

THE WASHINGTON COACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



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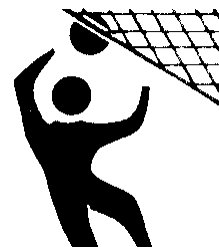
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Do you have photos you want to submit for our cover?
 Send to wscs-editor@comcast.net

Presidents Message

Darrell Olson

February 2015



Fellow WSCA Members,

The Winter sports season is winding down and the spring sports season is getting geared up as we head into the stretch run of the school year.

This time of the winter sports season, we tend to think about the upcoming state tournaments. One of the major benefits to membership in the WSCA is the use of your membership card as a 'pass' into ALL state tournament events. This 'membership perk' came as a result of many hours of dialogue between the WSCA Executive Board and the WIAA. The WIAA recognizes the importance of our professional organization and validates the important position that coaches have in the education community. **Do not abuse this privilege. Your card IS NOT transferable.** It is your card to use and yours alone. All coaches can do our Executive Secretary, Jerry Parrish, a huge favor by registering your membership early and paying your dues in a timely manner so as to avoid the last minute rush that, unfortunately, happens a few days before a state tournament, with coaches calling and wanting their cards yesterday. It won't happen! Plan ahead so Jerry can get you your card before the state tournaments begin.

With each spring comes the annual WIAA Amendment process. Each year WIAA passes a variety of amendments that can directly impact your specific sport and athletic programs. Be informed on what amendments are up for a vote. Ask your athletic director or principal for a copy of the proposed amendments that are up for a vote at the WIAA Rep Assembly in the spring.

The WIAA Spring sports rules clinics deadline is March 22. This is a requirement from the WIAA that each spring sport head coach complete the short sports specific rules clinic. I know this can be a pain in the neck because we think we know all the rules of our sport and because we don't have the time. You may be a little humbled while taking the test at the number of rules you don't know in your sport. Be professional about it and get it done before March 22.

As an active member of the WSCA, I encourage to you promote the WSCA to your coaching colleagues that are not members. Our membership continues to grow and grow. Coaches are finding that when you add up all the benefits of membership, it is well worth the \$40 nominal membership dues.

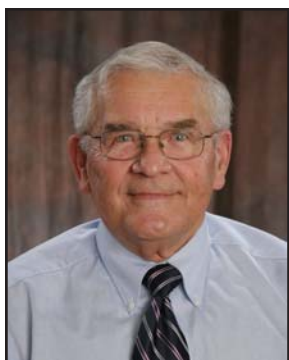
I encourage all WSCA coaches to get involved in your association and get off the sidelines. Make a contribution to your 'sport specific' professional organization this year. Contact your sport Individual Sport Association (ISA) rep and ask how you can help.

The WSCA Executive Board is made up of a strong group of coaches with extensive coaching experience and a wide variety of coaching backgrounds. They serve as advocates for all middle school and high school athletic programs and support all coaches working with our young athletes. If you have an idea you'd like to share with us, contact one of the board members listed in the front part of the magazine.

Good luck with your spring sports seasons. All spring sport coaches look forward to the beauty and variety of spring weather in the Northwest!!

Keep the head down,

Darrell Olson, President



From The Sidelines

by Jerry Parrish

I am beginning a new challenge and it is challenging. Instead of using email as one of the main vehicles to communicate with our over 3100 members, WSCA is going to work to implement "remind.com" for communication to the group. Many schools, perhaps yours might be one of the schools that use this system. WSCA is hoping to have this up and running before the end of this school year. One piece of information that will be needed is all coaches submit their cell phone on your application. So when all enroll for 2015-2016 year we will be asking for your cell number and this will be first big step in building a better communication tree. The other adjustment to our online registration is no schools will be listed on the application form. You will need to type in your own school. And this means there will not be delay in completing registration. Please send me your thoughts on this plan to communicate with you.

TERRY ENNIS SCHOLARSHIP

This Scholarship is awarded to an outstanding senior football player who represents the finest qualities of integrity, academic excellence, intensity and leadership.

The 2015 Terry Ennis Scholarship recipient is Mason Meeker from Kelso High School (see page 27).

ORCHIDS

A special Orchid to the University of Idaho football program for their commitment to those coaches who attended midwinter clinics in track and field and football.

I have a short story for you guys about Jace Malek of West Valley in Spokane. He was selected as a DL player in the Earl Barden Classic and was just diagnosed with a grape-fruit sized tumor in his hip. They are going to attack it aggressively and see what happens.....BUT, the story that needs to be told is that he was offered a scholarship at the U of Idaho and they will be honoring it regardless of his health. Well done Vandals! ■

An Opportunity for your Athletes

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



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:

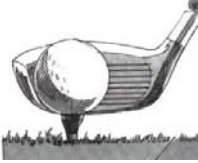
- ◆ To offer top quality, affordable places to member coaches in the area's of professional education and training, to earn clock hours and coaching education hours.
- ◆ To offer a pass, using your membership card, for entry into **ALL** WIAA state tournaments, **ALL** regional tournaments, and **ALL** district tournament games, state wide!
- ◆ To offer **Liability Insurance coverage of \$2 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, student teacher)
- ◆ 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-state 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 Awards** program
- ◆ To receive quarterly issues of **The Washington Coach** magazine. Magazine is now online at www.washcoach.org or, upon request, coach can receive a hard copy of the magazine.
- ◆ To provide reimbursement to each sport group for enrollment in WSCA.

OTHER BENEFITS:

- ◆ Check our WEB page for up to date information - www.washcoach.org
- ◆ **Membership registration is online at www.washcoach.org**
- ◆ 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 ■**

9th Annual
2015 High School Golf Coaches Clinic

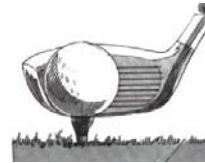
Sponsored by the WSCA



Bear Creek Country Club

Woodinville, WA

July 7, 8, 9, 2015



Clinic Instructors

Doug Kauffman, Head Golf Professional – Bear Creek CC

JD Cline, PGA – Director of Instruction

Cost: \$225, for WSCA members

Clinic will include:

2 rounds of golf with cart and 2 lunches

Open for the first 24 members to sign up!

Driving range work learning relevant drills for high school golfers

Short game drills and work at the short game area learning how to teach the short game

Classroom topics will include: program philosophies, the mental game, rules of golf, course management

Guest Speakers will include local college golf coaches and will be named later

WIAA 16 Clock Hours available for purchase on site

Registration Information:

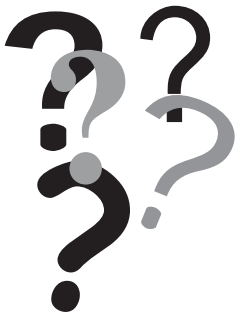
You must be a current 2014-15 card carrying member of the WSCA to participate in the clinic

Coaches Name: _____ High School: _____
School Address: _____ City: _____ zip: _____
Home Address: _____ City: _____ zip: _____
Cell Phone: _____ Email: _____
Home Phone: _____ WSCA card number: _____
Credit Card: _____ Credit Card Number: _____ Exp Date: _____

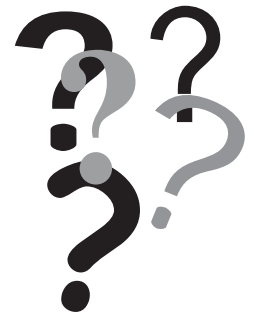
Please let Bear Creek CC know if you will be paying with a check or **credit card** **Make checks payable to 'Bear Creek Country Club'. P.O.'s will not work!**

Please call Bear Creek Country Club with any questions at (425) 881-1350, or you may email questions to headpro@bearcreekcc.com. You can mail your registration to Bear Creek Country Club, 13737 202nd Ave. N.E., Woodinville, WA 98072; or fax your registration to (425) 869-0894 and attention to Doug Kauffman.

Deadline for registration to Bear Creek CC is July 1 or the first 24 who register.



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



**Cory Whitmore, 2009
 Recipient, Parent-Coach:
 Greg Whitmore**

Cory is a high school English teacher and volleyball coach at Oak Harbor High School. As a graduate of WSU, his toughest transition has been to get used to Oak Harbor's purple and gold colors

**Kendall Todd, 2013 Recipient, Parent-Coach:
 Bruce Todd**

Kendall is currently a sophomore at Whitworth University and majoring in Elementary Education. In her spare time, she leads Young Life locally at Mt. Spokane High School and also works as one of the Equipment Managers for the Whitworth University football team. Kendall states that she is so grateful for the generosity of the Washington State Coaches Association and for the opportunities made available through the Burnett-Ennis scholarship award she received.

**Stephanie King, 2005
 Recipient, Parent-Coach:
 Mike King**

Stephanie teaches English at Granger High School. She also coaches high school and middle school girls' soccer. Stephanie graduated from Central Washington University in 2009. In 2013 she earned a Masters Degree from Grand Canyon University and in 2014 Stephanie became a National Board Certified teacher.

