

# THE WASHINGTON GOACHER

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION

## Earl Barden Classic



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| ..... Doering, Darrel Olson, Pat Fitterer  |   |

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|  |                              |
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| <b>- Aaron Radford</b>                   | <b>Kentwood</b>              |
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| <b>Tennis -Open</b>                      |                              |
| <b>Track &amp; Field - Daunte Gouge</b>  | <b>Kings</b>                 |
| <b>Volleyball - Tawnya Brewer</b>        | <b>Burlington-Edison</b>     |
| <b>Wrestling -Craig Hanson</b>           | <b>East Valley (Spokane)</b> |

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**Cover photos:**

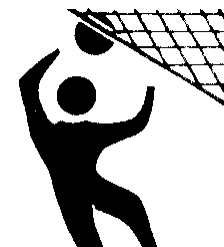
*Top left: Earl Barden Classic Inspirational award winners, Tony Picard (East); game director Bill Alexander; Monike Sarte (West)*

*Top right: Bill Alexander and the players*

*Bottom left: Gofer Mike Lynch and Ben Powell, defensive MVP (West)*

*Bottom right: Mike Lynch and JT Phelan, offensive MVP (East)*

**Do you have photos you want to submit for our cover?**  
 Send to [wscs-editor@comcast.net](mailto:wscs-editor@comcast.net)



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# From The President

Fall 2014

Dear WSCA Members:

Summer is now over and we are again focused on another school year and our respective athletic seasons. Personally, it is always a challenge to get over seeing the summer end and mentally preparing oneself for the rigors of the school year. That being said, whether it was as a student or now a staff member, the unknown and challenges of the upcoming year gets one excited also. As we say goodbye to this past summer, it is also a time for me to say farewell to you as the President of the Washington State Coaches Association. After two years, my term is up and a new president will be taking over. The past two years of this position have brought its fair share of work and challenges. There wasn't a day that went by that I did not think about or have a task to work on as your president. Would I do it all over again? In a second! To be a servant for an association such as the WSCA is the honor of a lifetime! The respect I have for this association, its board members, and each of you kept me motivated and focused to do the best job I could. I feel the past two years have been very good ones for the WSCA but honestly we just continued the path set by my predecessor and past president Sue Doering. I cannot thank her enough as she mentored me in my role as president and showed to me why she is at the top of her craft as a teacher and a coach. I learned a lot from her...thanks Sue! At our bi-annual board meetings I sit across the table from coaches who are really a "Who's Who" of their sport. They are great leaders, coaches, teachers and most importantly-people. From my first day attending WSCA board meetings as an ISA rep to my last meeting as president in August, I am humbled to work alongside you. Coach Jerry Parrish, secretary of the WSCA, your commitment to the WSCA and always putting what is best for the association at the front of all input on decision-making shows your passion for the success of our organization. As we again push for another year of record membership, I also want to thank Coach Parrish for making my job as president that much easier. Our new president is Darrell Olson from Everett High School. Darrell and my friendship goes back 25 years as JV basketball coaches at Mountlake Terrace and Everett High School. Like with Sue, Darrell will be a great leader for the WSCA. His energy, focus, and knowledge of high school athletics will keep this association moving forward and getting better and better. In closing, I want to share how much writing these letters meant to me. I got the chance to share with you what I learned from so many others...so many other great coaches and teachers that I have worked with for close to 30 years. Possibly, I got as much out of writing the letters as you may have reading them but I hope some of you found them to be of some benefit or give perspective of this world of coaching that is such a part of us. Thanks for letting me share thoughts, insights, and opinions with you. The WSCA's best days...well, they were behind us.....and they are ahead of us. We have had many great years, we are currently nationally recognized and our future looks bright and strong. Why, because of each of you! The quote "The whole is greater than the sum of its parts" truly speaks to WSCA and who we are and what we are about. Stay together, stay strong and stay happy!



Have a great school year!

Nalin Sood

# From The Sidelines

by Jerry Parrish

## ORCHIDS

- ◆ To outgoing WSCA President, Nalin Sood, Mountlake Terrace, for a good two years as association President
- ◆ Kudos to Darrell Olson, Everett, as WSCA incoming President
- ◆ To WIBCA under leadership from Pat Fitterer and Nalin Sood for organizing and promoting second year of WIBCA Basketball Coaches clinic first weekend in October, 2014 in Yakima. Information for registration and clinic schedule can be found on WSCA website (also see page 8-9).
- ◆ To the parents of past Burnett-Ennis Scholarship winners who have kept WSCA informed as to “Where Are They Now.” It is rewarding to see the progress of these young men and women after high school.



## ONIONS

- ◆ To fall sport coaches who do not register as a 2014-2015 WSCA member without realizing their WSCA liability insurance has expired. WSCA's calendar year goes from August 1 to July 31 each year.



## OTHER STUFF

- ◆ The two summer all state football games were successful. Bill Alexander and his group of gofers had a great game at the Earl Barden Classic. At Moses Lake, under the leadership of Loren Sandhop, the 3A-4A all state football game was a big success. Loren reported a good week for all.
- ◆ WIBCA will host its second basketball clinic in October on the 3rd, 4th and 5th in Yakima. Registration and the clinic schedule can be found on WSCA web site (also see page 8-9).
- ◆ On line registrations have increased the number of association memberships. There is still some tweaking to be done but all things seem better.
- ◆ Recently, Texas and California have added to their association handbooks stern guidelines regarding football player safety. A couple of items included are limited full speed tackling and in some cases no summer contact at all. WSFCA is going to ask be involved in writing the guidelines for player safety. WSFCA wants to be pro-active in these writings. Coaches need to be responsible.
- ◆ NWPlayer.com is one of the best reporting organizations coaches have had the opportunity to work with. Many leagues in our state have used NWPlayer.com information for results, supplements and other stats to help leagues with good coverage.

## MORE

- ◆ At annual WSCA Executive Board held in Leavenworth, there was an excellent presentation by Adrenaline chairman, David Wright and the various fundraising options available. A new program called the Rewards program was presented and the benefits of the program are very good. The sign up for the Rewards Program can be found on [www.washcoach.org](http://www.washcoach.org) The benefits are numerous. Take a look at the web site, you'll be happy you did.
- ◆ At the same meeting, Susan Doering presented options to use when Executive Board personnel move up the board positions to the presidential chair. Darrell Olson, golf coach at Everett High, will be WSCA President for the next two years.

Just be  
your  
# Selfie



*Bill Alexander and East-West  
Football Players at the Earl Barden  
Football Classic*

Where will you find us next?  
*The Washington Coach!*



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Lisa and Skip Friese, the wife and father of board member Rob Friese in one of Skagway, Alaska's fine dining establishments



Tom Harmon on the  
Nooksack River





# Scholarships

## Burnett-Ennis 2014 Scholarship Recipients



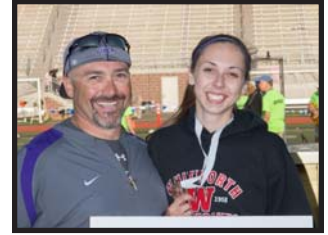
Cameron Walker  
with dad Bill



Grady Graff  
with dad Steve



Dallas Newby  
with dad Jim



Hannah Snyder  
with dad David



Rylie Carty  
with dad Sean



Allison Wusterbarth  
with dad Gary



Molly Ann Barnhart  
with mom Robin



Mariah McHenry  
with dad Calvin



Lauren Friese  
with dad Jamie



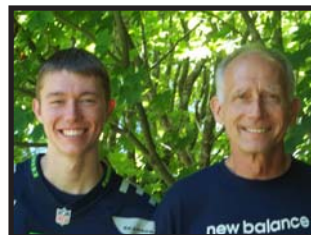
Sander Susee  
with dad Kelly



Kacie Morgan  
with dad Phillip  
& mom Sharon



Ryan Whitmore  
with dad Greg



Jefferson Donovan  
with dad Brad



Summer Cull  
with mom Chris  
& dad Mike

*STUDENT TEACHER*



Connor Williams  
with dad Mike

*STUDENT TEACHER*

## 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 or email information to [wsc-editor@comcast.net](mailto:wsc-editor@comcast.net)

*Thank you for your efforts*

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Contact Mike Schick at [wsc-editor@comcast.net](mailto:wsc-editor@comcast.net) or Jerry Parrish at [washcoach@gmail.com](mailto:washcoach@gmail.com)

## Hearing their final whistle...



To honor the passing of coaches from our membership, this column will serve as a means to share our respects. If you know of a coach who has passed and wish to have this information placed in our magazine, please send the information to [wsc-editor@comcast.net](mailto:wsc-editor@comcast.net).



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## TALK TO YOUR COACH TO LEARN MORE.

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# SECOND ANNUAL WIBCA

## Coaches Clinic

**GIRLS & BOYS BASKETBALL**

**OCTOBER.3-5.2014**

*The Howard Johnson Hotel  
Yakima, WA*

### SPEAKERS



*Ernie Kent*  
WSU MEN'S BASKETBALL  
HEAD COACH



*Leon Rice*  
BOISE STATE MEN'S BASKETBALL  
HEAD COACH



*Mike Neighbors*  
UW WOMEN'S BASKETBALL  
HEAD COACH



*Matt Logie*  
WHITWORTH MEN'S BASKETBALL  
HEAD COACH

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# Clinic Schedule

## FRIDAY, OCT. 3

12:00-1:00 Registration and  
Visit Exhibits

1:00-1:50 Mike Neighbors  
(University of Washington Head  
Coach-lead Huskies to a 20 win season  
and a trip to the WNIT)  
**Topic: HOW WE DO NOT  
WHAT WE DO**

2:00-2:50 Mike Neighbors  
**Topic: SET PLAYS FOR YOUR  
SUPERINTENDENTS KID**

3:00-3:50 Matt Logie (Whitworth  
University Head Coach-lead Whitworth  
to the last three NCAA Division 3  
Championships-in the sweet 16 twice)  
Also played and coached at  
Lehigh University.  
**Topic: WHITWORTH OFFENSIVE  
SPACING DRILLS**

4:00-4:50 Matt Logie  
**Topic: WHITWORTH  
TRANSITION DEFENSE**

### Dinner Break

6:00-6:50 Damion Jablonski  
(Associate Head Coach at Whitworth  
University/Assistant coach at  
Lehigh University)  
**Topic: WHITWORTH  
BALLSCREEN DEFENSE**

7:00-7:50 Damion Jablonski  
**Topic: WHITWORTH COMPETITIVE  
SHOOTING DRILLS**

8:00-8:50 Curt DeHaan (Led Lynden  
Christian to 8 State  
Championships/All-Time state winning  
women's coach with 772 wins/Hall of  
Fame inductee in 2009)  
**Topic: LYNDEN CHRISTIAN  
BASKETBALL**

