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OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



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WASHINGTON STATE

COACHES ASSOCIATION

A WASHINGTON STATE NON-PROFIT ORGANIZATION

Our Mission

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

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From the Editor

The articles in *The Washington Coach* do not necessarily represent the views of the Washington State Coaches Association. We publish articles of varied opinions and perspectives to encourage thought and discussion.

If you read an article in our magazine with which you do not agree, we encourage you to write an article presenting your ideas and insights.

Presidents Message

Darrell Olson

Spring 2018

Fellow WSCA Members,

By the time you read this we will have put to bed the winter sports season and with it all the excitement and drama found at the state tournaments involving boys' and girls' basketball, boys' and girls' wrestling, swim/dive, gymnastics, and bowling.

Ahead, we prepare for our spring sports season and the unpredictable spring weather that awaits us all!

The WIAA Amendment process is well underway. Be informed on what amendments are up for a vote. Ask your athletic director or principal for a copy of the proposed amendments or log onto the WIAA website. Voting on the proposed Amendments takes place in April.

The WIAA Spring sports rules clinics deadline is March 18. This is a requirement from the WIAA that each spring sport head coach must 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 18.

This is the time of year that WSCA ISA's are planning summer clinic opportunities. Each sport specific clinic is designed for professional growth in each coach. You will grow deeper in the knowledge of your sport, have the opportunity to network with other coaches, and take advantage of the educational clock hours that are available. Check the COACH magazine or WSCA website for clinic opportunities in your sport. Get involved with your sport association!

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. The \$3.5 million Liability Insurance coverage you receive as a membership benefit could be a career saver for you! Check out the following page titled "*Why Should I Become A Member of the WSCA?*"

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. ISA's are listed in the front of the COACH magazine

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 Executive 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, WSCA





From The Sidelines

by Jerry Parrish

I would like to begin this issue of *The Washington Coach* with announcements of some very recent Hall of Fame inductees. I believe there has been some excellent coaches inducted into their sport's Hall of Fame.

The 2017 Volleyball Hall of Fame inductees were Kimberly Grycel (Lynden Christian), Deb Matuizek (Tumwater), and Jodi Bellamy (Goldendale).

The most current Girl's Basketball Hall of Fame inductees are: David Braddock (Connell), Jim Freeman (Mount Baker), Dennis Olson (Auburn) and Sandy Ringer (Seattle Times).

The WSFCA (Football Coaches) inducted John Ondrieseck (Mariner), Marty Osborn (KentrIDGE) and Wiley Allred (Royal City). Wiley had an excused absence as he was being honored at a national meeting and will be formally inducted into the Football Hall of Fame next year.

There were several outstanding speakers at the WSFCA mid-winter clinic.

Eric Schuette, Central Kitsap High School Defensive Coordinator, presented his assigned topic "The Process and Progression of Teaching Safe Tackling". Eric used an excellent video that showed good drills and equipment plus CK athletes and to demonstrate the



"Teaching of Safe Tackling."

Bill Beattie, the new head coach at Tumwater replacing Sid Otton, took the opportunity to applaud the good work that Sid and his staff had done over the great years as the head T-Bird. Bill spoke with great respect about the job done by coach Otton and his staff, the school administration and also the mother's club plus the Tumwater people—band, cheer and the T-Bird nation.

Eric and Bill both shared information that each coach at the mid winter clinic could take home to and teach their athletes.

Also, at the WSFCA banquet the Terry Ennis Scholarship was awarded and is intended for an outstanding senior football player who represents the finest qualities of integrity, academic excellence, intensity and leadership. The winners are Jacob Lewis, Central Valley High School and Gabe Maggio, Everett High School.



The Washington State Football Coaches
24th Annual East-West Earl Barden Classic
has a change of location!!!!

The game will be played on Saturday, June 23 at 1pm
at Zaepfel Stadium, Eisenhower HS, Yakima

Please note change of location!

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 WSCA website 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 ■**

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Wash. State Golf Coaches Assn. Must register for hotel by June 10th.

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 School Address _____
 Home Address: _____
 Cell Phone: _____ Home Phone _____
 Email: _____ WSCA card number: _____

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Please call White Horse with any questions at (360) 297-4468, or you may email questions to bruce@white-horsegolf.com.
 You can mail your registration to White Horse Golf Club, 22795 Three Lions Pl. NE, Kingston, WA 98346.

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
Cheer	OPEN		
Cross Country	Joe Clark	Lakes	jclark@cloverpark.k12.wa.us
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Golf	Andrew Hershey	Shorewood	andrew.hershey@shorelineschools.org
Gymnastics	Ryan Fleisher	Issaquah	issygymnastics@yahoo.com
Soccer	Aaron Radford	Kentwood	aradsoccer@comcast.net
Softball	Tom Harmon	Nooksack Valley	tharmon24@hotmail.com
Tennis	Brooks Hazen	Puyallup	hazenbf@puyallup.k12.wa.us
Track & Field	Kevin Eager	Gig Harbor	wstfcaprez@gmail.com
Volleyball	Suzanne Marble	LaConner	smarble@lc.k12.wa.us
Wrestling	Brett Lucas	Todd Beamer	blucas@fwps.org ■



DOES “FATIGUE MAKE COWARDS OF US ALL”

The final part of the series - Strategies of overcoming the sensations of fatigue

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

Strategies that appear to be useful in overcoming fatigue sensations include for example, long distance athletes may use the following:

When the training session or competition begins, the ability of the body to continuously monitor and minutely adjust each contraction comes into play. These contractions are fed information from conscious sources such as the distance already covered and knowing the end point location. This accumulation of external, conscious data allows the athlete to modify the pace, which lessens the physical effort necessary to do the work to achieve their goal.

Other mindful tricks that improve an athlete’s performance.

