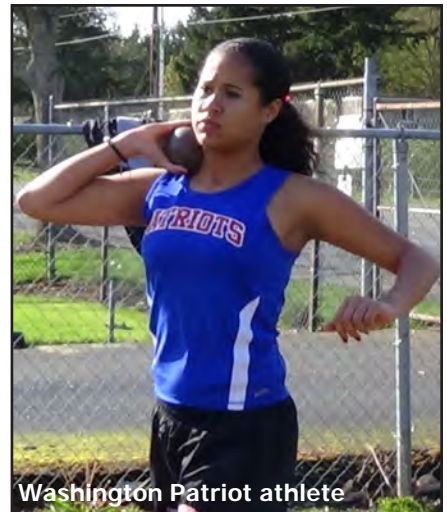


THE WASHINGTON GOACHER

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



The 2015 Earl Barden Classic "go-fers"



Washington Patriot athlete



Eric Dahl carrying the Special Olympics torch on its trip through Washington State on its way to Los Angeles for the games



Washington Patriot athletes

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WASHINGTON STATE

COACHES ASSOCIATION

A WASHINGTON STATE NON-PROFIT ORGANIZATION

Our Mission

The mission of the Washington State Coaches association is to support its membership by creating educational opportunities through sport specific clinics, provide resources which enhance the highest possible knowledge, standards and ethics in the coaching profession and to recognize and celebrate excellence of our membership, their families, teams and players.

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Do you have photos you want to submit for our cover?
 Send to wsca-editor@comcast.net

Presidents Message

Darrell Olson

Fall 2015

Fellow WSCA Members,

Welcome back!!!

September is here, fall sports are underway, school is back in session, and everyone is undefeated and believing they can win their conference championship. What a great time of the year. I begin my 38th year in the education/coaching profession and the fall is my favorite time of the school year. Everybody is refreshed, everything is new. Those of you that are new head coaches or new to the coaching profession, you are jazzed and ready for the season to begin.



This is also the time of year when WSCA membership is underway. Don't forget to get yourself registered online at washcoach.net. Your professional association is here for you and all middle and high school coaches. Additionally, after registering online, pay your \$40 membership dues online with a credit card or send a check to Jerry Parrish immediately. Your membership card gains you entrance to all post season events (that's all sports) state wide. Too many times coaches register but don't follow through with paying their \$40 membership dues and are left wondering why their card has not been sent to them. Our Executive Secretary will not send out WSCA cards to any coach until dues have been paid. Plan ahead, follow through, and get your registration and payment done on time before post season rolls around.

Speaking of WSCA membership, our personal liability insurance has increased to \$3.5 million per coach!! This covers you while working a scheduled, sanctioned and supervised WIAA sport or event and/or in the classroom. This is an unbelievably great benefit to membership. The personal liability coverage each of us receives through the WSCA surely is worth the cost of membership in and of itself.

A couple of kudos to football and golf for great events this past summer. The two state All-star football games are always highly successful events. The small school classification game in Yakima, under the leadership of Bill "Alex" Alexander and the large school classification game in Spokane under the leadership of Rick Giampetri, were well attended and very competitive games. These are 'show case' games for senior football players that may be ending their competitive football careers or seniors that are preparing to take their games to the next levels. The games are also gathering places for football coaches from around the state to spend a couple of days together in a more social and less competitive atmosphere.

The state golf coach's clinic was held at the Bear Creek Golf & Country Club, organized by Jim Anderson, Golf ISA. The three day clinic offered coaches swing instruction strategies, rules interpretation, and on-course strategies and management. A great time of networking in a great golf atmosphere was enjoyed by all coaches.

A reminder to ALL head coaches of the 2015-16 deadline dates to be entitled to recommend an athlete for an All-Star team; a head coach must be a current member of the WSCA by the following dates:

Fall Sports	October 15
Winter Sports	January 15
Spring Sports	March 15

Here's to a successful fall sports season for everyone. Don't forget to renew your membership as soon as possible.

Keep the head down

Darrell Olson, President



From The Sidelines

by Jerry Parrish

WSCA Executive Board Notes and Summary

- ◆ “The Washington Coach” as presented on line has been well accepted by the membership. The magazine offers regular reading with a digital page turning option. Look for the newly adopted WSCA mission statement in both the magazine and on the WSCA website.
- ◆ The cost of using the Tacoma Dome for high school athletic events is rising. WIAA is exploring the possibility of using other sites for football. Their research to find acceptable and cost effective sites for all sports continues.
- ◆ The Baden ball bid was discussed and WSCA is writing a note to the Baden company explaining our position on the ball bid.
- ◆ Each school has been asked to appoint a Group Administrator for their school as a way to get all coaches correctly registered for WSCA membership. Until all coaches are registered and payment made for membership, no WSCA membership cards will be sent. Please encourage your fellow coaches to check with their Group Administrator and get registered. Kennewick, Marysville, Moses Lake, and Yakima schools are working with their coaches and are contacting athletic directors in each of their district buildings.

“Good coaches plan. Great coaches plan very detail.”


ORCHIDS

- ◆ Have you ever been to a high school athletic event in our state and all of a sudden an announcement is made over the PA system that asks the crowd to please stand, remove your hats and enjoy a high school student athlete singing our national anthem? I observed this at a recent track meet and was amazed to watch over 150 athletes, their coaches, and the spectators stand at attention to view the flag of our country and be at attention and at the end of the singing they applauded showing their appreciation.
- ◆ The WSCA would like to thank the WIAA Districts who are continuing to acknowledge and accept our membership card for entrance to various district events. We recognize and truly appreciate the continued support.
- ◆ Thank you to the vendors who support every WSCA sport.



ONIONS...

- ◆ to the “Independent coaches” who over work their athletes because they do not know better.
- ◆ to coaches who do not give their athletes and their own families any time off during the summer.
- ◆ to those who try and convince high school athletes they will be awarded a Fantasy Island Scholarship.■



The Washington State Coaches Association has changed its website domain address.

www.washcoach.net

Please add this address to your favorites!

Why Should I Become A Member of the WASHINGTON STATE COACHES ASSOCIATION?

This \$40 question is asked by many high school coaches in our state.

The first answer is that the WSCA is a professional organization for Washington State high school & middle level school coaches. **It exists to support your efforts as a coach.**

THE MAIN PURPOSES ARE:

- To offer top quality, affordable places to member coaches in the area's of professional education and training, to earn clock hours and coaching education hours.
- To offer a pass, using your membership card, for entry into **ALL** WIAA state tournaments, **ALL** regional tournaments, and **ALL** district tournament games, state wide!
- To offer **Liability Insurance coverage of \$3.5 million** for our membership while working a scheduled, sanctioned and supervised WIAA sport or event and or in the classroom.
- To offer your son or daughter, who are eligible, an opportunity to apply for WSCA scholarships. (i.e. Burnett-Ennis, Terry Ennis-Varsity Gold)
- To be eligible for your sports' **Hall of Fame** recognition
- To be eligible for your sports' **Coach of the Year** recognition
- To be eligible to coach in sanctioned WSCA all star games. WIAA will only authorize WSCA sanctioned All-Star events.
- To receive reduced fee's at WSCA sponsored coaches clinics and WIAA clock hours toward coaches education certification and/or salary placement.
- To honor member coaches for their coaching achievements through our **Career Awards** program
- To receive quarterly issues of **The Washington Coach** magazine. Magazine is now online at www.washcoach.net or, upon request, coach can receive a hard copy of the magazine mailed to them by making your request to Jerry Parrish.
- To provide reimbursement to each sport group for enrollment in WSCA.

OTHER BENEFITS:

- Check our WEB page for up to date information - www.washcoach.net
- **Membership registration is online at www.washcoach.net**
- Coordination with the state governing association (WIAA)
- Input through the Individual Sport Association Reps into the WSCA
- **By becoming a member of the WSCA, you are taking a proactive approach to avoid problems in the future ■**



MUSCLE SORENESS, TISSUE DAMAGE AND RECOVERY¹

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

As anyone who has exercised can attest to, there will be soreness. This condition is delayed onset muscle soreness (DOMS) which shows up after a heavy lifting or other intense exercise session. DOMS often extends into the next one, two, or more days.

Exercise scientists have identified two principle factors that contribute to muscle soreness.

- Tissue loading during the eccentric phase of the lifting cycle
- Chemical damage and lack of oxygen to the tissues following the heavy lifting exercise.

Both of which can cause a continuation of tissue damage afterwards lasting for several days. If severe, it can last for as long as 10 days. The downside of this damage is the more severe the DOMS is, the longer it delays you from getting back under the heavy iron again.

In order to avoid DOMS, proper planning has to be a priority in developing the training schedule. If this advice is ignored, the backup for the scheduling mistake is to help your athlete recover quickly and as pain free as possible.

Some of the more commonly used treatments such as cold, hydrotherapy, and massage have simply not been effective in helping ease the pain. However, the use of compression wrapping has been an effective means of reducing the swelling after an intense exercise session. Not only does this reduce the swelling, it also helps prevent the loss of force production over the next twenty four to seventy two hours.

An athlete with a severe case of delayed onset muscle soreness is not going to be as productive in the weight room as the one without soreness.

From all appearances, the best approach to the issue of after training soreness is to avoid it in the first place. This involves preplanning of the workouts by setting up proper program progressions.

These progressions imply, and in actuality demand, a transition between light to moderate hypertrophy training into strength and power training. With each of the latter two, having a heavy portion of eccentrics involved in the exercises being one of the primary causes of DOMS.