**Michael King, 2002 Recipient, Parent-Coach:
 Mike King**

Michael currently teaches Social Studies at Renton High School. He also coaches Speech and Debate and is a volunteer coach for cross country. Michael graduated from the University of Washington 2007 and earned his Masters Degree from there in 2010. He was selected as Symetra Heroes in the classroom in 2014 by the Seattle Seahawks. ■

***The Washington State Coaches Association is seeking information on all past
 Burnett-Ennis Scholarship winners***

"WHERE ARE THEY NOW?"

Please complete and mail to Jerry Parrish, 18468 8th Ave NE Poulsbo WA 98370 or email to washcoach@gmail.com

Name _____ Parent-Coach _____

Year Scholarship Awarded _____

Brief summary of scholarship recipient's status _____

Watch for updates in a future issue.



What are the physiological changes resulting from a short rest period?-part 2

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

Rest periods of approximately 1 minute elicit several significant body responses. This is particularly true when using sixty-second rests between heavy 10 repetition maximums and repetitions and between sets and exercises. According to Dr. William Kraemer, these “acute hormonal changes, such as increased growth hormone in the blood, are significantly greater than with 3-minute rest periods.”¹

Even though a direct assessment of greater muscle size cannot be specifically linked to these hormonal changes, it is still been thought to be important for increased muscle hypertrophy. These acute hormonal changes “have shown significant correlations to the development of muscle hypertrophy in both fast twitch and slow twitch fibers...”

If you or your trainee are using 10 repetition maximum loads and resting for one minute between each set, you will significantly increase greater blood lactate responses when compared to a 3-minute rest period using a 5-repetition maximum with either a 1-minute or a 3-minute rest period.

Scientifically the reasons for this appear to be “the ability to buffer and tolerate decreases in pH and hydrogen ions from the high levels of ATP

hydrolysis is indicated by high concentrations of blood lactate, which might be a contributor to the development of local muscular endurance due to resistance training.”²

Therefore, using shorter rest periods makes a strong contribution to improving your ability to tolerate these high acidic conditions during exercise. This is especially true when getting into the high number of repetitions frequently seen with the bodybuilders or with pre-session training by powerlifters.

Based on the foregoing factors, the American College of Sports Medicine, recommends rest periods of 2 to 3 minutes between sets and exercises when training for maximal power and strength. Training guidelines from the National Strength and Conditioning Association also recommend rest periods of 2 to 5 minutes when developing power and strength.

In both instances, the recommended rest periods may have to be lengthened if the repetition maximum intensities are high, specifically in the 90 to 100% one-repetition maximum ranges. However, modifying this 3-minute recommendation to 1 to 2-minute rest periods is in order when doing single joint, maximal strength exercises.

These recommendations apply to all levels of lifters, from the beginner to the advanced.

If you are training for local muscular endurance then use 1 to 2 minute rest periods with repetitions in the 15 to 20 range for each set. If you are doing 10 to 15 reps per set then drop the rest periods down to one minute to generate the greatest physiological responses. Once again, this applies to all lifters across a broad spectrum from beginner to advanced.

These recommendations are similar when training for muscle hypertrophy. A beginner or intermediate lifter, training to increase muscle size may consider using rest periods of 1 to 2 minutes between exercises and sets.

However, if you are an advanced lifter, training to increase the size of your muscles, the recommendation is 2 to 3 minute rest periods used with multijoint exercises. Reverting to the 1 to 2 minute rest periods with single joint exercises will also elicit good hormonal responses and size increases.

(Footnotes)

¹ *Optimizing Strength Training*, Fleck, S. J., Kraemer, W. J., Human kinetics

² *Optimizing Strength Training*, Fleck, S. J., Kraemer, W. J., Human kinetics ■

ANSWERING YOUR SPORTS NUTRITION FAQs

By Emily Edison, Sports Dietitian
Coordinator of the WINFORUM

WINFORUM is a science based sport nutrition resource for athletes, parents and coaches. We provide sport nutrition education and support, online and at your school or event. Check us out at <http://www.winforum.org>.

At WINFORUM, we love hearing your questions about sports nutrition for performance! We compiled our most frequently asked questions (FAQs) and posed them to local sports nutrition experts. Here are the facts...

What should I eat for breakfast?

"First, get in the habit of eating breakfast every day. Then advance your breakfast skills by eating carbohydrates (toast, oatmeal, waffles) with protein (eggs, milk, yogurt) and healthy fats (nuts, egg, avocado, coconut oil, granola). Breakfast can be simple, but does need to be power packed (i.e., 400-1000 calories) in order to fuel up for your high performance day." -Emily Edison, MS.RD.CSSD.

www.momentum4health.com

EXPERT TIP: Use WINforum.org for more ideas on what to eat for a speedy, high performance breakfast.

What kind of protein should I be eating?

Whether your protein comes from dairy, meat, fish, quinoa or tofu "The best kind of protein is the one that has all your essential amino acids, tastes good, keeps you satiated and provides solid nutrition for performance. For example, an egg (yolk included) provides choline which is good for your brain and

zeaxanthin, a potent antioxidant that supports eye health. Protein needs can be met through foods like milk, chicken, salmon and even beans and rice." - Monica VanWinkle, MS.RD. www.nutritioninaction.net

EXPERT TIP: If you are looking for a protein powder to create a convenient post workout shake, use whey protein (without artificial sweeteners) and combine it with fruit juice. Ideal ratio is 3g carbohydrate; 1g protein, or use chocolate milk!

What should I eat after my workouts? What about after a competition?

"After a workout, my short answer is: eat SOMETHING! The best is to consume foods that contain protein and carbs. A personal favorite is yogurt mixed with fruit and vegetable juices. Try to eat within 30 minutes or so. Then have a meal within 2 hours.

In general, I recommend the same thing after competition, but if it was a big one, special one or there has been some serious diet modifications leading up to it (examples, giving up some of your favorites, soda, etc.), I say have something you really enjoy! My favorite post race treat is a Snickers bar!"

-Laura Hunter, MS, RD, CD, CSSD

www.laurahunternutrition.com

EXPERT TIP: Chocolate milk is simple, easy to drink and one of the ultimate post exercise workout refueling drinks.





Hearing their final whistle...

Terry Cavender

by Mike Schick

We received with great sorrow, the news that Terry Cavender had passed away recently. Cavender served as athletic director for Tahoma High School, Franklin Pierce High School, Camas High School and for the Puyallup School District. In addition to working in the schools, Cavender spent time as an Assistant Executive Director for the WIAA. Most recently, Cavender was working with the Puyallup School District as the Director of Operations.

Terry wore many hats during his career, but I will remember him first and best as an “old football coach” which was one of the fondest ways he would refer to himself.

Never having lost sight of all the challenges in coaching made him an understanding, compassionate and avid supporter of coaches and athletics in the Puyallup School District during his time as the district athletic director. Always willing to listen to ideas of how we could better do “the right thing for kids”, Terry’s love for kids, coaches and athletics may have been his greatest strength. ■



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¼ Page	4 Issues	\$200.00

1, 2 or 3 issue rates are also available.

Contact Mike Schick at wscs-editor@comcast.net or Jerry Parrish at washcoach@gmail.com

As an athlete is it ok for me to follow a vegetarian diet?
“Choosing to adopt a vegetarian diet is absolutely okay, as long as you are still fueling yourself correctly and maintaining balance in your diet. Get high quality protein through dairy, eggs and combination foods like peanut butter on toast. Maintain energy levels by getting plenty of complex carbohydrates. Check with your doctor about supplemental iron and Vitamin D.” -Wendy Camano, MS,RD. www.wendycamanonutrition.com

EXPERT TIP: Research shows vegetarian athletes may have slightly increased protein needs than their non-vegetarian athlete friends, so pile on those beans, chop up some tofu and cook up a batch of quinoa. Yum!

Should I be using Creatine in my workouts?

“Creatine works in the body by ‘increasing the size of the gas tank in the car’, or increasing the energy supply for high intensity activity. Training with Creatine may enhance performance for short periods of intense

activity, especially during repeated bouts. However, some athletes don’t respond to Creatine supplementation. Creatine may allow strength/power athletes to sustain high intensity training in those who are considered Creatine ‘responders.’ However, Creatine use has not been studied in high school athletes making it difficult to determine whether it is safe for use. Therefore, it is not recommended for use among high school athletes.” -Kelly Pritchett, PhD, RD, CSSD, Assistant Professor in Nutrition and Exercise Science CWU

EXPERT TIP: Before trying any supplement, make sure your diet is dialed in. Have a nutrition game plan that is designed for your goals. Be consistent in your efforts with nutrition before experimenting with any potion, powder or pill.