- The Ramachandran mirror¹, a method used to treat phantom limb pain but is also seen as an effective way to train during rehab. This may be the reason there is a transference of approximately 10% strength from the non-injured limb to the injured, recovering limb.
- According to the article, listed in the foot note, “The mirror image of the normal body part helps reorganize and integrate the mismatch between proprioception and visual feedback of the removed body. Thus, enhancing the treatment effect for phantom limb pain. The clinical effect of mirror therapy is much more significant than any other treatments.” After

surgery, the physical therapists often encourage continual range of motion, endurance, and strengthening of the non-injured side of the body along with the repairing body part.

- As much as I dislike the use of headphones, especially when running on the side of the road (usually going with the traffic so they cannot see what is approaching) they are an effective means of dealing with fatigue. However, using music to diminish the fatigue signals may not be the most effective manner of dealing with them since these are identified as external distractions. Many elite athletes consciously and constantly monitor their fatigue. Doing so allows them to make the essential physical and mental changes to improve their performance.
- If the means are available, using a time piece that is purposely set to run slowly supplies the body inaccurate feedback forcing it to adjust to the pace of the competition or to the actual distance of the session or race.
- In a similar fashion, using a clock that has been set up to increase the pace by 2%.
- Where possible adjusting the environmental conditions to match the conditions of the contest or meet. This helps the

athlete to recognize their core body temperatures reaction to the environment and then adjust their mental response to the discomfort.

Subconscious factors that have an impact on performance.

- According to Noakes, et al and Nybo, et al and a host of others, the amount of oxygenation present in the arteries and brain.
- How much glycogen is stored in the muscles
- The amount of fluid loss and the degree of thirst
- All of myriad variables relating to heat accumulation and the effect heat has on the human body

Techniques useful in cooling the body and improving performance by potentially changing the sensory perceptions going into the feedback loop to the control areas of the brain.

- Controlling and mitigating the sensations of heat stress and fatigue via the cooling of the lower and upper body, particularly the neck.
- Research has found that using a carbohydrate mouth rinse may act on specific areas of the brain that regulate sensations of fatigue. The suspicion is that having carbohydrates in the mouth almost instantly expedites motor output.
- Reduced performance output

is often associated with muscle tissue damage, including muscle soreness. However, reference the latter, there are conflicting studies that contradict the idea that muscle soreness decreases performance. Of course, if it is a debilitating case of delayed onset muscle soreness then certainly performance will be affected.

- Downhill running contributes to muscle damage and soreness
- Controlling the intensity of the exercise sessions contributes to lessening the accumulative effects of systematic fatigue, especially of the nervous system.

“Finally the presence of the end spurt in which the athlete is able to increase her pace for the last 10% of the exercise bout (Kay et al., 2001; Tucker et al., 2004, 2006b, 2007; Amann et al., 2006; Noakes et al., 2009) confirms the submaximal nature of all exercise performances. More importantly it raises the intriguing questions: Exactly what is fatigue? For how can an athlete speed up near the end of exercise when she is the most tired and should therefore be slowing down according to the traditional definition which describes fatigue as an inability of the contracting muscles to maintain the desired force. According to this definition the athlete who speeds up near the end of exercise cannot be fatigued, regardless of how she feels.

The prediction of this model is that potentially “everything,” not just those factors identified in Figure 2.2, can potentially affect athletic performance. But that the most important of these effects begin and end in the brain.”²

The opposite side of the Central Governors Model³

“The prediction of this model is that potentially everything...can potentially affect athletic performance” (Noakes, 2012, p. 6, emphasis in the original). If a model suggests that everything can determine how long someone mentally and physically perseveres, can such a model ever be demonstrated to be false? Can such a model ever offer specific insights to understanding why physical or mental effort is aversive and why people tend to avoid it? In our view, the central governor resembles the fabled homunculus and is another theoretical soup stone (Navon, 1984)—it appears to do theoretical work, but upon closer inspection it actually does very little.”

Conclusion of the opposition to Noakes

“Making a connection between mental fatigue and physical fatigue is laudable and we agree that much can be learned from such cross-fertilization. The problem, in our view, is that the central governor model is controversial at best and unfalsifiable at worst. It offers an ultimate account of fatigue that is disconfirmed in the most mundane of situations and, given present knowledge of physiology, it is not clear if it can deliver what it promises.

Bridging the gap between mental and physical fatigue is a laudable goal. There is already well established and increasingly accepted work in exercise physiology that has looked to psychology to understand the factors that determine disengagement during physical tasks (Marcora, 2008; Marcora and Staiano, 2010; McCormick et al., 2015). This psychobiological model based on motivational intensity theory (Brehm and Self, 1989; Gendolla and Richter, 2010) suggests that perception of effort and potential motivation are the central determinants of task engagement,

with people consciously deciding how much or how little effort to apply based on a number of considerations. We believe that the gap between mental and physical fatigue is not very broad, but we would rather not bridge it with a flawed model that is increasingly out of favor.”

I personally side with Noakes simply because many, if not all the suggestions of dealing with fatigue listed in his paper, the various ways of mitigating fatigue. I and many of my athletes have used these time honored methods and they work. Even if there is a placebo effect, these work for many athletes regardless of the sport. Some of the fatigue mitigation articles in the books⁴ written during the 60s through the late 80s put out by the former Eastern bloc countries it is pretty clear they had a handle on dealing with fatigue and restoration. They also had a fine tuned pharmacological program too.

I only hope we can keep our athletes clean. And this is where we, as coaches, come into the picture.