This muscle damage will be

more concentrated in the beginner or in those who have not been exercising for a while. To avoid this from happening these people need a three to four week preparation phase to ease into the heavier stuff that comes later. Thus, a period of light to moderate base building sessions with one to two sets of 10-12 repetitions resting between 1-3 minutes between sets. Basic multijoint movements with proper exercise technique stressed every repetition, every set, every session, are the keys to successful elimination of DOMS during this time.

During this base building period, avoid using heavy resistance along with the attendant heavy eccentrics, which incidentally have not been validated to be scientifically effective in building strength and power.

Nonetheless, time spent in the power rack with loads heavier than normal does help condition the body to eventually use these loads in training and on the competitive platform—but only later on in the athletes development. ■

(Footnotes)

1 Fleck, S.J., and Kraemer, W.J. Optimizing Strength Training 2007. Human Kinetics

AN EXTREME EXAMPLE OF MENTAL TOUGHNESS

Presented by Lane C Dowell

My offering for this issue is an update of the story of a young man, **Stewart Hayes**, who diligently overcame what most thought to be a life altering affliction. The tale of Hayes' courageous battle and never give-up attitude" is told, below, by his former teammate, **Chuck Stark**.

In 1968 I moved from small school America to one of the state's largest high schools, Bremerton's West High. At West I met my coaching mentor the legendary **Chuck Semancik**, now in the WSCA Football Coaches Hall of Fame.

The two above mentioned athletes were gifted, possessed a great work ethic and blessed with a huge hearts. They were to be a part of my first Wildcat eleven, the West High Sophomores.

Stewart, Chuck and their teammates will probably never know the settling affect they had on my life. Suffice it to say my new teaching/coaching assignment was quite an adjustment. The 1968 Wildcat Sophomores were truly role models for this fledgling coach.

As a coach of Hayes, Stark and their teammates, I never encountered a finer, more caring group of young men that were totally committed to excel and conquer any opponent. They were not the most talented of the teams who wore the Blue and Gold, but none surpassed their obsession to be the best they could be.

This story was written by one, who developed into an excellent journalist. He became the longtime sports editor of our daily in Bremerton, while the other became a teacher/architect in the Los Angeles area.

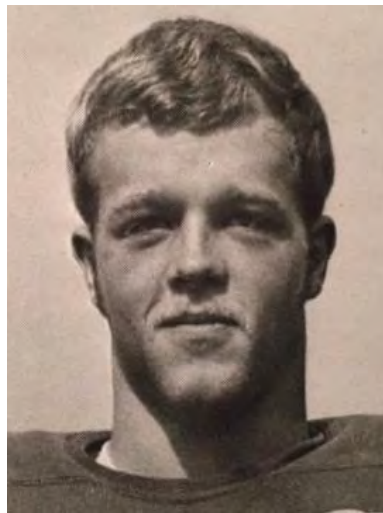
Both were respected family men.

Both overcame hurdles in their lives that would have sucked an average man into a mire of self-pity.

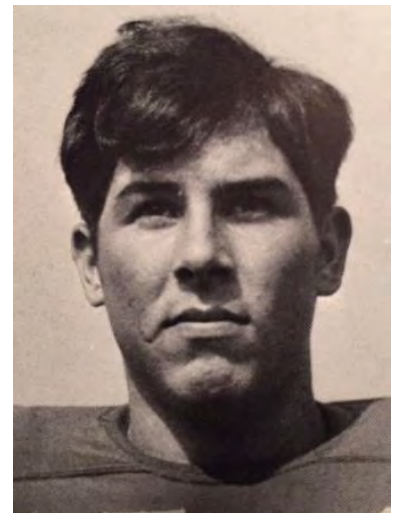
Both would be, as I, the first to say that the mental toughness they learned at the hands of Coach Semancik gave them the strength to endure and defeat any barrier they encountered. However, none would be greater than the battle a very determined Hayes conquered.



Chuck Semancik and his boys
Yes, Chuck, They Are Really Tough



Stewart Hayes Wildcats '71
He is still watching you guys and smiling at what he sees!



Chuck Stark Wildcats '71

SPECIAL TO THE KITSAP SUN

by Chuck Stark (April 1, 2015)

I gladly relinquish my role (to Chuck Stark on the following pages) as the story teller of this amazing tale of faith and persistence to Hayes' teammate.

It's been more than 40 years since I've talked to Stewart Hayes, a former classmate of mine now living in Los Angeles.

I stumbled across his Facebook page and discovered that Hayes and his teammates from Central Washington's 1974 NAIA national championship wrestling team will be inducted into the school's Hall of Fame in May.

That's just a part of Hayes' story, an important part, no doubt, but nothing compared to what the former West High Wildcat has overcome.

"If you live long enough, everyone lives through one challenge or another," Hayes said.

Hayes' challenge was more devastating than most. He survived a 12-foot fall from a ladder that broke his back in 1992, leaving him paralyzed.

Following emergency surgery, Hayes was in critical care for three months, intensive care for three months and rehab another three months.

"I lived there for nine months," he said of his time at an Inglewood hospital.

After that?

"I lived in a wheelchair for 12 years," Hayes said.

But he never gave in to the adversity he was facing.

Hayes taught high school algebra and architecture for several years, but he left the education business to pursue a career in industrial architecture. He was designing retail stores when he was paralyzed.

"After I broke my back, I had a lot of time to think and my heart really belonged back in education," Hayes said.

He worked two years in the domestic peace corps, teaching underprivileged kids in urban areas to read, then landed a job as an information resource specialist at Loyola, a private prep school in Los Angeles.

"I was in a wheelchair when they hired me," Hayes said of Loyola, where he is still employed. "They saw the work I could do."

Today, Hayes is no longer in need of a wheelchair. For about a year, he left his job early two or three days a week for treatment at a spinal cord clinic in nearby Pomona.

"It was a little scary," Hayes said of the clinical trial. "The mortality rate was higher than normal because of the chemicals they were putting in us. ... Long story

West High Wildcat Sophomores...1968

Continued on page 8



ROW 1: Rich McPherson, Phil Seaborn, Don Lay, Chuck Stark, Rich Burrows, Barne Graden, Greg Henshaw, Hal Barfua. ROW 2: Bill Clave, Terry Monroe, Paul Duryea, Stan Hale, Larry Wells, Darrell

Stewart, John Offerdahl, Dave Tarver. ROW 3: Rich Kabelac, Stewart Hayes, Tom Jamine, Dave Adams, Larry Cosper, Steve Reed, Dan Hensand, Bruce Mayton mgr., Mr. Dowell

Stewart Hayes (top row second from the left and **Chuck Stark** (front fourth from the left)

Continued from page 7

short, within three months of getting the chemicals and doing pool therapy and land therapy, I had a firing in my hip flexors. Next thing I know I have bionic leg braces. After two years I improved to the point where I could shed the leg braces.

"It's a long process, but it makes you appreciate the small things."

Hayes still does follow-ups and has regular blood tests because the chemicals can play havoc with the kidneys and liver.

"After 10 years of this medication, everything is looking better than before," Hayes said.

Hayes has changed his lifestyle and feels healthier than he's been since his college days.

"I became a fitness guy," he said. "I've got paleo on the plate, and take a regiment of vitamins. I don't walk, I fly."

Hayes is a certified TRX instructor.

"It's where you suspend yourself with gymnastic rings on straps," Hayes said. "It's total resistance exercise. It's one of the apparatus' they used on me during therapy."

Hayes, who weighed about 290 pounds, has trimmed down to 185-190 pounds.

"I was way overweight," said the upbeat 62-year-old. "I was not unhappy about it, but it was not a healthy situation. I figured I've been given this chance to walk again, why not go the full nine yards?"

When Central Washington's wrestlers gather for their Hall of Fame celebration, nobody will be prouder walking into the May 16 induction ceremony than Hayes.

He was the 177-pounder on that '74 championship team. The Wildcats knew they were on the verge of doing something special when they headed to River Falls, Wisconsin, for the national tournament.

All 10 of the Wildcats qualified for the championships.

"That was a first," Hayes said. "We knew we had a chance to do well."

There had been some hits and misses in the first two

days of the tournament, but the wrestlers were a little stunned when CWU coach Eric Beardsley came into the dorm where they were staying on the second night and asked the team if they wanted to fly home.

"We're done," he said.

You can imagine the thoughts running through the minds of those athletes.

Then Beardsley, the legendary coach who passed away in December, delivered the good news: "We've already won the national championship."

With a day to go, the Wildcats had already piled up enough points to clinch the title. They finished with 102 points, one of the highest totals in tournament history.

"It was an amazing team effort in a sport everyone thinks is an individual sport. We were all trying to get points for the team," said Hayes, who did his part by winning a couple of matches. "At that tournament we were all in it for the team, and it became very fruitful."

Hayes wrestled at nationals just two weeks after having all of the cartilage removed from his right knee, and the gutty effort wasn't lost on Beardsley.

"Coach Beardsley never let me forget how impressed he was," Hayes said. "... I don't think he really ever understood my reply, which was, 'I was baptized by (Chuck) Semancik.'"

Semancik, the football/wrestling coach at West High, was known for his toughness, and it rubbed off on his athletes. Hayes, who also played football for Semancik, wrestled at a time when students were dismissed from the last period of school, and they filled the gym for afternoon matches.

Hayes and West teammates Rich Burrows and Rich Kabelac, the middle of the lineup, helped the Wildcats to a pair of unbeaten seasons as sophomores and juniors. As seniors, they were the mainstays and all three were unbeaten during the regular season and through the Olympic League championships.