9:00 Yakima Valley Sports  
Commission Social



## SATURDAY, OCT. 4

8:30 -9:00 Coffee and Cinnamon  
Knots/Registration and visit Exhibits

9:00-9:50 Ernie Kent (New  
Washington State University Head  
Coach/20th season as head coach with  
over 300 wins/University of Oregon  
All-Time wins leader)  
**Topic: WASHINGTON  
STATE OFFENSE**

10:00-10:50 Ernie Kent  
**Topic: WASHINGTON  
STATE DEFENSE**

11:00-11:50 Rick Skeen (King's High  
School Head Coach/lead King's and  
Burlington High Schools to 4 State  
Championship games this decade)  
**Topic: DEVELOPING GREAT  
TEAM CHEMISTRY**

### Lunch

1:00-1:50 Cody Butler (Boise State  
University/Junior College Champion)  
**Topic: PRESSURE DEFENSE**

2:00-2:50 Danny Henderson (4 time  
State Champion and 708 wins in Texas  
High School Basketball/Assistant at  
Boise State University)  
**Topic: CREATING A  
CHAMPIONSHIP CULTURE**

3:00-3:50 Leon Rice (Boise State  
University Head Coach/2013 NCAA  
Tournament Team)  
**Topic: BOISE STATE OFFENSE**

4:00-4:50 Danny Henderson  
**Topic: BUILDING A CHAMPIONSHIP  
HIGH SCHOOL DEFENSE**

5:00-5:50 Leon Rice  
**Topic: BOISE STATE BASKETBALL**

6:00-8:00 BORTON FRUIT  
PASTA DINNER

8:00-8:50 Round Table of Coaches  
with over 2,000 wins led by 2014  
State Champion Doug Burge and  
assisted by Gary Wusterbarth/Tim  
Kelly/Pat Fitterer

9:00 Yakima Valley Sports  
Commission Social

## SUNDAY, OCT. 5

8:30-9:00 Coffee and Cinnamon  
Knots/Registration and visit Exhibits

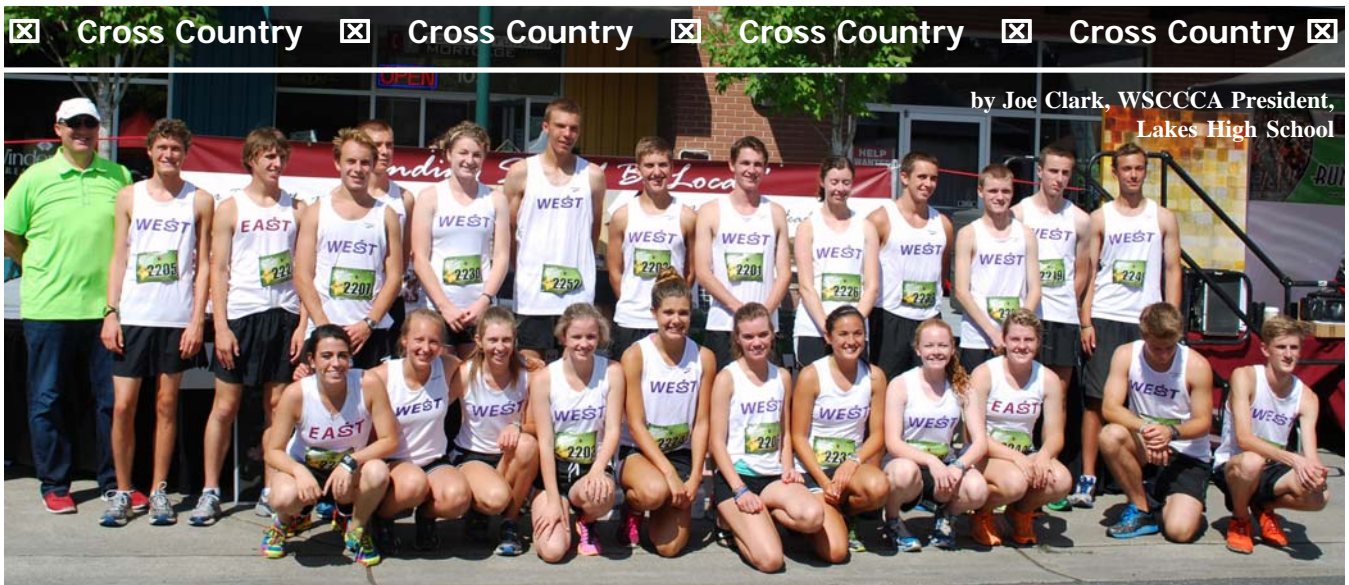
9:00-9:50 Cody Butler (Boise State  
Assistant Coach/Junior  
College Championship)  
**Topic: INDIVIDUAL WORK  
OUT DRILLS**

10:00-10:50 Bill Lilley (Eastside  
Catholic Head Coach/Coached in 2014  
State Championship game)  
**Topic: OUT-OF-BOUNDS PLAYS  
THAT WORK**

11:00-11:50 Chad Chronister  
(Naches Strength and Conditioning  
Coach/Former coach at SMU)  
**Topic: CONDITIONING AND  
PRACTICE DRILLS**

12:00 Close (or you can join us for  
the WIBCA Bi-Annual meeting from  
12:00-1:00)





As we get ready for a new season, Cross Country has been busy. Over the summer, the board met, and among the various items we covered was a plan to formally recognize the contributions of assistant coaches and middle school coaches. They will be recognized next winter at our annual awards ceremony at the track and cross country coaches convention, along with our Hall of Fame and Coaches of the year. More information will be posted online at [watfxc.com](http://watfxc.com), and sent out in WSCCCA newsletters.

In between all of the various cross country camps, the Cross Country Coaches Association also held our annual East/West All Star Race and Scholarship presentations. Doug Fulton deserves kudos for his tireless work coordinating the scholarships, and the myriad of tasks related to the event. Once again, the race was held in conjunction with the Run of the Mill 5k. Led by Steve Knox (last year's WSCCCA President's Recognition Recipient), the Run of the Mill not only provided a venue for the race, but they also provided lunch for the athletes and their families. The Run of the Mill is also a major donor to the WSCCCA Scholarship fund, along with the Lakefair Runs, Sunfair & Fort Steilacoom Invitationals, Rush Apparel, the South Sound Cross Country Camp along with several individual donations. The event is also supported by Brooks and Super Jock and Jill. Of course, we are always seeking further support so we can increase our scholarships, so if you would like to help out, please contact a WSCCCA board member.

The All Star race featured 35 runners this year. The boy's race was won by Cameron Stanish of Garfield in a time of 15:21 and the girls were led by Sierra Spieker of Oroville in 17:21. A complete listing of results and pic-

tures can be found at [WATFXC.com](http://WATFXC.com) After the race, the athletes were treated to lunch with their families, and the scholarship award winners were announced. This year, we were able to hand out \$2500 in scholarships to deserving seniors. The award winners and their accomplishments are as follows.

**Colton Green (Cedarcrest High School)  
\$1000 Jeff Munroe Memorial Scholarship**

Colton was a Washington Technology Student Association State Officer (Treasurer 2012-13 and Reporter 2013-14). He was inducted into the National Technology Student Association Honors Society and Washington Junior Science and Humanities Symposium

Colton also was an Intel International Science and Engineering Fair Finalist.

Additional science awards Colton has received include: First place at Central Sound Regional Science and Engineering Fair, Silver achievement award, 5th in Nationals for Future Tech Teacher, 3rd in State for Music Production, 2nd in State for Music Production.

He has served his community as a Church Youth Group Leader and Worship Band member and provided ski instruction for the disabled as a member of the Outdoors For All Foundation. Colton plans to attend Chapman College and study occupational psychology.

**Justin Irvine (West Valley - Yakima)  
\$250 WSCCA Scholarship**

While a member of the National Honor Society, Justin has been involved with the schools blood drive and tutoring program

He was a volunteer for Camp Prime Time which helps cook and serve food for special needs families, the Smith

River Rancheria Language Camp and the Humboldt County Intertribal Elder Gathering. Justin is very proud of his Native American heritage and running has had a huge impact on his life. He has a passion for chemistry and plans to attend Western Washington University.

**Kevin Carpenter (Colville High School)**  
**\$250 WSCCA Scholarship**

Kevin was a National Honor Society Member. Kevin took advantage of all the honors classes at Colville earning High Honor Roll status all four years of high school. He also earned credit for six college classes in the high school. During his senior year Kevin was the captain for his cross country team. He has volunteered for Habitat for Humanity and several Rotary community service projects. Kevin plans to attend the University of Mary where he will run and study exercise science.

**\$250 WSCCA Scholarship**

**Kyle McCrohan (Inglemoor High School)**

Kyle was a member of the National Honors Society and was a National Merit Finalist

He was a Presidential Award for Excellence & Washington Scholars winner as well as a cross country and track team captain. Kyle spent most of his winter offseason working on competitive robots and plans to attend Gonzaga University to study engineering and business. He looks forward to continuing his running noncompetitively and hopes to someday become a coach.

**Tom Campbell / Ernie Goshorn Scholarship-Signe Lindquist (Bainbridge High School)**  
**\$500 WSCCA**



*Sierra Spieker  
Oroville*

Signe was a member of the National Honor Society where she earned the Presidential Gold Honors Service Award which recognizes students who contribute more than 250 hours of community service in one year. She participated in the Ometepe Sister Island Alliance, which brought supplies and helped build a cafeteria in Nicaragua, volunteered at Seattle's Compass Center, and Bainbridge's Helpline House. She plans to attend Whitman College next fall, running for both their cross country and track teams and is interested in pursuing a double major in Environmental Science and Spanish.

**Jaime Rodden (South Whidbey High School)**  
**\$500 Jon Fulton Memorial ScholarshipJ**

Jaime was a President's Education, Outstanding Academic Achievement and American Citizen award winner, a flutist in Gold medal winning Wind Ensemble, founding member and vice president of the Interact community service club and a volunteer at the South

Whidbey Commons, a local nonprofit which offers mentorship to disadvantaged students in the community. She will compete in both cross country and track and field at Linfield College, in McMinnville, OR. where she plans on majoring in Exercise Science and Sports Medicine.

**Megan Chun (Inglemoor High School)**  
**\$500 WSCCA Scholarship**

Megan was a National Honor Society Member: 2010-2014 and a multi award winner in DECA. She volunteered with many organizations including: Evergreen Hospital, Community Kitchen, Kenmore Library, Salvation Army Million Meals and First Presbyterian Church Feed the Homeless. Megan plans to attend the University of Portland where she plans on majoring in software engineering in hopes of a career writing code for medical devices.

