

THE WASHINGTON GOACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



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Presidents Message

Darrell Olson

Fall 2017

Fellow WSCA Members,

September is here, fall sports are underway, school is back in session, and everyone is undefeated and believing they can win their conference championship. The re-set button has been pushed. What a great time of the year. I begin my 40th 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 your 1st season to begin.



This is also the time of year when WSCA membership is underway. Our new calendar year, for the WSCA, began June 1, 2017. Don't forget to get yourself registered online at washcoach.net. There are some minor changes/additions to the registration process. Coaches will now be able to select the multiple sports you are coaching. **Please be mindful that the #1 sport you select is where \$10 of your registration goes to, to support that sport with clinics, All Star games, or professional growth opportunities.** 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 reminder to ALL head coaches of the 2017-'18 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

Additionally, to all Head Coaches, do not forget to complete the WIAA rules clinic for your sport. This is a requirement from the WIAA and your school district. Fall sports deadline is Sept. 10, winter sports deadline is Dec 3, and spring sports is March 18. Show your professionalism and get this completed in a timely manner.

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

As we celebrate the 45th anniversary of Title IX this year, the report on girls participation numbers underscores the significance of that important decision in 1972. It is great to see ever increasing number of girls taking advantage of the opportunity to compete in high school and middle school sports.

Washington had the 16th largest participation of high school athletes in the nation in 2016-17 with 172,229 student athletes competing, up two spots nationally. This resulted in an 11.73% bump from the 152,014 participants in 2015-16. Boys saw an increase of 9.58% (9,323) to 97,359, while girls' participation was up 14.55% (10,892) to 74,970 last year.

The state of Washington saw a slight increase in high school football participants last fall despite national headlines and concerns over the dangers of suffering concussions and other injuries associated with the sport. According to data collected by the National Federation of State High School Associations (NFHS), 21,776 Washington student-athletes played football in the fall of 2016, up 0.13% from the 21,747 that participated in 2015.

The NFHS and its member state high school associations have worked hard to reduce the risk of injury in high school football according to information provided within the article, "Just how safe is it to play high school athletics in the state of Washington?" by Dave Rasbach, Bellingham Herald, August 9, 2017.

Report from WSCA Executive Board Summer Meeting

The WSCA Executive Board met the first week of August and had reports from several sources. Cindy Adsit, Assistant WIAA Executive Director, gave a report on recent Board information. The RPI formula used in the past basketball season had some bumps in the road but overall was successful. Meetings will continue to take into consideration certain percentages and discrepancies in regard to post seasons games. All games will be included—out of state games will count—tracking of all sports will be coming this year. Basketball will be only sport published.

Other discussion items—Saturday Sabbath discussion qualifying teams are a concern—sites are a challenge. The addition of Hermiston, Oregon into the WIAA was approved by the WIAA Board. Several options are being reviewed before a final decision is made. The WIAA Board has done a good job evaluating the material submitted.

The WSCA Executive Board will be working to bring "The Washington Coach" mailing list up-to-date.

A very special recognition award was made to Susan Doering, retiring WSCA Executive Board member from Colfax High School. Sue has been a pillar of the WSCA as a past president and the chairperson of the Burnett-Ennis Scholarship Committee. Have a great retirement.

Fall meeting for WSCA Executive Board and ISA representatives will be Sunday December 3rd. The Executive Board will meet again on Monday December 4th. ■

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-Student Teaching)
- 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-State 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 Recognition and Life Time Achievement** 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 working on issues facing our coaching profession ■**



Hawkes Squawks

Odometer at 81, Still Moving Forward

by Dee Hawkes
retired

Memo from the old coach: One reason I came back is to check in with a few squawks before the new school year starts. This much is clear, even in retirement, when it comes to squawking, you are my audience. If I want to do some squawking, my wrappings are always about coaching. Here are some thoughts in prep land that caught my attention.

TWO CENTS WORTH

Two grandfathers, one an All-American and the other a Pro Hall of Fame, bent my ear about how much preparation time is required by their grandsons to play high school football. This speaks to overkill, and there are no limits on how much time they train off season, including the summer. Even worse, it affects the family time together. The former All-American is not a happy camper. The other grandpa bites the bullet and accepts what's happening. He buys into all the hype surrounding his grandson who is preparing to play this fall. His support requires making family sacrifices that they believe will make his grandson a better player. It is certainly understandable both grandpas want grandsons to succeed and also to have some fun with their friends.

IT USED TO BE DIFFERENT

It looks like the recruiting stigma is still happening in high schools fueled by overzealous parents. They see their sons or daughters preparing to earn a college athletic scholarship. They spend money to insure their exposure with camps, personal training, and believe selective coaching will push them over the edge. Even with hard work, some parents hold the belief that they are on the right path. A not so closely guarded secret of being a competitor is talent, which is difficult to define, but easy to spot. Who's kidding who, a talented athlete with a positive attitude can make it happen. There's plenty of evidence that talent leads the parade. If there's one sign of how difficult it is to play college football check these numbers. Out of one million players, just under twenty thousand are awarded a scholarship.

MY LEGITIMATE BEEF

Sport specialization in high school is either thumbs up, or thumbs down. It is not easy, even for the best players to make a choice to play just one sport year around. Parents might argue that's the way to go. What is most troubling is a coach who supports this practice. Depending on your perspective, you would think it's okay to come to the decision to play other sports. That's my take; sometimes it's easy to forget what high school sports you played.

ALL TOLD, SPORTS IS A MONEY GAME

It is unthinkable that the highest paid public figure in this state is University of Washington (UW) football Coach Chris Peterson. Conspicuous by their absence from the list are the governor, the UW president, Seattle mayor, congressmen, senators, and representatives. Following this logic, this is the trend in the country, with a few basketball coaches in the mix. It's hard to believe college football carries that much weight. I am appalled, but not surprised, about how much sport figures are paid to play. For sure, something has gone seriously wrong, when money walks the talk.

While much attention has been given to coaches' salaries it's difficult to understand why so much school money is going to college athletics. Seek and you will find nutrition centers for meals and snacks, incidental expenses, video boards, travel equipment supplies and scholarships to cover the full cost of attending college, just because you play certain sports. There are even TV's in every players' locker at Texas Tech. Millions are spent just for recruiting purposes early as for eighth graders. Not to rain on their parade, what is most troubling is that in the future it all comes down to having money run the show. Amateurism is not the college model, especially now with the possibility college athletes could be paid on the side by posting commercial videos on social media. My hope is the trickle-down economics stops there and doesn't infect the preps.

Continued on page 6

This day has come now, but I had no idea that its impact would be this far out of bounds. We don't need to keep pulling up the carrot to see if it is still growing.

OBVIOUSLY MISSING IS LACROSSE

One thing is certain. Lacrosse is absolutely the next sport that needs to join the WIAA. This co-ed sport will bring a new fresh coat of paint. It is bound to happen with so much student interest. During my prep days in the fifties, Syracuse Jim Brown was an All-American in both football and Lacrosse, a rare feat. He was considered the greatest Lacrosse player of his era. In the fifties, he had professional offers in baseball and basketball as well as football. What especially caught my attention is the number of athletes in the state who play the sport. There has been a lot of talk, but it seems there is always another river to cross. I sure hope Lacrosse comes ashore soon.

A FRIENDLY TIP – TRAIN VOLUNTEERS COACHES

The mood gets ugly when a few adult volunteer coaches don't prepare to coach. They bring excess baggage in ways of their adult behavior. In my experience, there are adults who put on a coaching cap, and their behavior is not a good fit. As a coach, you choose the behaviors and consequences that you share with your players. Here are few examples WHY some should not coach. Inability to control anger, swearing, out of control behavior, stubbornness, playing favorites, negativity, wanting to win at all costs, running up the score, having an inflated ego and other behaviors such as demonstrating poor body language. Please understand that these behaviors are correctable. Pinpoint what it is that has to change. To begin with, confront them, either change them, or you should not let them coach. A case must be made for the sake of the PLAYERS.

THEY MADE A DIFFERENCE

While scanning the horizon, Coach Mike VanDaveer from Marysville caught my eye. After three decades, the 68-year-old teacher-coach is retiring. To best appreciate what he meant to the Marysville community is told in a sport story by Cameron Van Til in *The Everett Daily Herald*. In my view, he created a space and brought young people into that space. Mike is affectionately known as "Mr. V.," and he gave everyone around him something to believe. The Marysville Pilchuck football public address announcer will do his two final home games next season. Then, he'll sit in the stands and root for the Tomahawks with all of his fans.

Another retiree, Mark Albertine, is turning in his play-book at Snohomish and Glacier Peak high schools after 41 years. Mark began teaching basketball fundamentals to girls just after Title IX. This ruling provided once and for all the opportunity for girls to compete in sports on an equal basis with boys. In 1972, the public schools made it mandatory that girls be given an equal opportunity in sports. Coach Albertine took the reins and influenced so many girls to compete. What a great time to step to the plate! Three years later, Title IX was started at the college level.

IN THE AFTERMATH OF TITLE IX

Mothers of daughters wonder why it took so long for the men who dominated sports to come to their senses. Ask my wife Judy, she'll tell you what it felt like when girls were told they couldn't play.