Hayes lost his first match that year by a single point in the second round of the state championships. He bounced back to win a regional freestyle championship the next

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month. Wrestling for Olympic College as a freshman, he placed third at the Northwest Community College tournament in 1972.

Two years later he was celebrating a national championship.

Hayes, married with three children, is looking forward to the reunion with his former CWU teammates.

“Even though we haven’t seen each other for more than 40 years, I can tell you every single thing about every person on that team,” Hayes said. “There’s a bond there. It’s like a family.

“We were brothers. ... Whenever a challenge confronted one of us, every brother responded.”

Chuck Stark is the former sports editor of the Kitsap Sun. Follow him on Twitter at chuckstark10. Reach him at chuckstark00.

Since that championship season, one can’t help but be inspired by how Hayes has responded to his life’s biggest challenge.

In the arena of sport there is a saying often used by coaches to define toughness. “He/she would run through

a brick wall.” Hayes hit that brick wall and plowed through it.

Now that is a WINNER! Yeah, we know that you are smilin’ Coach Semancik.

Visiting my coaching mentor four days prior to his passing he continually uttered, “We were really tough, weren’t we!” This was never stated as a question. It was the most prized reward that Coach Semancik could receive from his boys. This was the WIN in Chuck’s mind.



Lane C Dowell...left the Montesano schools to teach and coach football/FIELD and track at Bremerton's West High in 1968. He and Deanna still attend as many high school games on a Fall weekend as possible. ■



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



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.

WSCCCA News

Washington State Cross Country Coaches Association



Last spring the WSCCCA had their elections. The executive board was re-elected, but there were also some changes. Longtime coach Bob Isitt has retired from coaching and has stepped down as our district 8 representative. Kelly Richards has been elected as one of our district 2 representatives to fill the place vacated by Denis Ville-neuve. Denis has been added as an at-large member to the Executive Board. Denis is currently working on seeking additional sources of funding for our WSCCCA scholarships. Currently we have several invitational meets, camps and some local road races that are contributing but we could use more, especially from the Southwest and East side of the state. You can see our current donor support at WATFXC.com under the “supporters” link.

Over the winter and spring, we had several productive meetings and conversations with Brian Smith and John Crawford, and as a result, we have several changes which are summarized below.

- ❑ There will be an alley start with an empty lane in the middle so the starter has a clear view of all athletes as they go up the hill.
- ❑ All athletes will receive a race number.
- ❑ One coach will be allowed to remain in the area behind the start to be able to be there for their team in case there is a restart.
- ❑ There will be a coach’s only access area on the course. John has sent out a diagram on where it will be. One coach will be allowed access from each team/individual competing in a specific race.



- ❑ Rob Whitacre of GC racing will be bringing his system to assist with the finish. Rob has done the Metro league, Narrows League, SPSL, Westside Classic, Fort Steilacoom, & Curtis Invite in the past as well.

We are working hard to make the WATFXC website a relevant resource for our coaches. If you haven’t visited it recently, please take some time to check it out. You will find contact information for the WSCCCA, East West All

Star information and results, our Hall of Fame gallery and nomination forms, scholarship information, newsletters, our constitution, beginning coach resources and much more. Please feel free to contact us with suggestions for the site as well.

We are in particular need for photos of some of our Hall of Fame members.

As we are now in the month of August, we encourage all of you to make sure you join the Washington State Coaches Association. There are several reasons for this. First, the WSCCCA is

your voice, and we represent cross country coaches to the WSCA and the WIAA. There are a number of benefits, including liability insurance coverage, entry into district and state level events, and more. Also, the WSCCCA will not consider candidates for coach of the year or the Hall of Fame if they are not members. Also a portion of your dues helps to fund our Coach of the Year and Hall of Fame. You can join the WSCA at www.washcoach.net.

Good luck during the coming season. I am sure I will see many of you at a meet sometime or other. Please do not hesitate to contact me or any of our board or advisory members if you have any questions or concerns. ■



HODKINSON/KINGMA CLAIM EAST-WEST ALL-STAR CROSS-COUNTRY TITLES

Numerous Harriers Receive Scholarships

by Steve K. Bertrand

The annual East/West All-Star Cross-Country race took place on Saturday, July 11th, 2015. The event was part of the 30th Annual Run of the Mill 5K race held in Mill Creek's Town Center. Steve Knox, an avid runner & owner of Columbia Funding Mortgage, has been the organizer & sponsor of the Run of the Mill 5K since 2006. The event is an annual supporter of the Providence Foundation that supports the Cancer Patient Assistance Funds.

The East/West All-Star Cross-Country race was established by the Washington State Cross-Country Coaches' Association to acknowledge the accomplishments of graduating seniors who have excelled in the sport of cross-country. The all-star team consists of the top graduating male & female runners from all



five high school classifications (B, 1A, 2A, 3A & 4A).

Senior athletes who competed at state & placed amongst the top 125 seniors make up the team. Coaches may also recommend a non-state competing senior student/athlete to the team who has met the 5K time standard of 17:00 or under (Boys) or 21:30 or under (Girls).

The race offers a unique opportunity for all-stars to compete against one another in a venue that also features the local running community. Close to a thousand runners toed the starting line along with forty-two all-stars for this year's event. Racing conditions were excellent. It proved to be a beautiful morning in the Pacific Northwest!

The top three male all-stars were Snohomish's Brad Hodgkinson (15:45), King's Andrew Ayers (15:58), & R.A. Long's Dustin Nading (16:13). The top three girls were Jackson's Brooke Kingma (17:50), Capital's Lauren Pierson (19:13), & Juanita's Emily Peterson



Continued on page 12

Continued from page 11

(19:43). The overall male winner was 29-year-old Drew Polley (14:58.6). The top female was forty-one-year-old Janet Mcdevitt (17:40.4).

In addition, scholarships were awarded to various all-star runners. Numerous factors are taken into consideration in the awarding of these scholarships with athletic performance, academics & financial need being but a few of them. Scholarship recipients this year included the following boys – North Central’s Andrew Vandine, Handord’s Nathan Mars, Port Townsend’s Ryan Clarke, Mount Spokane’s Jon Dressel, & Quincy’s Spencer Pierson. Girl recipients included Capital’s Lauren Pierson, Lakeside’s (Seattle) Andrea Masterson, Juanita’s Emily Peterson, Redmond’s Alyssa



Foster, Inglemoor’s Katherine Diekema, & Sehome’s Sarah Chute.

The annual East/West All-Star Race is generously sponsored by Columbia Funding Mortgage, the Brooks Company, & Super Jock ‘N Jill. Coaches from the Washington State Cross-Country Coaches’ Association are instrumental in the organization & hosting of this

event. “The Washington State Cross-Country Coaches’ Association is pleased to be able to honor several deserving cross-country athletes with grants that will help them get started on their college journey, thanks to the generous donations from cross-country camps, invitational meets, & community races,” said Joe Clark, president of the WSCCCA. ■

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Snohomish High Teacher, Coach Tuck Gionet Led By Example

by Eric Stevick

Herald Writer, stevick@heraldnet.com

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SNOHOMISH — When Sonya Herrera picked up her class schedule last fall, she gulped when she saw who she had for government and law.

“Oh no,” the senior thought. “I’ve got Mr. Gionet. I don’t know if I’m ready for this.”

Herrera isn’t the first student to fret when ending up in a Tuck Gionet civics class at Snohomish High School.

He was known as a tough teacher with no tolerance for cellphones, late papers or being tardy. Gionet was well aware of his reputation. He’d like to say: “I know there is prayer in school because there are prayers they won’t get me.”

Ask Herrera a year later about Gionet and she laughs. Gionet was just as advertised: a demanding teacher who challenged his students to think critically. He eked out every second of instruction time.

Herrera grew to cherish him.

“He expected so much out of you,” she said. “You had to push yourself but I learned so much about myself because of Mr. Gionet. I looked up to him. He was like a grandfather owl at the school who looked over everything and made sure everything is okay.”

Sonya and her twin sister, Prisila, graduated last spring. Both had a class with Gionet.

On Saturday evening, they pedaled their bicycles to the northeast corner of the high school where they placed a bouquet of red roses beneath the old oak tree. All sorts of flowers, along with letters and mementos, could be found beneath the local landmark.

Online tributes poured in after news of Gionet’s death circulated around the small town. Often the theme

was the same, grateful former students writing about how he influenced their lives.



Gionet kept teaching, coaching track and pushing his students to the very end during an up-and-down, two-year battle with cancer.

He died early Saturday morning. He was 55.

Prisila Herrera said she barely passed Gionet’s class. That didn’t diminish her admiration.

She got to know Gionet differently from most students. When she was diagnosed with depression, Gionet insisted that she come see him each morning before school. He wanted to check on how she was doing.

“I think he knew everybody’s limits before they knew their limits themselves,” she said.

He may have been ill, but many people figured Gionet would beat cancer. He had smarts, gumption and perseverance. Besides, it would be hard to imagine Snohomish High School without him.

As he had for more than 30 years, he’d show up to school every day in slacks, a button-down shirt and tie, often squeezing chemo treatment between class and track practice.

“He was like Superman,” said Jay Hagen, who has spent 18 years on the Snohomish School Board. “We lost a big part of our community, didn’t we? You don’t replace him. You can’t. You never will.”

“Kids would say he was very demanding and they never learned so much in their lives,” Snohomish School District Superintendent Bill Mester said.