Do you have a question for our experts? Send it to info@WINforum.org ■

The KENT PLAN is Snowballing

by Lane C. Dowell

The above mentioned plan was born in the Kent Schools District by progressive District Athletic Director Dave Lutes and Kent School's elementary administrative assistant and USATF certified official, who was voted the Washington State Track and Field Coaches Association Officials of the Year 2014, Chris Kunzelman. To read more about this plan and its development, please consult past issues of this magazine.

This plan gave birth to the novel concept of moving NFHS Track and Field officiating from the concept of *pull-'em-out -of-the-stands* to the idea of training, certifying and paying selected officials for our Evergreen State's secondary schools.

The Kent High Schools (Kent-Meridian, Kentridge, Kentwood and Kentlake) are all entering their third season of home meets being governed by this plan.

The plan in Kent and other districts that are in the early stages of implementation is a *work-in-progress*. As seasons pass various pieces of the puzzle that is the Kent Plan are added, for example, different officiating positions, which require a USATF certified official, may be added, etc.

The Kent Plan also has room for those, who are not USATF certified to serve in a volunteer capacity, as well as, student workers who labor in more menial positions, such as hurdles crews, pit rakers, bar replacement, implement retrievers, caring for athletes gear at the finish line, etc.

Currently the Kent Plan is in its infancy in the Renton Schools and those high schools in Sumner, while Bremerton and Central Kitsap will be entering their first seasons under this system.

Forward thinking Central Kitsap High T & F Coach Mark Ward, also a member of the WSTFCA Executive Board chatted with another progressive AD after this year's WSTFCA (Washington State Track and FIELD Coaches Association) mid-January convention where Kunzelman delivered the forward-thinking plan. When Ward returned to his home ground, he immediately had a *face-to-face* with Rich Arena, a very memorable three sport athlete at Bremerton's East High and then the University of Puget Sound. Arena, the CKSD Athletic Director athletic decision-maker for three high schools, was

so taken with the plan that he was heard to say, "I want it all (the Kent Plan's three phases), and I want it RIGHT NOW."

Encouraged by West Central District Director Shelly Thiel, Kent AD Dave Lutes approached the leaders of the WSSAAA to see if they were interested in representatives from WSTFCA Executive Board and those promoting the Kent Plan trekking to Spokane this coming April to extol the benefits of the plan for Evergreen State prep track and field.

The answer was a resounding, "YES!"

The *Washington Coach* spent some time with Coach Lutes, a past president of WSSAAA, concerning the impending spring conference.

WA COACH: What is the WSSAAA?

LUTES: WSSAAA is the acronym for Washington Secondary School Athletic Administrators Association. It's membership is constituted by middle school, senior high school, and retired athletic directors from the state of Washington.

WA COACH: *What decisions-making power do they have over WA St. Athletics/Activities?*

LUTES: WSSAAA members are athletic administrators from across the state that are actively serving in positions of authority which directly impact the direction and framework of interscholastic athletics in the state of Washington. Examples include positions on the WIAA Executive Board, WIAA Representative Assembly (members) that vote annually on WIAA rule and amendment proposals, WIAA District Directors and Executive Board members.

WA COACH: *How did representatives of the Kent School a District and the WSTFCA get invited to speak at the Spring WSSAAA Conference?*

LUTES: As a former past president of WSSAAA, I was able to contact Ken VanSickle, AD from University High/Spokane, this year's conference chairperson, to request an opportunity for WSTFCA to present their newly developed track management model at the state conference in late April.

WA COACH: *Why was WSSAAA leadership eager to have the team attend?*

LUTES: The conference chairperson is responsible

for developing a variety of breakout sessions that address current issues and concerns facing interscholastic athletic administrators. Most every AD deals in some manner during the spring with track meet management. It was a timely fit.

WA COACH: *As you see it, what is the goal of the Kent-WSTFCA team?*

LUTES: The goal is to bring awareness and momentum on the effort of the WSTFCA to educate and provide a model of professional management and certified officiating to the thousands of Track & Field athletes competing every year in the state of Washington.

Always eager to extol the virtues of the plan she created, Chris Kunzelman spoke to the Washington Coach with excitement and passion concerning the potential of spreading the idea of trained, certified professional officials for Track and Field across the Evergreen State.

WA Coach: *Who will attend the WSSAAA conference this coming April in Spokane?*

CK: Dave Lutes, Tuck Gionet and Chris Kunzelman.

WA COACH: What idea/plan is it you will be delivering to the delegates/the AD's?

CK: We are looking to present a panel discussion where we outline the future plan or as you've called it "The Evergreen State Plan."

Tuck (Gionet), who is a founder of the WSTFCA and Head Track and Field Coach at Snohomish High, will hit the AD's with a variety of statistics regarding the large scale liability school districts are taking on when meet workers are not fully trained and certified.

Dave (Lutes) will be able to speak to the roll of the ADs in helping to move this plan forward and specifically address questions from the audience regarding liability, district and school board approval and funding questions.

WA Coach: What do you hope to accomplish...your goals?

CK: Of course my personal goals remain the same...quality consistent competition in a safe setting for every high school track and field athlete.

As a panel, our goal is simply to provide those in attendance with a new way of looking at track and field meets. Often times the ADs are not closely involved in the day to day management of the track and field meets, therefore, they are unaware of the safety concerns and/or quality of competition issues our coaches and athletes face.

WA Coach: *Why did the WSTFCA buy into the Kent Plan?*

CK: I think there were several reasons, but the main one was simply that it makes sense. As the quality of our athletes have improved, often in part due to our students

participation in year round sports (both school and club programs), our coaches are seeing the need to spend more time working with and focusing on the training and improvement of training. Many of these same coaches are taking time away from coaching to ensure that they have meet workers, entries, etc. put together.

In addition, the WSTFCA has been working for several years to come up with a new WA State qualifying standard for the state meet, however, there have been concerns raised as to the lack of standardized officiating across the state. How could a mark or time be validated that the competition was held to the same standard as a league or district championship? This plan would address this issue.

One other concern of the coaches, especially of the smaller school programs, is the lack of trained, qualified and certified officials at the *small school state meet* in Cheney, WA. By certifying meet officials within the local communities to work high school meets throughout the season, we will be working to build a base of officials to support these post season meets as well.

WA Coach: *Did the coach's membership overwhelmingly/eagerly accept this decision?*

CK: I feel very positive about the outcome following our presentation at the WSTFCA Convention in January. The coaches were each presented a written copy of the plan along with job descriptions, pay scale, funding suggestions, and an implementation schedule.

We were lucky to be joined by a handful of long time USATF Officials on hand to provide added credibility to the plan. The focus of our message was three-fold.

1) It's not about paying officials it's about TRAINING and CERTIFYING them.

2) We're not asking you to fire your current workers and reinvent the wheel...we're asking you to commit to the workers you have and get them trained and certified.

3) We're challenging the coaches to take the plan back and begin the conversation with their ADs. This will allow our presentation at the ADs Conference to be a follow up conversation and not a new idea.

Since the presentation at the WSTFCA Convention, Central Kitsap School District has come on board with the plan, and I have been contacted by coaches from 4 additional districts asking questions and requesting additional information for their ADs. These are districts that are opening up the dialog to begin making steps in the planning process. I would call this a move toward *eager acceptance*.

Continued on page 12

Continued from page 11

We could fill a book with the contributions of lead representative from the WSTFCA, Tuck Gionet. He is proponent of anything that will make the sport better for our state's athletes. Improving the quality of NFHS T&F officiating has been a goal of the gregarious WESCO Conference mentor dating back to the year 2000. Now he is off to help carry the message to our state's athletic directors.

WA Coach: What do you hope to accomplish at the WSSAAA Conference in Spokane?

TG: The goal of the WSTFCA is to get schools that do not already have a plan in place for trained officials to start implementing the plan from the Kent School District. Many schools already pay their officials but they do not necessarily get them trained.

WA Coach: Why did the WSTFCA buy into the Kent Plan?

TG: It was a plan that works and takes into account the many pieces that we have been advocating for years – trained officials to reduce liability and to give all athletes quality officiating at every meet. The state meet should not be the first time the athletes see quality officiating.

WA Coach: Did the coach's membership overwhelmingly/eagerly accept this decision?

TG: It was received very well by the coaches. They were very receptive to the idea of quality officiating. It was also a very popular plan in that the coaches are getting tired of having to administer meets.

Stay tuned. We hope to do a follow up article in the next issue of the Washington Coach concerning the presentation and acceptance at Spokane's April WSSAAA Conference.