(Footnotes)

¹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3468806/>

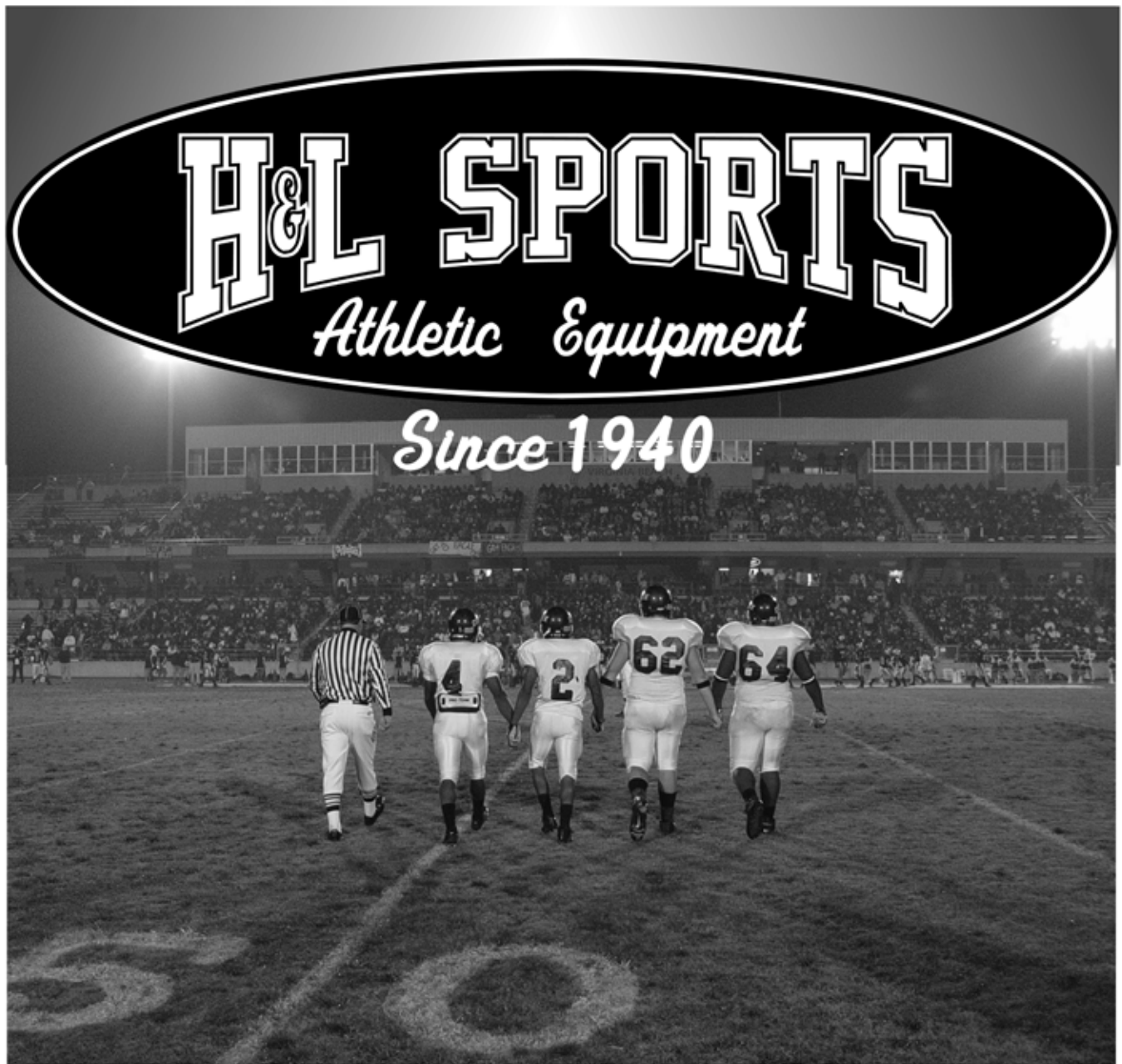
² Full text: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3323922/#B135>

³ Full text: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4854881/>

⁴ Kurz, T. 2001, *Science of Sports Training*, Stadion Publishing Company, Inc.

Drabik, Jozef, PhD, *Children and Sports Training*, Stadion Publishing Company, Inc.

Please find “*The Washington Coach*” as an online magazine on the official website of the Washington State Coaches Association. The current publication, as well as past issues, are available at washcoach.net.



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WSGBCA selects four for their 2018 Hall of Fame



The Washington State Girls Basketball Coaches Association has selected four members to enter their Hall of Fame. This year in Schirmer Auditorium at King's High School in Seattle, the WSGBCA will honor the following coaches into its third Class of Hall of Fame Inductees on Friday, March 16 at 6:00 p.m. The banquet begins with a dinner social followed by the induction ceremony. Cost is \$40 or \$50 at the door. RSVP or for questions contact Bryan Peterson at peterstonb@cascadechristianschool.org.

Below are the first inductees of the Washington State Girls Basketball Coaches Association:

David Braddock, Connell

Jim Freeman, Mount Baker

Dennis Olsen, Auburn

Sandy Ringer, Seattle Times



The WSGBCA would like to congratulate this year's inductees and look forward to honoring many more in the future.



Hall of Fame Inductees



Kimberly Grycel-Lynden Christian

Kimberly Grycel is in her 22nd year at Lynden Christian High school. She serves many roles at the school including teaching math,

coaching varsity and middle school volleyball, and serving as assistant activities director.

Coach Grycel began as the Head Volleyball Coach in the fall of 1996. In that time, her teams earned 10 league/conference titles and 19 district or bi-district championships. They have made 20 consecutive state tournament appearances, placing 17 times with 2 state titles in 2014 & 2015.

Kimberly, with a 480-120 win/loss record, has been voted league coach of the year 8 times, 1A state coach of the year twice, and the 2016 NFHS Volleyball coach of the year for the state of Washington. She is involved at the state level organizing state rankings, the All State Volleyball Match, and speaks at coaching clinics.

Kimberly would like to thank her husband John, their two sons (Kylan-10) and (Keston-8) and her dad for being her biggest fans. She would also like to acknowledge and thank long time assistant coach Kelly DeJong, the rest of her dedicated coaching staff, and the parents and LC community that support the volleyball program. And finally, deep felt gratitude to the many past and current players that have worked so hard to keep Lynden Christian volleyball one of top programs in the state.



Deb Matuizek-Tumwater

Deb graduated from Oak Harbor High School in 1973 and from Western Washington University with a degree in Visual Communications Education

in 1977. She received her Master's Degree in Educational Technology from City University in 1995.