To Beth Porter, his principal of more than a decade, Gionet tried to impart insight into country ways, supplying her with eggs from his chickens and explaining local phrases and traditions. He wanted her to feel like she belonged in Snohomish.

Gionet was named civics teacher of the year for Washington state in 2013.

“It must have been a random drawing,” he mused.

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Continued from page 13 - Tuck Gionet

Perhaps Gionet's greatest gift was to make school relevant to his students.

They were expected to host forums for local, state and federal candidates and to spend time working on political campaigns. In a government and economics class, they'd learn how to fill out IRS 1040 long forms as well as about mortgages and interest rates. They weren't just expected to watch the State of the Union address, but to identify key issues beforehand, evaluate what was said and write about it.

Every Friday, they'd take a current events quiz on a half-sheet of paper to make sure they were paying attention to the world around them.

His students would research and draft bills that they would lobby for on annual trips to the Capitol in Olympia. He'd hand out ties to boys who didn't own one so they could make a good impression. His students were expected to have five appointments set up with lawmakers or staff members before they left and to make convincing cases for their proposal. Often, they were able to persuade politicians to sponsor their legislation and were called back to testify at hearings.

"I looked up to him like no other," said Josh Harmon, a 2015 graduate who took a class from Gionet and ran track. "He gave you everything you needed to live a successful life."

And then some, Harmon added.

A case in point: Prom etiquette.

Gionet would carve out time to teach his students which fork is used for what food and proper soup spoon technique. Young men learned to rise in unison when a young woman stood up from the table.

Students and colleagues can recite a long list of what they call Gionet-isms: No whining. For cryin' out loud. Don't do anything stupid. You're a charter member of the procrastinators' club.

Some Gionet-isms appeared on T-shirts around campus.

He was a mix of conviction and candor.

"I don't get paid to manage kids," Gionet once said. "I get paid to teach kids. Teaching is not a bunch of work sheets and movies. It's the interaction with kids and making a difference in their lives."

Behind the high-energy, high-expectations educator was a compassionate man who strongly believed in community service

Over the years, Gionet helped the blind learn to fish. He took students to nursing homes to sing Christmas carols. He connected high school students with youngsters from nearby elementaries. He had students research the

81 names on a war memorial at the school's stadium and organize an assembly.

He wanted his students to realize that community extended beyond the insular brick walls of the high school.

On Friday nights in the fall, he worked the clock at football games. When graduates would stop by, no matter how many years removed from the school, he'd greet them by name.

He had a knack for names, always making it a goal to know all of his students by the end of the first week of class. As for his own, his real first name is Charles. Friends said he became Tuck when his sister couldn't pronounce Charles as a little girl.

His students recognized his health challenges and hoped for the best.

Jessica Chrisman, who threw the discus and shot put for four years, would see her track coach show up to practice after chemo. He'd be wearing three layers of coats, gloves and a hat in 70-plus degree weather. She knew he wanted to be there for them, even when he was hurting.

"I loved that man," she said.

Eyonna Mason, who ran track for four years, earned an 89.98 percent in Gionet's civics class. She knew how much he cared about her. She also knew he wouldn't round her grade up to an A-. She's quite content with the B+ and the lessons learned along the way.

She smiles at the memories of her teacher and coach being in her corner — even when there was a time conflict between district track finals and prom.

"You are going to run," Gionet told her.

She did, and wore her prom dress on the awards podium afterward.

To Mason and many other students, Gionet was a master at playing the devil's advocate. It wasn't enough to have an opinion. He expected them to be able to defend their thoughts. That, Mason said, was one of the greatest bits of wisdom he taught her.

Gionet's death was particularly hard on Mark Perry, a former math teacher and football and wrestling coach who is now the school's athletic director. The pair broke in together at Snohomish High School in the early 1980s. Their families grew close over the years.

"It has been a great journey with a great friend," Perry said Sunday. "He was obviously a great educator, a terrific coach, a community service advocate of all types. He was, above all, the guy who led by example."

Gionet is survived by his wife and three grown children.

On Sunday, arrangements were being ironed out for a public memorial service at the high school, most likely a week from now. ■

WSSCA All-State 2015 Spring Soccer Teams (Boys 4A, 3A, 2A, 1A)

*Coaches-poll, as voted on by Washington State Soccer Coaches Association members.

Class 4A

MVP – Blake Crutchfield, Midfield – Snohomish
Coach of the Year – Dan Pingrey – Snohomish

First Team

Forwards – Bennett Lehner, Jr. Camas; Burke Fahling, Jr. Inglemoor; Logan Wood, Sr. Tahoma; JD Hauenstein, Jr. Central Valley; Giovanni Soto, Sr. Wenatchee
Midfielders – Blake Crutchfield, Sr. Snohomish; Trevor Lee, Jr. Puyallup; Emilio Meraz-Rodriguez, Sr. Pasco; Cameron Eyman, Sr. Camas
Defenders – Nick Morgan, Sr. Skyline; Connor Thompson, Sr. Bellarmine Prep; Gabe Grabowski, Sr. Central Valley; Gus Baxter, Sr. Snohomish
Goal Keeper – Grant Alcorn, Sr. Union

Second Team

Forwards – Jesus Meraz-Rodriguez, Soph. Pasco; Ike Northstrom, Sr. Gig Harbor; Tino Lopez-Slish, Sr. Mt. Rainier; Hector Magana, Jr. Pasco
Midfielders – Edwin Brown, Sr. Gig Harbor; Neil Boyal, Jr. Olympia; Chris Trussel, Sr. Wenatchee; Cris Garfias, Soph. Tahoma
Defenders – Connor Herriford, Sr. Puyallup; Nick Hall, Jr. Thomas Jefferson; Chris Sutton, Sr. Olympia; Oswal Lopez, Jr. Pasco
Goal Keeper – Scott Leathley, Sr. Tahoma

Honorable Mention

Forwards – Terry Cox, Sr. Ferris; Kristian Barney, Sr. Snohomish
Midfielders – Alex McNeil Sr. Lewis and Clark; Pablo Gallo Arias, Sr. Redmond; Nathan Grinalds Jr. Central Valley; Joel Jacobson, Sr. Gig Harbor; Rio Alcorta, Sr. Inglemoor
Defenders – Lucas Ulmer, Sr. Camas; Rehn Reiley, Sr. Moses Lake; Ridley Eastland-Fruit, Sr. Inglemoor
Goal Keeper – Jake Johnston, Sr. Puyallup

Class 3A

MVP – Jason Rodriguez, Sr. Forward – Interlake
Coach of the Year – Dan Peterson – Interlake

First Team

Forwards – Jason Rodriguez, Sr. Interlake; Roko Bedalov, Jr. Garfield; Ryan Hill, Sr. Mercer Island; Jaeger Skifstad, Jr. Central Kitsap
Midfielders – Adrian Correa, Sr. Auburn Riverside; Wyatt Paul, Sr. Lakeside; Brandon Gonzales, Jr. Auburn Riverside; Connor Seed, Jr. Glacier Peak
Defenders – Derek Sims, Sr. Mercer Island; Logan Jones, Sr. Auburn; Spencer Pettit, Sr. Glacier Peak; Anthony Arroyo, Sr. Kennewick
Goal Keeper – Wallis Lapsley, Sr. Lakeside

Second Team

Forwards – Nigel El-Sokkary, Jr. Capital; Riley Prescott, Sr. Glacier Peak; Will Eldred, Jr. Hanford
Midfielders – Logan Beachy, Jr. Central Kitsap; Oni Mayer, Sr. Capital; Jose Castillo, Sr. Interlake; Sebastian Navarro, Sr. Marysville Pilchuck
Defenders – Ben Stevenson, Sr. Prairie; Andrew Scrimsher, Soph. Kamiakin; Hector Cervantes, Jr. Hazen; Jordan Zimmerman, Sr. Capital
Goal Keeper – Lewis Watson, Sr. Central Kitsap

Honorable Mention

Forwards – Jordan Loomans, Sr. Auburn Riverside; Reyes Garcia, Jr. Hazen
Midfielders – Brandon Boehnke, Sr. Kamiakin; Alex Chung, Sr. Mercer Island
Defenders – Shane Eckert, Sr. Garfield; Alex Klussmann, Sr. Central Kitsap; Spencer Lyng, Sr. Ingraham
Goal Keeper – Matt Leprowse, Jr. Mercer Island

Continued on page 16

Continued from page 15

Class 2A

MVP – Brady Henderson, Jr. Midfield – Archbishop Murphy
Coach of the Year – Mike Bartley – Archbishop Murphy

First Team

Forwards – Efen Monzon, Fife; Mitchell Pinney, Sr. Hockinson; Matt Williams, Archbishop Murphy; Casey Duff, Sr. Black Hills; Anton Resing, Sr. Shorecrest
Midfielders – Brady Henderson, Jr. Archbishop Murphy; Hugo Martinez, Sr. Othello; Gabe Astone, Archbishop Murphy; Alex Day, Sr. Shorecrest
Defenders – Ben Adams, Sr. Archbishop Murphy; Jack Neffner, Sr. Shorecrest; BJ James, Sr. Squalicum; Israel Gonzalez, Jr. Grandview; Dane Brizzolara, Jr. Tumwater.
Goal Keeper – Alex Worland, Sr. Kingston