"I attended a Seattle high school in the early fifties, and although my mother played on softball and basketball teams between schools in Illinois, we were not allowed to do this in Seattle. In basketball, we were forced to play a half-court game. All players could dribble only two steps and then they had to pass. We could not cross over the center line. Guards were not allowed to shoot at baskets, only the forwards had this opportunity. Since I am short, I was always a guard! We were told that girls did not have the stamina to run up and down the court like the boys did. I was so frustrated and hated the game. Never being allowed to shoot at a basket wasn't fun to play, and of course, I always had to guard someone much taller than I was. Now, look how the women play! The men were dead wrong.

I wasn't a great athlete, but I was strong and had some skills. I was the only girl in my P.E. class who could climb the rope to the top of the gym. Two girls could do that during my sophomore year. I was decent at tumbling, field hockey, and softball. We didn't have anything like gymnastics then. I turned out for after school sports, but when they made us sit with the football players in the fall to receive our "letters," I was mercilessly teased, and I never turned out again. You see, girl "jocks" were looked down on in those days. To quote a well-known figure, "Sad."

These days it's easy to see how high girl sports have set the bar high and are holding it together. My 13-year-old granddaughter participates in four sports. Judging from her interest, it almost certain she'll keep doing it. To sum it all up, Title IX is a promise to keep girl/women athletes competing. Now girls have collegiate and professional role models, they still need more.

Their journey, which started 45-years ago is now moving full speed in the HOV lane. There are no speed traps up ahead. My message is simple, continue the fight to stop prejudice. Watching girls play, compete, and win comes as no surprise how good the girls are playing any sport.

THE CHOICE IS UP TO YOU

Evidence continues to mount that the federal homeless shelter program, Homeless Assistance Act, is being misused. It was refreshing to see *TheSeattle Times* reporter Claudia Rowe expose the reality how some coaches as a last resort took advantage of the nighttime residence rule. Now is the time for every school district athletic director before the fall sport season start to insure all their athletes are students first, attending class and making passing grades. Remember in our state, member WIAA schools athletically are responsible to self-report violations.

HIGH TECH HAS PEDAL TO THE METAL

The hype surrounding high tech has certainly found its way into sports, including high school. Let's face it, watching any college or professional on television carries the message that high tech is here to stay. There is ample evidence that officials make mistakes with their calls, which may be corrected or left alone to the human eye. At issue, is where and when artificial intelligence will join the parade. Whether you agree or disagree, it's highly probable that within a few years it will also impact coaching. To be sure, digital Alexa using Echo will be playing selected music in the locker room. Technology is streaking along at such a dizzying clip, I'm personally rooting for you to stay up with it.

Have a good sport season.

See you around, I hope. ■

Where will you find us next?
The Washington Coach!



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Pat Fitterer on the road.



Napavine's Stanley, ball-hawking defense leads West to Earl Barden All-Star Classic win

West defense nabs six interceptions to seal victory

by Scott Spruill

sspruill@yakimaherald.com Jun 24, 2017 Updated Jul 7, 2017

YAKIMA, Wash. — Wyatt Stanley was feeling a little guilty, thinking he had “stole” his team’s offensive MVP award from his good friend and roommate Connor Johnson.

Truth is, the real thievery on the part of Stanley’s West team was done by the defense.

And it happened over and over again for everyone to see.

Shutting down half of the East’s possessions with six interceptions, the West had more than enough opportunities with Stanley and Johnson at the helm to secure a 35-13 victory in Saturday’s 23rd annual Earl Barden All-Star Classic at East Valley High School.

Stanley, a rugged 6-foot-3, 245-pound quarterback from Napavine, threw a touchdown pass and ran for a score in the third quarter to spark the West’s second-half surge. He added another touchdown pass in the fourth quarter and finished 9 of 18 for 103 yards to earn the aforementioned award.

Johnson, from Archbishop Murphy, rotated each possession with Stanley and hit 8 of 11 passes for 117 yards. He had the longest connection of the day, a 45-yarder to Sedro-Woolley’s Bryce Hornbeck in the final period. A roughing-the-passer penalty forced Johnson off the field on the next play, and Stanley promptly darted a short touchdown pass to Hornbeck to finish off the drive.

“Yesterday we had a contest to see who would start and it was whoever could hit a helmet from 40 yards,” said Stanley, who had two brothers play in the Barden Classic in 2010 and 2012. “Fortunately I was able

to hit it and I got the start. We rotated all through the game and I feel like I stole one of his touchdowns after the late hit. We roomed together here and we’ve become pretty good friends.”

Stanley was in Yakima two weeks ago for the All-State Baseball Series and baseball will be his collegiate sport at Edmonds Community College. Both he and Johnson led their football teams to state championships and unbeaten seasons last fall.

“Coming here for baseball was fun because it was right after graduation, but I really looked forward to this because you get to spend the whole week here,” Stanley said. “It’s just awesome.”

The West’s defensive MVP was North Kitsap’s Zach Clark, who had two of the six interceptions, three of which came on the East’s first four possessions. Franklin Pierce’s Willie Patterson, whose father Pat was an NAIA All-American at Central Washington, also had two interceptions, caught two passes, threw one and ran the ball twice.

For the East, Tumwater wide receiver Andrew May was the offensive MVP and Aberdeen linebacker Braden Castleberry-Taylor was the defensive MVP. May led the game with six receptions and 87 yards and scored one of the East’s two touchdowns.

La Salle’s Jordan Martin was having a dynamic game for the East before a shoulder tweak ended his afternoon. He caught five passes for 49 yards — all in the first half as the East trailed only 14-6 at the break — and returned three kicks for 41 yards.



Coming out of golf season, which he called his “offseason,” Martin was clearly one of the East’s top playmakers. But he credited his form on conditioning workouts from Montana’s Carroll College, where he and La Salle teammate Ryan James will play next.

“It’s fun knowing everyone you’re playing with and against is one of the best players on their teams,” Martin said of his Barden experience. “There’s really no room for mistakes, but that makes it fun. I was optimistic going in because of our practices. I just went out ready to have fun and make plays for us.”

Martin’s favorite extracurricular activity of the week were the viciously competitive ping-pong tournaments, of which Othello’s Reese Jones was apparently the undisputed champion.

“He was amazing — right handed or left,” he said. “It was a lot of fun this week and a great experience.”

White Swan’s Ki Castilleja and East Valley’s Matthew Estrada caught three passes apiece for the East, and Zillah’s Ryan Slack had an interception on defense.

Ellensburg’s Ethan Robertson, East Valley’s Branden Denton and Zillah’s Andres Ponce played on the offensive and defensive lines. Selah wide receiver Peter Kuhn, the CWAC’s offensive MVP, was limited to kicking because of a recent back injury.

Hoquiam’s Artimus Johnson, a running back and linebacker for the West, was named the Barden Classic’s most inspirational player.

West	6	8	14	7	— 35
East	0	6	0	7	— 13

West — Kaelin Jurek 21 pass from Connor Johnson (kick failed)

East — Braden Castleberry-Taylor 19 pass from Hunter Wright (kick failed)

West — Wes Nixon 18 pass from Johnson (Dalton Yoder run)

West — Austin Carder 39 pass from Wyatt Stanley (Carder kick)

West — Stanley 11 run (Carder kick)

East — Andrew May 21 pass from Jake Cillay (Peter Kuhn kick)

West — Bryce Hornbeck 4 pass from Stanley (Carder kick)

INDIVIDUAL STATISTICS

RUSHING — West: Wyatt Stanley (Napavine) 2-17, A.J. Sanchez (South Bend) 1-9, Wes Nixon (Fife) 1-7, Jed Schleimer (Mt. Baker) 1-7, Willie Patterson (Franklin Pierce) 2-6, Zack Bartolome (Cascade Christian) 2-6, Mac Fagerness (Napavine) 3-5, Kaelin Jurek (Pe Ell-Willapa Valley) 5-2, Artimus Johnson (Hoquiam) 2-(minus 1). East: Reese Jones (Othello) 6-14, Jax Whitby (Connell) 5-13, Hunter Wright (West Valley-Spo) 3-13, Jordan Martin (La Salle) 1-1, Cody Whitmore (Asotin) 1-1, Jake Cillay (Pullman) 10-(minus 3).

PASSING — West: Connor Johnson (Archbishop Murphy) 8-11-1-117, Wyatt Stanley (Napavine) 9-18-0-103, Willie Patterson (Franklin Pierce) 0-1-1-0. East: Jake Cillay (Pullman) 9-22-3-104, Hunter Wright (West Valley-Spo) 9-20-3-76.