**Amelia Anderson (Cedarcrest High School)**  
**\$250 WSCCA Scholarship**

Amelia was a National Honor Society member who completed 120+ hours of community service during the last 4 years. She was a pediatric therapy volunteer at Encompass in North Bend;

Link Leader Crew Commissioner (an organization which strives to incorporate freshmen into high school and make the transition smooth) Amelia plans to attend the University of California.

We congratulate our award winners, and are proud of their accomplishments in our sport and life. We encourage coaches to get the word out about the scholarship program and all-star race to next year's seniors. It's a great opportunity for them, and one that they deserve. In the meantime, here's to a great season with rain free meets, tremendous parent support, and lots of pr's. ■



*Cameron Stanish  
Garfield*

# WSSCA ALL-STATE 2014 SPRING SOCCER TEAMS

## BOYS 4A, 3A, 2A, 1A

*COACHES-POLL, AS VOTED ON BY WASHINGTON STATE SOCCER COACHES ASSOCIATION MEMBERS*

### Class 4A

**MVP** – Carter Johnson, Midfielder – Skyview  
**Coach of the Year** – Dan Pingrey – Snohomish

#### First Team

**Forwards** – Uriel Herrera, Sr. Snohomish; Brandon Madsen, Sr. Thomas Jefferson; Johnny Cortez, Sr. Moses Lake; Jason Twaddle, Sr. Skyline

**Midfielders** – Carter Johnson, Sr. Skyview; Brandyn Bangsund, Sr. Kentwood; Jose Fernando Sanchez, Jr. Federal Way; Connor Ourada, Sr. Ferris

**Defenders** – Matt Beaulaurier, Sr. Ferris; Garrett Brewer, Sr. Federal Way; Keegan Crook, Sr. Kentwood; Dekotah Keogh, Sr. Snohomish

**Goal Keeper** – Jake Frederickson, Sr. Rogers

#### Second Team

**Forwards** – Nate Beasley, Sr. Camas; Terry Cox, Jr. Ferris; Adrian Vasquez, Sr. Moses Lake; Brad Macdougall, Jr. Puyallup; Francisco Sanchez, Sr. Walla Walla

**Midfielders** – Jamison Corbin, Sr. Olympia; Abdi Abdulahi, Sr. Garfield; Matt Palodichuk, Sr. Camas; Austin Cassity, Sr. Camas

**Defenders** – Garrett Barber, Sr. Mount Vernon; Nick Morgan, Sr. Skyline; Ben Thompson, Sr. Lewis and Clark; Gus Baxter, Jr. Snohomish

**Goal Keeper** – Ryan Peters, Sr. Snohomish; Admir Kucalovic, Sr. Kentwood

#### Honorable Mention

**Forwards** – Tanner Corrie, Jr. Snohomish; Bennett Lehner, Soph. Camas; Samuel Agyei, Soph. Cascade; Giovanni Soto, Jr. Wenatchee

**Midfielders** – Josh Dombal, Jr. Snohomish; Steven Johnson, Central Kitsap; Sean Cotton, Sr. Moses Lake; Aung Ta, Sr. Todd Beamer

**Defenders** – Kyle Bratton, Sr. Kentridge; Sam Pizot, Sr. Camas; Austin Horner, Sr. Skyview; Calvin Goon, Sr. Camas

**Goal Keeper** – Jon Rosas, Sr. Pasco

### Class 3A

**MVP** – Wallis Lapsley, Jr. Goal Keeper – Lakeside  
**Coach of the Year** – Mark Szabo – Lakeside

#### First Team

**Forwards** – Ramiro Chavez, Sr. Kennewick; Chris Iacolucci, Sr. Shorecrest; Gaby Joseph, Sr. Lakeside; William Economy, Sr. Bainbridge

**Midfielders** – Grayden Saunders, Jr. Glacier Peak; Colton Ronk, Sr. Liberty; Jose Ramos, Sr. Foss; Francisco Mendiola-Lopez, Sr. Shelton

**Defenders** – Tyler John, Sr. Bonney Lake; Justin Collins, Sr. Shorewood; Matt Johnston, Sr. Glacier Peak; Arthur McCray, Lakeside; Jake Degagne, sr. Kennedy Catholic

**Goal Keeper** – Wallis Lapsley, Jr. Lakeside; Leyton Thommasen, Sr. Kennedy Catholic

#### Second Team

**Forwards** – Laurence Wanambisi, Sr. Stanwood; Christian Chavez, Jr. Sunnyside; Mario Zarate, Sr. Hanford; Jared Berg, Mountainview

**Midfielders** – Alex Day, Jr. Shorecrest; Sean Bender, Sr. Mercer Island; Dalton Ogdon, Sr. Bonney Lake; Isaac Sterver, Mountainview

**Defenders** – Kelly Smith, Sr. Hanford; Mark Harris, Sr. Seattle Prep; Corey Stever, Jr. Shorecrest; Hector Cervantes, Soph. Hazen

**Goal Keeper** – Robert Powles, Sr. Mt. Spokane



## Honorable Mention

- Forwards – Ryan Hill, Jr. Mercer Island; Fabian Panduro-Galvan, Sr. Marysville-Pilchuk; Connor Williams, Jr. Mt. Si; Brody Fitzsimmons, Sr. Bonney Lake
- Midfielders – Oswald Ramos, Sr. Wilson; Joseph Ghirardo, Sr. Hanford; Dylan Collins, Sr. Shorewood; Jonathan Coon, Sr. Shorecrest
- Defenders – Scott Scheerer, Sr. Wilson; Marcos Borja, Sr. Kennewick; Jacob Meza, Sr. Sunnyside; Chase Lauinger, Sr. Stanwood
- Goal Keeper – Lucas MacMillan, Sr. Glacier Peak

## Class 2A

- MVP** – Mack Smith, Forward – Fife  
**Coach of the Year** – Joe McAuliffe – Squalicum

### First Team

- Forwards – Mack Smith, Jr. Fife; Mitchell Pinney, Jr. Hockinson; Christian Thode, Sr. Archbishop Murphy; Christian Chala, Sr. Squalicum; Ian Schimandle, Sr. Cheney
- Midfielders – Brady Henderson, Soph. Archbishop Murphy; Brenan Ball, Sr. Selah; Micah Weller, Sr. Cheney; Raul DeLuna, North Kitsap; Brett Sparks, Sr. Hockinson
- Defenders – Tyler Ptacek, Sr. Archbishop Murphy; Tommy Nitchman, Kingston; Daniel Pailthorp, Sr. Capital; Kyle Morris, Sr. Ridgefield
- Goal Keeper – Oliver Sanchez, Sr. Toppenish; Jakob Racimo, Sr. Capital

### Second Team

- Forwards – Nigel El-Sokkary, Soph. Capital; Utsav Shaha, North Kitsap; Edgar Garcia, Sr. Fife
- Midfielders – Trevan Esterlado, Sr. Cheney; Jason Rodriguez, Sr. Othello; Adama Kante, Jr. Tyee; Tyler Hughes, Fr. Squalicum
- Defenders – Alex Hernandez, Kingston; James Bettag, Sr. Archbishop Murphy; Isaias Villa, Sr. Ellensburg; Hans Kogan, Sr. Squalicum; Obeg Camacho, Jr. Sedro-Woolley
- Goal Keeper – Hector Gutierrez, Jr. Lynden

## Honorable Mention

- Forwards – Jalal Haji, Jr. Foster; Servando Fuentes, Sr. Toppenish; Casey Duff, Jr. Black Hills; Danny Wiseman, North Mason

- Midfielders – Zander Knox, Sr. Lake Washington; Jonathan Cano, Jr. Franklin Pierce; Ousmane Sylla, Soph. Fife

- Defenders – Nathan Gunderson, Sr. Hockinson; Alan Haagen, Sr. Hockinson; Cruz Galm, Jr. Cheney

- Goal Keeper – Alex Worland, Kingston

## Class 1A

- MVP** – Francisco Alejandrez, Forward – Quincy  
**Coach of the Year** – Arturo Guerrero – Quincy

### First Team

- Forwards – Taylor Moe, Sr. King's; Francisco Alejandrez, Soph. Quincy; Jason Perez, Sr. Okanogan
- Midfielders – Osiel Rivera, Sr. Hoquiam; Gabe Rifkin, Sr. University Prep; Ryan Fransen, Jr. King's; Vicente Zepeda, Sr. Quincy
- Defenders – Rick Hatate, Jr. Bellevue Christian; Julio Vera, Sr. Chelan; Juan Garcia, Sr. Chelan; Pedro Reyes, Sr. Quincy
- Goal Keeper – Alan Caro, Sr. Wahluke

### Second Team

- Forwards – Adair Garibay, Soph. Toledo-Winlock; Riley Brown, Jr. Bellevue Christian; Nick Iregui, Fr. Charles Wright
- Midfielders – Bennett Close, Jr. Bellevue Christian; John Polen, Sr. Seton Catholic; Will Noce-Sheldon, Jr. Seton Catholic; David Paniagua, Jr. Highland
- Defenders – Christian Pedersen, Jr. Lakeside; Josh Alexander, Jr. King's; Barry Bishop, Jr. University Prep; Konan Katzer, Jr. Elma.
- Goal Keeper – David Postma, Soph. Bellevue Christian

## Honorable Mention

- Forwards – Justin Rivas, Sr. Okanogan; Blaine Thompson, Sr. University Prep; Kai Da Rosa, Jr. South Whidbey
- Midfielders – Joe Eaton, Jr. Bellevue Christian; Ramon Bravo, Sr. Wahluke; Trent Siedenburger, Jr. Seattle Christian; Miguel Leyva, Manson
- Defenders – Travis Sowell, Sr. Charles Wright; Grant Young, Soph. Charles Wright; Josh Polen, Soph. Seton Catholic; Josh Brown, Sr. Seattle Academy; Elan Markowitz, Sr. Seattle Academy.
- Goal Keeper – Lars Helleren, Fr. King's ■

## “WHEN I WANT YOUR OPINION.... I’LL GIVE IT TO YOU”

by Coach Don Papasedero

### ...like a common criminal

This spring I serendipitously ran into a group of adults who were in transition in coaching assignments. They had just successfully coached volleyball, softball, baseball, football and swimming in the 2013-14 seasons.

A common topic of discussion involved how school districts did business in “new hires” for athletics. The litigious society we live in has inspired an immense demand on “new hires”. I understand and support vetting adults before they are allowed to work with kids...but forcing teachers/educators who are **ALREADY WORKING** in other districts in the classroom to produce WSP background checks, fingerprints, citizen status, and especially carefully crafted educational and coaching philosophies is an insult! I recognize that the days of a “handshake” coaching contract are long gone, but putting our already overtaxed teachers/coaches through this intense application process is a travesty. Can’t the school districts **WORK** and **TRUST** each other?