In 1978, Deb started her 38-year teaching career at Tumwater High School, teaching Graphic Arts and Career and Technical Education. The following year began her 24-year volleyball coaching career at Tumwater. During that time, the T-Birds won 7 league titles, 2 district titles and participated in 12 state tournaments, finishing in the top 8 six times and top 4 three times. Those Tumwater teams and players established a tradition of post season awards, winning multiple All League Players, 6 Players of the Year awards, 6 All State Players and an Academic State Championship. Deb was honored to coach the West team to a victory in the 1993 All State Volleyball match. Her career record is 336-154.

Deb also coached Fastpitch at THS from 1990-2002, leading the T-Birds to an undefeated State Championship in 1993.



Deb is appreciative of the tradition of athletic and academic success in Tumwater and is thankful for the support from all her players and their families and the THS athletics staff.



**Jodi
Bellamy-
Goldendale
HS**

Beginning as a HS Basketball Coach, Jodi came over to the wonderful world of Volleyball in 1999 at Sher-

man County High School in Oregon. The past 16 years have been spent at her Alma Mater, Goldendale High School, which has truly been a special place to coach. 17 years of Varsity Volleyball have resulted in 8 League championships, 5 District Titles, 7 State Trophies and a record of 325-139 She has received Coach of the Year Awards out of the SCAC West 6 times. Most importantly, the experiences off the floor, travels, adventures and building young lives are the things that bring Jodi the most joy! Many former players are coaching VB now and some bringing their kids to Little Spikers Camp.

Recently, a 300 Victory ball signed by former play-

ers brought the true “hall of fame” payday when they spoke of the things they have learned about life and being their best off the court. It has been a career much like the highs and lows of a Volleyball match, learning to ride the waves of momentum and to stand strong and true for excellence no matter the situation! The Volleyball has been a blast, the relationships by far the most rewarding!

Thank you to my outstanding husband of 36 years, Larry, my family, assistant coaches, players, their families, our faithful fans and the GHS Administration. Having developed great friendships with many opposing coaches, officials and VB people over the years is something I will treasure forever! Thanks to Ron Townsend for believing in me at the start and to my HS Basketball coach, Dennis Birney for placing a love of coaching in my heart. Thank you Washington State Volleyball Association Coaches for this truly amazing honor! ■


We would like to thank Ian Clark and Darin Stout from Northwest Sports Photography for the pictures.

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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.

ROGERS



Maccabi Youth Games 2018 - Israel



- WHO:** Athletes 14-16 years old
WHAT: 2018 International Maccabi Youth Games in Israel
WHERE: Northern Israel
WHEN: July 22 - August 1, 2018
COST*: \$4600, including flight from New York Metro Area

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Marty Osborn

Marty grew up in Bremerton, his first coaching influence was his father Rick Osborn who coached him in the Navel Avenue Pee Wee Youth Football Organization. He graduated from Bremerton High School in 1979 playing for Hall of Fame Coach Chuck Semancik. He played for Olympic Community College in 1979-80 seasons for Coach Orsen Christensen. He played for Central Washington University in 1981-82 seasons for Hall of Fame Coach Tom Parry.

He was an assistant football coach for Doug Smith at Olympic High School from 1983-85. In 1986 his men's track & field team won the Olympic League Championship In 1986 he assisted Kirk Westre for one season at Mt. Rainier High School and became the head football coach from 1987-90. As a first time head coach, Marty's Defensive Coordinator, Bernie Gibson was instrumental in the team's success. In 1990 the team made it to the State Championship in the old Kingdome, losing a tough battle to Tumwater. From 1991 to 2017 he was the head coach at Kentridge High School. Team accomplishments included multiple Top 10 Rankings, 14 playoff appearances, and 6 SPSL League Championships.

Some of Marty's honors include: 156 career victories, Seamount & SPSL Coach of the Year, Seattle Times All-Area Football Coach of the Year, Seattle Post Intelligencer & Tacoma News Tribune Washington State Football Coach of the Year, Seattle Seahawks High School Football Coach of the Week, coached in four WSFCA All-State Football Games, and the lifetime relationships with his coaches and players.

Marty would like to thank his family for a lifetime of support for him as a player and coach. His best friend and wife Lori and their four daughters Tiffany, Brittney, Talia, and Alex. Family members Rick & Patty Osborn, Gary & Linda Proctor, Stan, Vicki, Donovan, Darren Hosmer, Ron, Shirley, Scott, Erina Reed, the Kearns Family, and his grandparents.

John Ondrizek

John graduated from Dixie Hollins High School (St. Petersburg, Florida) in 1970. He received his under graduate degree from the University of West Florida and his Masters from Idaho State University. He began his teaching and coaching career in 1974 at Riverview High School in Sarasota, Florida where he was a PE teacher, assistant football and head wrestling coach. Under his leadership the Riverview wrestling team won 44 straight dual meets, was undefeated for 3 straight years, and had numerous wrestlers place in District, Regional & State tournaments. In 1981, John and his wife Sue moved to Everett, Washington and he was hired by the Mukilteo School District as an assistant wrestling, football and weight training coach. In 1993, after 12 years of coaching at the varsity level, he was named the Head Football Coach at Mariner High School. He spent the next 21 years as head football coach, leading the Marauders' to 117 victories, three league championships, 15 years of post season games and the 1998 AAA State Championship game. Coach Ondrizek has also had the pleasure of coaching five athletes who have gone on to careers in the NFL. In 1999, he was an assistant coach in the East-West All Star game and was the West Head Coach in the 2009 All Star game. He served on the player selection committee for the East-West All Star game for 18 years. His career honors include: Sarasota County Wrestling Coach of the Year, WSFCA District 1 Football Coach of the Year, Everett Herald Football Coach of the Year (3 times), finalist Everett Herald Man of the Year 1996 & 1998, Seattle Seahawks Coach of the Week twice, Mukilteo School District Coach of the Year and recipient of the Mukilteo Lighthouse award. Coach Ondrizek attributes his success to the commitment, loyalty and hard work of the outstanding, dedicated people he has had the privilege to work with for 41 years. He feels fortunate and honored to have had the opportunity to have a career in teaching/coaching and will always cherish the lifelong friendships and relationships he has established with colleagues, families and the athletes/students he has taught and coached. John and Sue have been married for 45 years and have two children, Matthew and Jacie. They also have three wonderful grandchildren, Kingston, Ezra and Jazzmynn.





