

GO THE WASHINGTON COACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION

Congratulations to the Spring Sport Champions!

Tennis

- 4A - Hudson's Bay (Boys)
Bellarmine Prep
(Girls)
- 3A - Lakeside (Seattle)
(Boys)
Mercer Island (Girls)
- 2A - Cashmere (Boys)
Cascade
(Leavenworth)
(Girls)
- 1A/B - Overlake (Boys)
Bush (Girls)

Baseball

- 4A - South Kitsap
- 3A - Liberty (Issaquah)
- 2A - Othello
- 1A - Colfax
- B - DeSales

Softball

- 4A - University
- 3A - Hanford
- 2A - Montesano
- 1A - Cedar Park
Christian
- B - Morton

Golf

- 4A - Richland (Boys)
Bellarmine Prep
(Girls)
- 3A - Bellingham
(Boys & Girls)
- 2A - Foster (Boys)
Othello (Girls)
- 1A - Life Christian (Boys)
- 1A/B - Colfax (Girls)
- B - Willapa Valley (Boys)

Track & Field

- 4A - Inglemoor (Boys)
Curtis (Girls)
- 3A - O'Dea (Boys)
Bellevue (Girls)
- 2A - Pullman (Boys)
Cascade
Leavenworth (Girls)
- 1A - Freeman (Boys)
King's (Girls)
- B - Pomeroy (Boys)
Mt. Vernon Christian
(Girls)

Boys Soccer

- 4A - Richland
- 3A - Newport (Bellevue)
- 2A - Connell



WASHINGTON STATE COACHES ASSOCIATION



2003 – 2004 Membership Application

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Home Phone _____

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School Where Coaching _____

School Address _____

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Which sport group should receive credit for your membership? _____

Send completed application with \$35.00 to:

Jerry Parrish, Exec. Secretary
18468 8th Ave NE, Poulsbo, WA 98370

**Or, see our application
on our new website:
www.washcoach.com**

**Benefits effective upon receipt of application and \$35.00.
Membership is from September 1, 2003 through August 31, 2004.**

Benefits Include:

- State Tournament Pass accompanied by picture ID.
- National Federation Coaches Association membership includes \$1,000,000 General Liability Insurance, \$10,000 Accident Medical Expense limit per injury (\$2,500 deductible per injury), and \$25,000 Accidental Death and Dismemberment Benefits. Note this insurance coverage is excess of any other valid and collectible insurance. Please contact a Bollinger Inc. Sports Accident Claims representative for more information regarding coverage at 1-800-526-1379. Membership in the NFCA affords non-insurance benefits such as the Coaches Quarterly magazine and the opportunity for participation in the National Awards Program.
- Your senior son or daughter would be eligible to receive scholarships being offered by WSCA.
- Hall of Fame eligibility.
- Eligibility for "Coach of the Year" honors State-Regional-National.
- Makes you eligible to be selected as All-Star Coach.
- Enhanced professional growth and opportunity to contribute to your profession.
- Provides a line of communication and a forum for the exchange of ideas and information.
- Window decal upon request.

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- Basketball (G)
- Bowling
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- Cheer
- Cross Country
- Dance and Drill
- Football
- Golf (B)
- Golf (G)
- Gymnastics
- Retired
- Soccer (B)
- Soccer (G)
- Softball
- Swimming (B)
- Swimming (G)
- Tennis (B)
- Tennis (G)
- Track (B)
- Track (G)
- Volleyball
- Wrestling



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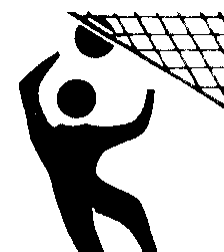
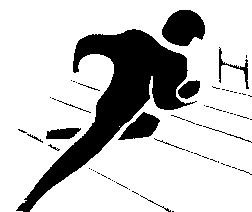
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425-687-8585

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Check out our website at www.washcoach.com

FROM THE SIDELINES

by Jerry Parrish



CURRENT HAPPENINGS

I would like to share some opinions on the recent Representative Assembly. I believe there was good research and the voting represented what most of the coaches believed was best for the majority.