Second Team

Forwards – Mack Smith, Fife; Neff Camacho, Sr. Sedro-Woolley; Nick Parris, Soph. Lynden; Tyler Hughes, Soph. Squalicum
Midfielders – Max Hauser, Jr. Ridgefield; Alex Hernandez, Jr. Kingston; Enrique Rivera, Sr. Quincy; Mitchell Balmer, Franklin Pierce
Defenders – Bryan Flores, Fife; Corey Stever, Sr. Shorecrest; Gunnar Swenson, Archbishop Murphy; Ray Sigala, Fife
Goal Keeper – Julian Tafola, Fife

Honorable Mention

Forwards – Carlos Molina, Clover Park; Isaiah Contreras, Jr. Aberdeen
Midfielders – Cesar Corona, Soph. Aberdeen; Axel Mejia, Fife
Defenders – Leo Hernandez, Jr. Kingston; Obed Camacho, Sr. Sedro-Woolley
Goal Keeper – Hector Gutierrez, Sr. Lynden and Ryan Henderson, Archbishop Murphy

Class 1A

MVP – David Paniagua, Sr. Forward – Highland
Co-Coach of the Year – Greg Wagner – Highland and Dave Westburg – Bellevue Christian

First Team

Forwards – Reed Shick, Bellevue Christian; Carlos Magana, Sr. Highland; Riley Browne, Sr. Bellevue Christian; Jake Sargent, Soph. Klahowya
Midfielders – David Paniagua, Sr. Highland; Bennett Close, Sr. Bellevue Christian; Ryan Fransen, Sr. King's; Missael Lopez, Jr. Highland
Defenders – Hermilo Tlatelpa, Sr. Wahluke, Rick Hatate, Sr. Bellevue Christian; Juan Garcia, Sr. Chelan; Paul Powell, Jr. Klahowya
Goal Keeper – David Postma, Jr. Bellevue Christian

Second Team

Forwards – Kelly Kylo, Sr. Lakeside; Jackson Ragen, Soph. University Prep; Marius Schaffer, Sr. Tenino; Kai Da Rosa, Sr. South Whidbey
Midfielders – Adair Garibay, Toledo-Winlock; Jeff Meier, South Whidbey; Ryan Miller, Bellevue Christian; Fernando Munoz, Toledo-Winlock
Defenders – Josh Alexander, Sr. King's; Jose Serna, Soph. Highland; Manuel Rodriguez, Sr. Wahluke; David Van Vleck, Toledo-Winlock
Goal Keeper – Kasey Trask, Sr. Klahowya and Jose Lopez, Sr. Highland

Honorable Mention

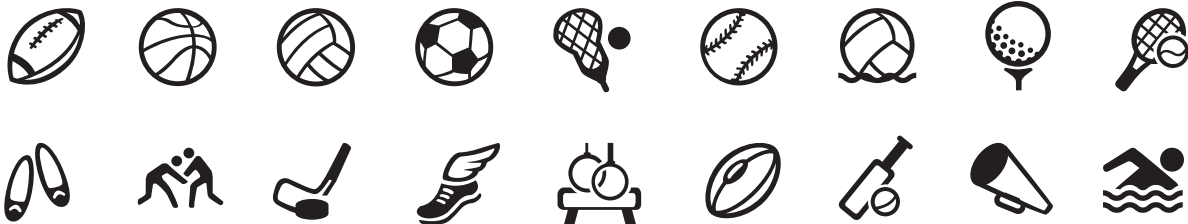
Forwards – Matias Lazo-Fanning, Jr. Norwest
Midfielders – Alex Firl, La Center; Joe Eaton, Sr. Bellevue Christian
Defenders – Brady Trullinger, White Salmon; Kasey Barber, Jr. Naches
Goal Keeper – Lars Hellenen, Jr. King's ■





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

by Coach Don Papasedero

...a lifetime of memories

For those of us in the teaching profession, getting to travel is something that is usually relegated to that magic day when we retire from education. I was truly blessed to have had the opportunity this spring to travel and live in Turin, Italy...AND to coach professional football. My team competed in the Northern division of The FIDAF... probably the very best American football outside of the USA! I found the experience truly special and unique. The Giaguari team embraced me and willingly accepted everything that I could offer them. Along the way I saw the sights, immersed myself in the culture, and made some incredible lifetime friends. I advise any of you that are interested to look into coaching your sport abroad. You will be rewarded in many, many ways. Football coaches with an interest, CONTACT me....I will guide you on ways to make it happen for you.

...NBA playoffs

Basketball guys were probably elated to watch two desperate professional teams that seemingly had “a chip on their shoulders” to prove their worth. Generally, if the NBA is on TV at my house, I head immediately as far away as possible. I do not enjoy the lack of defense, poor team play, trash-talking, finger pointing and selfish play we see in the pro game. However, the playoffs found a good TV following and some old fashioned hard work and hustle. I especially enjoyed the apparent respect the teams had for each other. Handshakes and hugs seemed genuine!

....at the fruit stand

Those of us that are teachers will recognize this. My wife and I were returning from a trip to Eastern Washington yesterday and stopped along the way for some produce. As we pulled into the lot, an 8-ish year old boy jumped out of a car...right in front of us as we were entering...I slammed on the brakes...spooked us badly! As we parked, we noticed this kid’s mom sitting in her car, on the phone and dangling a cigarette from her mouth and seemingly unaware that her son almost “got hit” in the parking lot. Upon entering the fruit stand, we heard a loud, “Hey!” from a grandpa pushing a stroller as the boy ran by and almost

tipped it over. He continued to run to the back of the store to a barrel of candy. He reaches in, grabs a few, unwraps, and stuffs them in his mouth. He tosses the wrappers back into the barrel en route to the apple display. Here, he wipes his nose, picks up a few, and puts them back as he eyes the peaches display. He selects one...takes a bite...and returns it to the stack. The next stop brings him to a glass display case holding some toys...face and dirty hands immediately go directly upon the case. He spied a nearby open door...the bathroom! Door stays open, pants go the floor, “does his business” tugs pants up and leaves. Certainly no flushing or washing. Upon exiting, he is halted by a lady wearing a “.....Elementary Terriers” T shirt. She bends down, looks directly at this guy, uses some calm, but firm correcting words, and is met by a flood of tears and screaming... “MOMMY HELP”!

Mom, adorned with many tattoos rushes in, takes his hand and puts him into the car....returns to the store and has a heated exchange with the lady. They leave the lot without buying anything and a classy last minute “Finger” from BOTH THE MOM AND THE 8 YEAR OLD!!



Coach Don Papasedero

The lady that accosted this little imp was a TEACHER who was instinctually doing the correct thing....and as usual, gets public ridicule and blame rather than thanks and praise. As the legislature is trying to decide if teachers should get a minuscule raise in pay, they, and the public should consider the indomitable mission that teachers are really on. THANK YOU TO TEACHERS FOR ALL YOU DO!

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Jay Parrish, the 5 year old grandson of Executive Secretary/Treasurer Jerry Parrish, finishes reading *The Washington Coach*. Rumor has it Jay does not anticipate running the "Wing-T" offense anytime soon.



...Womens World Cup

My family members had some interest in watching the progress of the USA women playing in the World Cup. Unwittingly, I watched some soccer last week. As the USA women won the title game, I found myself attracted to the screen at the conclusion. In addition to the Red, White, and Blue so prominently displayed everywhere on the field, the cameras followed all the USA team members as they celebrated with each other AND the opponents. This was an example of PURE SPORTSMANSHIP THROUGH COMPETITION! I hope that the millions of Americans that watched this got the message! It was tremendous to see these athletes and coaches all demonstrating how to win with smiles, class and dignity for all!

...Bellevue High School football

I care not for all of the negative allegations, bad press, probations, etc that have come to light. Certainly, the football coaching community has had it's powerful opinions about what has been occurring on Wolverine Lane for so many years. It seems that suspicions have become fleshed out. It is up to the WIAA, The KingCo league, District 2 and the Bellevue school district to sort it out and make it right.

As a near lifetime competitor vs BHS, I will quickly point out how well coached the BHS teams have been. They are always very prepared, solid, physical, innovative and abiding by the rules of the game with impunity.

I join the rest of the state in condemning the charges and actions that are illegal....but I recognize and praise what the coaches and athletes have accomplished inside of the game. ■

EARL BARDEN CLASSIC

Reprinted with permission of The Yakima Herald June 21, 2015

By Scott Spruill

YAKIMA, Wash. — When it mattered most, Chad Wilburg and his new friends may have given up yards but they didn't give up the end zone.

With the West's lead whittled down to six points early in the third quarter, the defense rose up to protect that lead as Wilburg and company turned back four possessions, including a pass in the end zone as time expired, to earn a 20-14 victory over the East in Saturday's 21st annual Earl Barden Classic.

"Those (East) guys definitely came to play in the second half, but we stood together and made some big plays," said Wilburg, a 6-foot-3, 230-pound linebacker from Sedro-Woolley who was named the West's defensive MVP. "We had a good bond together out there and we needed it. Those guys could run it and throw it."

When Okanogan's TJ Morris capped an 11-play drive with a 2-yard scoring dive to open the second half, the East trimmed its deficit to 20-14 and seemed ready to overcome its two first-half fumbles and take control. The East finished with the game's top two ground-gainers in Morris and Cascade's Dennis Merritt and River View quarterback Ruvim Tyutyunnik mixed in a strong passing game.

But the East couldn't budge off 14 points. After Morris' touchdown, Wilburg's crew forced two punts, River Ridge's Chris Leiba intercepted a pass and North Kitsap's Andrew Hecker swatted away a Hail Mary pass from Merritt in the end zone when the clock ran out.