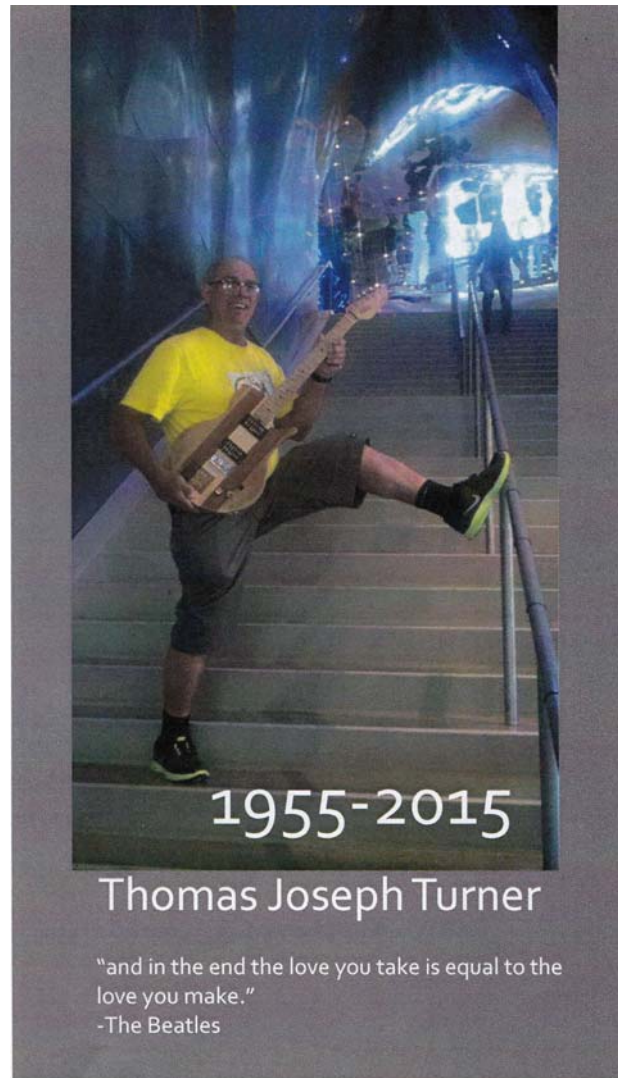
Lane's Bio:

- He is a retired teacher/FIELD and track coach at West High in Bremerton, who is a member of the Washington State FIELD and track coaches HOF.
- Dowell, a USATF Official's HOF nominee, became a USATF Master Level Official and was selected to officiate, primarily the throws, at fifteen national open championships. He was selected as a head judge from 2000-2008. This included three USA Olympic Team Trials.
- In 2005 he was selected by USATF as the National Field Event Official of the year...the Horace Crowe Award.
- Lane has been selected on numerous occasions to be the Field Event Referee for prep state championships and qualifying competitions.
- Lane became well known for his appearances at coaching education and officials certification clinics throughout the PNW.
- Dowell still competes in Master's/Senior Games FIELD and track and qualified for the 2013 and 2015 National Senior Games in the Shot Put and Discus. He is currently #2 ranked in Washington for his age group. ■

Hearing their final whistle...



Joseph
Turner



A memorial service was held for Quincy High School soccer coach, teacher and WSCA Soccer ISA representative, Tom Turner on February 7, 2015. The entire community will miss Tom's energy, passion and commitment to the kids of Quincy High School. ■



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

by Coach Don Papasedero

The movie, Crazy Heart

This movie was a fabulous success in 2009. I was struck by a great line from one of the songs that fits with our pursuit of good coaching. As I attended the WSFCA clinic in Everett, I noticed Kurt Kramme, the Giampietri brothers, John O’Rourke, Hoover Hopkins, Jamie Plenkovich, Jeff Wieble, (all VERY SUCCESSFUL COACHES in STRONG PROGRAMS) and a myriad of other guys, furiously taking notes, asking questions... TRYING TO GET BETTER! It always impresses me when I see devoted coaches and educators recognize that there is still so much to learn.

The line from the movie...

“You’d think by now that I would know better...

Ain’t got a lot to show...

I could write a song or I could write a letter...

I could write a book about what I don’t know.”

Another song...made me cry profusely...

Recently, one of the very best coaches, teachers husbands, and fathers our state ever produced passed away much too soon. We lost my old pal and mentor, Kevin Thomas. “Merv” was bigger than life to his friends and spurned a myriad of legendary tales...most of them outlandish, hilarious and true.

A unique group of guys and their families somehow landed together at Lake Stevens in the 80’s and Kevin was our leader. We won a lot of football games together...but more importantly we fostered a lifetime of laughs and memories. Being around Kevin Thomas left us irrevocably altered and worthy souls.

After every ballgame, we gathered at the Thomas home to be together and celebrate. As the evening wore on, it became time for Kevin’s theme song: “Take it to the Limit”. The volume went up, we linked arms, swayed back and forth and sang our hearts out together.

Last week, at Kev’s celebration of life, with Kirsten, and her children centered, Gil McKinnie, Greg Erickson, Steve Berg, Joel Thaut, Jon Unkles, Mark Spurgeon, Steve Anderson, Jeff Paige, Cliff Chaffey, Mike Shepard and I “took it to the limit, one more time”. The love and memories flooded over us...we miss you Merv, thank you for you.

Sports Psychology?

I think that as competitive sports go in this country, sports psychology is a relatively misunderstood and overused discipline. I tire of hearing about how the pros use “Sport Psychology”. Even more so in that the most well-known advocates seldom really share methodology with those

of us in the youth ranks. It somehow only springs up with massive, publicity-ridden success. When I hear about professional athletes who use “positive thinking”, goal setting”, “extrinsic and intrinsic motivators” and “perfection in focus” to have success in their fields, I am



Coach Don Papasedero

struck by some simple things.

The professional athlete, in whatever sport they are in has two big allies: An exceptional amount of talent AND the drive to pay the physical price for success. Our athletes may have a measure of talent, but the drive to be great can be equal to the professionals. “Us coaches” are charged with getting that drive out of our kids.

The professional athlete has time to muse and spout off about the psychology behind their success. Our kids have lives WAY OUTSIDE of sports that does not afford deep reflection on psychology. "Us coaches" stand by our kids, accept all of the baggage they bring with them, and simply coach.

The professional athlete, in any sport, has the ability to seek out and PAY for top rate coaches-trainers-dieticians-facilities etc to help them. Our kids "get what they get" ("Us coaches")

The professional athlete, in any sport, had adults who inspired, molded, drove, teased, schemed, sacrificed, and cared for them as they developed. (just like "US coaches")

It appears to me that we use our giant toolbox to help our athletes have success in so many ways....perhaps "Us coaches" are all "Sports Psy-

chologists" as we go about the business of helping kids.

One of the best and earliest progenitors of positive and effective "Sports Psychology" was Coach Jack Stark at Shelton High School. He morphed himself and his program from an ultra-conservative, good program into a positive GREAT PROGRAM! I remember and respect all of Coach Starks' words...especially, "Us coaches".

Safe Kids Worldwide (Practice like the Pros) made a wonderful presentation to us last week at the WSFAC clinic. Speakers, Marcus Trufant and Terry O'Neil washed us down with statistics about how we can practice more effectively and safely. This system is highly endorsed and I recommend you look it up.

"When I want your opinion, I'll give it to you"

I have been hired to coach Pro-


fessional football in Italy for the 2015 season. It is a wonderful honor and I look forward to the challenge. The IFL teams in Northern Italy are the strongest and best teams in Europe. They play at a high level, about at American D3 and are on the upward swing in all aspects of American football. I pledge to work hard and represent us as professional as possible. I will be with the Turin Jaguars. I promise they will be "running to the ball in a bad mood" as all of my teams have done.


In my absence, the indomitable Rob Friese will author the summer column. The former Head Viking, teacher, administrator, and now superintendent will have plenty to say. He is fired up and promised me to "keep it clean"

Thanks to Coach Friese! His e mail is robf@willapa.wednet.edu "3 and out baby!" ■


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WSSCA ALL-STATE 2014 FALL SOCCER TEAMS

GIRLS 4A, 3A, 2A, 1A, AND BOYS/GIRLS 2B-1B

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

MVP – Kelsey Turnbow, Forward – Central Valley
Coach of the Year – Andres Monrroy – Central Valley

First Team

Forwards – Kelsey Turnbow, Soph, Central Valley; Karli White, Sr. Mount Si; Morgan Weaver, Jr. Curtis; Gabriela Pelogi, Sr. Federal Way; Alysha Overland, Sr. Moses Lake.

Midfielders – Jessica Udovich, Sr. Puyallup; Kelli Sullivan, Sr. Skyline; Liz Griffith, Sr. Puyallup; Anyssa DeVera, Jr. Camas.

Defenders – Kaylene Pang, Soph. Issaquah; Megan Spataro, Sr. Olympia; Abbey Porter, Sr. Skyline; Lyrik Fryer, Sr. Issaquah.

Goal Keeper – Lauren Rood, Jr. Camas.

4A

Second Team

Forwards – Samantha Heilman, Jr. Richland; Leah Manthei, Soph, Gig Harbor; Sophia Chilczuk, Soph. Kentridge; Drew Locknane, Jr. Jackson.

Midfielders – Mia Corbin, Jr. Tahoma; Stephanie Overland, Sr. Moses Lake; Hailey Parker, Sr. South Kitsap; Ally Carrigan, Sr. Kentridge; Annie Hoffman, Sr. Issaquah.