### ...FICA World Cup

Intolerant and grouchy old curmudgeon Papasedero was faced with a quite a challenge in July with all of the World Cup mania. As an Italian American, it seems incumbent upon me to be a fan of soccer. As a wizened old teacher/coach it is **more** incumbent upon me to keep a close eye on how it may affect our athletes. The young ones that play soccer at any level are sadly being taught

by a myriad of imposters.

Our culture is already rife with adults who don a grey “Coach” sweatshirt and wear a whistle....all under the guise of actually being a coach. **WHAT ARE THEIR QUALIFICATIONS?** We do not have a natural soccer culture in the USA...more importantly, the adults that “coach” usually have not played a moment of the game or have been involved in some recreational level of play. I cook at my house...but I am certainly not able to say that I am a “Chef”....it takes **MUCH MORE!**

To embrace effective coaching, it takes some sort of experience level as a player, a willingness to seek direction from experts, an indomitable positive (teaching) approach, embracing the devotion needed to put “time” into the craft, being ultra-organized and especially jettisoning egos. Too many adults label themselves as “Coaches” simply because they like a sport, it looks fun, and it probably it is really easy to do. Don’t read this as rejecting rookie and volunteer adults. I am passionate about the title, “Coach” and understand that it must be earned!

Now, for addressing the World Cup. Every red-blooded American roots for

American athletes. Period. As I was watching and going through the throes of weeks where seemingly everyone became a USA soccer fan, I was overwhelmed with how quickly folks became experts on the game. The commentary, observations and poisonous reactions to the USA team’s performance was outrageous. Certainly, again, the public has no real back-

ground or basis for evaluation. Calling the USA coaches stupid, inept, etc as well as describing the players as gutless, without vision etc is **WAY OUT OF LINE!** I challenge the soccer community to continue and grow the culture in the USA, celebrate the intricacies of the sport, and strive to develop real

experts...”Coaches”

### ...Leadership Class??

Teachers and coaches are always looking for ways to embellish athletes’ personal growth. Good mentors know that when your charges are learning about the intricacies of “leading” they are especially grasping unselfish, “team” approaches. As we all know, effective leadership is brimming with concepts like: sharing, greater good, team first, inclusiveness, and goal ori-



Coach Don Papasedero



ented behaviors. Leadership titles can be bestowed upon our athletes by coaches and team elections quite easily. It is our responsibility to seek out and implement great methods to teach how to lead! Too often the kid is given a title (Captain) and sent out to do the difficult job of guiding the team through their paces without any instruction. Here's to hoping that we use our coaching bag of tricks to not only teach our sports and to take care of kids. Let's develop our leaders with careful instructions and expectations as well.

### ...really disappointed me

This spring break, I was working with some coaches in another state (a bit south of us) and was shown a video of a school pep assembly that the coaches were particularly proud of. The assembly skit was designed to call teachers, students and coaches out of the crowd and use their best trash-talking, taunting, cheap shot, lines on an upcoming opponent! These guys were proud of how the assembly participants were so petty, clever, and downright vicious towards the opponent. In addition, they were quick to refer me to an administrator and a head coach doing the taunting. As you guys would expect, this was inappropriate in so many ways! I hope

that we do all we can to eliminate vile opponent bashing from our school assemblies!

### ...at camp last week

Hey, try this one when you are coaching some time. I was having a hard time getting one of our players to make an honest effort on a particular skill. He was lackadaisical, inattentive, and seemingly uninterested in what we wanted. I went through my file of techniques: humor, finding something positive to reinforce, demonstration, and showing "big picture results"...all to no avail. After the 3<sup>rd</sup> or 4<sup>th</sup> pitiful performance Coach Papasedero went out of his normal comfort zone and really lit into him...old fashioned veins sticking out, color rising from the collarbone, fists rolled back, nose out and eyes piercing into him like lasers! Loud...very loud...there was no doubt about my extreme displeasure. After this rare Papasedero melt down, I turned away from this guy, walked over to his best friend with a big smile and quietly asked him if his pal got the message. We both laughed and we got the effort we needed out of his pal on the next repetition. I fully knew that he would share with his pal that I was just making a big show at his expense, it was not personal, and that

Papasedero really is as crazy as they think he is. My point? Sometimes we need to use that divine coaches' anger that resides in all of us...as long as you make everyone involved feel good afterwards.

### ....watching the British Open

My interest and passion for golf is immense. I get a big kick out of watching the professional men and women play the game. I get a bigger charge out of watching the pro's play on courses and conditions like WE PLAY ON. The highlight of the coverage for me was watching Dustin Johnson laughing with his caddy before playing a ball sitting adjacent to a dog turd. The uptight commentators were musing about what Johnson and his caddy found so funny while the rest of us knew exactly what was occurring. Our ultra-successful Mercer Island girls team plays its home matches at an inner city, municipal course. I CRAVE it when some of our opponents wonder into our facility and find cigar butts and broken glass on the grounds rather than the pristine conditions of their country clubs. Play it as it lies baby!

3 and out Baby!  
"Besta Vincere" ■



## WASHINGTON COACH Magazine

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### SUBMISSION PROCESS

Submit via email as an attachment to Mike Schick at [WSCA-EDITOR@comcast.net](mailto:WSCA-EDITOR@comcast.net)

If you do not have access to email, mail to: *Mike Schick, 2110 Richardson Drive, Puyallup, WA 98371*

## Why Not the Hammer...for Washington Preps?

by Lane C Dowell

Since the **Evergreen State's first high school Hammer championship held at PLU in 2001**, 19 boys and 22 girls have received scholarship money to further their post-prep education. Nine went on to achieve collegiate All-American status.

A veteran of our state's throws coaching ranks, **Keith Eager** (Renton and Tahoma High Schools), who has coached many future collegians, feels that a large number of Washington's top shot, discus and javelin throwers have not garnered a college scholarship. The veteran of twenty five years said, "We have had many athletes go on and get scholarships to throw hammer. In my opinion, many of these athletes would not have been recruited in shot put, discus, or javelin."

**RESULTS...** of the 2014 WASHINGTON HIGH SCHOOL HIGH SCHOOL CHAMPIONSHIPS contested at Centralia High on Sunday June 1. A crew of eight trained USATF Officials administered this event.

These 2014 **graduating senior athletes received college scholarship aid** for the expertise with the Hammer.

Forty of the best Evergreen State preps tested their skills with the ball and wire on the Tiger's field in a safe and very sturdy facility built by former CHS coach **John Schultz** for approximately \$200 and a lot of hustle.

Both competitions produced excellent results as our state's athletes rose to the occasion and personal best after lifetime best fell.

Two of our state' top female throwers, who **each achieved state Discus championships the day before**, battled back and forth for the gold medal. It took a lifetime best (#4 Washington All-Time best...166'0") for Mary M. Knight's Hannah Frost to garner the Gold by edging Elisa Grandemange (163' 8") of Kamaikim.

The Hammer gods were smiling on a large crowd and provided a mirror image of what they had just witnessed as our state's top two boys did battle (both ranked nationally in the top ten). Soon to be Washington State Cougar, Brock Eager (231' 0") edged Joe Ellis (215' 10"), who is bound for the University of Michigan for his education and to further refine his Hammer skills.

As the large crowd of athletes, coaches and fans reluctantly departed, one could hear the anticipatory buzz about next year's championships to be held at the Spokane area's Central Valley High. The Bear's Hammer Coach, **Alan Wardsworth**, has overseen the construction of an IAAF certified Hammer cage on the CV campus.

Seven of this year's nine boy's finalist will be returning. Many are already wondering how many colleges will be vying for the services of next year's crop?

Check You Tube...2014 Washington High School Hammer Championships for a short video clip.

### SAFETY

Like tackling in football or the Pole Vault in FIELD and track, it is as SAFE as you want to make it.

To make this unique event that has provided so many young Washingtonians advanced education after they graduate from the prep world, one of the Evergreen States finest throws coaches, Dwight Midles, a WSU All-Ameri-



(from left to right) **Joe Ellis** (Eastlake), **Hannah Frost** (Mary M. Knight), **Brock Eager** (Tahoma), **Elisha Allred** (East Valley Spokane.), **Elisa Grandemange** (Kamaikim)

can, suggests we start our teens with the **soft landing (bag) or Chain Hammer**.

The potential damage to humans and fields is reduced markedly when employing these implements. While the teaching of the basic technique remains the same, the **danger/damage factor becomes far less than any other implement**.

**Rhode Island**, the only state that sanctions the Hammer throw for its high-schoolers, has a clean injury slate.

In that this event is so technical, **coaching certification**, like that required by WIAA for the Pole Vault, **could/should be provided** by those recognized as our best coaches. For example, there are none-better than Dwight Midles, who works as a SAFETY inspector for Olympic Panel in Shelton. Years ago Dwight drafted a safety protocol which is employed by each high school Hammer competition held in our state.

Coach Eager feels it necessary to expose Hammer to our coaches to show them that the Hammer is as safe as we want to make it. The wily throws mentor states, **“Give them an opportunity to see how the hammer is thrown in a state meet. This would show that hammer is not a dangerous event, it just needs to have the proper supervision.”**

Progressive Central Valley (Spokane area) Coach Allan Wardsworth feels that areas that have proper facilities with well-trained event administrators should still throw the Hammer. The passionate Bears coach hosted the 2014 NW Junior Olympics Hammer Regionals at his state of the art facility. He says, “We should continue to throw the ball and wire at the big invitational such as the Mooberry in the Spokane area and the Eason in Snohomish.”

## **COST**

**“With the enhanced SAFETY provided by the above suggested bag or chain Hammers only the cost of the implements would be necessary,”** states Eager. He spoke further about the concerns of some AD’s. **“Talking with some AD’s they are concerned with the cost of getting hammer cages and the liability. In places without a hammer cage, they could use chain or soft-landing hammers with existing discus cages to avoid additional costs.”**

## **CATERS to ANY BODY TYPE**

This event caters to the beginner with that **burning desire to excel....a huge competitive heart**. If you have an athlete that is obsessed with success, one that doesn’t know the meaning of QUIT, one that relishes staying after arduous practice sessions held for the other throwing

events, just so she/he can dance with the ball and wire then you have the makings of a successful Hammer thrower.

Most who try it are addicted after the first time.

No event in our sport is more **technical or demanding**. The affable American Men’s Record Holder, **Lance Deal** will tell you that it is about technique, which will take six to ten years to master. Any body type can excel with the ball and wire.

Lewis and Clark High School of Spokane graduate **Britney Henry** began her prep career as a hurdler. When an injury derailed her ability to compete in the hurdles, Henry did not quit. She found an alternative event that allowed her competitive juices to flow, the ball and wire.

Her growing passion for the highly challenging event lead her to a scholarship at the University of Oregon, where she was coached by Lance Deal, and eventually the USAF national championship medal stand (pictured at the far right). Notice the **difference in body type of the three women**.