"It was pretty intense at the end," said Wilburg, one of three players from Sedro-Woolley's Class 2A state

championship team. He was also among seven Barden players who are headed to Whitworth University in Spokane. "It was a great week and that was the best part of it — meeting all the guys I'll be playing with at Whitworth."

One of them is Selah's Kyle Ditter, who hauled in three passes for 47 yards and nearly pulled the East within a score at the end of the first half. Down 20-7, the East veered away from the run and called on Tyutyunnik for a quick drive. He responded by hooking up with Ditter for 31 yards and then again for 14 yards to convert a fourth-down play with one minute left.

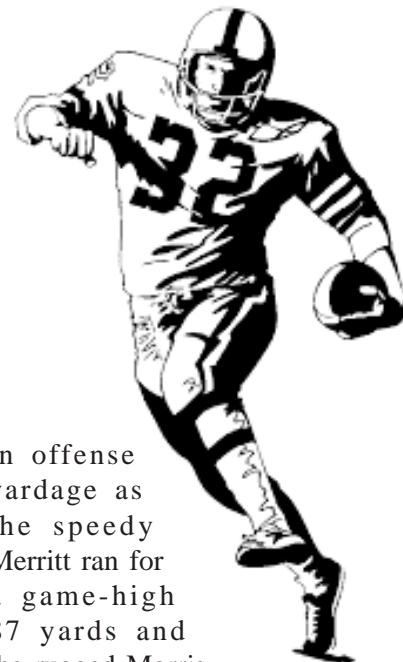
Ditter's second grab set up a first down on the West's 7, but the East wasn't able to punch in a score and the first half expired.

Cascade Christian's Robert Terhune scored touchdowns on two of the West's first three possessions for a 14-0 lead and was named the West's offensive MVP.

With some late roster adjustments, Nooksack Valley's Tanner Myhre was asked to play the entire game at quarterback for the West. His 24-yard touchdown pass to LaCenter's Max Hiller in the second quarter gave the West a 20-7 lead, just enough to hold on for the victory.

"I found out on the first day here (Tuesday) from the coaches that I was the only quarterback — sort of all of a sudden I'm the guy," Myhre said. "I tried to do everything I could to help us. It was a fun challenge because you always want to play, but being in full-game shape in June — that's not easy for any of us."

The East had a 303-203 advantage



in offense yardage as the speedy Merritt ran for a game-high 87 yards and the rugged Morris added 65. Tyutyunnik completed 11 of 17 passes for 119 yards. Merritt, who scored on a 55-yard dash in the first quarter and also had a game-high four receptions, was named the East's offensive MVP.

But three turnovers — all while driving into West territory — were the East's undoing. Wilburg and Coupeville's Josh Bayne recovered fumbles for the West in the first half, and Leiba's interception slammed the door on a fourth-quarter drive.

The East defense, which got contributions from East Valley's Weston Kroes and White Swan's Jonathan Shields, held the West to 120 yards on the ground and 83 yards passing. Okanogan's Jim Townsend, who's headed to Eastern Washington University, earned the East's defensive MVP award.

West 14 6 0 0 — 20
 East 7 0 7 0 — 14

West — Robert Terhune 8 run (run failed)
 West — Terhune 2 run (Mason Elms run)
 East — Dennis Merritt 55 run (Miguel Gonzales kick)
 West — Max Hiller 24 pass from Tanner Myhre (run failed)
 East — TJ Morris 2 run (Gonzales kick)

INDIVIDUAL STATISTICS

RUSHING — West: Robert Terhune (Cascade Christian) 9-49, D'Angelo Faust (Lindbergh) 4-41, Mason Elms (Sedro-Woolley) 3-21, Keifer Kastl (Onalaska) 4-15, Tanner Myhre (Nooksack Valley) 5-(minus 6). East: Dennis Merritt (Cascade) 10-87, TJ Morris (Okanogan) 15-65, Colton Vining (Colville) 8-15, Ruvim Tyutyunnik (River View) 4-3, Cort Ruzicka (Lind-Ritzville-Sprague) 2-(minus 10), Team 1-(minus 13).

PASSING — West: Myhre 6-15-1-83. East: Tyutyunnik 11-17-0-119, Ruzicka 2-3-0-37, Merritt 0-1-1-0.

RECEIVING — West: Max Hiller (LaCenter) 2-52, Rayce Newman (Raymond) 1-22, Gibson Fichter (Concrete) 1-12, Faust 1-3, Elms 1-(minus 6). East: Merritt 4-30, Kyle Ditter (Selah) 3-47, Trevor Huddleston (Woodland) 2-19, Vining 2-19, Jacob Shults (Clarkston) 1-29,

Hearing their final whistle...



Pete Orgill, a great man who touched so many lives in a positive way, passed away quietly with his family and friends at his side on May 14, 2015 after a short, courageous fight with cancer. Talk to anyone from the old Mid Valley league in Yakima and they have stories about the tough, knobby kneed kid from Grandview. Being the fourth child in a loving family of eight helped make him a fierce competitor in all sports but baseball was his first love. He excelled in baseball at Yakima Valley College and then to Central Washington State College. During this time, he developed a great love for education along with his love of baseball. Pete married the love of his life, Glenda, and then became a Health teacher and head baseball coach at Davis high school in Yakima and loved this job for over a quarter-century. Pete always said he was a Health teacher first and a baseball coach second. He began a campaign to teach the world about heart health, specifically CPR, and how to save a life. He spent countless hours training people, organizations, and the public in general. For many years, Pete led the annual CPR Blitz, at the Yakima Convention Center, where thousands of people were trained in life-saving procedures. Pete was more proud of the fact that he taught tens of thousands of people to save a life than of any of his accomplishments as a baseball coach. That is a huge statement as he is known as one of the finest baseball coaches

Pete Orgill



in the state and was inducted into Washington State Baseball Coaches Hall of Fame in 2011. He was a passionate educator, and as a coach he was driven to help kids learn to play the game and show them how dedication, commitment and being part of a team could help in all aspects of their lives. Pete's students and players loved him with a passion. At Pete's passing, in an impromptu show of love, the third base coaching box at Davis's baseball field was overflowing with flowers brought by many former students and players. Pete positive mentoring will live on as he and Glenda have three children who will carry on his legacy. His son Pete is a teacher and baseball coach, and his daughter Katie Orgill Hinkley, is the very successful head Volleyball coach in West-Valley of Yakima. Pete and Glenda were very fortunate to meet a young man that touched their hearts, and Saby Martinez became their third child and part of the family. The Washington State Coaches Association was fortunate and honored to have Pete as a member, not only as the baseball representative, but representing all sports and showing students and fellow coaches how to live the right way. ■

MAXIMIZING SPRINT MECHANICS FOR OPTIMAL PERFORMANCE AND HEALTH

Bryan E. Hoddle - www.bryanhoddle.com

2004 Head Coach - United States Paralympic Track and Field Team

34 years of Coaching in Washington State-Retired

Often times sprinting emphasis revolves around workouts and drills. Inside the complex movement however, there are many ways to facilitate correct movement patterns by addressing various anatomical parts of the body from head to toe. Addressing the issues below, can maximize performance, protect the health of the athlete, and position the athlete for a longer prosperous athletic experience.

First and foremost, a proper warm up is essential for athletes of every sport. To stretch or to warm up? *What sounds right?* Should we warm up or stretch up? Should we warm down or stretch down? Obviously the correct answer is to warm up and warm down correctly. Deactivating the muscle by static stretching only shuts down/turns off the nervous system which we want awake for a high intensity like sprinting. It's important to keep the Neuralgia cells activated in the muscles.

Starting from the foot, we begin with the big toe. It is essential the big toe have good range of motion. It's also equally important not to jam the toes into a shoe box that does not allow for adequate range of motion. I've stumbled on athletes inside and outside track and field who have a locked big toe joint and have gone from one injury to another. From knee problems to pulled hamstrings, medical attention was directed at the injury instead of the source of the injury, which often times is the big toe.

The foot is the sprinters foundation and like a house, should be strong, durable and well taken care of. The foot itself is often forgot about, abused, or slammed into dysfunctional designer shoes with little thought about what might result from lack of foot care. . Examination of, and heavy consideration of what shoe should be worn and should be most effective is critical. The foot should always have the ability to act like a spring and not be inhibited from that. Today many athletes

suffer injuries due to lack of foot strength. If the foot isn't absorbing foot contacts adequately, acting as a spring, those forces are passed up the leg. The weak foot acts like a deflated tire. The result could be lower leg or knee issues. The days of walking barefoot, strengthening the feet, no longer exist, so planned out time strengthening the foot is a must. At the completion of workouts, time invested massaging the foot can be very beneficial. Remember, it doesn't matter how wonderful a house is if it's built on a weak foundation. The same applies to an athlete and the importance of a strong foot, the athlete's foundation, to support the rest of the body.

More than not, due to our sedentary lifestyles, the ankle is slightly locked and the sprinter has no awareness of this. Thus without a proper functioning mobile ankle, the forces again aren't absorbed at all in the foot/ankle area, passing the majority of ground contact forces up the leg. Something as simple as massaging the top of the ankle where the foot and leg meet can be beneficial, as well as a thorough warm up. Do not ignore the importance of ankle. Like the entire body, it doesn't need to be stretched; it needs to be *warmed up* for activity.

The volume of knee injuries today is staggering. While sprinting has little or no rotational forces, we still see many knee issues, from patellar tendonitis to pain under the knee cap or behind the knee. Often times, those injuries can be overuse, improper foot contacts (landing on the toe area) to an inadequate warm up, where the body needs to be ready for a high intensity impact activity such as sprinting.

