasciitis, arch supports is just a temporary solution.

Hyperpronation is a structural problem of the foot and the reason the brain tries to compensate for it is to maintain better posture and body mechanics.

Here is an easy way to understand why the arches drop and cause hyperpronation—The Skiers Crouch: Stand with

your feet shoulder width apart, *pointing straight forward and parallel*. Keep your heels on the ground, lean slightly forward while doing a ¼ knee bend. Make sure your knees are tracking right so *the middle of your knees align over the middle of your feet*. While in this posture, slowly move your knees toward each other until you feel weight bearing pressure on the balls of your feet behind your big toes. If the middle of your knees move past the second toe, it means that the inside of your feet are not

weight bearing when your legs and knees are in alignment. Now, move your knees back over the center of your feet again. If it feels like you shift your weight to the outside of your

feet, your first metatarsal is not supporting your arch, so it collapses. If you do the same exercise again, but at the same time scrunch your feet (like picking up a towel from the floor), you bring the first metatarsal and big toe to the ground with force so you prevent your arch from collapsing and your feet from hyperpronating. The solution is not to support the arch but to bring the first metatarsal down to the ground. This stabilizes your feet, and removes the excessive tension from the fascia.

Fortunately, pushing your first metatarsal and big toe down to the ground can be put on automatic by putting a very small reminder

inside your shoes. You can even try this at home without purchasing anything: By adding a reasonably

firm pad underneath your first metatarsal head—essentially under the big toe joint, that part of your foot will feel weight bearing pressure slightly sooner. The brain and your

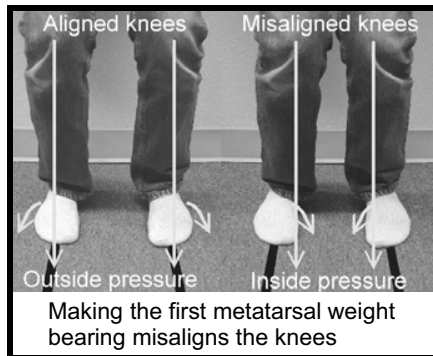
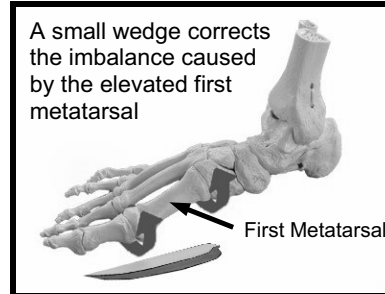
body respond as they always do when your toes (metatarsals) touch the ground. They push back against the ground, so making the first metatarsal and big toe feel the ground just slightly sooner make them push back slightly sooner—just like you did when you scrunched up your feet. It balances your feet and stops the hyperpronation. Voila! The reason you got PF is gone. Remember to remove the arch supports 7-10 days after the pain is gone.

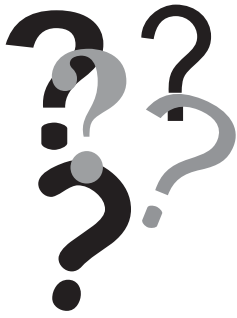
Most musculoskeletal dysfunction and pain relate directly to the lack of balance caused by the elevated first metatarsal and big toe. A simple insole fitted with a wedge shape underneath the first metatarsal and big toe, Kinetic Technology™, will prevent Plantar Fascia, shin splints, tight IT bands, tight Achilles tendons, a sore back, painful knees and hips. In fact the ProKinetics® Natural Body Balance Insoles™ work so well they come with a 100% functional money back guarantee.

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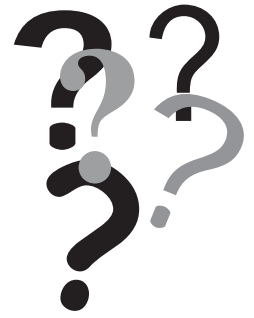
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Past Burnett-Ennis Scholarship Winners
"Where Are They Now"?