I certainly hope that the WIAA's board approved a proposal to move the start of football practice up this August to allow schools a better opportunity to play the 1- regular season games currently allowed. This opportunity has been "on the books" for a period of time but because of playoff dates the schools did not have the chance to play a tenth game. I am disappointed that the Rep Assembly voted not to allow add an additional in-state contest. Perhaps the WIAA Executive Board will evaluate the success of changing football and providing allowance for a 10th game and they may reconsider and allow other sports to add a game to their schedules.

The reclassification amendments had much discussion around the coaching circles in our state and many of the schools whose population was near the bottom of their classification number were opposed because there would be such a large disparity in the numbers. This position was strongly stressed by coaches of contact sports.

As far as the coaching out of season amendment is concerned I believe that we need to act professionally and not relax the current guidelines

and provide as many options for the students as we can. We need to realize that we are working with young adults and the more opportunities we provide the greater their personal growth.

The WSCA Executive Board has decided to change our insurance carrier to Somerton Student Insurance Services. They are highly rated and will provide excellent liability and other coverage as well. An outline of the coverage's provided by Somerton is in this issue of *Washington Coach*. The company can also provide excellent coverage for camps and all-star games. The Executive Board is also investigating the possibility of purchasing insurance for all the WSCA sanctioned all- star games.

NEW POLICY:

Applications for membership will be processed by the WSCA secretary within 10 days of receiving application. Several coaches are sending in applications 2 or 3 days prior to tournament times and new policy says, "plan ahead".

ORCHIDS AND ONIONS

ORCHIDS:

- To the Rep Assembly who carefully evaluated and made correct decisions regarding the classification proposals preventing a huge mismatch in kids in the contact sports.
- To the AD's who adjust spring schedules because Mother Nature who does her own thing, WASL, spring concerts, proms, spring break and many others.

**Have you moved?
Please let us know
1-800-441-7776
email:
jparrish@silverlink.net**

From The Sidelines

- To the track coaches who hold their meets regardless of weather.
- To the transportation administrators and the bus drivers who adjust to changes and schedules of spring sports.
- To the WSSAAA who continually work in conjunction with WSCA to give our kids a better chance.
- To Bruce Brown, for being a guy who is a champion and tells it like it is.
- To the exceptional group of wives that fit the definition of "Coaches Wife". You are to be commended for your incredible dedication to the coaches of WSCA.
- To the WIAA, WSCA, and WSSAAA web masters who provide current, up to date information regarding athletics and activities in our state.
- To the *Washington Coach* editor for his continued work to make *Washington Coach* the best in our nation.
- To the WSCA Executive Board for allowing WSCA to enroll in an insurance program that will be better for all.
- To the sports writers who look for and write about the good of our state's athletes.


ONIONS


- To the coaches who call the WSCA Secretary while standing in line at a state basketball tournament and ask for a phone call to be made to the tournament director to gain entrance into the tournament.
- To schools who expect their coaches to fund raise to pay the coaching salaries and the purchase of equipment.

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WRESTLING

WSWCA Spring Report 2003

Craig A. Hanson, President WSWCA

2002-2003 has again been a busy and productive year for the WSWCA. The format for the state coaches clinic again changed and was well received. We handed out our first scholarship and are getting ready to hand out our second, and again had to work on our website to make it most productive for our members.

The family of Graham Morin and officers of the association established the WSWCA Graham Baker Morin Memorial Scholarship, awarding its first scholarship last May to Jaime Rakevich of Elma in the amount of \$3,000. We have contracted with CFAS for services and help in screening applicants. Each year, \$5 of each registration for our annual clinic will go to support the scholarship. Schools, clubs, businesses, tournaments and private citizens are encouraged to support this effort. We are hoping to get this to the point where the scholarship can support itself and another one can be established.

Another change the previous year came when we expanded our clinic format from a one-day to a two-day clinic. Then this past year we moved the location to a conference hotel in Wenatchee where it was met with overwhelming approval from the membership. The format allows for a variety of mini clinics along with feature clinicians. The clinics covered a variety of topics such as proper warm-up, mental preparation, technique, sports medicine and more. The growth of the clinic allowed us to give PLU, CWU, YVCC, and HCC each \$500.00.