## **DETRACT from the OTHER THROWS**

There are those among us that feel learning the Hammer will detract from one’s abilities in the other throws. If you were to run your finger down our list of the top three boy’s and girl’s from our state’s Hammer championships, one would see that many of these athletes placed in the upper ranks at their state meets in another throwing event...see [www.hs.hammer.com](http://www.hs.hammer.com) (the officials website for the Washington State High School Hammer Throw developed and maintained by Interlake of Bellevue thrower **Martin Bingisser**, who became a UW All-American with the ball and wire.

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Coach Eager addresses this criticism. **“I have talked to coaches that say that hammer takes away from shot and discus but looking at all of the successful hammer throwers in our state, they were also all very successful in the shot and discus. I have been a throws coach for 25 years and watched the training group that my own son worked with. I kept a good eye on how hammer training would affect their shot and discus. Brock had 6 people in his training group and all 6 had significant improvements in the shot and discus this year in the high school track and FIELD season.”**

Our state’s best example is Inglemoor’s Nate Rolfe, who threw 207’ discus, 237’ hammer and 60+ in the shot put.

Erase the bugaboos . There are no reasons not to. A growing number of our KIDS vindicate us taking the next step...a **state meet exhibition event**. Look at it and go from there. With YOUR HELP KIDS WIN!

**Author’s Bio:** Lane is a retired teacher/FIELD and track coach at West Bremerton High, who is a member of the Washington State T&F Coaches HOF.

Dowell, a USATF Official’s HOF nominee, became a USATF Master Level Official and was selected to officiate, primarily the throws, fifteen national open championships. He was selected as a head judge from 2000-2008. This included three USA Olympic Team Trials.

Lane has been selected on numerous occasions to be the Field Event Referee for prep state championships and qualifying competitions.

Lane became well known for his appearances at coaching education and officials certification clinics throughout the PNW.

Dowell still competes in Master’s/Senior Games FIELD and track and qualified for the 2013 & 2015 National Senior Games in the Shot Put and Discus. ■

BASKETBALL

BASKETBALL

BASKETBALL

BASKETBALL

## WIBCA HALL OF FAME



The 2014 inductees are seated. From L to R they are: Rick Comer, Dean Scherer, Mike Bethea, Dick Stark (Ed Pepple service Award), and Al Gleisch.

The other HoF members in the pic are: row 2: Ray Cresap, Mike Mullen, Jim Harney, Don Huston, Bruce Hayes, Larry Skogstad, Ed Pepple.

Row 3: Pat Fitterer, Bill Hawk, Rich Hammermaster, Rod Iverson, Leroy Sinnes, Gary Wusterbarth, Bob Petrosik, Howard Thoemke, Jim Clifton ■

# Well Done Coach Papasadero!

Don Papasadero, Mercer Island head girls golf coach was recently named the 2013-14 American Family Insurance ALL-USA Girls Golf Team Coach of the Year.

The team was selected by Chris Langrill, golf correspondent for USA TODAY High School Sports, with help from national golf associations, state associations and media throughout the country.

Papasadero was at the helm as his girls golf team ran its unbeaten streak to 75 matches in April. That streak was snapped this season, but Mercer Island golfer Rachel Fujitani went on to win medalist honors at Washington's 3A state tournament. ■



## An Opportunity for your Athletes

Athletic Directors and coaches, each week throughout the school year, the WIAA recognizes twelve varsity athletes, a male and a female from each of the six classifications, who exhibited an outstanding performance from the previous week. To nominate an athlete for consideration, please fill out the form at <http://www.wiaa.com/FormEntry.aspx?ID=16>. You must fill out every field before submitting. The weekly deadline is Tuesday before 12:00 PM. All varsity level students in good academic standing at their schools are eligible to receive the WIAA State Athlete of the Week Award. Students may win the WIAA State Athlete of the Week Award once during any given academic year. Each winner of the WIAA State Athlete of the Week Award will receive a letter of recognition from the WIAA Executive Director, a commemorative WIAA State Athlete of the Week T-Shirt and certificate. Winners will be announced weekly on the WIAA website. For more information, please contact [aaron@wiaa.com](mailto:aaron@wiaa.com). ■





# Sport Nutrition for the High School Athlete

## Ten tips coaches can use today

By Emily Edison | WINForum Sports Dietitian



This Coaches Express workshop — Sport Nutrition for the High School Athlete: Ten Tips Coaches Can Use Today — provided coaches with easy, take-home skills to apply with their teams right away. Presented by Emily Edison, Sports Dietitian and the new director of the WINForum and Best Teen Diets projects, the workshop also gave coaches an opportunity to learn how the WINForum can help athletes feed their game.

### The step by step...

#### 1. Eat Breakfast: Show them how easy it can be

“I don’t have time,” “I don’t know what to eat,” “I’m not hungry”: common excuses from high school athletes for why they do not eat breakfast. Research demonstrates eating breakfast is a vital part of the athlete meal plan and for successful performance.

Coaches can do two things to help support athletes fueling up in the morning:

1. Model breakfast eating behavior
2. Provide easy-to-create solutions
  - Bring a crockpot full of oatmeal and toppings; show the athlete how easy it is to make a healthy breakfast
  - Make a blender full of delicious power smoothies for them to sample; and teach them how to make them at home (see [pinterest.com/winforum](https://pinterest.com/winforum) for recipes)
  - Provide the WINForum.org website as a resource for easy-to-follow recipes and videos on incorporating breakfast into your game plan.

#### 2. Eat 3 meals and 2-3 snacks every day

An athlete must have a tank full of fuel in order to perform at his/her best. The only way to be certain the tank is full is to eat frequently throughout the day. Eating can maintain muscle mass and allow the body to use food and adipose tissue for fuel.

Coaches can support athletes in fueling frequently by:

- Providing the Game Plan handout “Snack Attack”
- Creating a parent support group (“Snack Support”) for providing snacks to the team
- Ensuring athletes are able to eat healthy snacks and beverages in class or between class on a break
- Checking with low-income athletes to confirm adequate food is available for fueling

#### 3. MEAL = three (or more) foods (Sandwich, fruit, granola bar, milk)

For many athletes, eating a solo sandwich (or nothing at all) can become the definition of a meal. To ensure an athlete gets a variety of nutrition throughout the day — thus enabling them to obtain all the nutrients they need for activity and life — coaches can assist in redefining this definition by:

- Providing the WINForum.org website as a resource for meal selection
- Encouraging athletes to get creative in meal planning by coordinating with friends (making a bulk freezable lunch or snacks on weekends)
- Reminding them that THREE powerful sports foods equal a meal

#### 4. SNACK = Carb + Protein (Apple and peanut butter)

The snack is a vital part of an athlete's eating game plan. Snacks that contain two foods (i.e., a carbohydrate and a protein) will provide longer lasting energy than snacks that provide simple carbohydrate only (i.e., jelly beans). However, snacking often takes a back seat for busy athletes, leaving them perusing the vending machine for something to eat. With nacho chips and candy bars not making the grade as a high performance snack, coaches can take the lead by providing the following to help support athlete performance:

- Educating athletes on the components of a "Winning Snack": Carbohydrate (like fruit) + Protein (yogurt) = winning snack
- Downloading the Game Plan hand-out for "Snack Attack" and handing it out with team packets
- Creating a "snack team" within your group to create sports snack ideas athletes can team up and bring from home

#### 5. Add Color ("eat the rainbow")

Adding colorful fruits and vegetables not only makes our plate more attractive; research shows more colorful foods contain more nutrition. Better nutrition can lead to a reduction in injury and reduced colds and flu — and more playing time. Coaches can make this easier for athletes by using the following tips:

- Have athletes bring ingredients to make their own green smoothies and show them how easy and tasty it can be to "eat the rainbow"
- Have a WINForum sport nutritionist come and talk to your team

#### 6. Eat before practice and games

In order to "fill the tank," athletes need two meals and one snack before practice each afternoon. Sports food is high in carbohydrates, moderate in protein and low in fat.

### Ten easy sports nutrition tips coaches can use:

1. Eat BREAKFAST: Show them how easy it can be
2. EAT 3 meals and 2-3 snacks every day
3. A MEAL = three (or more) foods: Sandwich, fruit, granola bar, milk
4. A SNACK = Carb + Protein: Apple and peanut butter
5. Add COLOR ("eat the rainbow"): Improve performance
6. Eat BEFORE practice or game: 2 meals + one snack
7. Drink plenty of FLUID during practice or game: Give breaks
8. Eat AFTER practice or game: Snack and then a meal
9. REST: Remind them to sleep/chill
10. REPEAT: Encourage them to create patterns

Food needs plenty of time to digest (a.k.a., get into the tank).

- 3 hours for a large meal
- 2 hours for a smaller meal
- 1 hour for a snack

Offer a list of suggested sports-enhancing pre-game meals to athletes and parents.

#### 7. Drink plenty of fluid during practice or a game

The goal of drinking and eating during practice is to maintain energy and hydration for performance. Coaches can enhance performance by allowing athletes time to drink a few gulps of water or sport drink every 20 minutes. Urine of properly hydrated athletes should be light yellow or clean in color.

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- Drink fluids throughout practice and games
- Have a small snack if consistent play is longer than 60 minutes
  - o 30g-40g carbohydrate per hour is an appropriate amount
  - o Sport drink and solid food work equally well

### 8. Eat after practice or a game

The three R's: Replace (carbohydrate), Re-build (protein) and Re-hydrate (water) is the best way for athletes to replenish tired bodies. Within about 30 minutes of practice athletes should eat or drink carbohydrate and protein along with water. Some easy refueling sports foods:

- Chocolate milk
- Yogurt and cereal
- Energy/Protein Bar
- Sandwich and water

Or an athlete can dive into dinner with their family and skip the post-workout snack if the meal is going to be within an hour of practice.

- High carb, low fat, moderate protein (see WINForum.org for ideas)
- Include plenty of water

### Tips #9 and #10 are often overlooked: Rest and repeat.

Athletes need friendly reminders that nutrition is not a silver bullet. Sports nutrition on the day of the game only will not do the trick. Your nutrition plan needs practice and repetition just like your sport.

Follow the ten tips above to see your athletes' performance soar this season! Tune in for more at WINForum.org.

The WINForum.org and BestTeenDiets.org are science-based nutrition education resources for high school students, athletes, parents and coaches. Like us on Facebook, follow-us on Twitter! ■

# Football Coaches

Mark Your Calendars!