WASHINGTON STATE FOOTBALL COACHES ASSOCIATION
DISTRICT AWARD WINNERS 2017

Photos are of coaches in attendance at awards ceremony.

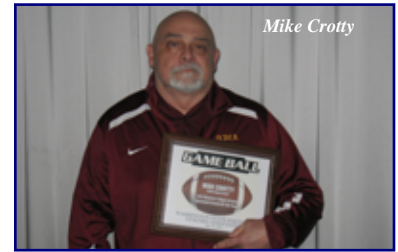


Head Coach
Assistant Coach
Freshmen

Bob, Ames, Meridan
 Tom Mueller, Oak Harbor
 Jeff Gage, Arlington



Head Coach
Assistant Coach
 Monte Kohler, O’Dea
 Mike Crotty, O’Dea



Mike Crotty



*Jason
 Ronquillo*

*Dave
 Snyder*



Head Coach
Assistant Coach
Middle School

Jason Ronquillo, Yelm
 Dave Snyder, North Kitsap
 Darren Mills, Stevens MS



*Randy
 Martinez*

*Randy
 Leeper*



Head Coach
Assistant Coach
Middle School

Sean McDonald, Kalama
 Randy Martinez, LaCenter
 Randy Leeper, Bush MS



Head Coach
Assistant Coach
Junior High

Gary Ely, Granger
 Brian Eisenbarth, River View
 Steven Swanson, Naches



WASHINGTON STATE FOOTBALL COACHES ASSOCIATION
DISTRICT AWARD WINNERS 2017



Head Coach
Assistant Coach

Todd Griffith, Moses Lake
 Shawn Rader, Tonasket



Head Coach
Assistant Coach
Middle School

Craig Whitney, W. Valley (Spo.)
 Bill Carpenter, Colville
 Brian Harrington, Liberty MS



Head Coach
Assistant Coach
Freshmen

Ryan Butner, Central Valley
 Rick Giampietri, Central Valley
 Jesse Wilhelm, Mead



GOLD *Helmet Award*

Loren Sandhop
 Moses Lake HS



SILVER *Helmet Award*

Mark Martin
 WPA Network



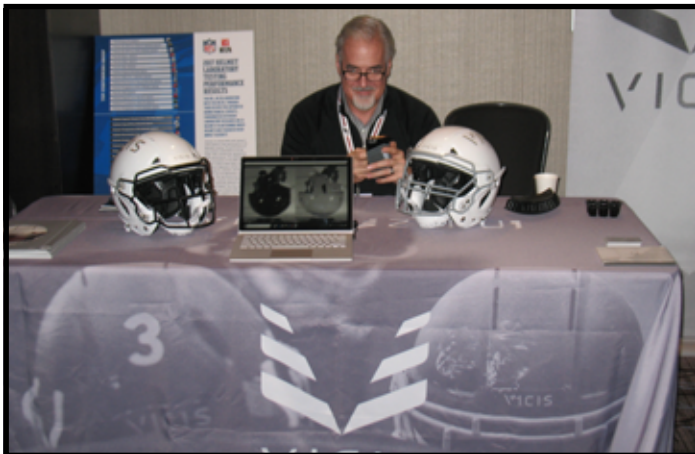
Terry Ennis Scholarship

Gabriel Maggio
 with Molly Stubrud



Terry Ennis Scholarship

Jacob Lewis
 Accepting on his behalf is
 Rick and Pete Giampietri with
 Molly Stubrud



The 2018 WSFCA Mid-Winter Clinic



WASHINGTON STATE FB COACHES ALL-STAR GAME



24th ANNUAL EAST-WEST EARL BARDEN CLASSIC

WHEN: SATURDAY, JUNE 23th, 1PM

WHERE: Zaepfel Stadium, Eisenhower HS, Yakima

The 2018 Earl Barden All-Star Classic will be held for the 24th straight year on June 23th at 1pm at Zaepfel Stadium at Eisenhower HS in Yakima. 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. The head coaches and their staff were announced in January. The rosters are on page 22 and 23.

This year for the first time the coaches and players will be housed in a hotel! Howard Johnson of Yakima has jumped on board to make it financially possible to stay in a hotel! YVCC does not allow summer camps any more due to the large amount of summer school students staying on campus....Thanks YVCC for a great run and support for the past 23 years!!!! Brady Muggleston you have been incredible!

The game was started in 1995 with the financial and organizational leadership of Earl Barden. Earl was a successful businessperson 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!".

Earl Barden Classic Chairman: Bill "Alex" Alexander, WSFCA

201 C St. SE, Quincy, WA 98848

509-237-1590 (c)

Alexfb1@msn.com (h)

East Game Co-Chairs:

Mike Lynch, lynchm@sosmail.us

Mark Mochel, mochdowg77@hotmail.com

West Game Co-Chairs:

Tom Sanchez: tsanchez@southbend.wednet.edu

Jesse Bussanich: jessebussahich@hotmail.com

Game Site Manager

Mark Mochel, EV High School

EAST TEAM - EARL BARDEN CLASSIC

FIRST	LAST	HT	WT	POS	SCHOOL	COACH
Matt	Baumgart	6'	190	TE/LB	Desales	Mike Spiess
Dawson	Flugle	5'9	165	WR/DB	Colville	Randy Cornwell
Parker	Zappone	5'10	160	RB/LB	ACH	Brandon Walsh
Koben	Jamison	6'1	190	WR/DB	Col River	Christian Swain
Alex	Hampton	6'	205	QB/RB/S	EV Yak	Eric Berg
Daniel	Rizin	6'3	185	WR/DB	KiBe	Darren Mezger
Koa	Pancho	5'9	185	QB/DB	Newport	Dave Pomante
Jake	Oxos	6'2	190	WR/S	Ephrata	Jay Mills
Canon	Racanelli	6'	180	QB/DB	Hockinson	Rick Steele
Kylan	Touch	5'10	185	RB/DB	Aberdeen	Kevin Ridout
Connor	Whitney	6'3	200	WR/TE/DB	WV-Spo	Craig Whitney
Corbin	Christensen	6'3	175	WR/DB	Royal	Wiley Allred
Kross	Kroll	6'	185	WR/TE/DB	Cashmere	Phil Zukowski
Zakery	Donato	6'3	200	QB/S	Selah	Scott Ditter
Collin	Sather	6'	180	WR/DB	WV-Spo	Craig Whitney
Jordan	Jesse	6'2	210	TE/WR	Okanogan	Erick Judd
Robert	Berger	5'7	180	RB/LB	Granger	Gary Ely
Logan	Kendall	6'3	250	FB/TE/DE	Cheney	Bob Byrd
Austin	Greenwalt	6'1	200	TE/DE	Naches	Ty Kime
Trevor	Helmes	6'	200	RB/LB	Othello	Roger Hoell
James	Heer	6'1	195	RB/LB	Liberty Spa	Mike Dewey
Colton	Ball	6'3	220	RB/LB	Asotin	Jim Holman
Triston	Cullen	6'3	240	DE	Zillah	Ron Rood
Kordell	Johnson	6'2	255	C/OL/DL	Hockinson	Rick Steele
Tristen	Lewis	6'	200	OL/LB	Colville	Randy Cornwell
Elijah	McCullough	6'1	240	OL/DL	Lyle/Klick	Antoine Montoya
Brendan	Reed	6'5	310	OL/C/DL	Clarkston	Brycen Bye
Cole	Christianson	5'11	230	OL/DL	Selah	Scott Ditter
Seer	Deines	6'3	260	OL/DL	Connell	Scott Forsyth
Beau	St John	6'4	265	OL/DL	Liberty Spa	Mike Dewey
Rian	Ellis	6'	250	C/DL	Okanogan	Erick Judd
Raynor	Beierle	6'2	275	OL/DL	Royal	Wiley Allred
Aiden	Slater	6'4	220	TE/DE	Tumwater	Bill Beattie
Payton	Nielson	6'4	185	TE/DE	ACH	Brandon Walsh
Zane	Scott	6'	200	FB/LB	Oroville	Tam Hutchinson

COACHES

Head Coach	Erick Judd	Okanogan
Assistants	Dory Jones	Okanogan
	Brandon Walsh	ACH
	Brycen Bye	Okanogan

WEST TEAM - EARL BARDEN CLASSIC

First Name	Last Name	Ht	Wt	Positons	School	Coach
Carson	Klinger	6'0"	170	RB/DB	Montesano	Terry Jensen
Madden	Tobeck	6'1"	195	RB/LB	Cascade Christian	Randy Davis
Corbin	Nohr	6'3"	260	OL/DL	Cascade Christian	Randy Davis
Tyquan	Coleman	6'0"	175	RB/DB	Cascade Christian	Randy Davis
Casey	Bauman	6'6"	220	QB/LB	Nooksack Valley	Robb Myhre
Simon	Burkett	6'0"	165	QB	Meridian	Bob Ames
Jackson	Foster	6'3"	240	OL/DL LS	Port Townsend	Alex Heilig
Evan	Honore	5'7"	155	WR/DB	LaCenter	John Lambert
Jack	Hiller	6'5"	250	OL/DL	LaCenter	John Lambert
Wyatt	Seibert	6'7"	200	TE/DL LS	LaCenter	John Lambert
Nathan	Halladay	6'0"	195	RB/LB	Castle Rock	Eric Boswell
Brennon	Blevins	5'10"	180	WR/DB	King's	Jim Shapiro
Rhewabura	Munyagi	6'3"	215	WR/DB	Archbishop Murphy	Jerry Jensen
Martin	Napheahi	6'2"	295	OL/DL LS	Archbishop Murphy	Jerry Jensen
Dylan	Peterson	6'0"	235	OL/DL	Sedro-Woolley	Dave Ward
Austin	Lane	6'3"	205	QB	Lakewood	Dan Teeter
Jacob	South	6'6"	285	OL/DL	Anacortes	Dick Freier
Jonathan	Cox	6'5"	225	WR-TE/DE	Lakewood	Dan Teeter
Isaac	Koopmans	6'0"	300	OL/DL	Burlington-Edison	Herb Lehman
Trystan	Lowry	6'0"	190	QB/DB	Anacortes	Dick Freier
Isaac	Howell	6'2"	215	OL/LB	Sedro-Woolley	Dave Ward
Ryan	Brooks	6'3"	235	OL/DL	North Kitsap	Jeff Weible
Gavin	Velarde	5'9"	155	WR/DB	Sequim	Erik Wiker
Dax	Solis	6'2"	215	RB/LB P	North Kitsap	Jeff Weible
Lavelle	Alexander	6'0"	185	RB/DB	Fife	Kent Nevin
Mila	Saole	6'3"	300	OL/DL	Foster	Elijah Ruhl
Nate	Evans	6'1"	260	OL/DL LS	Washington	Mike VonRueden
Deshayne	Stevens	5'7"	215	RB/LB LS	Highline	Mark Cross
Tyler	Hansen	6'1"	335	OL/DL	Concrete	Marcus Carr
Ben	Byington	5'11"	185	RB/LB	South Bend	Shane Byington
Brad	Prestegord	6'4"	290	OL/DL	Pe Ell/Willapa Valley	Josh Fluke
Josiah	Markwell	6'3"	190	LB/OL	South Bend	Shane Byington
Jordan	Purvis	6'3"	175	WR/DB LS	Napavine	Josh Fay
Noah	Lantz	5'9"	165	RB-WR/DB	Napavine	Josh Fay
Jacob	Herz	6'1"	190	WR/DB	Kalama	Sean McDonald
Corbyn	Byrnes	6'1"	215	TE/LB LS	Kalama	Sean McDonald
Keyton	Wallace	5'8"	175	RB-WR/DB	Toledo	Mike Christensen
KC	Larranaga	6'1"	245	OL/DL	Kalama	Sean McDonald