This past year the WSWCA honored many fine coaches including the regional classification Middle School, Assistant and Coach of the Year (see attached) with Coach of the Year honors going to A/B Kevin Goodrich (Ocasta), 2A Ruben Martinez (Othello), 3A Kevin McNulty (White River) and 4A Craig Hanson (East Valley Spokane). Along with these we also honored Media Person of the Year, Tom Fox (Valley News Herald), for his fine contributions to the sport and also Craig Hanson for being voted Washington representative to National Coach of the Year. We congratulate all of these fine men and their efforts.

The Hall of Fame continues to be a class act and this past year we inducted two men with excellent coaching credentials. These men are Charlie Miller (East Valley/

West Valley, Spokane) and Jim Chapman (Columbia River, Walla Walla). We congratulate and thank these men for their wonderful contributions to the sport. Along with these men we would also like to thank and congratulate Mr. Jim Northcutt (Hoquiam) and Nick Simchuck (Spokane) for their outstanding contributions to the sport of wrestling. This year's banquet took place in Spokane at the Double Tree Hotel on Sunday after the coach's clinic. This was done to accommodate Mr. Chapman, as he was coaching tennis on Saturday and would not have been able to attend otherwise. Attendance was still very good.

The website has had a few problems this past year and it was decided by the board to make our website only an informational site. We will not be supporting a message board since it is quite often used to bash other wrestlers. It was decided that there are many other websites out there that allow for interaction and that we did not want our name associated with that. Jim Meyerhoff (Emerald Ridge High School, Puyallup) is our new webmaster and is maintaining the site. The name is now Washingtonwrestling.com. A big thanks goes to Jim for taking on this project.

The association was given the challenge of locating the forty plus 3 and 4 time state placers for the 50-year celebration. It eventually got done with the final three or four being handled by the WIAA office. We were glad to help and thank Mr. Meyerhoff for his help. The celebration was very special and provided a great finish for the state tourney. It was great to see the first state championship team and state champions gathered along with the all half-century team. Congratulations to those communities honored: Moses Lake, Sedro-Woolley, and Warden. The wrestling celebration has definitely set a standard for future celebrations of which will include the 100-year celebration of WIAA.

Currently, the membership is very supportive of its officers and the way their affairs are being handled. There are a few concerns that we as an association are working to improve and we would like to thank Jim Meyerhoff and his open communication with the association. His efforts, along with the rest of the WIAA staff, are greatly appreciated.

PRESS RELEASE

Washington State Coaches Association announces Somerton Student Insurance Services as their new State Broker.

Washington – May 5, 2003 — Washington State Coaches Association has selected Somerton Student Insurance as their new State Broker. Somerton is a respected authority on Student Insurance and known as plan administrators and general agents whose focus is students, athletics, International and Study Abroad programs. Somerton is aware of the unique risk exposures coaches face daily while working to meet their student athletes training needs and for that reason, Somerton will assure that you have the expertise, products and services you need to succeed at your disposal.

Somerton recognizes our interest is protecting the well being of our students, managing resources wisely and getting the best for our insurance dollar. Somerton has placed our member's general liability coverage with Combined Specialty Insurance Company and K&K Insurance Group, Inc. The cost to you for \$1,000,000 of general liability coverage is \$4.60 annually. This coverage provides for claims brought about by a third party against a registered Member of the WSCA while working at a scheduled, sanctioned and supervised Washington Interscholastic Activities Association scholastic sport.

Somerton offers an outstanding camp and clinic program for all of you who sponsor summer camps and clinics. What makes this program unique is the inclusion of \$1,000,000 of benefits for Professional Liability claims; this is designed to provide liability for claims arising out of the failure to render: instructions, demonstration, direction and/or advice relating to the performance of sports activities given by the coaches, managers, camp counselors or volunteers. Benefits of this program include:

- ▶ \$2,000,000 General Aggregate
- ▶ \$1,000,000 General Liability
- ▶ \$1,000,000 Legal Liability to Participants
- ▶ \$1,000,000 Professional Liability
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- ▶ \$5,000 Medical Expense Payments/Spectators
- ▶ **\$25,000 Participant Accident Expense Payment -\$100 Deductible
- ▶ \$1,000 Medical Expense Reimbursement/Participants