RECEIVING — West: Austin Carder (Cascade Christian) 3-50, Bryce Hornbeck (Sedro-Woolley) 2-49, Kaelin Jurek (Pe Ell-Willapa Valley) 3-37, Dalton Yoder (Toledo) 1-18, Mac Fagerness (Napavine) 1-16, Wes Nixon (Fife) 2-15, Austin Filley (Napavine) 2-15, Andrew Logan (Meridian) 1-14, Willie Patterson (Franklin Pierce) 2-6. East: Andrew May (Tumwater) 6-87, Jordan Martin (La Salle) 5-49, Braden Castleberry-Taylor (Aberdeen) 1-19, Matthew Estrada (East Valley-Yak) 3-17, Brayden Landdeck (Tonasket) 1-13, Ki Castilleja (White Swan) 3-9, Caleb Price (Connell) 1-6. ■

“Coaching in the 2017 Earl Barden Classic was truly an honor for me. I had the opportunity to meet many great coaches from other programs and coach many outstanding young men from across the state. I was amazed at how quickly these kids picked up new offensive and defensive schemes and how quickly they bonded as a team.

I would certainly recommend coaching in the Earl Barden Classic if you have the opportunity. It was certainly one of the most memorable moments in my coaching career!”

Jeff Weible, Head Football coach, North Kitsap HS



The Recruiting Edge is Outside the Lines

*“On this team, we’re all united in a common goal:
to keep my job.”*

Coach Lou Holtz, Notre Dame

by Brian Brunkow, Attorney

Author of Zero Offseason – a guide to Student Athlete Development & NCAA Recruiting

Duke’s coach Mike Krzyzewski said the hardest part of coaching ball is “recruiting.” It’s a 24/7 grind. NCAA recruiting involves tons of confusing bylaws and most high school athletes and families are uninformed or unrealistic about the recruiting process. For most families the approach is, “Hey, it’s the coach’s responsibility to know the rules. They’ll guide us.” This passive approach is a lost opportunity for families competing for scholarship money.

High school student-athletes and families create a recruiting edge by showing they understand the college coach’s responsibilities. Universities, well...some universities, expect coaches to run successful ***and clean*** programs. Imagine that. Coaches therefore need recruits who contribute to wins while representing the program in a positive way. Duke’s Coach K and others ask, “Will this kid be a program asset or liability? Will I spend time promoting or defending this player’s behavior?” ***Asset or Liability? Promote or Defend?***

We should also be realistic. “Positive” off-field behavior won’t change a DII athletic talent into a DI talent. However, when athletic talent is equal, coaches use off-field factors as scholarship tie-breakers. High school athletes gain an edge over equally talented competition by communicating to college coaches an understanding of key NCAA regulations. These are the regs, that when broken, blow up on ESPN and damage coaching careers and school reputations. Let’s help kids become the rare, mature recruits who “get it.”

The scholarship game is basically a hiring process. We want the athlete to shine as the ‘applicant’ who understands how the boss (coach) keeps his or her job – by running a clean, successful program. Below are five high profile, high impact Division I NCAA bylaws athletes should be familiar with to gain an edge.

Unethical Conduct § 10.1:

- **Refusing to Provide Information or Providing False Information During NCAA Investigations** – Grounds for loss of an athletic scholarship.

- **Academics & Cheating** – Losing a scholarship and expulsion for plagiarism creates challenging job interviews down the road!

- **Inducements & Benefits** – Nothing good is free. Fan boys & girls & boosters may offer free stuff, reduced prices, and excessive salaries to high-profile college athletes. Identify the inducement and walk away.

- **Banned Substances & Medications** – Trading or selling prescription drugs like *Adderall* without a white lab coat or license is a poor life plan.

- **Sports Wagering (Brackets & Pools)** – This only applies to enrolled college student athletes. However, high school athletes earn bonus points from college coaches by communicating their understanding of gambling prohibitions.

Employment § 12.4:

The NCAA allows scholarship athletes to work in the off-season. Whether it’s practical is another question. That said, athletes should recognize prohibited inducements. If the athlete works as an entry-level paralegal at \$75/hour and the market rate is \$25/hour that is a red flag. Show up for five hours of work and get paid for eight? Red flag.

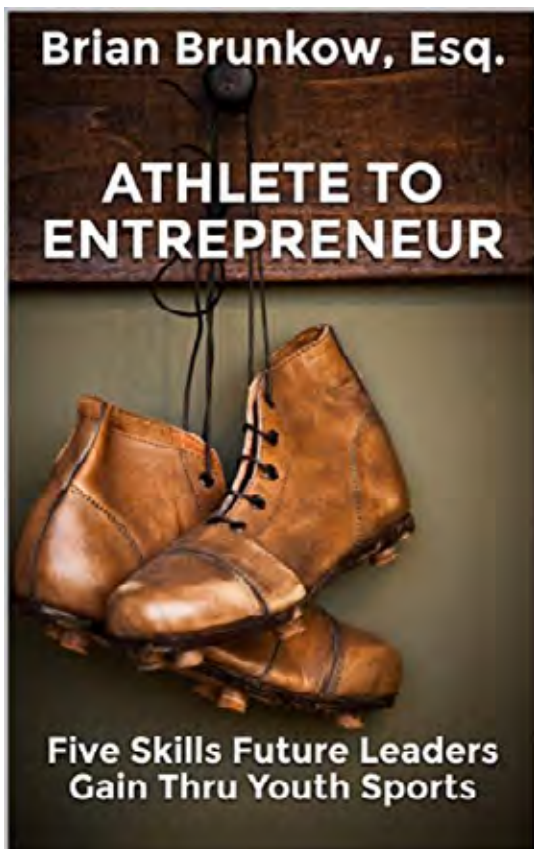
Self-employment is also allowed. That’s good news. The bad news? A student-athlete may establish his or her own business, provided the student-athlete’s ***name, photograph, appearance or athletics reputation*** are not used to promote the business. Yep. That just happened. Good luck selling real estate in the age of social media.

Best practice with self-employment is to consult the school's compliance department first. When in doubt... heck, even when not in doubt it is a good practice to consult the compliance department when doing anything beyond breathing, playing ball, or studying.

Agents & Boosters § 12.3 & 13.02.15

Agents – Student Athletes lose eligibility by (1) accepting benefits from agents, or (2) agreeing to be represented by agents. Impress college coaches by communicating knowledge of this prohibition.

Boosters – These are individuals (outside the university) who support athletic programs with time and money. Avoid boosters. Boosters are not allowed to recruit high school athletes. Also, universities are liable for the actions of boosters. Impress college coaches by knowing what a booster is and why boosters must be avoided in recruiting.



Time Management § 17

In football for example, high school athletes must prepare for the college athlete's 65-Hour "work week." This includes 15 hours of class (at least 12 hours for full-time status), 30 hours of study, and 20 hours of sports per week. The NCAA allows up to 20 hours of athletic competition per week capped at 4 hours per day (with one full day off per week). Athletic Competition includes practices, games, weights, and team meetings. It does not include voluntary workouts, compliance meetings, and away-game travel time. The high school athlete who communicates a strategy for handling the 65-hour work week gains an edge with college coaches.

Recruiting & Communication Periods § 13.02.5

The calendar year includes four recruiting periods (Evaluation; Contact; Quiet; and Dead Periods). Each period dictates how, when, and where college coaches may contact high school recruits and families. It is a soul crushing journey through the absurd to read how the recruiting periods and restrictions operate but so it goes. What's important for parents and high school athletes to know is when they can expect to hear from (or be ignored by) coaches. Sometimes coaches are allowed to communicate in writing, by phone, in person, and sometimes not at all.

What we don't want is high school athletes or parents blasting college coaches for what looks like a "snub." Coaches are simply prohibited from communicating with high school athletes and families during certain periods. A non-response to an email or voice mail may not be a snub. It is the rules. There are examples of players and parents disrespecting college coaches on social media for a "snub." Don't join them. Coaches talk. And blasting college coaches is no way to win friends and influence people.

The rare high school athlete who communicates to college coaches an understanding of the above five responsibilities gains an edge in the recruiting game. A good place to start is the 30-page *College-Bound Student-Athlete Guide* @ NCAA.org.

Brian Brunkow is a lawyer and the author of *Athlete to Entrepreneur – Five Skills Future Leaders Gain Thru Youth Sports*. [Download Athlete to Entrepreneur @ Amazon.](#) ■

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WEST BESTS EAST WITH SECOND HALF RUN IN ALL-STATE GAME

July 03, 2017 at 5:00 am | By Connor Vanderweyst

MOSES LAKE — With over six months since the last meaningful prep football game coupled with temperatures in the high 80s, the 53rd annual East vs. West All-State football game was going to be about who wanted it more.

The West found another gear in the second half, scoring 19 unanswered points, en route to a 19-16 victory at Lions Field. The East had one final drive with 1:23 to play, but a fourth-and-11 pass by Kamiakin quarterback Zach Borisch fell incomplete,

“I just think they lasted longer than us,” Chiawana’s Trent Simpkins said. “They came out ready to play in the second half and we kind of laid low in the second half, but they kind of came out and punched us in the mouth.”

Simpkins’ last trip to Lions Field ended in a 50-6 blow-out victory for Chiawana in the first game of the season back on Sept. 2. Friday night, that good fortune continued for Simpkins mid-way through the second quarter.

The West faced third-and-inches from the goal line, however, Gonzaga Prep’s Taj Hoard was able to strip the ball. Hoard’s pitch took a fortuitous bounce to Simpkins who caught it in stride and scored on a 99-yard sprint for the game’s first points.