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at the

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High school and college coaches from the Northwest as well as coaches from throughout the country will be featured presenters. More information will be coming in following issues of The Washington Coach and will be posted on the WSCA website, [washcoach.org](http://washcoach.org). ■





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Applications for the Burnett-Ennis, Terry Ennis and the Student Teacher scholarships sponsored by the WSCA may all be found on the WSCA website. Under the "PDF/DOWNLOADS" tab, find the "APPLICATIONS/FORMS" tab. The necessary information and applications may be found here. The application forms for these scholarships will no longer be presented within the pages of the *Washington Coach*. ■



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# Another Great Earl Barden Classic All State Football Game



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By Scott Spruill / Yakima Herald-Republic  
sspruill@yakimaherald.com

YAKIMA, Wash. — Having spent the entire week together, the East crew was well aware of how big their West counterparts were and how likely they were to run the ball behind all that size in Saturday's 20th annual Earl Barden All-Star Classic.

And that's exactly what happened.

Port Townsend's Nick Snyder, the West's head coach, called for running plays on 21 of his first 22 snaps and saw his bunch of brutes build a 12-7 lead in the second quarter and effectively keep the ball away from the East, which was expected to air it out with half a dozen college-bound quarterbacks.

But the West's ground and pound didn't last and the East's ever-tightening defense did.

With big contributions from the five local players — like a second-quarter fumble recovery by Zillah's Kurt Calhoun and a fourth-quarter interception by East Valley's Zach Janis — the East shut out the West in the second half and surged away for a 27-12 victory at East Valley High School.

Snapping the West's three-year win streak, the East forced four turn-

overs, didn't allow a first down in the third quarter and held the West under 100 yards in the second half. Keigan Baker of Mark Morris all but sealed it with a 23-yard interception return for a touchdown with 9:22 left in the game.

"With their size, we expected them to run a lot with those big guys," said Janis, a defensive back. "They had a couple drives in the first half, but after that we handled it. The guys we have on defense — no matter who it was — they all made amazing plays."

"We were dominating on defense. How many picks did we have, like three or four? One for a pick-six. We were dominating," said Calhoun, who played at outside linebacker. "It was honestly the most fun game I've ever played in."

Even with the stonewall in the third quarter, the East didn't have much going on offense either and carried a slim 13-12 lead into the final period.

Then came the 1-2 punch.

JT Phelan of Spokane's East Valley hauled in his second touchdown pass on a short fade route — this one from Cheney's Andrew Graham 6

yards out — at the 9:47 mark to push the margin to 20-12. On the West's ensuing play 20 seconds later, Baker snarred an under-thrown pass and dashed in with his pick-six for a 27-12 lead.

The West used 41 running plays and attempted just 11 passes, but that's where the trouble was with three interceptions.

"We had to stop the run because they were getting some good runs up the middle early," noted Zillah's Brady Widner. "Pretty much just force them to pass, and Zach and I and Tarren (Brown) — the DBs — we all held our own."

White Swan's Tony Picard, who received the East's inspirational award, and Zillah's Reggie Chumley both contributed on the defensive line, and Chelan's Asa Schwartz was named the East's defensive MVP. Asa's brother Cole won the same award two years ago.

The locals made a big impact on offense as well.

After the West scored on its first possession and the East stalled out twice, the Leopards got their team on track with two quick plays — Calhoun's 10-yard run followed by Widner's 40-yard touchdown reception from Graham on a wide-open route down the middle at the start of the second period.

Widner finished with a game-high four catches for 59 yards and Calhoun had eight carries for 36 yards and three first downs.

"I heard that the East lost the last three, and this is the only one we're in so we wanted to get it," Widner said. "Everyone had some motivation."

Janis, playing on his home field for the last time, converted a big fourth down when he caught a 15-yard pass from Tumwater's Jayden Croft with less than a minute left in the first half.

On the next play, Croft, a Central Washington signee, hooked up with Phelan for his first touchdown and a 13-12 lead at the break.

Phelan was picked as the East's offensive MVP. The West MVPs were Renton's Emie Davis (offense) and Ben Powell (defense) of Morton/White Pass.

"At first I wished this game was somewhere else because of all the memories I have here," Janis said. "This field is a special place to me, and now I'm glad it was here. This just adds to the great memories."

**West 6 6 0 0 — 12**

**East 0 13 0 14 — 27**

West — Emie Davis 23 run (pass failed)

East — Brady Widner 40 pass from Andrew Graham (Alonzo Mendoza kick)

West — Nathan Steenkolk 4 run (run failed)

East — JT Phelan 10 pass from Jayden Croft (kick failed)

East — Phelan 6 pass from Graham (Mendoza kick)

East — Keigan Baker 23 interception return (Mendoza kick)

**STATISTICS - RUSHING**

West: Izaiha Schwinden (Mt. Baker) 3-35, Emie Davis (Renton) 5-30, Daniel Ziegler (Sehome) 8-30, Darol Ratsavongsy (Raymond) 3-16,

Nathan Steenkolk (Friday Harbor) 4-14, Andrew Zender (Mt. Baker) 5-12, Travis McMillion (Onalaska) 2-8, Keegan Fagan (White River) 1-5, Jacob King (Port Townsend) 1-5, Aaron Dickson (Kingston) 2-5, Taylor Roelofs (Life Christian) 3-minus-4, Josh Lewis (Steilacoom) 1-minus-1, Team 3-minus-27.

East: Kurt Calhoun (Zillah) 8-36, Alonzo Mendoza (River View) 5-16, Tanner Gueller (W.F. West) 1-9, Max Laib (Freeman) 3-5, Tony Picard (White Swan) 1-0, Jayden Croft (Tumwater) 1-minus-2, Andrew Graham (Cheney) 1-minus-7.

**PASSING**

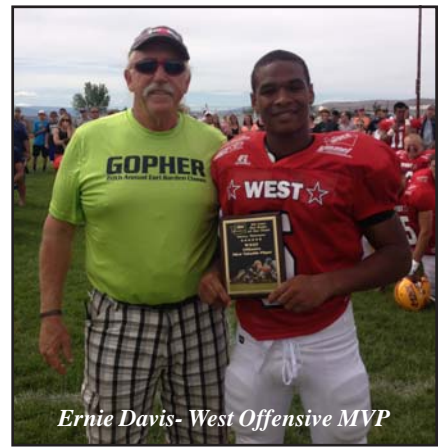
West: Zender 1-2-1-34, Lewis 2-2-0-34, Ziegler 2-5-1-13, King 1-2-1-9.

East: Croft 6-11-0-71, Graham 4-6-0-54, Gueller 4-10-1-23.

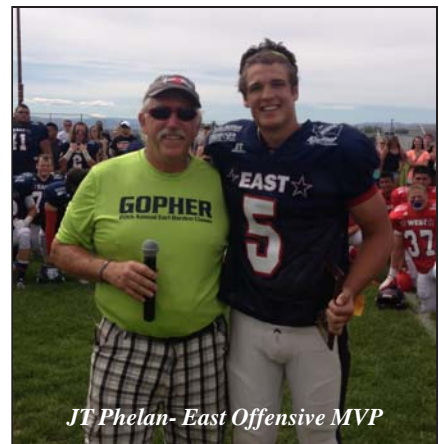
**RECEIVING**

West: Nick French (South Whidbey) 3-70, Lewis 1-9, Davis 1-7, Hunter Austin (Cascade Christian) 1-4.

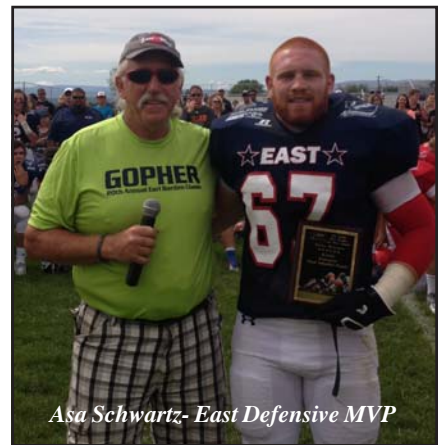
East: Brady Widner (Zillah) 4-59, JT Phelan (East Valley-Spo) 3-20, Zach Janis (East Valley-Yak) 2-20, Laib 1-26, Kian Genteman (Freeman) 1-11, Terran Brown (River View) 1-6, Ryan Whitmore (Lind-Ritzville) 1-4, Mendoza 1-2. ■



*Ernie Davis- West Offensive MVP*



*JT Phelan- East Offensive MVP*



*Asa Schwartz- East Defensive MVP*



*Ben Powell- West Defensive MVP*



*Inspirational Award Winners  
Tony Picard (East), Monike Sarte (West)*

**EAST vs WEST**  
**ALL STATE GAME**  
**MOSES LAKE, WA**

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July 1, 2014

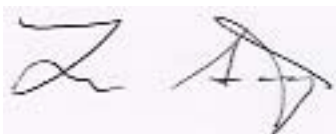
The 3A-4A East West All State football game was held in Moses Lake for the second year running. Friday night June 27<sup>th</sup> marked the 50<sup>th</sup> Annual event, and the East squad walked away with a 12-7 decision. By all accounts, all enjoyed the week and game and memories of a lifetime were made. Among the many highlights of the week included a great week of game preparation, a trip to Moses Lake's Surf & Slide Waterpark, the Rotary Luncheon at Moses Lake Golf & Country Club where Beau Baldwin, keynote speaker and head football at EWU gave the student/athletes a roadmap to their future success, eating "Chico's Pizza," getting their picture taken with an artifact from the 911 Towers at the Moses Lake Fire Department, going out on the lake with Moses Lake host families and watching "Friday Night Lights." These student/athletes truly represented themselves, their coaches and high schools in a great fashion. They carried themselves with class and enjoyed the many festivities.

Head Coach Dave McKenna from Gonzaga Prep coached the East. He was assisted by Eric Canton (South Kitsap), Bob Cassano (Gonzaga Prep), Nate Graham (Gonzaga Prep) and Dan Graham (Retired Reardon- and WSFCA HOF 2007). Head Coach Dan Mack from Kamiak coached the West. He was assisted by Marty Osborn (Kentrige), Rory Rosenbach (Glacier Peak), David Fowler (Kentrige), Johnny Mack (Kamiak) and Mark Iddins (Bethel).

Bradford Kimball of Mercer Island was awarded the Tony Whitefield Award of Excellence and Joe Martin of Spanaway Lake was awarded the Lynn Rosenbach Award symbolizing dedication, attitude, sportsmanship and athletic ability. Starling Tate of Roosevelt was named the West MVP of the contest and Avega Siolo of Peninsula was named the East MVP.

Many thanks to all the sponsors, volunteers and people who helped make the event a special memory.

Sincerely



Loren Sandhop  
East West Game Coordinator

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# EAST BEATS WEST IN 3A-4A ALL-STATE GAME

By Bob Kirkpatrick | Posted: Monday, June 30, 2014 3:30 pm

MOSES LAKE (VIDEO) – A sparse crowd was on hand for the 50th annual East-West All-State High School Football Game at Lions Field Friday night. But those in attendance witnessed plenty of action in the low scoring affair won by the East team, 12-7.