Todd Phillips, a 2002 Burnett-Ennis Scholarship recipient, graduated from Whitworth University in '06

where he played football and baseball. Todd was a three year starter for the Pirate baseball team earning All Conference and Academic All American honors. He has been the head baseball and head girls' basketball coach at Republic High school for the past 5 years where he also teaches.

Ryne Phillips, a 2004 scholarship recipient, graduated from Northwest Nazarene University in 2008 where he played baseball.

Ryne also attended and played baseball for Wenatchee Valley College. Ryne was a four year starter and earned All Conference Honors. He has been teaching and coaching at Granger High school since graduating. He is an assistant boys' basketball coach and also coaches junior high football and baseball.

Todd and Ryne are the sons of Randy J. Phillips. ■

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 _____

WASHINGTON STATE FOOTBALL COACHES ALL-STAR GAME
EAST-WEST EARL BARDEN CLASSIC

West passes late test; future PLU teammates lead the way

June 26, 2011 by [Scott Sandberry](#) , sports reporter for the Yakima Herald- Republic, reprinted with permission

YAKIMA, Wash. — All week long, Kyle Warner and Dalton Ritchey had talked about what they hoped to accomplish together over the next four years as football teammates at Pacific Lutheran University.

Then the receiver from Tumwater and the quarterback from Onalaska gave fans and foes a glimpse of it while leading the West to a 23-14 victory over the East in Saturday's Earl Barden All-Star Classic at Zaepfel Stadium.

"We were roommates this week, and he kept telling me, 'If I've got a defender step-for-step with me, throw it up there and I'll go get it.' I did that, and he got it," Ritchey said of his back-to-back 29- and 34-yard bombs that led to Sean McNealley's go-ahead 26-yard field goal with 3:30 remaining.

Both grabs were remarkable because Warner was perfectly covered each time, the first by Westburg-Prescott's Kris Cady and then by Tri-Cities Prep's Troy Redmann, arguably the East's best coverage back. On the first, Warner made a leaping grab on a ball that seemed beyond his reach, but was quick to credit Ritchey.

"It was a perfect pass," said Warner, who was named West offensive MVP after his seven-catch, 113-yard receiving day that included two first-half touchdowns on passes from Ritchey and Willapa Valley's Matthew Friese. "Dalton's a really good quarterback, and he put it where only I could catch it.

"It was a better pass than it was a catch, in my opinion. If the pass had been any shorter, it would have been picked off."

On the very next play, Ritchey hit him on a bomb to the other side of the field, with the 6-3 Warner using his height advantage to outleap and outwrestle the 6-0 Redmann for the ball at the East 15-yard-line. When the West's next three plays netted only five yards, Montesano's McNealley came in to attempt the field goal, with Ritchey holding.

"I'm confident on anything inside of 40 yards," said McNealley, who had kicked three field goals this season and had a career long of 40 yards. "I was a little nervous. I didn't want to let my teammates down."

When McNealley's boot slipped just inside the right upright, the West had what would prove to be the winning points in this 17th annual showdown of the state's best Class 2A, 1A, 2B and 1B players. The final points came when Ritchey, scrambling on fourth-and-six as the West was trying to run out the clock, broke free around the left side for a 19-yard touchdown run with 1:07 remaining.

The West had led 13-0 through 2 1/2 quarters before committing the game's only turnover, a fumble at its own 37. Three plays later, East quarterback Alex Teade of Colfax double-pumped and unleashed a 37-yard scoring strike to East offensive MVP Brendan Barrington of Pullman, who accumulated 108 yards on his four receptions — on two of which he held onto the ball despite receiving bone-jarring hits that slammed him to the Zaepfel turf.

On the East's next possession, Colville's quarterback Sawyer Bardwell led a 12-play, 85-yard scoring march, hitting three of four passes — one of them to Barrington — and getting an 18-yard run from explosive little (155-pound) Chance Watt of River View that set the East up with a first-and-goal. Bardwell bulled into the end zone from three yards out and kicked his second extra point for a 14-13 lead.