Defenders – Hadyn Gabbert, Sr. Lewis and Clark; Lynnae George, Sr. Jackson; McKenna Stocker, Sr. Central Valley; Mason Minder, Jr. Camas.

Goal Keeper – Elisa Randel, Sr. South Kitsap.

Honorable Mention

Forwards – Amanda Johnston, Sr. Skyline; Alex Sanders, Jr. Union.

Midfielders – Holly Rothering, Jr. Snohomish; Madison Cooley, Jr. Jackson; Riley Allison, Sr. Camas; Lexsi Manning, Sr. Curtis; Riley Steele Jr West Valley Yakima.

Defenders – Tylor Adcock, Jr. Kamiak; Baylee Fontaine, Sr. Wenatchee; Emery Wallerich, Sr. Gig Harbor; Makenna Wheeler, Sr. Snohomish; Amanda Ellinghaus, Sr. Curtis.

Goal Keeper – Sophie Kabel, Jr. Olympia.

MVP – Madison Schultz, Forward – Edmonds-Woodway
Coach of the Year – Bill LeCompte – Edmonds-Woodway

First Team

Forwards – Madison Schultz, Jr. Edmonds-Woodway; Jojo Harber, Soph. Bellevue; Kamie Coryell, Jr. Bainbridge; Mckaley Goffard, Soph. Southridge.

Midfielders – Sam Hiatt, Jr. Seattle Prep; Mariah Roggow, Kelso; Celia Story, Sr. Bainbridge; Taylor Sekyra, Sr. Lake Washington.

Defenders – Taylor Hallquist, Columbia River; Rachel Ensign, Jr. Kamiakin; Corinne Foster, Sr. Bellevue; Katie Anthony, Columbia River; Ashleigh Fonson, Jr. Edmonds-Woodway.

Goal Keeper – Kiera Towell, Sr. Edmonds-Woodway.

Second Team

Forwards – Rachel Wofford, Jr. Capital; Holly Styant-Browne, Sr. Lake Washington; Marion Lilly, Columbia River; Erica Blume, Sr. Bishop Blanchet.

Midfielders – Ellen Pattinson, Sr. Roosevelt; Alyssa Murray, Sr. Sumner; Jalen Woodward, Jr. Seattle Prep.

Defenders – Olivia Ovenell, Sr. Seattle Prep; Bri Hunting, Jr. Southridge; Oliva Hollenbeck, Sr. Shorewood.

Goal Keeper – Emily Sorenson, Sr. North Kitsap.

Honorable Mention

Forwards – Bre Morren, Sr. Arlington; Rylee Peterson, Sr. Edmonds-Woodway.

Midfielders – Rilee Castilla, Soph. Kamiakin; Brooke Lancaster, Sr. Sumner; Gabby Clark, Jr. Edmonds-Woodway.

Defenders – Taylor Mohs, Soph. Central Kitsap; McKenna Ferrera, Sr. Lake Washington; Carly Bannerman, Sr. Ferndale.

Goal Keeper – Lilli Delgadillo, Columbia River.

3A

SOCCER

SOCCER

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SOCCER

MVP – Kim Hazlett, Forward – Squalicum.
Coach of the Year – David Kish – Squalicum.

First Team

Forwards – Sophia Viviano, Jr. Shorecrest; Rylee Seekings, Jr. Hockinson; Kim Hazlett, Jr. Squalicum.

Midfielders – Taryn Ries, Soph, Ridgefield; Jordan Voyles, Ridgefield; Julia DeVere, Sr. Squalicum.

Defenders – Michelle Saunders, Sr. Squalicum; Jackie Dierdorff, Sr. Squalicum; Alex Murphy, Sr. Shorecrest.

Goal Keeper – Adrianna Simmons, Sr. Ephrata.

Second Team

Forwards – Edie Breckenridge, Jr. Burlington-Edison; Joslin Lindsay, Jr. Black Hills; Kim Dorr, Jr. Squalicum; Haley Berryman, Sr. Ephrata.

Midfielders – Mariah Rojas, Sr. East Valley Yakima; Sarah Byron, Sr. Squalicum; Kim Bennett, Sr. Ephrata.

Defenders – Brooke Richardson, Sr. Archbishop Murphy; Courtney Zumstein, Ridgefield; Maddie Machaud, Sr. Fife.

Goal Keeper – Sarah Kaufman, Ridgefield.

Honorable Mention

Forwards – Kara Klaus, Ridgefield; Brook Morrow, Sr. Clarkston.

Midfielders – Jenna Sullens, Jr. West Valley Spokane; Hattie North, Sr. Bellingham; Madison Bastin, Jr. East Valley Spokane; Jordan Hemmen, Jr. Liberty.

Defenders – Hannah Burland, Jr. East Valley Spokane; Erin Segel, Ridgefield; Chelsea Love Jr. East Valley Spokane.

Goal Keeper – Sam Kelley, Sr. White River.

2A

SOCCER

SOCCER

SOCCER

SOCCER

MVP – McKenzie Cook, Forward – Klahowya
Coach of the Year – Troy Oelschlager – Klahowya

First Team

Forwards – McKenzie Cook, Sr. Klahowya; Jubilee Zevenbergen, Sr. Kings; Tayler Lime, Sr. Naches Valley; Callie Best, Sr. Lakeside.

Midfielders – Izzy Severns, Klahowya; India Jencks, Sr. University Prep; Heidi Fronk, Sr. King's Way Christian; Megan Barwick, Sr. Seattle Academy.

Defenders – Jocelyn Cook-Cox, Sr. Lakeside; Morgan Gaston, Sr. Seattle Christian; Anna Parker, Jr. Kings.

Goal Keeper – Erin Swain, Sr. Seattle Christian.

Second Team

Forwards – Maddy Parton, Jr. Cascade; Whitney Isbell, Sr. Bear Creek; Anisa Uberuaga, Sr. Kings; Tessa McCormick, Sr. Cashmere.

Midfielders – Tanna Brinkman, St. Seattle Christian; Kaley Roberts, Jr. Naches Valley; Haley Hollander, Jr. Lynden Christian; Tayla MacPherson, Sr. Seattle Academy.

Defenders – Jennifer Johnson, Jr. Montesano; Rachel Seidel, Klahowya; Noelle Huck, Sr. Naches Valley.

Goal Keeper – Madeline Nielson, Soph. Kings.

Honorable Mention

Forwards – Hailey Brandner, Soph. Cascade Christian; Tori Vanderhoef, Sr. Nooksak Valley; Payton Lunde, Soph. Meridian; Mireya Grey, Soph. Seattle Academy.

Midfielders – Jessica Garcia, Jr. Connell; Jazzmine Rowland, Kalama; Sara Hastings, Jr. Bear Creek; Clara Erickson, Soph. University Prep.

Defenders – Hannah Reynolds, Sr. University Prep; Sara Dougan, Sr. Lynden Christian; Makenzie Matthes, Sr. Naches Valley.

Goal Keeper – Catherine Cunningham, Sr. Overlake.

1A

WSSCA ALL-STATE 2014 FALL SOCCER TEAMS

GIRLS 4A, 3A, 2A, 1A, AND BOYS/GIRLS 2B-1B

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

MVP – Tyler Houtsma, Forward – Mt. Vernon Christian.
Co-Coach of the Year – Joel Adeline, Mt. Vernon Christian.

First Team

Forwards – Tyler Houtsma, Sr. Mt. Vernon Christian; Cole Butaud, Sr. Providence Classical Christian; Sam Stewart, Sr. Friday Harbor; Ivan Figueroa, Soph. Waitsburg-Prescott.
Midfielders – Jeremiah Lee, Sr. Grace Academy; James Hurd, Sr. Mt. Vernon Christian; Matthew Moisant, Sr. Providence Classical Christian.
Defenders – Michael Hancock, Sr. Mt. Vernon Christian; Johnny Escalante, Sr. Waitsburg-Prescott; Jose Paniagua, Sr. Waitsburg-Prescott.
Goal Keeper – Riley Hood, Jr. Mt. Vernon Christian.

Second Team

Forwards – Jack Hammingh, Soph. Mt. Vernon Christian; Michael Hamilton, Jr. Saint George's; Michael Shea, Crosspoint Academy; Diego Cortez, Fr. Trout Lake.
Midfielders – Ernesto Valdovinos, Sr. Waitsburg-Prescott; Arno Issanjou, Jr. Friday Harbor; Joe Moisant, Soph. Providence Classical Christian; Josh Renner, Sr. Evergreen Lutheran.
Defenders – Collin Cremers, Jr. Saint George's; Joe Zak, Sr. Grace Academy; Matt Arlt, Jr. Saint George's; Joshua Twedt, Sr. Mt. Vernon Christian.
Goal Keeper – Christian Caro, Soph. Waitsburg-Prescott.