The West won the toss and elected to defer to the second half. A decision that came back to bite the team early in the game when Joey Zamora connected up with Moses Lake's Brett Moser for a 30-TD strike minutes into the contest to put the East squad up 6-0 (PAT failed).

The West team was penned deep in its own territory after the ensuing kick, but put together a time consuming drive to the East 28-yard line as the quarter came to an end.

A pass from Kevin Thompson to Belk Henderson at the 15, gave the West a first down to start the second quarter. One play later, the East's Joe Martin stopped the scoring threat when he intercepted a Thompson pass intended for Max Gray at the nine and returned it two yards before stepping out of bounds.

The East took over on the 11-yard line and drove the ball the length of the field, capped off by a Kevin Thomas 9-yard TD scamper. The 2-point conversion was stuffed by the West defense and the East went up 12-0 with three minutes left in the first half of play.

The West's Austin Otis fielded a low rolling kick and was stuffed at the 31 yard line. A couple Fran Tarkington-like scrambles by Thompson advanced the ball to the East's 18. A tipped pass by linebacker Beau Byus landed in the hands of teammate Jeffery Winstead and another West scoring drive was thwarted.

The East took over and moved the pigskin to the West's 30. A sack pushed the ball back to mid-field. One play later Wyatt Shelley intercepted a pass in the end zone and the second quarter came to an end.

The West received the second half kick and drove the ball to the East 18. Two consecutive passes into the end zone were defended by the East defensive backs and the ball went over on downs.

The East failed to pick up a first down and the game saw its first punt of the night. The ball rolled dead at midfield. An 11-yard run off left tackle by Otis put the ball at the East 39. Back-to-back run stuffing plays and a sack by the East defense resulted in zero yards gained for the West.

The team lined up for its first punt of the night. Otis took a direct snap to on a fake punt attempt and found a lane down the left sideline, but came up one yard shy of a first down. The East took possession of the rock on the 34 and time expired in the third quarter.

Trailing by a dozen points with 12 minutes to play, the West supporters were imploring the teams' defense to make a play and give the offense another chance to hit pay dirt.

The gridiron gods must have been listening as a long play action pass to open the fourth quarter was intercepted by Chris Jones at the West 25 yard line.

A punishing run by Sterling Tate around the left end gained 10 yards and a first down. Two pass completions and an 8-yard scramble by Thompson that covered at least 30 yards, put the ball at the East 12.

Another scramble by Thompson around the right side of the line advanced it to the 2-yard line. Two plays later Tate hit pay dirt and the West team was on the board. The PAT by Hunter Hanay was good and the gap was narrowed to 12-7 with eight and a half minutes to go in the game.

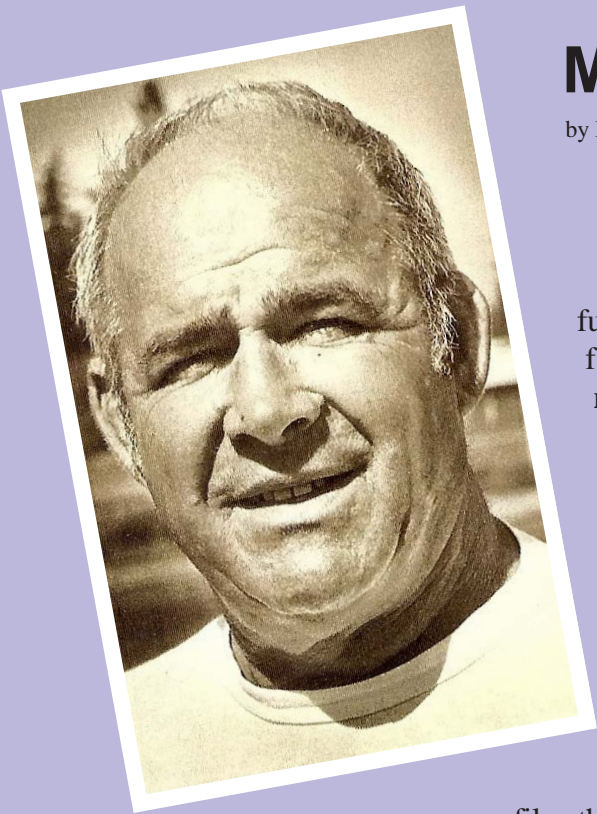
Brandon Montgomery returned the kickoff to the East 39 yard line. Running back Teague James fumbled the ball on the next play and the West took over on the 47.

Covering a lot of ground to avoid a fierce East pass rush, Thompson scrambling to his left throwing across his body, hooked up with Melvin Walser at the 22 yard line. A 6-yard run by Beau Shain put the pigskin at the 16. A fumble on third down put the West in a fourth and two with a little more than five minutes on the clock.

A Thompson sack appeared to have given the ball back to the East, but the team was whistled for an illegal blitz and the West got another chance to convert. But a pass intended for Cole Blackburn was broken up by Andrew Schwieterman and the East defense turned back another West scoring threat.

A 20 yard gain on a draw by Avega Siolo and an un-sportsmanlike penalty moved the yard sticks to the 50. A tackle for a loss and two incomplete pass forced the East to punt.

The West took over on its 21 with 69 ticks on the clock needing a touchdown to win. But an interception by Isiah Simpson near midfield sealed the deal for the East team. ■



# Memories of a Legend

by Lane C Dowell

We thought it would be fun to relay some of our favorite **Chuck Stories\*** far too numerous to tell all in this edition of his foundation's newsletter.

**Submitted by an assistant coach's wife**, who often hosted post-game gatherings. As the staff watched

game film, this young bride had the courage to scold Chuck for uprooting portions of her green shag carpet and chewing on them as he often did the grass at Bremerton's historic Memorial Stadium.

Semancik's retort was, "Geez Dianne this is lousy coffee." Touche'...end of discussion. When slightly miffed, Chuck usually used the incorrect first name of the perpetrator to further emphasize a point.

These meetings often went on until the wee hours of the morning with staff members taking catnaps while Chuck's attention was devoted to some whisper time with an assistant.

A call or knock on the door from Irene, known to most as Mrs. Semancik, thankfully ended many a gathering.

**Submitted by HOF coach and former teammate of Semancik, George Roswell. This is told by a Semancik assistant coach.**

While competing in the Washington State Senior Games in Tumwater, I ventured over to the venerable gridiron veteran, who was waiting his turn to compete in the 90+ age group shot put. Knowing that my coaching mentor and Coach Roswell were teammates in Pullman a fewww years ago, I thought I would ask him about his association with Semancik. Coach Roswell, who for decades coached for the North Thurston Schools, cordially, but unknowingly, accepted my hand as I described my association with Chuck.

A look of mock horror appeared on the still competitive face of the aging warrior as he exclaimed, "Charlie! that GD Charlie!" With that the leather-tough athlete drew attention to his two much abused cauliflower ears. "See these. Charlie did that to me." Hoping that I had not evoked a painful memory from their days as Cougar grapplers, I was relieved when a smile creased Roswell's face and a humorous snort came from deep within. He proceeded

Like Paul Bunyan, when one is deemed a legend, many tales are attached to this status. Usually these stories are embellished with each telling and what surfaces is as far from reality like the growth of Pinocchio's nose.

Repeating the lore may be interpreted as a sign of reverence for the highly respected individual and his good works.

In the minds of many this is the case with Hall of Fame Bremerton High/West High football/wrestling coach Chuck Semancik (1948-1984), whose name is synonymous with winning and perhaps more importantly, the toughness he instilled in his athletes that was matched by few opponents.

to spin a few yarns of his association with Chuck.

Then his tales were interrupted and he dawned his game face as the head shot put judge called him to throw, The former Crimson and Gray conferences shot champion answered the command, slowly ambled toward the 7' ring, abandoned his walker at ring's edge and proceeded to put the shot (not just let it drop from his hand as many of the seniors do) a very respectable distance.

As he left the ring, I congratulated him on a nice put, and he winked at me.

**Submitted by Bruce Fingarson (West High Class of 1974)**

I was the student manager for the 1973 West High Wildcats, who were the state's #2 ranked, undefeated large school team that played in the first ever WIAA high school football playoffs. We were really loaded that year and had very few games where our opponent came close.

Chuck had a way about him that let us know he wanted us to play tough right to the final gun. Often this resulted in a halftime tongue-lashing for someone that had made a miscue or perhaps, God forbid, took a play off.

An incident I vividly recall was our game against arch-rival South Kitsap played in a quagmire at their field, which did not really matter to us for we seldom deviated from **Ground Chuck\*\***. In simple English, we did not pass.

The score at the half was 42-0.

It was truly a perfect half for the Blue and Gold. The locker room atmosphere was rather nonchalant...not to be tolerated by our intense head coach. No matter the score Coach Semancik wanted us to play tough until the final second.

So, who does Chuck pick to be the victim of his halftime rant, which was designed to keep the guys game ready. ME! As I cruised around the room trying to clean the muck from the cleated shoes of as many as I could reach, he erupted, "No...NO... NNOOO!!!, Fingarson not like that!" Semancik grabbed the tongue depressor from my hands and demonstrated how he thought this task of mud removal from the cleats should be correctly preformed. We all knew what he was doing but no one dared speak, let alone smirk.

When he threw the tongue depressor to the floor, all he said was his usual, "OK Fellas, its 0-0." The Wolverers did not score in the second half.

He loved his KIDS, and they knew it. Four days prior to his passing, Coach Semancik kept repeating to my wife and I, **We were really tough, weren't we!** This was not posed as a question. This was even more important to our cagey mentor than a win.

\*...for more **Chuck Stories** reference the Semancik Foundation website at... [www.semancik.org](http://www.semancik.org)

\*\*...Semancik's offense was labeled **Ground Chuck** well prior to the coming of Seahawk coach Chuck Knox. ■

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# KEEPING YOUR COOL: THE IMPORTANCE OF SWEATING

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

Okay, so we all know sweating is not cool, but it is an essential part of keeping us healthy. A simple evening of watching TV would lead you to believe that if you don't have the right deodorant on, your social interactions are not going to turn out well.

However, if you're not sweating during the heat then your body temperature continues to rise, which can lead to some dangerous consequences. Heat is not the only thing that causes you to perspire, so does anxiety, fear, and sexual arousal. This natural response is a result of millions of sweat glands pulling the fluid from your blood stream up to the sweat duct in the skin's surface. Once there, the movement of air causes a cooling sensation thereby helping to lower your core temperature.

Some people may think that a sweat gland is a sweat gland, but that just shows a lack of clear thinking on their part because in reality there are two types of sweat glands. And again, in reality, it is not going to matter a hill of beans which sweat gland it is that is producing the sweat.