In the end, though, the West had too much defense — led by its defensive MVPs, Friese and North Mason's Tevin Williams — and too much Ritchey-to-Warner. But the ebbs and flows and closeness of the game, the misleading final score notwithstanding, made Saturday's game a winner for the fans.

And the players had a blast.

"The last four days it was like we'd been together all season — we were that tight," said Toppenish's Carlos Ramirez, who was named the East's defensive MVP after being a sideline-to-sideline tackling and pass-defending terror from his linebacker spot. "Everybody played outstanding.

"All in all, it was just a really great time."

West	7	6	0	10	— 23
East	0	0	7	7	— 14

ON THE SIDELINE

by Michael Schick



KEN OLSON

Centralia High School

Ken has coached fastpitch for 19 years and is now the director of Fastpitch Northwest. He has been named coach of the year in his league five times and his teams have won four league titles and four district titles. Coach Olson has lead teams to nine state tournament appearances - three of those trips playing in the cham-

pionship game. Ken had great coaches when he played in school and coaching is his way of "giving back" to honor of those experiences. Some of his proudest coaching experiences were being able to coach all three of his daughters and coaching in three state championship games. "We will practice better than our competition." Ken has been a member of the WSCA for 4 years. ■

ON THE SIDELINE

NOMINATION FORM

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

Nominee's Name _____

Home/School Address _____

City _____ Zip _____

Current teaching/coaching location _____

Send this form to Mike Schick at:

2110 Richardson Drive, Puyallup, WA 98371

Thank you for your efforts

W — Kyle Warner 22 pass from Matthew Friese (Sean McNealley kick)

W — Warner 10 pass from Dalton Ritchey (kick failed)

E — Brendan Barrington 37 pass from Alex Teade (Sawyer Bardwell kick)

E — Bardwell 3 run (Bardwell kick)

W — FG McNealley 26

W — Ritchey 19 run (McNealley kick)

INDIVIDUAL STATISTICS

RUSHING — West, Zach Baldwin (Centralia) 12-54, Ryan Vongmixay (South Bend) 3-49, Ritchey (Onalaska) 8-41, Lawyer Tillman (North Thurston) 8-31, McNealley (Montesano) 5-15, Friese (Willapa Valley) 2-7, Brycen

Holmes (Chehalis) 1-5, Kyler Howell (Concrete) 2-4, East, Chance Watt (River View) 7-51, Carlos Ramirez (Toppenish) 6-26, Teade (Colfax) 4-18, Kris Cady (Waitsburg-Prescott) 3-14, Bardwell (Colville) 3-13.

PASSING — West, Ritchey 7-13-0 104, Friese 1-1-0 22, McNealley 1-2-0 10. East, Bardwell 7-15-0 129, Teade 4-8-0 53, Brady Arnone (Clarkston) 1-11-0 12.

RECEIVING — West, Warner (Tumwater) 7-113, Holmes 1-13, Friese 1-10. East, Barrington (Pullman) 4-108, Joey Strehlo (East Valley-Spok.) 2-13, Hayden Wing (Kiona-Benton) 1-48, Ramirez 1-9, Tyler McNair (Cashmere) 1-5, Jake Reynolds (East Valley-Spok.) 1-5, Zach Tackwell (Mark Morris) 1-4, Kraymer Eppich (Connell) 1-2. ■

NEW Scholarship for **Student Teachers**

BURNETT-ENNIS STUDENT TEACHER SCHOLARSHIP

Deadline: April 20th

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

To be eligible for the scholarship:

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

Personal Information (please print clearly)

Name _____
Last First M.I.