Boys
2B
1B

MVP – Desere'e Doty, Forward – Crosspoint Academy
Coach of the Year – Lincoln Post – Liberty Bell

First Team

Forwards – Desere'e Doty, Sr. Crosspoint Academy; Emma Laurion, Sr. Crosspoint Academy; Regyn Gaffney, Sr. Adna; Grace Hamre, Jr. Napavine.
Midfielders – Sage Atkins, Sr. Napavine; Marie Vetter, Sr. Mt. Rainier Lutheran; Jaden Vugtaveen, Jr. Tonasket; Kendra Stajduhar, Jr. Adna.
Defenders – Kaitlyn Domenech, Sr. Friday Harbor; Katie Anderson, Sr. Life Christian; Aidan O'Connor, Okanogan; Kelsey Aselton, Jr. Adna; Kalie Nation, Jr. Crosspoint Academy.
Goal Keeper – Ali Forbush, Sr. Life Christian; Lauren Ochoa, Fr. Liberty Bell.

Second Team

Forwards – Mary Davis, Jr., Ocosta; Melyssa Nocis, Jr. Adna.
Midfielders – Emmy Engle, Okanogan; Kenya Lorton, Soph. Napavine.
Defenders – Hilda Celistino, Sr. Tonasket; Maria Abrego, Sr. Tonasket; Keanna Egbert, Okanogan.
Goal Keeper – Devanie Kleemeyer, Soph. Napavine. ■

Girls
2B
1B

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1. *Write.*
2. *Write* MORE.
3. *Write* EVEN MORE.
4. *Write* EVEN MORE THAN THAT.
5. *Write* WHEN YOU DON'T WANT TO.
6. *Write* WHEN YOU DO.
7. *Write* WHEN YOU HAVE SOMETHING TO SAY.
8. *Write* WHEN YOU DON'T.
9. *Write* EVERY DAY.
10. **KEEP** *Writing.*

by Brian Clark
copyblogger

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WASHINGTON COACH Magazine

Next Issue - Summer: May 14

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Spring Issue: February 14, Summer Issue: May 14

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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 wscs-editor@comcast.net.

Carpenter, Coburn & Miller to be Inducted into W.S.C.C.A. Hall of Fame

By Steve K. Bertrand

Once again, the Washington State Cross-Country Coaches' Association, in conjunction with the Hall of Fame Selection Committee, has selected their Hall of Fame recipients. Here's a look at the 2014 inductees.



Clyde Carpenter

Clyde Carpenter grew up on a farm in Granger, Washington. A 1957 graduate of Granger High School, Carpenter participated in football, basketball & track & field. An All-Valley basketball player, Carpenter was also the state mile champion in 1956 & 1957.

Following high school, Carpenter attended Eastern Washington University on a four-year track & field scholarship. A miler, he finished fifth in the 1960 N.A.I.A. National Championship. Carpenter majored in Physical Education. He went on to earn a Master's in Physiology. For thirty years, Carpenter taught Human Physiology, Anatomy & Biology at Granger High School (2 years) & Moses Lake High School (28 years).

Wanting to repay the rewards he'd received through track & field, Carpenter applied for the cross-country/

track & field position at Moses Lake High School. From 1964-1988, Carpenter was head coach of the boys' & girls' programs.

During his tenure, the Spartans claimed three girls' league titles. He also had two boys' & three girls' teams compete in the State Cross-Country Championships. His 1965 boys' team placed seventh in the state meet. In 1986 & 1988, Carpenter coached athletes internationally through Washington Cultural Exchange.

For the past 56 years, Clyde has been married to his wife, Carolyn. They have six children – Cheryl, Collene, Joe, Cathy, Cara & Curtis. Carpenter considers his most rewarding experience as a coach to be “having had an opportunity to work with & develop life-long relationships with his athletes”.



Julie Coburn

Julie Coburn grew up in Seattle, Washington. She graduated from Shorecrest High School in 1979. During her prep years, Coburn competed in soccer, basketball & field hockey. Following high school, Coburn earned Bachelor degrees in Art, Edu-

cation & English. She graduated in 1984. She played club soccer while in college.

Coburn's teaching career included Kellogg Middle School (1983-1988), Marysville-Pilchuck High School (1988-2003), & Meadowdale High School (2003-2006).

Coburn competed in cross-country while at Morgan Junior High School for legendary coach Pat Tyson. While a student at the UW, Tyson recruited Coburn to work as a staff member at summer cross-country camps. This prompted an interest in coaching cross-country while at Marysville-Pilchuck High School.

During her tenure with the Tomahawks, Coburn's teams claimed the 1988 & 1989 District Cross-Country Championships. Coburn had four teams qualify for the state championships. They finished first ('98), second ('99), third (2000), & tenth (2001). Coburn's 1998 team was the 3-A Academic State Champions (3.880 team grade point average).

For twenty years, Coburn worked summer running camps at Clear Lake/White Pass, S.P.U.'s Falcon Running Camp, the Flathead Lake Distance Camp, Newport Rhode Island Distance Camp, & the University of Oregon Track & Field Camp.

Married for thirty years to husband, Jeff, Julie spoke to her philosophy of success. “As a teacher & coach, I found it very satisfying to be able to instill in my student/athletes the notion that great things happen when you do everything to the best of your abili-

ties & put your heart into it!" In retirement, Julie & Jeff give their best as the 12th Man at Seahawk games.



Jerry Miller

Jerry Miller grew up in Ashland, Ohio. He graduated from Ashland High School in 1967. While in high school, Miller ran cross-country/track & field. A captain of both sports, Miller held several school records.

Following high school, Miller attended Ashland College where he ran cross-country/track & field. He graduated in 1971 with a degree in Education. His teaching career began at Burlington-Edison High School. Miller started their track & field program. He took the helm of their cross-country program in 1992.

Since then, the Bulldogs have claimed fifteen league titles, ten district titles, & had twenty-five teams qualify for state.

Jerry has been married to his wife, Helen, for thirty-five years. For fifteen years, they coached track & field together (Jerry – distance/Helen – sprints). The Millers have three children – Ginger, Katie & Donald. Helen was a sprinter for the University of Washington. Donald was a state finalist in the pole vault, & Katie was a finalist in the 400.

A well-known race director throughout the Pacific Northwest, Miller retired in 2003. This doesn't mean he lost his passion for working with athletes. Since then, he has been coaching at Capital High School.

Coach of the Year Award

Coach of the Year recipients, based upon outstanding team performances, went to the following: Reardon's Marty DeWalt (1B/2B Girls classification), Liberty Bell's Craig Herlihy (1B/2B Boys), Lynden Christian's Darrin Postma (1A Girls), Kings' Rod Wilcox (1A Boys), Pullman's Jody

Winchell (2A Girls), Sequim's Harold Huff (2A Boys), Holy Names' Erin McCormick (3A Girls), Arlington's Mike Shierk (3A Boys), Issaquah's Gwen Robertson (4A Girls), & Skyview's Chris Erdman (4A Boys).

President's Service Award

Joe Clark, president of the WSCCCA, presented the President's Service Award to Scott Huber. Huber has been a regular volunteer at South Puget Sound cross-country meets for years. He heads up the finish line at the Westside Classic, SPSL Sub-District meets, & the Fort Steilacoom Invitational, etc... During the summer, he can be found volunteering at the Flathead Cross-Country Camp. He was a member of Rogers High School's first ever state cross-country team.

The ceremony took place on Friday, January 16th, from 6:45-7:45 p.m., at the Everett Holiday Inn during the Washington State Cross-Country/Track & Field Coaches' Association Convention. The induction ceremony was free to the public. ■



Left to right: Sam Ring, Jerry Miller, Len Long, Gwen Robertson, Tom Campbell (WSCCCA Founding President), Julie Coburn, Clyde Carpenter, Joel Wingard, Mark Cullen (Past WSCCCA President)

WRESTLING

HALL OF FAME



Scott L. Bliss

Mead H.S. 1997 – 2000
Auburn H.S. 1992 – 1997
Oregon State University
1989 – 1990
University of Wyoming
1987 – 1989
University of Montana
1981 – 1987
University of Oregon
1980 – 1981

Scott Bliss had a distinguished career at both the high school and collegiate levels as a wrestler and a coach. He was a freestyle and Greco-Roman high school national champion in 1975, placed second in the 1980 NCAA tournament as a member of the University of Oregon, and was a member of the 1983 USA World Team.

Bliss coached at the collegiate levels at the University of Montana and the University of Wyoming, along with helping at the University of Southern Oregon and Oregon State University. Along with helping these collegiate programs, Bliss coached at Auburn HS where his teams won two state championships. Following his stint at AHS, Bliss moved to Spokane and coached at Mead. Bliss retired to his hometown of Othello, where he contributed to the 2004 Othello HS state championship.

He was a leader and innovator when it came to increasing popularity and participation in the sport of amateur wrestling. Bliss founded the Dream Duals pitting some of the top teams across the state in a championship dual format. Scott was also a leader in introducing girls to the sport of wrestling while at Auburn High School.