Your body has heat regulating eccrine sweat glands strategically placed all over it, including your feet and palms. Contrast these heat regulating sweat glands with the apocrine sweat glands that respond to emotional and nervous stimuli. The latter have a direct association with the hair follicles that are located largely in the armpits, groin, and around the belly button.

Mammals use their apocrine perspiration to attract a mate through their scent; however, scientists are unclear as to how this plays out in the human attraction process. Pheromones<sup>1</sup> are an entirely different matter and we all know or should know by now how potent and important these are to the human species.

## **The chemical makeup of sweat**

Sweat is mainly water combined with a small amount of chloride, sodium, potassium, and other electrolytes. Each of these substances has a shared role in regulating blood pressure and water balance in the body.

The sweat produced by the apocrine glands has protein and fatty acids, which, when mixed with oil and dirt turns it yellowish and makes it thicker. The resulting odor comes when bacteria releases compounds that feed on the organic particles in apocrine sweat. Both sweating mechanisms release fluid throughout the day.

Even a sedentary person sweats. Some, a negligible amount whereas others may sweat up to 2 quarts a day. In extreme conditions, such as high heat and humidity and heavy physical exertion, a person may sweat up to 2 quarts an hour, which makes hydration a high priority. Other contributing causes such as age, conditioning, genetics, and sex also affect the degree to which a person sweats.

Take particular notice of the un-

derlined word conditioning. This is the only one of the contributing causes that you can change. Exercising on a regular basis helps your body adjust to the rigors of your activity.

Muscles produce heat when they work, which raises the body's temperature. The temperature regulating system reacts by moving more blood flow to your skin. With the blood flowing closer to the surface, the heat transfers via convection towards a cooler area, which in this case is the skin.

With the heat moving towards the skin's surface activation of the sweat response occurs, which then cools the body through the evaporation process.

When humidity enters this equation, the sweat doesn't cool the body off as much because it doesn't evaporate. The sweat just drops off the skin instead of evaporating. Air movement helps make evaporation more effective.

## **Why does sweating make you thirsty?**

Sweating removes water from the blood causing a decrease of circulating blood volume. This increases the concentration of sodium in the blood with the result being less sweating and an accompanying core temperature rise. This triggers the thirst mechanism leading you to increase your fluid intake. When this happens, your body is already low in water content. Not only does this condition affect mental



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and physical abilities it may lead to heat cramps, heat exhaustion, or worse, heatstroke.

Some physical manifestations of heatstroke are body temperature of 104°F or higher, sometimes accompanied with a severe headache, rapid, weak, or strong pulse, and in some cases loss of consciousness.

Long-term sweating without replacing the water, sodium and the other electrolytes precedes diminished mental and physical capabilities. A 10% decrease in your fluid level has a negative influence on your thought processes and in your physical abilities. Therefore, it is important that you drink before, during, and after lengthy exercises or job tasks in the heat.

### **Sweating is not a true indicator of physical fitness**

The more physically fit you become, the slower your core temperature rises, the slower your heart beats during the physical exercise and just as importantly you will begin to sweat at a lower core temperature. Naturally, this depends on whether not you are fully hydrated to begin with prior to exercising or doing a manual job. This means you can exercise or work longer in the heat and stay cooler at the same time.

The composition of the sweat coming from a physically fit person is diluted more and contains less sodium and other electrolytes. Exercise improves the efficiency of the heat regu-

lating system and physically increases the size of the sweat glands.

The sedentary person sweats more because their body inefficiently handles heat stress, which means a faster rise in core temperature and faster heartbeats at a given workload when compared to the physically fit. The result is they fatigue faster.

### **Acclimating to the heat**

It is possible to acclimate to the heat but you have to work at it. The changes that are necessary to make this possible are improved cardiovascular and nervous system responses to the heat.

*Continued on page 32*



Much of the adaptation takes place during the first five days of exercise and working in the heat. However, it will take approximately two weeks in order to fully acclimate to this environment. It has been demonstrated that the more fit you are and the more you exercise in the heat the faster you are going to adapt to it. However, it is sad to say that after only a few days of exercise and working in normal temperatures most of these adaptive changes are lost.

By improving your cardiovascular endurance, you lower your heart rate and at the same time increase the blood flow to the skin, which allows a more efficient release of internally developed heat. During this acclimating process, your sweat glands become bigger thereby making them more efficient in moving the sweat to the surface of the skin.

### Heat Stroke: Symptoms and Treatment<sup>2</sup>

Heat stroke can kill or cause damage to the brain and other internal organs. Although heat stroke mainly affects people over age 50, it also takes a toll on healthy young athletes.

Heat stroke often occurs as a progression from milder heat-related illnesses such as heat cramps, heat syncope (fainting), and heat exhaustion. Nevertheless, it can strike even if you have no previous signs of heat injury.

Heat stroke results from prolonged exposure to high temperatures - usually in combination with dehydration - which leads to failure of the body's

temperature control system. The medical definition of heat stroke is a core body temperature greater than 105 degrees Fahrenheit, with complications involving the central nervous system that occur after exposure to high temperatures. Other common symptoms include nausea, seizures, confusion, disorientation, and sometimes loss of consciousness or coma.

### Symptoms of Heat Stroke

The hallmark symptom of heat stroke is a core body temperature above 105 degrees Fahrenheit. But fainting may be the first sign.

Other symptoms may include:

- Throbbing headache
- Dizziness and light-headedness
- Lack of sweating despite the heat
- Red, hot, and dry skin
- Muscle weakness or cramps
- Nausea and vomiting
- Rapid heartbeat, which may be either strong or weak
- Rapid, shallow breathing
- Behavioral changes such as confusion, disorientation, or staggering
- Seizures
- Unconsciousness

### First Aid for Heat Stroke

If you suspect that someone has a heat stroke, immediately call 911 or transport the person to a hospital. Any delay seeking medical help can be fatal.

While waiting for the paramedics to arrive, initiate first aid. Move the person to an air-conditioned environment — or at least a cool, shady area — and remove any unnecessary clothing.

If possible, take the person's core

body temperature and initiate first aid to cool it to 101 to 102 degrees Fahrenheit. If no thermometers are available, don't hesitate to initiate first aid.

You may also try these cooling strategies:

- Fan air over the patient while wetting his or her skin with water from a sponge or garden hose.
- Apply ice packs to the patient's armpits, groin, neck, and back. Because these areas are rich with blood vessels close to the skin, cooling them may reduce body temperature.
- Immerse the patient in a shower or tub of cool water, or an ice bath.

If emergency response is delayed, call the hospital emergency room for additional instructions.

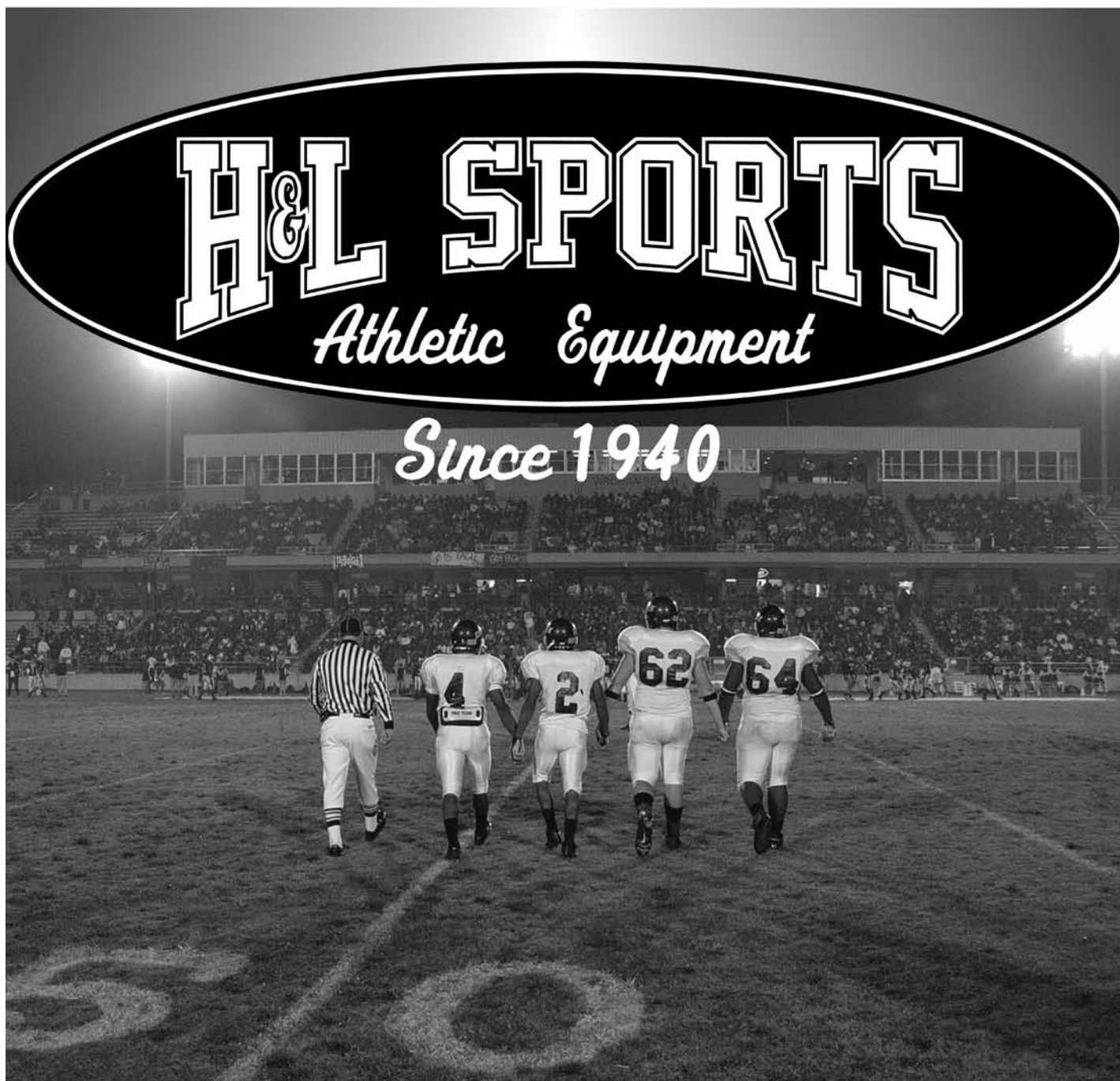
After you've recovered from heat stroke, you'll probably be more sensitive to high temperatures during the following week. So it's best to avoid hot weather and heavy exercise until your doctor tells you that it's safe to resume your normal activities.

### (Footnotes)

1 **pheromones** (fer' O´ -mM´nz)

A type of ectohormone secreted by an individual and perceived by a second individual of the same species, thereby producing a change in the sexual or social behavior of that individual; first discovered as a sex attractant in insects.

2 <http://www.webmd.com/a-to-z-guides/heat-stroke-symptoms-and-treatment> ■



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