College Attended _____ Date of Birth _____

Permanent Address _____
Street City Zip Code

Permanent Home Telephone number (_____) _____

Parent/Guardian _____ Years Member of WSCA _____

Address of Parent/Guardian if different from applicant:

Street City Zip Code

Check list: Application Letter of Recommendation College Transcript Short Essay

Your application must be received before April 20th.
Mail To: WSCA Scholarship, 708 S. Lake, Colfax, WA 99111

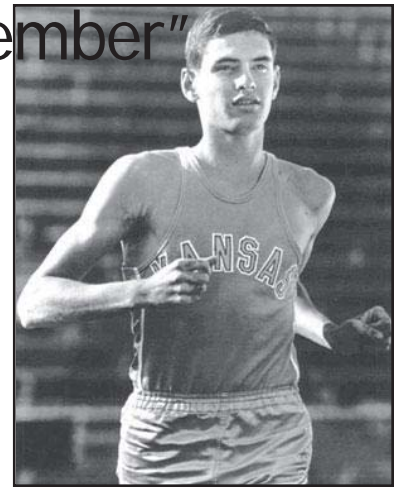
Selected winners must submit a picture of themselves with their member parent to the WSCA by June 30th.

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FRIDAY-February 10

9:00am -9:50am

Evergreen 1 and 2-Mike Waller-PLU-The Starting Blocks
Evergreen 3-Jason McConnell-Evergreen State College
Best Practices for Training Vegetarian or Vegan Distance Runners.

Evergreen 4- Craig Sigl-Mental Toughness Trainer-
Mental Toughness Training for Track and Field-Part 1

10:15am-11:05am

Evergreen 1 and 2-Mike Waller-PLU-THE RELAYS
Evergreen 3-Alison Wood-Masters National High Jump
Champion-Basics of the high jump
Evergreen 4- Craig Sigl-Mental Toughness Trainer-
Mental Toughness Training for Track and Field-Part 2

11:30am-12:20pm

Evergreen 1 and 2-Bjorn Svae-Posture Dynamics-Solving
the Shin Splint Problem in Track and Field
Evergreen 3-Alison Wood-Masters National High Jump
Champion-Active/Dynamic Warm up for Track and Field
Evergreen 4- Wendy Lynne-Mental Toughness Academy-
Nutrition for the Champion Mindset

12:00pm-1:30pm LUNCH AND VISIT EXHIBITOR

1:30pm-2:20pm

Evergreen 1 and 2-Mike Orechia-University of Puget
Sound-Training for the 400 meters
Evergreen 3 -Ed Boitano-University of Puget Sound-Pole
Vault Basics
Evergreen 4-Gary Baskett-Whitworth College-THE SHOT
PUT

2:45pm-3:35pm

Evergreen 1 and 2-Isaac Frederick-Western Oregon U-
Acceleration and max velocity development

Evergreen 3-Larry Beatty-Spokane Community College-
How to coach the 800 meter runner and decide who
should run it.

Evergreen 4- Gary Baskett-Whitworth College-THE
DISCUSS

4:00pm-4:50pm

Evergreen 1 and 2-Isaac Frederick-Western Oregon U-
Training menu and implementation for the horizontal
jumper.

Evergreen 3-Larry Beatty-Spokane Community College-
THE HURDLES

Evergreen 4-Gary Baskett-Whitworth College-THE
JAVELIN

5:00pm-6:50pm Dinner

6:50pm-7:40pm

Evergreen 1 and 2-Isaac Frederick-Western Oregon U-
Sprint Training and Planning.

Evergreen 3-Larry Beatty-Spokane Community College-
Motivating your athletes.

Evergreen 4-Craig Sigl-Mental Toughness Trainer-
Athlete archetypes. Getting the most out of differing
athletic personalities.

8:05pm-9:30pm-Coaches Roundtable Social
Refreshments and Nachos Bar

Saturday-February 11

8:30am-9:20am

GENERAL SESSION-*Jim Ryun*—Three time Olympian and World Record Holder in the Mile, 1,500m, 800m and 880 yds-"DREAM BIG"

9:45am-10:35am

Evergreen 1 and 2-Mike Johnson-Western Oregon U-Speed Development for middle distance/long distance athletes

Evergreen 3 and 4-Dan West-ON TRACK-Learning the 7 Secrets to better pole vaulting.

11:00am-11:50am

Evergreen 1 and 2-Mike Johnson-Western Oregon U-Season and workout planning for cross country
Evergreen 3 and 4-Bryan Hoddle-2004 Head Coach-USA Paralympic Team-Making your sprinters faster. It's all about velocity.