“Taj tried pitching it and I think he tried pitching it to Chase (Gilbert) from Central Valley and it just bounced off the turf and landed straight in my hands so I guess I was just in the right place at the right time,” Simpkins said. “That was nice.”

Simpkins’ score highlighted an off first half.

Neither offense could move the ball, which was to be expected with only a week’s worth of practice.

With that in mind, the Bonney Lake coaching staff elected to take a free kick when a short punt landed the East at the West’s 38-yard line. Not the craziest decision when Central Valley’s

Ryan Rehkow — the best kicker in the state — is on the roster.

Rehkow nailed a 48-yard field goal and the East led 10-0 at halftime.

The second half was all West until late in the fourth quarter.

Woodinville’s Michael Roth got the West on the scoreboard, catching an 11-yard fade with 8:09 left in the third quarter. Later, a 17-yard catch by Roth set up a three-yard rushing touchdown by Mariner’s Darius Brown.



Sean Gordon of Lake Washington and Tony Flor of O’Dea combined to sack Borisch in the end zone for a safety on the first play of the fourth quarter.

Auburn Riverside’s Andy Starkel canned A 32-yard field goal to cap the 19-0 run.

The East finally put together a drive with under six minutes to play in the fourth quarter, ending in a one-yard rushing touchdown by Camas’ Jack Colletto.

“It felt good to finally come together and actually like all of us offensive linemen actually get a push finally,” Moses Lake’s Auston Downs said. “As soon as I heard that whistle for a touchdown it felt amazing.”

The rally fell short as the East’s final drive stalled, but for Downs this week was about creating bonds with the guys he was able to meet from across Washington.

“I loved every single second with these guys,” he said.

Score by quarters

W—0	0	14	5	19
E—0	10	0	6	16

Scoring

E — Simpkins 99-yard fumble return (PAT good)

E — Rehkow 48-yard field goal

W— Roth 11-yard TD reception (PAT good)

W— Brown 3-yard TD run (PAT good)

W— Gordon/Flor safety

W— Starkel 32-yard field goal

E — Colletto 1-yard TD run (PAT blocked)

■

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“The lady, the legend...” Sue Doering



After teaching for 37 years and coaching volleyball for 39 years, Sue Doering retired from her beloved positions at Colfax High School this past June. The contributions Sue has made over her wonderful career to the community of Colfax, the sport of volleyball and the Washington State Coaches Association establishes a legacy which may be unequalled in our profession.

To merely say “thank you Sue” for all you have done for so many for so many years would be not only be woefully inadequate and perhaps border on absurd. Several of her colleagues were asked to share their thoughts and impressions of “the lady, the legend...”, Sue Doering.

“Hands down, the most successful high school volleyball coach in the history of any classification in the state of Washington. The athletes she coached at Colfax are numerous, but the lives she has touched is infinite. The world of volleyball will miss her, but her influence will be around forever.”

Tony Batinovich, Head Volleyball coach Puyallup HS, 2012 VB Coaches Hall of Fame member



“Sue Doering: the consummate coach/teacher supporter of the youth of Washington state...no one has ever gone more miles for the small schools of Washington.... someone will take her spot, but no one will ever replace her...a VB Angel!”

Bill “Alex” Alexander, former Athletic Director, Head Football Coach, Quincy HS, 2010 WSFCA Hall of Fame member (retired)

“You would never know that the Queen of Volleyball at all levels, Sue Doering, was in your presence as she is very humble. As a coach, she is the best and she gets every ounce of ability from her players every year. It has been a pleasure to work with you on the WSCA Executive Board.”

Rick Giampietri, former Head Football Coach Central Valley HS, 2001 WSFCA Hall of Fame member (retired)



continued on page 16

“The lady, the legend...” Sue Doering

continued from page 15

“To fully express my thoughts and appreciation on Sue Doering cannot be best done in a short statement or quote but needs a full speech and a very long one at that! There is no way to share how impactful that Sue has been on my career both as a coach and a board member of the WSCA. Her professionalism, balance in life, attention to detail and positive attitude are indicators why she is so respected state-wide by coaches from all sports and earns her the status of “legend.” I will miss seeing Sue on a regular basis but know I have the good fortune of her influence being with me every day!” *Nalin Sood, WIBCA Executive Director*



Ode to Sue Doering:

“Like bread and butter, salt and pepper, socks and shoes, peanut butter and jelly, one can’t think of Sue Doering without thinking of State Volleyball. They just go together, because that’s the way it’s been for so many years. Her players are volleyball technicians, who compete with a passion for the sport and a love for their coach. The Colfax community reveres here, and travels to support her and her team wherever they go. Sue is not only an awesome coach in her own right, she is inspirational, motivational, and a great supporter of all other coaches. Sue has always been giving of her precious personal time, to share what she has learned over the years with others, assisting them in becoming better coaches and all around better people. Thank you Sue, for all that you have done for all of us!”

Cindy Adsit, WIAA Assistant Executive Director



“The lady, the legend...” Sue Doering

“Sue, congratulations on your retirement. You will be missed but definitely not forgotten. How could you forget a lady who has more bling than Liberace and more championships than Michael Jordan? More important than championships is your loyalty to family seen every time your eyes lit up any time you talk about your immediate family. Your loyalty and hard work towards your volleyball family, your dedication and hard work to all sports is unequalled. Colfax and the whole state of Washington owes many thanks to our kind and loyal Sue. We wish you the best and we wish you always have that great smile.” Pat Fitterer, 2007 WIBCA Hall of Fame member.

“It has been a privilege to have worked with Sue the past several years. She was an excellent president and an outstanding board member. She will be missed!”

Ed Laulanian, 1994 WSFCA Hall of Fame member

Sue Doering’s service to the WSCA has spanned 38 years, while serving as volleyball ISA, Executive Board member, and WSCA President. Sue has been a voice of calm during her tenure on the Executive Board as she worked alongside a bunch of testosterone driven competitive male counterparts! She has always acted in the best interest of our coaching profession serving as a voice for our coaches state wide. Her lengthy coaching career gave us a valuable resource for our association. Sue was a mentor



to me and many other coaches that have served on the WSCA Executive Board or as an ISA rep. Sue, you are so loved, respected, and appreciated for who you are and all you have given. Thank you for the wonderful memories.

*Darrell Olson,
President, WSCA*

When I first met Sue, I was admittedly a little intimidated! Being a volleyball coach myself, I had heard so much over the years about the “legendary Sue Doering” and the amazing things she had done at a small school in Colfax. From the second I met her, I could tell she was the type of person that had an incredible passion for her craft and truly loved what she did. As many coaching doors open and close nowadays in our profession, it’s oftentimes difficult to find coaches like her who represent the absolute highest level of integrity, loyalty and lifetime commitment to bettering the lives of student/athletes. I feel very honored to have worked alongside her in the WSCA and will miss her mentoring and her words of wisdom. I am grateful we have women like Sue to represent coaches in our state as she sets the bar higher than anyone I have ever met. The contributions she has made to the sport of volleyball in our state are numerous and she will undoubtedly be irreplaceable!

Tawnya Brewer, Head Volleyball coach



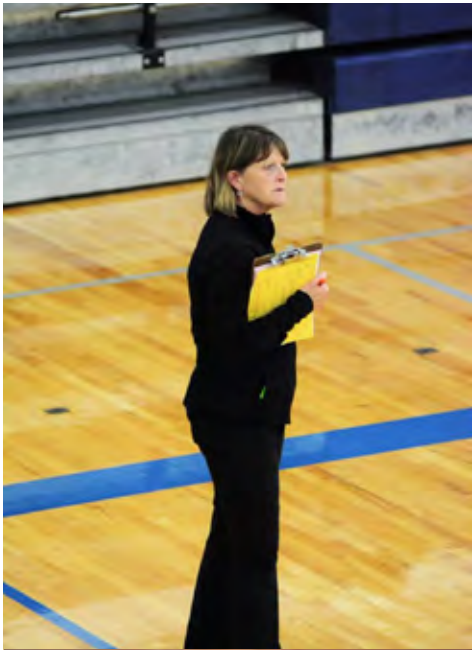
continued on page 18

“The lady, the legend...” Sue Doering

continued from page 17

“Sue embodies all the traits that as an association we would like for all coaches to adhere—honest, loyal, trustworthy, skilled in the art of coaching, caring of her athletes off the court, dedicated to the profession, and a genuinely nice person. I wish for her much happiness in her retirement. She has earned it.”

Jan Kirk, 2010 VB Coaches Hall of Fame member ■





MVP DRIVE

Create a safer, smarter, more realistic practice environment with the MVP-DRIVE, from Rogers Athletic and Mobile Virtual Player.

Like football coaches at every level of the game, Dartmouth Head Coach Buddy Teevens had grown tired of student-athletes injuring each other during football practice. Not only are injuries detrimental to student-athletes on and off the field, but they slow a team's overall progress.

Teevens reacted swiftly by banning live tackling in practices between players. Instead of tackling drills, he introduced the MVP-DRIVE - from Rogers Athletic and Mobile Virtual Player - as a method for student-athletes to participate in tackling drills without potentially injuring each other.