The glut area is often overlooked but equally important. The piriformis muscle is sometimes unused/disengaged from endless sitting and can shut down the chain of muscles on the backside of the body. Placing a

tennis ball in the middle of the glut and rolling on it will help activate and wake up the piri-formis. An enormous amount of power can be generated from the backside of the body, when the entire back-side chain is engaged.

If there was a common weakness in athletes I've worked with across the athletic spectrum, it would have to be lack of joint range of motion (JROM) in the hip girdle. We've moved from a climbing, running, skipping, galloping society to a control panel on a computer game society. Improving this area can have a profound impact on sprint mechanics.

Like any skill, this area will only be improved with a daily focus on improving the range of motion, during warm ups and during the actually sprinting itself.

How many athletes have complained about tightness in the lower back? Perhaps there are some lower back issues, but often time that tightness in the lower back area, results from extremely tight adductors. Taking tension off the adductors will hopefully bring relief from lower back tightness. Again warm up the adductors, don't stretch up the adductors.

Along with hip area, the range of motion in the shoulder girdle is a must. With the explosion of weight lifting in the 1960's and 1970's, so came the explosion of locked up shoulder girdles as well as mid to low back tightness. With the arm being propelled at rapid rates of movement in sprinting, the range of motion must be addressed daily. *Functional* weight lifting for sprinting must be included into the workout plan, as opposed to who can lift the most mentality. Daily warm up models must contain ample shoulder movement and



range of motion work. It's not enough to just be strong.

The final area is the athlete's ability to relax and disengage, resting not only their body, but their mind. In a society where everything is in hyper drive, athletes are often in "fight of flight." The athlete's adrenals are in a constant state of over drive. What's needed is a plan for R and R for the athlete, built right into their training plan, just like any other aspect. While this seems such a small part of a plan, in actuality, it's as important as any other area. The mental battery takes as long or longer to recharge as the physical battery.

One of the most breathtaking experiences of my coaching experience was having a strength and conditioning coach of a major league baseball franchise tell me they simply don't have a lot of time to work on this areas. Whether is a high paid professional athlete or a interscholastic athlete, time invested early prevents so much time away from the activity, healing up unnecessary/preventable injuries. His comments remind me of the oil filter commercial that said "you can pay me now or pay me later." To maximize any sprinters performance, the time to pay attention to these issues is NOW.

Coach Hoddle is the 2004 Head Coach of the USA Paralympic Track and Field Team, a 2013 Runners World Magazine Hero of the Year a 2014 USATF Presidents Award Winner, having coached for 34 years in the State of Washington. He's spoken at clinics in Washington, Oregon, Idaho, California, Alabama, Georgia, Wisconsin, Michigan, Texas , Illinois, and Montana. He currently resides in Chandler, Arizona. ■



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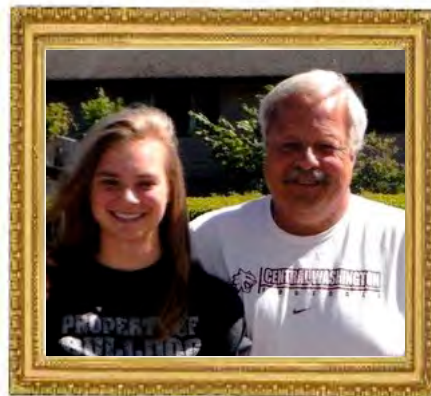
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Congratulations



7 TIPS FOR COACHING UP THE PARENTS

By Brian Brunkow, Esq.

7 TIPS

Coaching is a tough gig. But the payoff is great – we get a \$3K stipend and a free windbreaker. We're responsible for leading a wide range of parents from those demanding to win every game to the parents who simply and unfortunately don't care. We handle divorced parents at war with each other and negotiate with parents wanting their student-athlete to play every position... and oh occasionally we might see a parent or two who see their child as the starting QB and nothing less.

For coaches a good way to set a positive tone is in the preseason parent-coach meeting and regular parent-coach check-ins during the offseason. Here's a checklist of seven topics for coaches to discuss with parents (and guardians) during these meetings on effective sports parenting from my book, *Zero Offseason*.

I. Parents Support, Don't Coach

Parent-Athlete-Coach Communication:

Parents must get on the same page with the spouse (or ex) concerning communications with the coach, expectations of the youth athlete, and the parenting plan and child support expenses for youth sports. This is the foundation.

Sports Parenting Role: Effective sports parenting is about providing unconditional support to the athlete. There's no need for the parent to become an expert in whatever sport the child plays. Let the coach do the coaching. There'll be a ton of bad days of practice or mistakes in the game and the athlete will look to the parents (hopefully) for support. Remind parents that "players play, coaches coach and parents support."

Don't "Wing it": Effective sports parenting is a skill that requires hard work. Parents should study and develop a game plan for how to build pre-game confidence and post-game coping and learning skills in the youth athlete.

II. Aligning Goals and Ego

Ask Questions: Encourage parents to ask their child why he or she wants to play sports. Parents should align their goals to the child's goals (not the other way around.)

Check the Ego: Parents need to suck it up - do whatever it takes to create a positive, aligned set of expectations with the spouse or ex for supporting the youth athlete. Check the ego. Too many parents equate "bleacher status" with the quality of their parenting. Do what is in the best interests of the youth athlete.

Who's Experience?: Remind parents that this is their child's sports journey. Parents shouldn't use this experience as a way to relive past glories or make up for lost time. Married with Children's Al Bundy scored four touchdowns in a single game! Yes, and?

III. Divorce & Sports Parenting

One anecdote I share with parents every season is Alec Baldwin vs. Kim Basinger. After a nine year marriage, Baldwin and Basinger waged war with an eight year custody battle, involving \$3M in court costs and legal fees, and 90 + court proceedings. Who benefits from that?

First Things First: Parents should have a parenting plan that supports the yearly sports schedule, including practices, games, and summer camps. It's tough love but it is toxic and unfair to the team and other sports parents to allow one set of parents to create a disruptive, negative environment. Address this issue early and head-on.

Child Support: Youth sports is considered an "extracurricular" activity by most state courts (check with your jurisdiction). What this means is that in many states you cannot force the ex to pay for certain sports activities in a child support plan. Sports parents need a game plan for approaching an uncooperative ex about sharing youth sports expenses.

Explain the life skills that youth sports provide for childhood development. Studies show that high school athletes have higher grades and graduation rates compared to non-athletes. And this is



especially important for the guys: male non-athletes are 10 times more likely to quit school compared to those playing sports.

Best Interests Standard: Some ex-spouses will act like a jerk regardless – routinely dropping their child off late to practice, etc. When this happens, show some flexibility to keep the athlete on the team in a structured, positive environment.

IV. Concussion Management

Training: Encourage parents to hold us coaches accountable. Parents should ask if the child's coaches are trained in concussion management – identifying symptoms and following “return to play” policies.

Education: Parents are absolutely responsible for learning about concussion management to protect their athlete. Provide parents with concussion resource material.

Align Goals: Parents must be aligned on what sports their child will play. Especially when it comes to contact sports like football. There are a lot of team sports to choose from. Parents should listen to the spouse's or ex's concerns about what sports they are comfortable allowing the child to play. And listen to child – don't “force” him (or her) to play a contact sport like youth football. It is not worth it. Football is not the place to “toughen up.”

V. Comparisons

Patience: Allow the athlete to develop at his or her own pace. If they love to play, allow some breathing room and time to achieve their potential. Help parents encourage the athlete to stick with it rather than badgering them about what they can and cannot do.

Self-Charting: Only compare the youth athlete against where he or she was last game or last season. Some kids are just supremely gifted and it is unfair to compare the typical athlete against prodigies. Show the athlete tangible proof of improvement.

This isn't about coddling; it's about positive reinforcement and keeping kids invested so they receive the life lessons taught in team sports. The parents must be in lock-step with where they see the youth athlete's current stage and future expectations for improvement.

Proof of Concept: There's no better example of what's possible than Michael Jordan. Cut from his high school basketball team, he stayed with it to become the greatest athlete in history. Jordan was not the “chosen one” as a high school sophomore. He was cut. Use examples of what's possible through hard work, discipline, and grit.

VI. Pre and Post Game Routines

Pre-Game Preparation: This one is counter-intuitive. But parents should discuss the bad things that can happen regardless of effort. Help the athlete develop coping skills and reduce game day pressure by explaining that mistakes can happen, will happen, but mistakes are just part the process and are not the end of the world.

Post-Game Review: Remind parents to leave some breathing room before offering up ideas for improvement to the youth athlete. As coaches we've all seen the parent barking at their kid after the game before they even reach the car! Parents should ask questions about improving areas the athlete can control – effort, focus, teamwork, etc. Asking anyone to improve in areas they cannot control just leaves them frustrated and demoralized.

Parents' Support: The best pre and post-game role for sports parents is to provide support to the athlete. Be the safe haven for the youth athlete away from the field. Let the coach do the coaching while parents keep the athlete motivated to stick with it and improve on last game's performance.

VII. Process-Oriented Goals

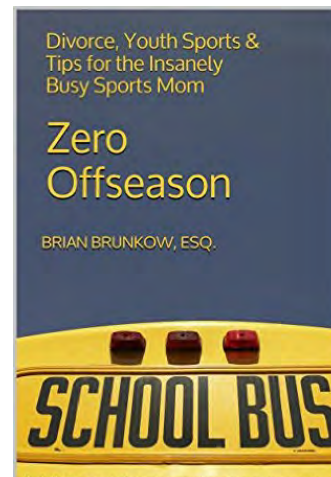
Goal Setting: Avoid outcome-based goals. Parents should help athletes set process-oriented goals which allows the athlete to get “present.” And getting present allows the athlete to then focus on the controllables.