12:00pm-1:30pm-FCA Coaches Social Luncheon
Complimentary Pick Up Ticket at FCA booth

1:30pm-2:20pm

Evergreen 1 and 2-Mike Johnson-Western Oregon U-How to make your program significant to someone besides you and your mother.

1:30pm-2:20pm cont.

Evergreen 3 and 4-Tom Sinclair-Former Pac-10 and NCAA Champion-Getting the beginning Javelin thrower off to a great start. Coaching tips, drills and proper technique

2:45pm-3:35pm

Evergreen 1 and 2- Jim Ryun-Three time Olympian and World Record Holder in the Mile, 1,500m, 800m and 880 yds -Training for the first high school Four Minute Mile.
Evergreen 3 and 4-Kristie Brookes-Evergreen High School-Full speed mechanics

4:00pm-4:50pm

Evergreen 1 and 2-Jim Ryun-Three time Olympian and World Record Holder in the Mile, 1,500m, 800m and 880yds -Questions and Answers...Staying Injury Free
Evergreen 3 and 4-Kristie Brookes-Evergreen High School-Prioritization for Sprinters

5:00pm-6:00pm

Evergreen 1 and 2-Brad Dudley-Tumwater High School-The little things that build a great track and field program.

Evergreen 3 and 4-Kristie Brookes-Evergreen High School-Acceleration Mechanics ■

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Marc Yonts myonts@charter.net

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1950-51	Bill Trowbridge—Highline (Burien)
1951-52	Ed McCoy--Sumner
1952-53	Jim Ennis--Everett
1953-54	Bill Madden
1954-55	Hal Jones—Lewis & Clark (Spokane)
1955-56	Rich Rowe--Edmonds
1956-57	Felix Fletcher—Walla Walla
1957-58	Walter Lindquist—Davis (Yakima)
1958-59	Gerry Austin
1959-60	Lou Boni—Tonasket
1960-61	Pat Pettichord—Battleground
1961-62	Tom Paski—Bainbridge
1962-63	Glenn Rickert—Burlington
1963-64	Jack Graham--Olympia
1964-65	Lou Boni—Eastmont
1965-66	Jerry Redmond—Puyallup
1966-67	Walter Lindquist—Davis (Yakima)
1967-68	Hal Thompson—North Central/Rogers (Spokane)
1968-69	Bob Mack—Ephrata
1969-70	Ray Hobbs—Pullman
1970-71	Mike Silvey—Kentrige
1971-72	Wally Soland—Issaquah
1972-73	Bill Brickert—Shelton
1973-74	Sandy de Carteret—Hoquiam
1974-75	John Rowley—Sedro-Woolley
1975-77	Wally Soland—Issaquah
1977-79	Hal Thompson—North Central/Rogers (Spokane)
1979-80	Al Eklund (Aberdeen) Lynn Rosenbach Tom O'Brien—Carroll
1980-81	Tom O'Brien—Davis (Yakima)
1981-82	Bill Diedrick Jr.--Rogers (Spokane)
1982-84	Ed Laulainen - Kelso
1984-86	Dave Braddock—Connell
1986-88	Jerry Connors—Lewis & Clark (Spokane)
1988-90	Tim Tubbs—Enumclaw
1990-92	Pat Pfeifer—Ferris (Spokane)
1992-94	Dan Heltsley—Lindbergh (Renton)
1994-96	Rick Giampietri—Central Valley (Spokane)
1996-98	Norm Lowery—Lake Stevens
1998-00	Bill Alexander -Quincy
2000-02	Jim DeBord—Columbia-Burbank
2002-04	Jerry Koester—Cascade (Everett)
2005-07	Mike Schick --Edgemont Jr High (Puyallup)
2008-10	Pat Fitterer --Eisenhower (Yakima)
2010-12	Susan Doering--Colfax



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

Check out the WSCA website. Here are just a few of the things you will find:

- ➔ Job Jar
- ➔ Eligibility and Recruiting Webinar
- ➔ Magazine Archives
- ➔ Member Registration
- ➔ Scholarship Applications
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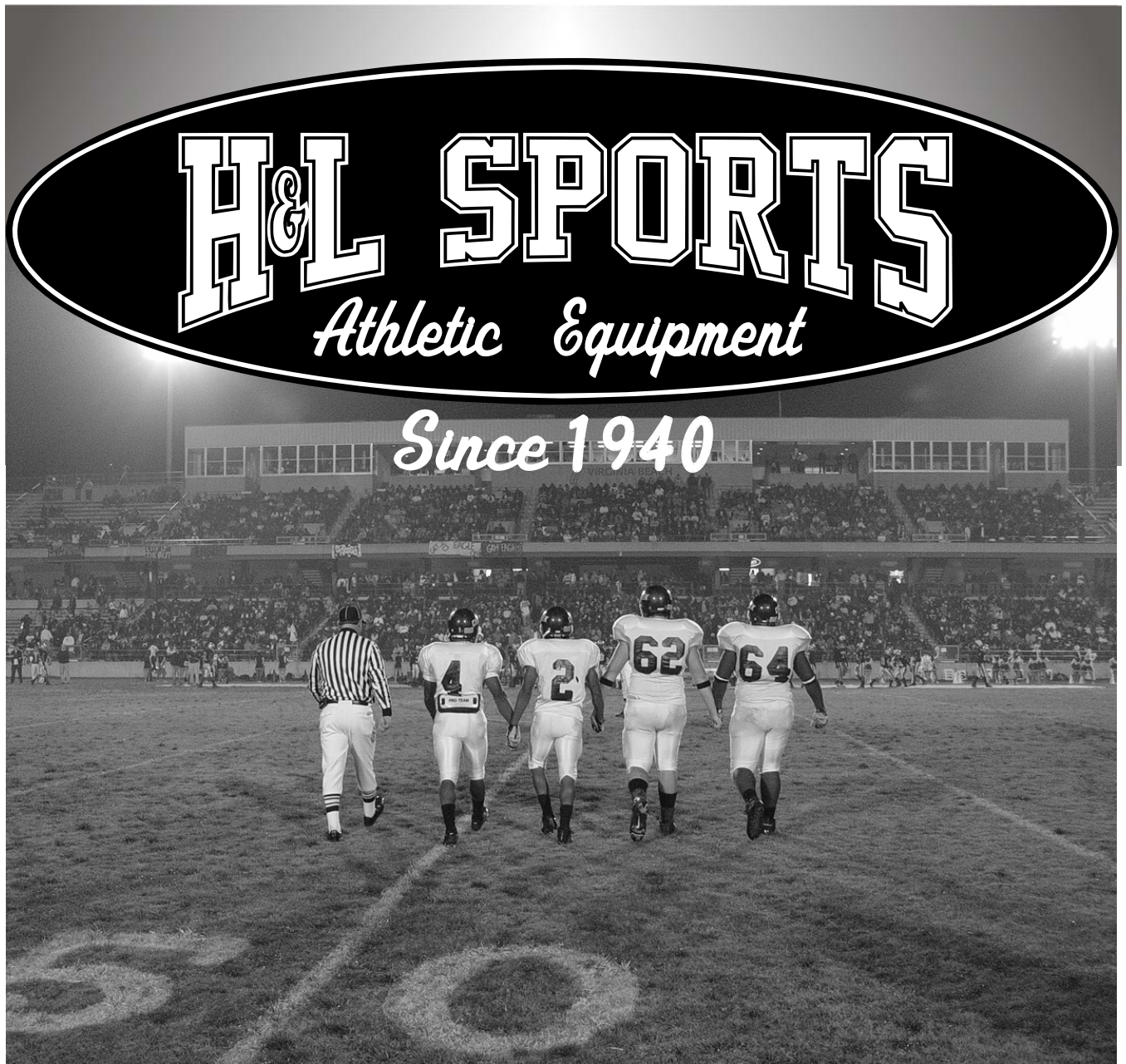
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