Scott passed away in Othello, WA on December 12, 2013. He will be inducted by his brother, John Bliss.

Nominated by Ruben Martinez, Othello HS



Craig Foster

Blaine HS 1991-present
Eastern Washington
University 1983-89

Craig Foster had a distinguished wrestling career, placing 4th in the California state championships in 1974 for Los Alamitos High School, and moving on to earn All-American honors for Cypress Junior College (CA) and Eastern Washington University (NAIA). In 1984 he placed second in freestyle wrestling at the Western Regional Olympic Trials, earning a trip to the Final Olympic Trials.

Foster has coached wrestling for 34 years. His career included stints in California, Oklahoma, and New York, before settling in Washington. He served as assistant coach at Eastern Washington University for two seasons, and took over the head coaching responsibilities from 1984-89. His Eagle teams compiled a dual record of 47-20.

In 1991, Foster moved to Blaine High School, and has been the head coach for the Borderites for 22 seasons, where he has coached 71 state placers and 11 state champions. His Blaine teams have placed in the top three on five occasions, including a third, runner-up three times, and in 2014 his team won the 1A state championship. Under Foster, Blaine has a dual meet record of 122-49. Foster and long-time assistant Jim Rasar started the Battle at the Border in 2000, a very competitive early-season tournament for Washington wrestlers.

Foster has been selected as the classification State Coach of the Year four times, and in 2008 he was the overall Washington State Coach of the Year and the Western Region Coach of the Year. He has been the recipient of the National Wrestling Coaches Association 25-year award. Foster is a Health and Fitness instructor at Blaine High School.

Nominated by Manny Ybarra, Hall of Fame Member and coach at Quincy High School and Anders Blomgren, coach at Vashon Island High School.



Chris Wolfe

Steilacoom HS 1999-2011
Pacific Lutheran
University 1986-1995

As a competitor, Chris Wolfe was tough as nails with a relentless drive. Wolfe was member of the Washington team that competed in Europe in 1980, and was a state placer for Curtis HS with a 72-10 record. Wolfe continued wrestling in college compiling a 122-35 record while competing for Eastern Washington University (1982-83) and at Pacific Lutheran University (1983-86) under the guidance of Hall of Fame Coaches Dan Hensley and Jim Meyerhoff. Wolfe was a 2-time All-American at PLU, and was a member of the first college wrestling team to compete in China in 1986. He was selected as the PLU Man of the Year in Sports in 1986, and was inducted into the PLU Hall of Fame in 2001.

Wolfe began his coaching career in 1986 as an assistant coach at Pacific Lutheran University with Jim Meyerhoff, and took over the head coaching position in 1988. From 1988-95, he coached 13 All-Americans, including PLU's only national champion. Wolfe was selected the NAIA District 1 Coach of the Year in 1990 and 1992, and lead two college cultural exchange teams to Japan in 1990 and 1994. In 1992, Wolfe was recognized by USA Wrestling for his contributions to the USA Wrestles Russia Olympic Review.

After stepping down from PLU following the 1995 season, Wolfe became a volunteer coach with the Lakewood Lumberjacks. In 1999 Wolfe took over the Steilacoom HS program, where he had the opportunity to coach both his sons and develop the Sentinels into a consistently competitive 2A team. Wolfe coached 26 state placers with four state champions, including his son Adam. The Sentinels won a league championship, two district championships, one regional title, and twice finished in the top-8 at state. Wolfe was selected as the 2005 WIAA/USMC Sportsman of the Year and was twice voted Nisqually League Coach of the Year. At least 27 wrestlers at PLU and SHS have moved on to become head or assistant coaches at the high school level. Wolfe is the owner of Wolfe's Steam Cleaning and Federal Way Carpet & Upholstery Cleaning. Chris and his wife Beth were married in 1991 and have 3 children; Orion, Adam, and Anna. - Nominated by Tom Johnston, Steilacoom HS

Joe Babbitt Contributor's Award



Bruce Osborne, Puyallup

Bruce began his wrestling coaching career in the 1964-65 school year in Puyallup at West Junior High (now Aylen JH) where he was the head coach for five years. In 1969, he moved to Rogers HS where for ten years he coached numerous state placers, including Rogers High School's first state champion in his fifteenth and final season as coach. Bruce also began his officiating career during the 1964-65 season, and just completed his fiftieth year as a wrestling official. During that time Osborne officiated at Fort Lewis, numerous college tournaments, 33 consecutive regional tournaments, two state tournaments, and has served as the head official of the Mat Classic for the past seven years.

Osborne has served in a leadership role for the Western Washington Wrestling Officials Association. Within the WWWOA, he has been an Executive Board Member, the director of the new officials' training and mentor program, and Osborne designed many forms and cross-reference rules materials that allow fellow officials to do their jobs more consistently. He also volunteered his time to various school wrestling programs in Pierce County by officiating challenge matches, putting on rules clinics on parent nights, and serving as a speaker at many year-end banquets. In 2010 Osborne was inducted into the Tacoma Athletic Commission's Tacoma-Pierce County Sports Hall of Fame for his contributions as a wrestling official.

Osborne has demonstrated enormous passion and dedication for the sport of wrestling for fifty years. Whenever something needs to be done, Bruce is the first in line to volunteer. He is a selfless leader who, no matter what the challenge, will give his absolute best to preserve and promote the sport of wrestling.

Nominated by Jim Meyerhoff, Hall of Fame Member and Terry Beckstead, WWWOA ■



WASHINGTON STATE FOOTBALL COACHES ASSOCIATION Hall of Fame 2014



Terry Jensen

Terry graduated from Aberdeen High School where he played for Hall of Fame coach, Al Eklund. He then attended Grays Harbor CC before moving on to and graduating from Central Washington University. He

started his coaching career in 1982 working with Gary Lorensen at Quincy High School. Terry received his first head coaching job at Forks H.S. in 1985, a position he held for 16 years compiling a record of 112-46.

He is currently the head coach at Montesano High School where his 13th season was completed this past fall. While at Montesano, Terry's teams have posted a record of 115-27 including the 2012 state championship.

Terry is most proud of his family including his wife, Kyne, their daughters Sarah and Molly and son, Matthew.



Dan Mack

In 1973, Dan graduated from Lake Washington High School. He attended Bellevue CC, Central Washington University and did his graduate work at the University of Washington. He began is

teaching and coaching career in '78 at Endiocott High School in Whitman County where he coached 8-man football, volleyball, girls basketball and varsity track.

Dan moved to the Mukilteo School District in 1979 where he has been teaching and coaching for the last 36 years. Coach Mack has been a head varsity basketball and head varsity baseball coach. Dan started coaching football at the junior high level and after a number of years, he became a varsity assistant coach. He has coached at both Mariner and Kamiak high schools. In 1998, Dan became the head football coach at Kamiak and he continues to develop a football program that his players, the school and the community enjoy and appreciate.

Dan's teams have amassed 112 victories in the last 17 seasons. The Fightin' Knights have qualified for the playoffs eleven times. Coach Mack has based his program on teaching character traits he calls, "The Marks of a Champion." Some of Dan's honors include: "Seattle Times" Coach of the Year, "Everett Herald" Coach of the Year, head coach of the West team in the All State Football game, Seattle Seahawks Coach of the Week and the Frosty Westering Coaching with Character Award.

Dan has enjoyed watching his former players and assistant coaches go on to achieve success as teachers and coaches. Dan and his wife, Donna have been married for 37 years and they have two sons, Lucas and John. Both boys are married and have given Dan and Donna three beautiful grandchildren between them.



Award Accepted by Rollie's son Mitch

Rollie Robbins

Rollie started his football career at North Central High School in Spokane where as a senior he was named to the "Spokesman-Review" All City team and was then selected to be a member of the 1951 All State Foot-

ball team. He was a 4-year letterman at Whitworth College and he received his BA in Education in '57 and a MA in Education in '61. It was at Whitworth where he found his passion for coaching and teaching.

Rollie coached at Montesano (1957-58), Sumner

(1959-60), Bellevue (1961-63), Newport (1964-67), Whitworth College (1969-70), Interlake (1973-88) and Seattle Prep (1989-99). He finished with an overall high school record of 206 wins, 115 losses and 3 ties. While coaching at Interlake, Rollie's teams won the King Co Conference Division title nine times and had four state quarter final appearances.

Throughout his career, he coached 40 players who would become Division 1 football players and eight of them would go on to pursue professional football careers.

In 1989, Rollie was the head coach for the West in the All State Football game and in 2007 he was honored with the Tony Gasparovich Award. When he was not coaching football, Rollie would often coach wrestling, baseball or track. He was married to Kay for 54 years and they raised five children together. Rollie passed away in 2007. ■

High School All-Star Football

Presented by the Washington State Football Coaches Association

The 3A/4A All-Star Football game will be played in Spokane on July 3rd 2015. *They will be staying at the Comfort Inn & Suites at 12415 East Mission Avenue in the Spokane Valley.* It will feature 70 players selected on their football ability, leadership, and character. To be nominated for the game they must have had recommendations from their coach and principal. Selection was held on January 23rd in Everett and rosters will be completed in April.