COACHES

Head Coach	Dan Teeter	Lakewood
Assistants	Jay Carlson	Lakewood
	Sean McDonald	Kalama

The NATURAL

by Lane C. Dowell

Like many of you, during my coaching career I was blessed to work with a number of athletes gifted with talent. It was those naturals who built upon their gift by employing self-discipline which leads to winning championships, the accompanying gold medals, and perhaps even a scholarship, providing the education for a desired career. **Karlee Freeman is one of those described above.**

When you mix into the finished product a **mental toughness** that drives any competitor to **be the best they can be** and a winning gene pool you have a **record setter, a champion, and that's Karlee.**



KARLEE'S ROOTS: Before we get into Karlee's exploits and potential, let's take a short look at her roots, the **Freeman Family**, whom we got to know via Karlee's Uncle John, now the strength coach at Bremerton High. As a teacher coach he bought into the rules of the road instilled by Karlee's grandparents, Rance and Marie Freeman.

We saw Karlee's grandfather Rance as the strong silent type imbued with leadership skills. He was the Mayor of the family's chosen hometown, Raymond, Washington.

Grandmother Marie, the matriarch, who with her husband's support, instilled the morals and values into their off-spring...strive to be the best you can be...no whining...self-discipline...mental toughness. I think Marie would love my favorite locker room adage...**"When the Going Gets Tough, the Tough Get Going."**

We attended Uncle John's wedding, and we felt a lot of family warmth togetherness...respect...courtesy and even though our friend John would say, "Coach, you're getting too syrupy," Love. Well, coach, we have to call 'em how we see 'em. We will never forget how John expressed his feelings for all the lavish attention and gifts. We were made, by all, to feel as part of the group...honorary Freeman's.

In Southwest Washington, the Freeman family name/attitude is synonymous with great work ethic and mental toughness...**Be the best you can be.**

Karlee's father, Phillip and mother Briana, a state prep Discus champion and a coach, were athletes, and like their families are very supportive of Karlee.

When Phillip talks about his daughter, he shows nothing but praise for Karlee, who is a product of the environment in which her dad was raised. *"I'm the youngest of 9 kids. All of my siblings were athletic. I didn't grow up with the 4 oldest brothers who were all 1 year apart. I've heard a lot of sports stories about them. The rest of us tried to live up to the Freeman name. People have told me how 3 of the oldest Freemans played in the backfield at one time when Raymond ran the Wishbone offense. The oldest 4 brothers, Pink, John, Rick, and Den, who had a tryout with the Dallas Cowboys, were on football championship teams."*

Karlee's mental toughness was noticed at an early age. We taught her to be competitive especially since she had an athletic brother only 2 years older. We told her she could be better than the boys. She often played with the age group above her in soccer, softball, football, and basketball.

We saw her potential, competitiveness, and physical strength at an early age, so we always pushed her to be better. She never accepted losing lightly. She could play through injuries. And she always seems to step up her game in order to win. I don't know how many times she surprised us with a better game or better throw in order to win.

Her self-discipline was more noticeable after her ACL injury in June. It's an athlete's nightmare. You never think it will happen to you - the injury that takes you out for an entire year.

*She made the difficult but responsible decision to sit out her senior basketball season in order to protect her knee. So she faithfully rehabbed from July to December. Then she got in shape on her own and started doing lots of standing throws during the winter in order to get closer to full recovery by track season. She picked up 3 new events: hammer, shot, and javelin. She slowly got back into hurdles. She was a full-time **Running Start** student, which allowed her to practice her throwing and hurdles on her own during the day, then go to track practice with her team, and then drive to Olympia for hammer practice on some days. After state, she decided to take another shot at the **Junior Olympics**. Thankfully, she hooked up with Shaun, who coached her through June and July to further improve by **Nationals**.*

Her improvement in one year after a complete ACL repair shows how tough and disciplined she can be. She didn't get to compete in volleyball and basketball; she was definitely going to prove herself in track!



KARLEE'S COACHES: Former WSU All-American Hammer thrower **Dwight Midles**, who is teaching Karlee the rudiments of the ball and wire, had this to say about his protégé. *"Karlee is very hard working. She will be successful in whatever event or life goal she sets for herself. One gift she has is the ability to bring it when her name is called to step up and throw. She does not panic. She just brings it. She is also very lucky to have the support of her loving family."*

Shaun Straka: The coach for Team Evolution, an elite program aimed at developing athletes to compete at the next level in athletics. *My passion is in track and field.*

I have been coaching throwers for 10 years. I have had the honor of coaching an impressive group of athletes that have won over 20 state championships in three different WIAA classifications 1A, 2B, and 1B. 8 kids have gone on to compete at different levels of collegiate athletics and one even made the finals at the Olympic Trials!

I have also had 4 national championships and numerous All-Americans in the USATF youth level.

I have been working with Karlee for 7 months and am extremely impressed with Karlee's work ethic. During that time we have focused on drills that have improved her throwing techniques dramatically.

continued on page 26

continued from page 25

*On top of the drill work we do, I have also been teaching Karlee how to **Olympic Lift**. Her work in the weight room will directly affect her performance in the throws.*



*Karlee is about as mentally tough as an athlete gets. She battled back from an injury that takes most people 12-18 months to recover from and **won a national title 10 months post-op**. If I didn't see it first-hand I would not believe it was possible. Her **work ethic is off the charts**. I think I spend more time explaining why it's important to rest than I do anything else. She is always ready and willing to practice.*

*I hope that with my strength training program and technique work that we are doing, Karlee will improve her marks and have a foundation developed that Coach Lange can build on immediately at the **University of Southern California**. Her accomplishments so far are amazing, but I believe it is just the tip of the iceberg. Karlee will have a senior year that will rewrite the record books.*

Dan Lange (USC): *I'm grateful that she has an opportunity to work with someone as knowledgeable as Dwight in the hammer. I know she will come to me with solid fundamentals. As far as the Heptathlon goes...Karlee is a fantastic all-around athlete. I personally witnessed her getting 25 kills in a single volleyball match! With that being said, Karlee is **coming to USC to become a great thrower**.*

Coach Lange went on to say that Karlee is in great hands with Coach Shaun. I know they are working very hard in the weight room. I'm excited to see what they can achieve together in her senior year. All I ask is that she shows up to USC healthy and motivated to learn.