The MVP-DRIVE is the world's first - and only - motorized, self-righting, mobile training dummy. It is controlled with a fairly standard RC-type controller and stands about average player height. But here's the game-changer. The MVP-DRIVE can move. Its forward and backward acceleration, its lateral quickness, and its change of direction abilities leave coaches wide-eyed upon first seeing the MVP-DRIVE in action.

"Everybody in the football community is concerned about the potential for injury, and everyone wants fewer injuries," says John Currier, CEO of Mobile Virtual Player. "The MVP-DRIVE gives you a device that changes the way you teach and practice the game, but you take away, in large part, teammates hitting teammates in practice."

The MVP-DRIVE is also a very powerful way to eliminate repetitive, sub-concussive hits during practice that happen during the normal process of training.

"When you see the MVP-DRIVE moving around, under the control of coaches, it allows you to see it as a device that replicates not only what you might see from an opponent, but it mirrors the tackling process," he says. "They are hitting something padded, but it can definitely move and evade an athlete with no warning, just like an opponent. There are big dimensional changes you see by moving from a static dummy to the MVP-DRIVE. It broadly expands all of the things you can do in practice without running the legs off your players and subjecting them to unnecessary risk."

MORE THAN JUST TACKLING

While the MVP-DRIVE excels in the tackling arena, it has many more virtues than those belonging to a standard tackling dummy.

"The MVP-DRIVE is a great quarterback for line drills," says Currier. "You can move the pocket and you're not putting your valuable quarterback at risk. The MVP-DRIVE is a great quarterback during OL vs. DL drills."

That's not all. When running drills for linebackers and defensive backs, coaches can bring the MVP-DRIVE out of the backfield and have the defenders react to the position and direction of the MVP-DRIVE. They don't need to tackle the mobile dummy, but it helps them set up pursuit angles depending upon the route the MVP-DRIVE runs out of the backfield.

"It allows athletes to practice things they might otherwise have trouble practicing," says Ryan McManus, Director of Marketing for Mobile Virtual Player. "For example, if you have two MVP-DRIVES running vertical routes, and a defensive back splitting the difference in coverage, then the defender can make a real-time decision about breaking on the ball to intercept it or finishing with a tackle. You can't do that against your own receivers because coaches need those guys healthy on game day. You can also practice cut blocking on the MVP-DRIVE because it's softer than a player and it keeps defenders healthy as well."

Today, coaches and student-athletes can step into the future of football and join teams like the Pittsburgh Steelers, Oakland Raiders, Dallas Cowboys, San Francisco 49ers, University of Notre Dame, University of West Virginia, Dartmouth and more.

FOR MORE INFORMATION ABOUT THE MVP-DRIVE, VISIT [HTTP://DRIVE.ROGERSATHLETIC.COM](http://drive.rogersathletic.com) OR CALL (800) 457-5337.

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Clinic Schedule

FRIDAY, OCT. 13

- 12:00-1:00 Registration and Visit Exhibits
- 12:50-1:00 Roger DeBoer (Cloud 9 Sports) Introduces Sponsors
- 1:00-1:50 Brue Seibol: Sunnyside HS new coach 16 year head coach with 219 wins
TOPIC: How to Meet the Challenges of Being an "Out of Building Coach"
- 2:00-2:10 Sponsor Demonstration
- 2:10-3:00 Andy Allholder: Granger HS 19 year head coach in boys and girls basketball with 383 wins and 14 trips to state
TOPIC: Keeping it Simple, Granger Spartan Denier/Helper Defensive Scheme
- 3:10-3:20 Sponsor Demonstration
- 3:20-4:10 Nalin Sood: Mountlake Terrace head coach for 17 years/255 Wins/Executive Director of WIBCA/President of National High School Basketball Coaches Association.
TOPIC: Organizational and Management of Time with Team and Coaches-Player Evaluation and Assessment
- 4:20-4:30 Sponsor Demonstration
- 4:30-5:20 Bill Bakamus: Mark Morris HS with 34 years as a head coach. Top 6 winningest coaches in the history of the State of Washington.
TOPIC: "What You Hear is What You Get"
- Dinner
- 6:40-7:30 Donald and Slick Watts: Slick was point Guard of the SEATTLE SUPER SONICS and spent 8 years in the NBA. Donald played in the WIBCA All-State game then went onto an outstanding career at University of Washington/Donald was named to the UW Icon team
TOPIC: The Power of Player Development
- 7:40-8:30 Donald Watts
TOPIC: Seven Principles of Mental Toughness
- 8:40 Greater Yakima Valley Sports Commission Social



SATURDAY, OCT. 14

- 8:30 -8:50 Coffee and Cinnamon Knots/Registration and visit Exhibits
- 8:50-9:00 Sponsor Demonstration
- 9:00-9:50 Jim Redmond: Coach at Lewis and Clark of Spokane. A four time State Championship coach with 364 wins as the Head Coach of the Girls and now Boys program.
TOPIC: "PRACTICE" Perfecting Your Practice/How to Practice and Practice Effectively
- 10:00-10:50 Matt Airy: Helped Whitman College to a 31-1 record and played in the NCAA 3 semifinal Nation tournament game. 9 years of college coaching and known for his outstanding work with the big men.
TOPIC: Offensive Spacing Concepts
- 11:00-11:50 Matt Airy
TOPIC: Post Player Development
- 12:00-1:50 WIBCA WORKING LUNCH Biannual meeting
- 2:00-2:50 Tommy Lloyd: 16 years at Gonzaga University and reached the NCAA tournament every year with a trip to the National Championship game this year. Coach Lloyd is responsible for bringing the high quality International players to Gonzaga and has mentored 13 All-Americans.
TOPIC: Building a modern day Defense
- 3:00-3:50 Tommy Lloyd
TOPIC: Offensive Spacing Scenarios
- 4:00-4:50 Tony Dominguez: GNAC coach of the year leading Western Washington University to another championship. 23 years at WWU. 6th year as head coach with 112-43 record. Reached the NCAA Division I West Regional this year and in 2013 Division II Final Four.
TOPIC: Western Washington University Mental Game
- 5:00-5:50 Tony Dominguez
TOPIC: Western Washington University Offensive Style and Philosophy
- 6:00-8:00 BORTON FRUIT PASTA DINNER
- 8:00-? Joe Harris (WIBCA Hall of fame) Horse Races

CLINIC COMMENTS

- "Great clinic, well put together & consistently served the purpose of making coaches better"*
- "My favorite off season weekend of the year"*
- "I have been to a lot of basketball clinics in the last 20 years. And this is the best one I have been to. I love the mix of high school and small college coaches"*
- "Well organized, we make it a must for our staff"*
- "Best clinic ever, don't change it"*
- "The WIBCA clinic was an extremely valuable use of my weekend & I'm very glad I attended"*
- "Love it!! Thanks you so much for the experience"*
- "This year's clinic was very informative and engaging. WIBCA always puts on a great clinic"*

SUNDAY, OCT. 15

- 8:30-9:00 Coffee and Cinnamon Knots/Registration and visit Exhibits
- 9:00-9:50 Dan Taylor (King's high school 11 year head coach/6 state trophies/2015 State Champions
TOPIC: The Self-Correct Shooting System: Pro Shot Shooting System and Game Like Footwork Drills
- 10:00-10:50 Grant Leep: Seattle Pacific University/8 years with 20+ winning seasons. Grant was a well decorated four year letterman for UW after an outstanding HS career at Mount Vernon. Currently in his 15 year of college coaching.
TOPIC: Baseline Offense Package and How to Defend Opponents Baseline Plays
- 11:00-11:50 Grant Leep
TOPIC: Ball Screen Defense

FEATURING Donald & Slick Watts



Fueling Back to School...Eating for Athletes

Easy as 1... 2... 3

by Emily Edison, Momentum Nutrition, Seattle
Sports Dietitian

When most people think of fall, they think of brightly colored leaves and pumpkin pie but at Momentum Nutrition we think of FALL SPORTS! And with fall sports comes fueling up our young athletes. This easy to follow, three step plan will help get your athletes ready for play!

STEP ONE: FUEL UP FIRST

Before heading out on a long road trip, what is the first thing you do? Put gas in the car- and fill 'er up to the top. Feed your body a power packed breakfast. Think eggs, toast, whole or 2% milk and fruit OR oatmeal (with peanut butter and banana) and whole milk yogurt.

Why whole milk? When considering whether to buy whole milk versus skim, consider the additional energy and fat in whole milk to be a bonus to the athletes' diet (without spending any more money). Morning is an opportunity for athletes to fill their tank, without risking digestive upset sometimes caused by eating too close to practice. Consuming extra energy and nutrients in whole milk, aids in a complete fill-up of the tank and provides satiety, brain developing fat and an energy boost for school.

"Not enough time to eat" you say? We have the solution for you! How about microwaving eggs, or pre-making your oatmeal? Places like Pinterest have tons of quick, easy tank fueling ideas.

STEP TWO: PACK SNACKS

Fuel up every few hours. After breakfast have another meal or snack within about 3 hours. Bring trail mix, energy bars, hard boiled eggs or banana and PB on a tortilla to eat between or in class. Then after lunch have an easy to digest snack just before practice. Granola bars, yogurt

(freeze and bring along), cheese sticks with fruit, or even a protein shake all digest quickly.