Release the Outcome: There's a ton of factors outside of an athlete's control that impact outcome. Stay dialed-in on improving process and accepting outcomes. Learn a lesson, press delete, and move on.

Even Steve Jobs got Fired: In the 1980's Jobs personally brought in John Scully to take Apple to the next level. And the outcome? Scully had Jobs fired from his own company! Now that is arguably a bad outcome. Bad stuff happens regardless of talent, preparation and effort. Learn a lesson, press delete, move on... and come back stronger. Jobs did.

Brian Brunkow is a San Diego-based attorney and author. Brian's new book, Zero Offseason offers tips on divorce and effective sports parenting and was ranked at Amazon in the top 20 for book sales in the category of coaching football.

*Brian W. Brunkow, Esq. Brian@BrunkowLaw.com. Member: WA & CA Bar * Glazier Clinics * AFCA ■*



WINNING IN OVERTIME

RICHARD H. ABRAMS, PH.D.
PSYCHOLOGIST/COACH



‘You are watching the seconds on the play clock tick down. You have time for one last Hail Mary, but the ball is on your own twenty-yard line. The score is tied. Your opponent has taken a time out, hoping you will make a mistake. As your offensive personnel gathers around you, you look directly into the eyes of your quarterback and say, “Take a knee. We will win in overtime!” Not only do you say it; you believe it. More importantly, your players believe it.’

As a psychologist and football coach, the mental aspects of the game have always been important to me. Many psychological factors come into play when two teams have fought to the bitter end of the game and now must face each other in overtime. The state of Washington, where I coached for thirty-six years, uses

the Kansas City tie-breaker just as colleges do. Our record in winning overtime games was nearly unblemished. Why were our teams so successful in this particular part of the game? I believe we had the mental advantage.

Mental skills are just like physical skills; they must be practiced, learned and maintained. Our first advantage in overtime was that we practiced it every week. We used our “Kansas City” periods to emphasize the intensity that is a part of every football game. This is when we would scrimmage with our #1 offense facing our #1 defense. We recreated as much of the overtime session as possible, using this time to teach our players what goes on in overtime and having them visualize the event. Coaches were off the field unless they were officiating,

and game-like conditions were employed. An overtime session can be stressful and confusing to a team. Our job as coaches was to lessen the stress, eliminate the confusion, and instill the belief that we would win.

‘My quarterback has taken a knee, and the game clock now shows zeroes. As the team comes to the sidelines, I am excited. I am pumped up! I am acting like we have just won the game (in my mind, we have; I just need to convince our players).’ Our enthusiasm is an integral part of the psychology of this moment in time. I learned years ago that it is critical to bring the team together for a brief team meeting before our captains are called to the middle of the field by the officials. The purpose of the meeting is not only to show our enthusiasm and

confidence but also to eliminate confusion. After quickly reviewing the rules of the tiebreaker, we emphasize the fact that we have practiced this very scenario, and that we are prepared and excited for this opportunity. Any adjustments at this point can be made if necessary. The main thrust of the meeting is to show the team that we are in control and this whole experience is positive.

Will you play defense or offense first? Will you be aggressive in your play calling, or play conservatively and let the other team make a mistake? Most teams choose to play defense if they win the coin toss. Whatever the results might be, we will look at them in a positive light.

Offensively, we know the field has been shortened for the vertical passing game. We also are aware of the plays that have been working for us during regulation time. Our goal is to maintain our offensive tempo and make first downs on the way to the end zone. We may choose to increase our tempo to take advantage of the fatigue the defense may be experiencing. Our short yardage package will be in place when needed. A field goal will be a last option, but we will be playing to reach the end zone. We will have a two-point play ready that we have practiced all week if needed.

Defensively, we will not be overly aggressive initially. We will take away the deep and intermediate throws, and rally to the ball. We want to give the opponent's offense a chance to make mistakes. Inside the ten-yard line, we will play more of a goaline defense, with man-zone concepts in the secondary to at-

tempt to disrupt the pick routes. Goaline techniques must be used by our down linemen to force the offense to go horizontally, giving our defenders a chance to run to the ball and make a big play.

One of the exciting aspects of Kansas City overtime is that the game can be extended to many extra sessions. Both teams are likely to be spent mentally and physically after the regular session, so we treat overtime as a new game. We need the energy that we had to start the game. The positive attitude on our sidelines helps ensure that we will have the energy to sustain our team through the highs and lows that are a part of overtime.

'Your offense has just driven down to the opponent's two-yard line in the first session of overtime. Your players align in your unbalanced goaline formation. The defense stacks up to stop you. Your quarterback runs the boot play you call, and hits an open receiver in the back of the end zone. Now your defense must hold. Your opponent gains eight yards on their first play from scrimmage. On second down they complete a pass in the flat to their tailback. He fakes to the right and the cornerback misses him. Your safety does not miss. The ball is out. Your trailing linebacker falls on it. Your sideline erupts—game over!'

In summary, including overtime sessions in your practices and having a positive attitude about the event you are facing can give your team the mental advantage. When two teams are evenly matched, the mental advantage can be just what your team needs to win the game. ■



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Clinic Schedule

FRIDAY, OCT. 9

12:00-1:00 Registration and Visit Exhibits

1:00-1:10 Roger DeBoer (Cloud 9 Sports) Sponsors

1:10-1:30 Dan Kelleher (Assistant Ellensburg high school/Football Captain at Notre Dame)
TOPIC: Perfect Shooting Technique

1:40-2:30 Pat Fitterer (2 time state champion and 728 wins/WIBCA Hall of Fame)
TOPIC: Big 12 Defensive Drills

2:40-2:50 Sponsor Demonstration

2:50-3:40 Lisa Fortier (Gonzaga University Head Coach/2015 Sweet 16/WBCA Division 1 Rookie Coach of the Year)
TOPIC: Transitioning from Assistant Coach to Head Coach

3:50-4:00 Sponsor Demonstration

4:00-4:50 Craig Fortier (Former Associate Head Coach Eastern Washington University/Current Assistant Gonzaga University Women's program)
TOPIC: Gonzaga Defense

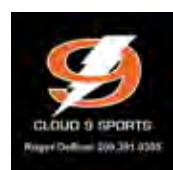
Dinner Break

6:30-6:40 Sponsor Demonstration

6:40-7:30 Mike Neighbors (University of Washington Head Coach-lead Huskies to another 20 win season and a trip to the NCAA tournament)
TOPIC: Coaching the iY Generation

7:40-8:30 Mike Neighbors
TOPIC: Practice-Yes, We Are Talking About Practice

8:40 Yakima Valley Sports Commission Social



SATURDAY, OCT. 10

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

9:00-9:50 Curt DeHaan (Lead 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

10:00-10:50 Cody Butler (Helped lead Boise State University to NCAA tournament/Junior College Champion)
TOPIC: Pressure Defense

11:00-11:50 Tim Kelly (Curtis high school Head Coach/3 time state champion/WIBCA Hall of Fame)
TOPIC: Curtis Basketball

Lunch

1:00-1:50 Matt Logie (Whitworth University Head Coach-lead Whitworth to the last four NCAA Division 3 Championships-in the sweet 16 twice) Also played and coached at Lehigh University)
TOPIC: Whitworth Penetration Cuts and Spacing Principles

2:00-2:50 Damion Jablonski (Associate Head Coach at Whitworth University/Assistant coach at Lehigh University)
TOPIC: "10 Things I have Heard, 10 Things I have Learned and 10 Things I Like"

3:00-3:50 Matt Logie
TOPIC: Whitworth Basketball Culture and X's & O's for Q & A

4:00-4:50 Danny Henderson (4 time State Champion and 708 wins in Texas High school basketball/Assistant at Boise State University)
TOPIC: 15 Difference Makers

5:00-5:50 Danny Henderson
TOPIC: Quick Hitters

6:00-6:10 Steve Hahn-Welcome to Yakima!

6:10-8:00 STEVE HAHN AUTOMOTIVE/BORTON FRUIT PASTA DINNER

8:00 Joe Harris (WIBCA Hall of Fame) Horse Races

SUNDAY, OCT. 11

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

9:00-9:50 Dan Taylor (King's High School 9 year Head Coach/6 state trophies/2015 State Champions)
TOPIC: Teaching the Self-correct System of Shooting. The Pro Shot Shooting System.

10:00-10:50 Jeff Hironaka (Assistant Coach at Portland State University/20 years in Northwest, Washington State University and Seattle Pacific University)
TOPIC: Zone Offense

11:00-11:50 Tyler Geving (Portland State University Head Coach/Led team to Big Sky Tournament four times)
TOPIC: Utilizing "On balls" in Offense

12:00 Close (or you can join us for the WIBCA Biannual meeting from 12:00-2:00)



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current members
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Burge, Phil Neill, Jim
Castleberry, Frank
Mattson
Back row-Gary
Wusterbarth,
Pat Fitterer, Don
Schumacher, Joe
Harris



2015 Westside Hall of Fame



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Novak, Al Kawashima,
Dave Jamison
Back row-Gary
Wusterbarth, Dave
Denny, Bill Hawk, Tim
Kelly, Pat Fitterer



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