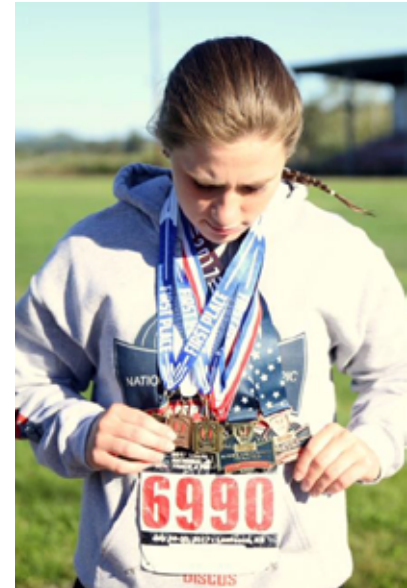
Although she is a very good student in high school, USC will most likely be a challenge for her in her first year. Fortunately, we provide a tremendous amount of support for our students/athletes. Our student/athlete academic services are second to none.

My only advice for Karlee is to make sure she enjoys her senior year to the fullest. I would advise her to cherish each and every moment of her last semester of high school.

Adam Midles...*Trojan All-American Hammer thrower from Olympia's Capital High....Coach Lange is the best coach in the country. He is uniquely capable of applying his knowledge to a wide variety of individuals, but it's extremely important that the athlete communicate back through the entire process. Many young athletes in high school largely just do what they're told since they are starting out. With Coach Lange, a very high priority will be placed on two-way communication. Through this process, you'll learn more about yourself as an athlete, and, more importantly, a competitor. She'll also need to learn that less focus will be placed on training measurable practice PR's, lifting records, body weight, and sprint times, and more focus will be placed on exercises that prepare you mentally for when your name is called up at the National Championships.*

When asked what advice he would give to new Trojan recruit Karlee Freeman, Midles responded with, *Take advantage of the Student Athlete Academic Services. Even on classes that you are prepared for. This is a free benefit to all Student-Athletes, and unfortunately most don't take advantage of it until they've fallen behind. I was fortunate to have enjoyed a positive academic experience at USC that prepared me well for my professional career.*

The only thing I wish I would have done differently is try to enjoy the experience more, but it's hard when you're balancing practice, travel, and homework.



Karlee's Past Performances:

In her **secondary school career**, Karlee has thrown the Discus for 58 firsts and 2 seconds. Her senior season has yet to come.

Her **state stats** are equally amazing

9th grade: discus 1st, 100 8th, 100 hurdles 4th, 300 hurdles 6th

10th grade: discus 1st, 100 hurdles 1st, 300 hurdles 2nd, 100 8th

11th grade: discus 1st, shot put 1st

12th...?

2017 Junior Olympic National Discus Champion: 171'4"

Shot Put Story:

*I tried throwing the shot put a little bit in practice my Sophomore year, but didn't really enjoy it so I didn't continue to practice it. Then I came back my Junior year from a torn ACL, and I wasn't able to run the hurdles so I decided to pick up the Shot just for another event. In the beginning, I didn't like it that much because the marks weren't great, but they slowly improved and it became a lot more fun. **I threw 30'11" at my first meet and ended up throwing 46'2" at the Junior Olympic Regional meet this summer.** I practiced it daily until I knew what it took to get a state title. I actually tweaked my knee at districts and didn't practice much the week before state. My plan was to do a shuffle at state, but I was feeling great when the competition started and was able to glide and PR'd by 2 feet and won with 40'6.25".*

*At the Junior Olympic Association meet I threw 40'7" with a glide, and then I started to practice the spin and threw **46'2"** at the Regional meet two weeks later. The Regional meet was the first time I spun in the shot put, and I ended up **PR'ing by 6 feet!***

Continued on page 28

continued from page 27

Sometimes big things come in smaller packages:

*A funny story was at the Rainier Ice Breaker meet my **freshman year**. All of my competition was about a foot taller than me and actually looked like throwers, and they were calling my name to check me in. The head official went through every thrower and asked if they were Karlee Freeman, and I stepped up and was like "I'm Karlee Freeman" and they were like "What?! You throw that far!?. **They were so surprised, because I was so much smaller than all of the other girls!***

Most influential thing that has happened to me:

Ever since I could remember, sports have always been a huge part of my life and I loved it! I started playing basketball in 3rd grade and had a ball in my hand as much as I could. I played soccer, football, and softball growing up as a kid and I remember spending almost every weekend at a softball or basketball tournament. I played volleyball, basketball, and participated in track my 7th, 8th, 9th, and 10th grade years and had to sit out my junior year. I tore my ACL playing summer basketball my 10th grade year and had to sit out of two of the sports I love my 11th grade year. It was definitely one of the hardest things I've had to do, and I would never wish it upon my worst enemy. Sitting on the bench watching my team do the thing I love most is something I never want to do again. It taught me that nothing in life is permanent, and to never take things for granted.

When the Going Gets Tough, the Tough Get Going

Fight On Forever, Karlee...198'9"

*Lane C Dowell is a Lifetime member of the WSCA
WTFCA HOF Coach
USATF Master Level Official
A Head Throws Official for Nine USA National Championships
Hammerhead for USA Olympic Trials...2000, 2004, 2008
...and three World Championships
Qualified for three consecutive National Senior Games in the
...Shot and Discus*



WASHINGTON COACH Magazine

Next Issue - Summer May 14

Fall Issue: August 14, Winter Issue: December 1, Spring Issue: February 14, Summer Issue: May 14

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