Having protein, like dairy, eggs, or meat in each snack helps your body maintain and repair muscle tissue. Maintaining fuel levels throughout your day by eating frequently helps your body conserve high energy carbohydrates for those long grueling practices. Fueling frequently also helps maintain muscle, crucial to high level play.

STEP THREE: WORKOUT NOT COMPLETE UNTIL YOU EAT

Eating or drinking the right fuel within 30 minutes of practice will help you body refuel and restore to help you be ready for the next day. Drinking chocolate milk, a whey based protein shake (with carbohydrates) or yogurt smoothie are all great liquid options. A turkey sandwich, 20 gram protein/energy bar, or hard boiled eggs and fruit work as well.

Water in addition to your fuel choice helps replenish the body with the fluids needed to complete repairing and rebuilding processes. Use sport drink if practice has been in excessive heat or your body is prone to high levels of sweating.

When playing any fall sport, it important to eat, drink, snack and repeat throughout your day. Your performance on the field and in the classroom depends on it. This 1...2...3...program will get you on your way to success this season!

Emily Edison is a Sports Dietitian/Nutritionist in the Seattle area with over 20 years of experience working with athletes. She can be reached at Emily@momentum4health.com.

how to Fuel Your Game

back to school edition

Step 1: grains and protein energy + muscle building

turkey + cheese sandwich	peanut butter + jelly
chicken + cheese quesadilla	leftover chicken + rice
hummus + pita	pasta + chicken salad
beans + rice	greek yogurt + granola

Step 2: fruit energy + vitamins

apple	grapes	applesauce	blueberries
pear	gogo-squeez	strawberries	fruit leather

Step 3: veggies vitamins + minerals + fiber

carrots	cucumber	snow peas
salad	broccoli	zucchini

Step 4: snacks extra energy for sport + school

yogurt	string cheese	trail mix
clif bar	granola bar	fig neutons

Step 5: hydrate performance enhancing

water	milk box (post workout)
sport drink	juice box

www.momentum4health.com | fueling life ■



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- Contact Hotel by: calling 1-844-733-1389, and request group name: Washington Coaches Association Rate of \$97+tax
- OR use the e-booking link found on the Mid-Winter Clinic registration page on the WSCA website
- Complimentary hot breakfast buffet is included with your room reservation ■



S P O R T S

These are the coaches you need on your staff!

Do you have questions, concerns or thoughts about the sport you coach? Do you have ideas about how the game or contest could be improved, rule changes or practice regulations? Below are listed the Individual Sport Association representatives to the WSCA and their contact information. Please consider reaching out to your sport representative and share your ideas. We are stronger working together!

Sport Associations Board Representatives

Athletic Trainers	Lorrie Howe	Eastmont	howel@eastmont206.org
Baseball	Jesse Benedetti	East Valley (Yakima)	benedetti.jesse@evsd90.org
Basketball - Boys	Nalin Sood	Mountlake Terrace	Soodn@edmonds.wednet.edu
Basketball - Girls	Dan Taylor	King's	knights.in.gods.armor@gmail.com
Cheerleading	OPEN		
Cross Country	Joe Clark	Lakes	jclark@cloverpark.k12.wa.us
Football	Adam Fisher	East Valley (Spokane)	fishera@evsd.org
Golf	Andrew Hershey	Shorewood	andrew.hershey@shorelineschools.org
Gymnastics	Ryan Fleisher	Issaquah	issygymnastics@yahoo.com
Soccer	Aaron Radford	Kentwood	aradsoccer@comcast.net
Softball/Fastpitch	Tom Harmon	Nooksack Valley	tom.harmon@nv.k12.wa.us
Tennis	Brooks Hazen	Puyallup	bfhazen@puyallup.k12.wa.us
Track & Field	Dawn Geiser	Skyline	GeiserD@issaquah.wednet.edu
Volleyball	Tawnya Brewer	Burlington-Edison	tbrewer@be.wednet.edu
Wrestling	Brett Lucas	Todd Beamer	blucas@fwps.org ■



Burnett-Ennis 2017 Scholarship Recipients



*A.J. Sanchez and dad Tom,
mom Jackie*



*Alexandra Morrison and dad
Dwaine*



*Andrew Burggraff and dad
Tom*



Annie Kelly and dad Tim



*Cassidy McQuiston and
mom Karen*



*Emma Vandine and dad
Mark*



Ian Kurle and dad Eric



Kason Koski and dad Jason



*Kathryn Anderson and dad
Aaron*



Lizzy Jessett and dad Marty



Logan Stapleton and dad Tony



Loran Goninan and mom Teresa



Max Gilbert and dad Todd



Mykah McMillan and dad Greg (left) and grandfather Jack (right)



Seth Bridge and dad Todd

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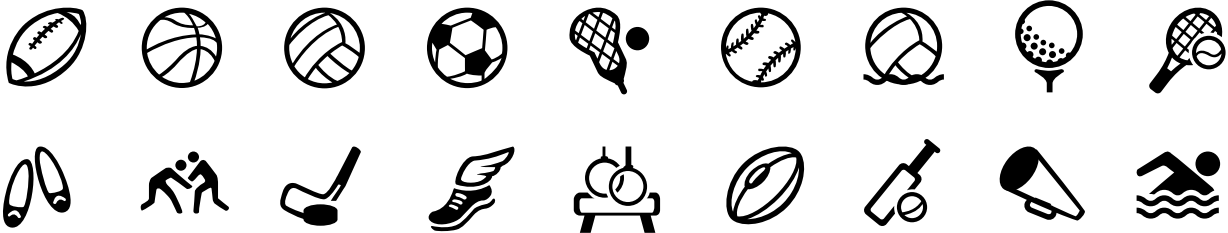
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2017 WSGBCA Hall of Fame

The Washington State Girls Basketball Coaches Association selected five members to their Hall of Fame at King's High School in Seattle on Friday, March 17th.



Jim Stinson, Davenport
Chris Gibson, White River
Jim Greene, Reardan/Pomeroy
Marda McClenny, Walla Walla
Charlotte Wirth, Walla Walla



DEADLINE

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*



DOES “FATIGUE MAKE COWARDS OF US ALL” OR WAS VINCE LOMBARDI WRONG ON THIS ONE?

by Danny M. O’Dell, Explosivelyfit Strength Training, LLC

The protective governor in our body

As a youngster growing up in Michigan one of my favorite chores was to mow the yard with our Lawn-boy mower. I started mowing when I was about eight years old and one of the things I learned was if the motor ran faster, it cut the weeds quicker.

One day while mowing, I noticed a small spring attached to a little flat metal piece that moved. I also noticed that when it moved in one direction the mower sped up.

It wasn’t long after discovering this that I attached a string to it. Pulling on the string made the mower run faster and this meant I could cut the weeds faster. Soon after attaching this string and using it, I saw my dad coming out of the house.

He came over, tapped me on the shoulder, and then told me to turn the mower off. He looked at the string and then explained that little lever was there to protect the engine from revving up too high and destroying itself. He called it the governor and said that if I continued to use it on high power it was going to break and then I would get to use the push mower.

After telling me this he went back inside leaving me to decide how often I was going to use it. I was certainly more careful after that because I didn’t want to use the old push mower.

He was a wise man.

By now you’re probably thinking what has this to do with the subject of fatigue.

Well let me take a moment and make a quick comparison; just as a mechanical apparatus needs some sort of control, so does your body and therein lays the crux of this article.

In 1915, A. Mosso¹, an early pioneer in the study of fatigue said that fatigue “at first sight might appear an imperfection of our body, is on the contrary one of its most marvelous perfections. The fatigue increasing more rapidly than the amount of work done saves us from the injury which lesser sensibility would involve for the organism” so that “muscular fatigue also is at bottom an exhaustion of the nervous system.”

He said fatigue originated from two sources:

1. Fatigue came from the nervous system specifically the will of the individual (he was the first to propose the idea that nervous system fatigue was the genesis of physical and mental exhaustion.
2. The chemical forces in the body transformed into achieving the work to be accomplished. Both of which have been somewhat verified in later years by modern exercise scientists.

Mosso, while expanding his

thoughts was prescient when he added two additional intuitive observations, that during fatigue muscular force is reduced and fatigue is a sensation. There is a lot of wisdom in his words.

The other leading figure in the study of fatigue during these early years was a man named A.V. Hill².

A.V.Hill believed that fatigue resulted from biochemical changes in the muscles and that the central nervous system played no part in managing fatigue.

Hill interpreted the outcomes of his experiments to mean that:

1. Lactic acid produced by the active muscles resulted only from them being in a state of anaerobiosis³
2. and that fatigue in the muscles was caused by an increase in lactate⁴ concentrations

Hills’ hypothesis, subsequently taken as fact for many years following his experiments, stated the heart and the heart alone was the final determining factor in the physical limitations caused by fatigue. This was due specifically to a point at which the heart muscle limited cardiac output to the muscles, thereby causing them to shut down.