Approximately half of these players will be continuing their football career in college, but most will be playing their final game. This will be the 51st All-Star game in our state. The last two years were played in Moses Lake and before that in Everett.

This will be the seventh time the game has been played in Spokane (1995, 1997, 2000, 2005, 2008, 2011, 2015).

The game will be played at Central Valley High School in Spokane and we expect a great crowd for the 7 pm start on July 3, 2015.

High School All-Star Football Summer Classic 2015

Director Rick Giampietri

15528 E. 27th Ave, Spokane Valley, WA 99037

Cell (509) 701-5100 Phone (509) 924-9263 Email: rgiampietri@cvsd.org



WASHINGTON STATE FOOTBALL COACHES ASSOCIATION
DISTRICT AWARD WINNERS 2014



Head Coach Nick Lucey, Squaticum
Assistant Coach Chad Clark, Concrete
Jr. High/Middle School No Nominee



Nick Lucey Chad Clark



Head Coach Jeremy Thielbahr, Eastside Catholic
Assistant Coach Andy Hall, Liberty
Jr. High/Middle School No Nominee



Andy Hall



Darren McKay Ed Kramer



Head Coach Darren McKay, Todd Beamer
Assistant Coach Ed Kramer, Kentwood
Jr. High/Middle School Chris Arrington, Cedar Heights



John O'Rourke Kim Ulman



Head Coach John O'Rourke, Columbia River
Assistant Coach Kim Ulman, Mark Morris
Jr. High/Middle School No Nominee



Head Coach Randy Affholter, Ellensburg
Assistant Coach Gary Patrick, Naches
Jr. High/Middle School Joel Dugan, Zillah



Joel Dugan Gary Patrick



WASHINGTON STATE FOOTBALL COACHES ASSOCIATION
DISTRICT AWARD WINNERS 2014



Head Coach Jay Hawkins, Tonasket
Assistant Coach Steve Stamps, Chelan
Jr. High/Middle School No Nominee



Head Coach Randy Cornwell, Colville
Assistant Coach Craig Culbertson, Colfax
Jr. High/Middle School Jason Baldwin, Reardan



Head Coach Terry Cloer, Mt. Spokane
Assistant Coach Tom Yearout, Lewis & Clark
Jr. High/Middle School Chuck Bowden, Central Valley
 Shane Doyle, Shadle Park



Head Coach Jim Holman, Asotin
Assistant Coach No Nominee
Jr. High/Middle School Shaun O'Kelly, Asotin



Silver Helmet Award
 Dave Maley

Red Helmet Award
 Barb Johnston



Terry Ennis Scholarship Award Winner
 Mason Meeker with Molly Stubrud, sister of Terry Ennis



**WASHINGTON STATE FB COACHES
ALL-STAR GAME 21st ANNUAL
EAST-WEST EARL BARDEN CLASSIC**



**WHEN: SATURDAY, JUNE 20th , 1PM
WHERE: Earl Barden Stadium East Valley HS, Moxee, WA (Yakima)**

The 2015 Earl Barden All-Star Classic will be held for the 21st straight year on June 20th at 1pm at Earl Barden Stadium at East Valley HS in Moxee.. What a great place to play the Earl Barden Classic....Earl Barden Stadium! The teams are selected from the nominations of the coaches from each league in our state. The selection process took place in early January and the players that have accepted their nomination and elected to play are included on the roster. This roster will be available late spring.

The game was started in 1995 with the financial and organizational leadership of Earl Barden. Earl was a successful businessman in the Yakima area and was highly influential in the support given by the Yakima community to start this game. Earl passed away in the winter of 1999 and the community of Yakima has embraced the game and continued in its tremendous support of the Classic.

We have always embraced any football coaches who would wish to become part of this game. If you are interested in becoming a "gopher" for the Classic please contact me and I will get you "on the team!" Head

Coaches for the 21st Annual Earl Barden Classic are: West – Randy Davis, Cascade Christian and the East – Shawn Perkins, Mark Morris. A camp schedule is available from Coach Alex by email.

LET'S ALL MEET IN YAKIMA ON JUNE 20th FOR SUMMER FOOTBALL.....

Earl Barden Classic Chairman: Bill "Alex" Alexander, Quincy HS

201 C St. SE, Quincy, WA 98848

509-237-1590 (c) 787-3501 (w) Quincy HS

Alexfb1@msn.com (h) aalexand@qsd.wednet.ed (w)

East Game Co-Chairs:

Mike Lynch, lynchm@ritzcom.net

Greg McMillan, mcmillan.greg@yakimaschools.com

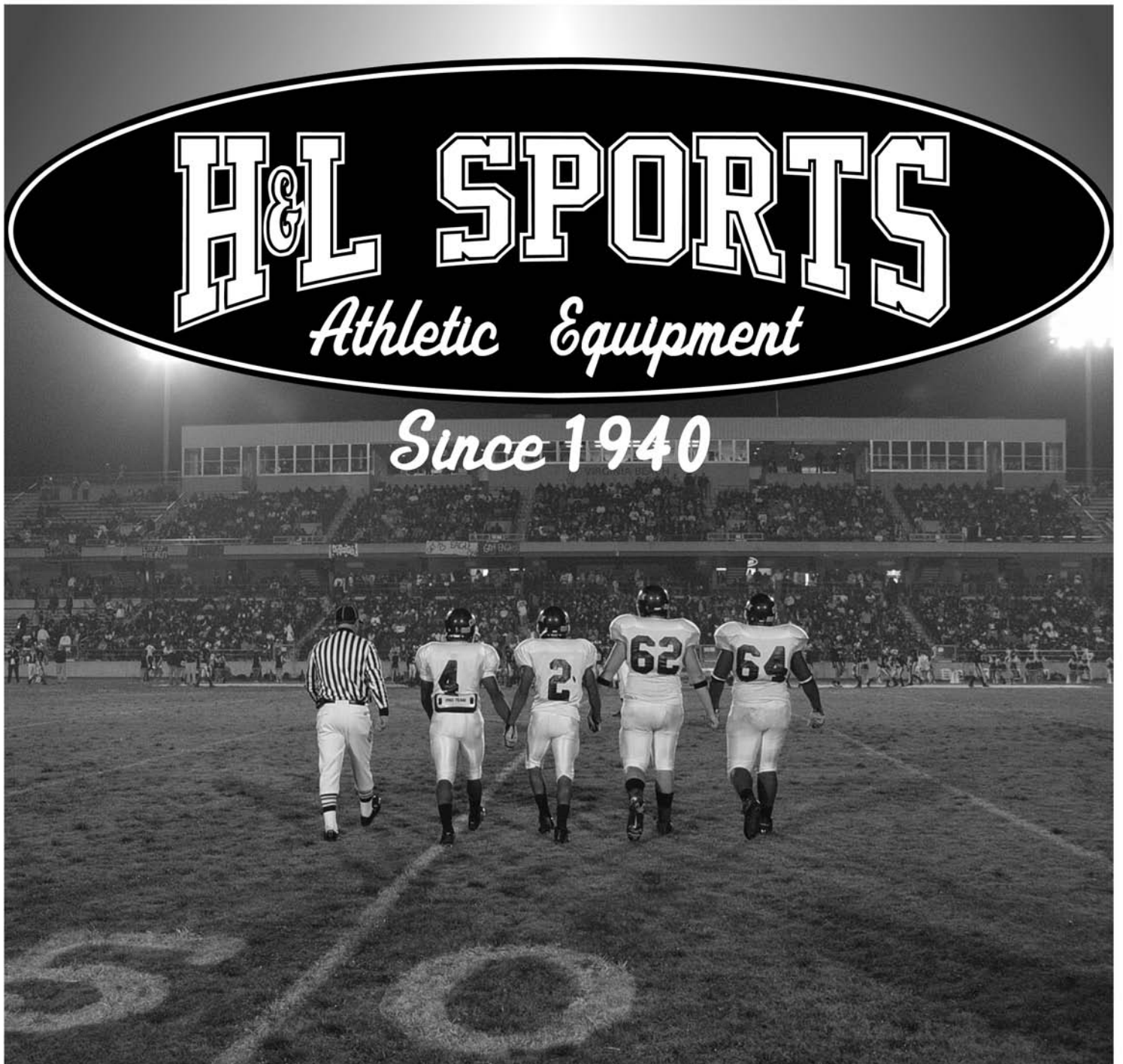
West Game Co-Chairs:

Tom Sanchez: tsanchez@southbend.wednet.edu

Jesse Bussanich: jessebussahich@hotmail.com

Game Site Manager:

Mark Mochel, East Valley Head FB Coach, Mochel.mark@evsd90.org ■



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