He did, however, mention a governor in this document “The complete A. V. Hill Cardiovascular/Anaerobic/Catastrophic Model of Human

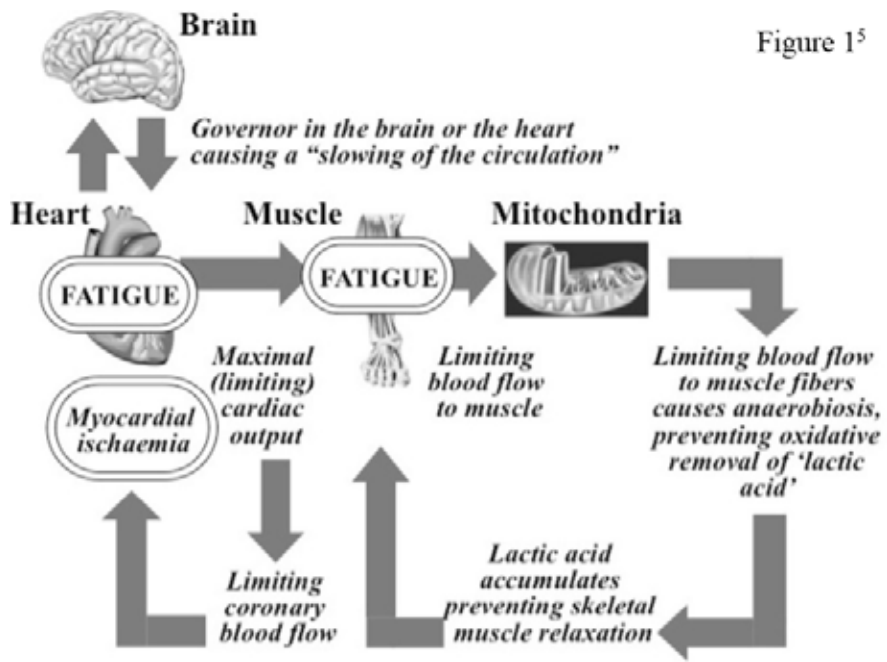


Figure 1⁵

concerning very close races, are not won by the physical attributes of the runners but by their feelings of where they will place in the race during the final stage of the race. Once these runners acknowledge their finishing positions, the race is over. One will win while the rest decide where they will place.

Noakes adds that this outcome, based on his central governor model, is strongly influenced by the runners' fatigue sensations, which if you recall, is entirely made up by internally based feedback into the brain. Each of these feedback messages is individual to the runner. Therefore, the runner who is able to filter and perhaps disregard these distorted fatigue messages will be the winner.

Coach Lombardi may have had part of it right but he was headed in the wrong direction. Instead of saying "fatigue makes cowards of us all", he should have said cowardice intensifies fatigue perceptions. But then again, who would have remembered such a convoluted quote...you're right. No one.

More on this subject in the next issue of *The Washington Coach* magazine

(Footnotes)

¹ <http://advan.physiology.org/content/30/2/51.long#sec-1>

² <http://jap.physiology.org/content/93/5/1567>

³ anaerobiosis /an-aer-o-bi-o-sis/ (an3ah-ro3bi-o'sis) metabolic processes occurring in the absence of molecular oxygen.

⁴ **Lactic acid** is produced during intense levels of exercise when the oxygen demands of the muscle fibers increase beyond what the blood is capable of delivering. To produce the energy needed, the body begins another process, which works in the absence of oxygen.

⁵ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3323922/figure/F1/> ■

Exercise Performance.” Here at <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3323922/bin/fphys-03-00082-g001.jpg>

Sometime, during the 1930s, and after this chart was developed (in 1924); the governor was removed from the circuit only to reappear later on in the research of fatigue by other scientists.

All that aside, it has taken us over a century of study to rediscover what to Mosso was obvious; both the brain and skeletal muscles contribute to the phenomenon of fatigue.

This factor alone, the single reason for fatigue, makes Hills premises suspect (if you leave out the governor portion). This leaves no room for motivation, internal drive, desire, and the will to win in Hills fatigue model.

If Hill had pursued the governor portion of his thought processes he too may have been on the right track. Instead he attributed fatigue to the inability of the heart to keep up with the muscles demands. Later on, Hills short lived governor idea found new support.

Therefore, modern exercise research scientists have rejected Hills catastrophic explanation of fatigue where the heart simply shuts down the blood supply to the muscles and they stop working.

We know that even if an athlete is fatigued, their body still maintains the body's cells homeostasis regardless of the degree of fatigue. In fact, fatigue develops well before all of the primary working muscle cells have been recruited.

According to research conducted in 2004, and 2006 by various scientists, there is only about 35% to 50% of the active muscle mass recruited during extended exercise bouts. In 1997 and 2008 research found that even during maximal exercise sessions, the recruitment of muscle fibers increased to about 60%, leaving a large reserve of untapped muscle fibers.

Summary:

Timothy Noakes, MD., sums it up by saying, in my words, the winners and losers already know where they will finish the race. His hypothesis

WSSCA All-State 2017 Spring Soccer Teams (Boys 4A, 3A, 2A, 1A)

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

Class 4A

MVP – Luke Gregg – Todd Beamer
Coach of the Year – Joel Lindberg – Todd Beamer

First Team

Forwards Jesus Meraz-Rodriguez, Sr. Pasco; Erik De Anda, Sr. Auburn Mountainview; Kyle Casey, Sr. Bellarmine Prep; Luis Navarrete, Jr. Wenatchee

Midfielders JJ Allen, Jr. Todd Beamer; Charlie Wilcox, Sr. Tahoma; R.J. Stretch, Jr. Central Valley; Danny Wing, Sr. Camas

Defenders Ivan Esmeral, Sr. Skyline; Luke Gregg, Sr. Todd Beamer; Matt Springer, Sr. Wenatchee; Noah Whitman, Sr. Central Valley

Goal Keeper Lucas Richardson, Jr. Skyline

Second Team

Forwards Bakary Sey, Jr. Eastlake; Briskans Shibale, Sr. Mt. Rainier; Ethan Carlson, Jr. Puyallup; Jake Levine, Sr. Central Valley

Midfielders Stephen Murray, Sr. Sumner; David Uribe, Sr. Pasco; Brayan Torres, Sr. Puyallup; Edwin Aquino, Soph. Pasco; Keegan Rubio, Jr. Glacier Peak



Defenders Brandon Palmateer, Sr. Battle Ground; Jason Kim, Sr. Kamiak; Camron Miller, Sr. Glacier Peak; Tommy Martin, Sr. Bellarmine Prep

Goal Keeper Brandon Wolter, Sr. Union

Honorable Mention

Forwards Grant Larson, Jr. South Kitsap; Max Basarab, Sr. Heritage; Angel Trejo-Delgado, Sr. Decatur; Bakary Dibba, Sr. Mariner

Midfielders Manav Gill, Jr. Kentwood; Mason Rudolph, Sr. Kentwood; Austin Staffor, Sr. Todd Beamer; Alex Whiting, Sr. Curtis

Defenders Sergio Avalos, Sr. Pasco; Matt Barden, Sr. Kentwood; Dominic Fewel, Jr. Camas; Kendrick Lu, Sr. Skyline; Nathan Steele, Sr. Skyline

Goal Keeper Matteo Delduidice, Sr. Olympia

Class 3A

MVP – Jason Fairhurst – Snohomish
Coach of the Year – Gary Hunter – Roosevelt

First Team

Forwards Alex Bradbury, Sr. Central Kitsap; Isaiah Arechiga, Sr. Kamiakin; Ryley Johnson, Sr. Lynnwood; Logan Stapleton, Sr. Snohomish

Midfielders Jason Fairhurst, Sr. Snohomish; Lucas Meek, Sr. Mercer Island; Tyler Hughes, Sr. Squalicum; Mason Haubrich, Sr. Peninsula

Defenders Andrew Scrimsher, Sr. Kamiakin; Reis Kissel, Jr. Mercer Island; Rowan Calvert, Roosevelt; Kendall Burks, Jr. Stadium; Jason Cortes, Jr. Kennewick

Goal Keeper Jacob Castro, Jr. Spanaway Lake

WSSCA All-State 2017 Spring Soccer Teams (Boys 4A, 3A, 2A, 1A)

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

Second Team

<u>Forwards</u>	Eddie Castillo, Jr. Kennewick; Dane Evanger, Sr. Lynnwood; Edgar Iniguez, Sr. Lake Washington; Chase Alire, Sr. Gig Harbor
<u>Midfielders</u>	Johnny Swann, O'Dea; JJ Mitchell, Sr. Oak Harbor; Hunter Bauman, Jr. Mercer Island; Paul Wadsworth, Sr. Stadium
<u>Defenders</u>	Jack Sluys, Sr. Gig Harbor; Carter Stephens, Sr. Central Kitsap; Hayden Barnovw, Roosevelt
<u>Goal Keeper</u>	Erik James, Sr. Marysville-Getchell

Honorable Mention

<u>Forwards</u>	Banks Telkamp, O'Dea; Nestor Rodriguez, Sr. Mt. Tahoma; Logan Barker, Sr. Stadium; Owen Gortner, Jr. Interlake
<u>Midfielders</u>	David Ramirez, Sr. Southridge; Chase Tovey, Sr. Gig Harbor; Devon Castro, Sr. Spanaway Lake; Baptiste Debuire, Sr. Lake Washington; Avery Jacobson, Roosevelt
<u>Defenders</u>	Darrian Rivers, Sr. Spanaway Lake; Casey Brine, Jr. Lake Washington; Benjamin Graner, Jr. Marysville-Getchell
<u>Goal Keeper</u>	Jamison Gunhus, Sr. Lake Washington

Class 2A

MVP – Matt Williams – Archbishop Murphy
Coach of the Year – Todd Morrow – East Valley Yakima

First Team

<u>Forwards</u>	Matt Williams, Sr. Archbishop Murphy; Paul Cuevas, Sr. East Valley Yakima; Nick Parris, Sr. Lynden;
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Midfielders

Borislav Stoyanov, Jr. Mountlake Terrace; Habib Barry, Sr. Tyee Sam Johnson, Jr. Archbishop Murphy; Cesar Corona, Sr. Aberdeen; Devonte Gorman, Sr. East Valley Spokane; Keegan Boyd, St. Steilacoom

Defenders

Diego Rios, Sr. Archbishop Murphy; Robby Lewis, Sr. Aberdeen; Ryan Henderson, Jr. Archbishop Murphy; Sammy Polevoy, sr. Mountlake Terrace

Goal Keeper

Noah Carver, Jr. Franklin Pierce

Second Team

Forwards

Alex Kirtsov, Sr. Lindbergh; Cristobal Cervantes, Jr. Toppenish; Miguel Torres, Sr. Aberdeen; Jake Connop, Fr. Columbia River

Midfielders

Gilbert De La Luz, Jr. Franklin Pierce; Chase Bolin, Sr. Cedarcrest; Deondre Sluys, Sr. North Kitsap; Zach Bowsky, Jr. East Valley Spokane

Defenders

Angel Sanchez, Jr. Toppenish; Fabian Kirby, Soph. East Valley Yakima; Kody Boles, Sr. Kingston; Joseph Gresch, Jr. East Valley Spokane

Goal Keeper

Chris Kirby Sr. East Valley Yakima and Jordan Thompson, Sr. North Kitsap

Continued on page 34

WSSCA All-State 2017 Spring Soccer Teams (Boys 4A, 3A, 2A, 1A)

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

Honorable Mention

Forwards Jensen Crisler, Sr. Archbishop Murphy; Jed Byers, Jr. Pullman; Danny Fazio, Jr. Sehome; Theodore Baiye, Soph. Clarkston

Midfielders Peter Sustad, Sr. Kingston; Kelby Holland, Sr. Cheney; Brady Vermik, Sr. Kingston; Juan Soto, Sr. East Valley Yakima; Joel Ramos, Sr. Lindbergh

Defenders Jared Holstad, Jr. Pullman; Gauoussou Doucoure, Sr. Tyee; Dylan Reed, Sr. Bremerton; Miguel Salcedo, Jr. Highline

Goal Keeper Joeseoph Worley, Sr. Bellingham

Class 1A

MVP – Eamon Stein – Bush
Coach of the Year – Bob Bristol– Overlake

First Team

Forwards – Alberto Cisneros, Sr. Colville; Nick Iregui, Sr. Charles Wright; Emmanuel Hidalgo, Sr. Wahluke; Gustavo Barragan, Toledo-Winlock United.

Midfielders Eamon Stein, Sr. Bush; Rafa Barajas, Sr. Chelan; Michael Rojas, Jr. Royal; Jacob Sargent; Sr. Klahowya; Jose Serna, Sr. Highland

Defenders David Van Vleck, Sr. Toledo-Winlock United; Bryce Goldman, Sr. Overlake; Alonso Perez, Sr. Wahluke; Hugo Caplow, Sr. Bush

Goal Keeper Ulysses Gonzalez, Sr. Wahluke

Second Team

Forwards Felix Nava, Brewster; Tom Fahlman, Sr. Bush; Arturo Avila, Fr. Cascade (Leavenworth); Jonathan Van Vleck, Sr. Toledo-Winlock United

Midfielders Alex Martin, Fr. Overlake; Brevin Lacy, Sr. Overlake; Billy Chissoe, Jr. Charles Wright; Brian Sanchez, Jr. Cascade (Leavenworth)

Defenders Nathan Cunningham, Sr. Overlake; Riccardo Marangon, Montesano; Luis Ramos, Sr. Connell; Abel Dominguez, Sr. Royal

Goal Keeper Alan Contreras, Soph. Toledo-Winlock United

Honorable Mention

Forwards Tony Espindola, Jr. Wahluke; Benjamin Paniagua, Sr. Highland; Jack Cooper, Sr. Klahowya; Alexis Ayuso, Sr. Connell; Edgar Najera, Brewster

Midfielders Andreas Malunat, Soph. Toledo-Winlock United; Derek Carpenter, Jr. Klahowya; Adam Reid, Jr. University Prep; Ty Maider, Jr. University Prep

Defenders Mark Kharchenko, Sr. Colville; Alexis Tovar, Sr. Cascade (Leavenworth); Rodrigo Gomez, Brewster; Bradley Poerio, Sr. Seattle Christian

Goal Keeper Ethan Mayer, Sr. Charles Wright and Jose Mendoza, Jr. Cascade (Leavenworth)





Lynnwood High School track coach retires after 46 seasons

CAMERON VAN TIL Thursday Jun 29th, 2017 3:00pm

BOTHELL — Duane Lewis was never shy about approaching students in the hallways of Lynnwood High School and encouraging them to join the track and field team.

A masterful promoter of his program, the longtime Royals head coach used his charismatic persona to help build Lynnwood into a track and field powerhouse.

That trait also allowed him to forge lifelong bonds and touch countless lives.

Lewis, the only track and field head coach in school history, retired last month after 46 seasons at the helm.

Hammons retires after 25 years as Snohomish baseball coach

CAMERON VAN TIL Fri Jul 7th, 2017 10:31pm

SNOHOMISH — Three years ago, Kim Hammons thought he was ready to call it a career.

So the longtime Snohomish High School baseball coach wrote his letter of resignation and headed to athletic director Mark Perry's office. Yet when he arrived, Hammons couldn't bring himself to take the final few steps.

"I went to go through the door and I couldn't," Hammons said. "I couldn't do it. So I took a couple steps back and said, 'OK, I can do this.' I went up to the door again and, nope, couldn't go through. I left (and thought), 'Well, looks like I'm coaching another year.'" Hammons ended up sticking around for several more years. But now, after 25 seasons as head coach at his alma mater, the longtime Panthers skipper is retiring.



Editors note: These entire articles may be found at www.heraldnet.com

2017 WIBCA HALL OF FAME

The Washington Interscholastic Basketball Coaches Association Hall Of Fame Banquet was held Tuesday, July 18th at the Tacoma Elks Club. The first annual Pat Fitterer “You Gotta Love It” award was presented to Tim Gaebe who just retired at Shadle Park High School. Tim coached basketball for 38 years starting at Kamiakin High School for one year, moved to Othello to coach for three years and then moved to Shadle Park of Spokane. Tim was the junior varsity coach for 18 years and the stepped into the head coach position for the next 15 years winning 208 games and qualifying for the state tournament 8 of his last 10 years.

Superintendent Glenn Johnson and Superintendent Kevin Mc-Kay of Sunnyside received the Ed Pepple Service award for their work insurveying the superintendents statewide to understand the schools feelings about the 16 team state basketball tournament. The 81% of superintendents that favored a return to a 16-team tournament called the WIAA’s bluff regarding satisfaction in the 8-team tournament. WIAA could not discount or ignore these overwhelming findings and the immediate result of their work included changing the 8-team to a 12-team tournament that added 48 additional teams and 576 players. WIBCA is still pushing to get the 16-team for 576 more

players so these players and communities can build great memories. These great memories lead many to serve as coaches, teachers or even school superintendents.

Denny Gowen received the Assistant Coaches Award after 38 years of service at Desales, Onalaska, Rosalia, Liberty (Spangle) and Rainier. Three head coaches were inducted into the WIBCA Hall of Fame: Eric Swanson of Toutle Lake, 453 wins during his 26 year tenure; Pat Mullen of Emerald Ridge and Bethel high schools winning 334 (and counting) games in 21 years; Mel Ninnis of Clover Park (Timberline) after 33 years at Clover Park and 22 as the head coach, Mel will retire after the 2018 season. His teams have won 356 games.



*Top Row: Pat Fitterer, Tim Kelly, Joe Harris, Gary Wusterbarth, Dave Dickson, Lee Sinnes, Mike Mullen, Bill Bakamus, Bill Hawk, Ray Cresap, Charlie Cobb
Seated: Kevin McKay (Ed Pepple Award), Denny Gowen, Eric Swanson, Pat Mullen, Mel Ninnis, Tim Gaebe (Pat Fitterer Award)*

NOMINATION FORM

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The WSCA needs your help! If you know a current member of the WSCA who deserves recognition for his/her contributions to coaching, please log on to www.washcoach.net and fill out the On The Sideline form under General Forms. Your nominee will then be contacted to obtain additional information.



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