Clinics: \$1.69 per participant/per day*
 Day Camps: \$5.08 per participant/per week*
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* Costs include administrative fees

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For more information: Contact Somerton Student Insurance Services at 1-800-853-5899, ask for Adriana or email, awodkins@somerton-ins.com

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KIRKLAND



Amanda Workman

Amanda has been the gymnastics coach at Mead for seven years. She received her BA. at Whitworth ('98) and her Masters in Education from Eastern ('02). Her husband Kevin is the head baseball coach at Mead. Amanda was the GSL coach of the year in 1999 and 2003, Washington state coach of the year in 2003 and her team was the Academic Team champions in the same year. Coaching gives her a chance to stay con-

Mead High School

nected to the sport while sharing her love of gymnastics with her girls. Her proudest moment in coaching came this year with the academic championship and being selected the WSCA coach of the year. An eight-year member of the WSCA, Amanda shares, gymnastics is one of the toughest sports because it requires the strength of a football player and the grace of a ballerina.

Steve Berg

Steve has been coaching girls' basketball for twenty-seven years, "frosh" football for twenty years and baseball for two years. A UW grad ('74), Steve earned his Masters in Education from City University in 1991. His wife Paulette and two sons, Paul (26) and Tate (21) make up the Berg family. During his coaching career, Steve's teams are 324-267 overall with two twenty-win seasons, nine-

Lake Stevens High School

teen post-season trips, three district titles, and has finished fourth in state. He enjoys the relationships that are developed with the quality young people he coaches and is proudest every time a player lets him know they enjoyed the experience of playing for him. "High school sports last such a short time, make sure you cherish every minute". Steve has been a WSCA member for over twenty years.



Paul Reed

Paul has coached a lot of kids at PA. A WSU grad ('76), Paul has coached football for 25 years, basketball and baseball for 26 years. He was Olympic League coach of the year and has been a part of many league championships in baseball, basketball, and football. His family includes wife Renee' and son Bryan who plays lacrosse at Western. Paul is in coach-

Port Angeles High School

ing for the love of the kids and sport and the opportunity to help build the character of young athletes being part of a special community. Athletes remembering special times and shared smiles of enjoyment are most gratifying to Paul. "A wish can be a dream, a dream can be a goal, a goal can become reality, reality is tomorrow". Paul has been in the WSCA for 25 years.

Cindy Guy

Bainbridge High School

Cindy has been coaching gymnastics for twenty-four years. In that time, she has coached at least one gymnast to state in twenty-two of those twenty four years. Her team finished second in state in 2002 and were state

Academic Champions the same year. Her family includes husband Ken, son Corey (16) and daughter (12). Cindy was inspired by her teacher and coach, Terry Penny at Sammamish, and started teaching middle school

physical education and coaching in '79 after graduating from WSU. Seeing her coaching as "a form of teaching", Cindy says "go for it, stick the landing". She has been a WSCA member for twenty-two years.

Gary Spidahl

Curtis Junior/Senior High School

As the soccer coach at Curtis junior high and Curtis High school, Gary was voted the SPSL Coach of the Year in 1997 and 2001. His teams were conference champions in 1996 through 2001 and have had six trips

to the state tournament. His family includes Cheryl, his wife, and son, Seth, an assistant soccer coach at the U of W. A graduate of the U of Minnesota, Gary has been coaching for 35 years. Watching student athletes reach their goals through hard work

and helping them mature and develop as individuals is his motivation in coaching. "Hard work and fitness are keys to success" and "get on your horse!" Gary has been a WSCA member for seven years.

ON THE SIDELINE

NOMINATION FORM

The WSCA needs your help! If you feel that there is a current member of the WSCA who deserves recognition for his/her contributions to coaching please fill out this form and send it to Mike Schick. The nominated person will then be contacted to fill out a complete nomination form.

Nominee's name _____

Address _____

Currently Teaching at _____ Phone # _____

Please send your information to:

Michael H. Schick, Edgemont J.H. 10909 24th St. E., Edgewood, WA 98372

Please nominate WSCA members only!

I need your help in contacting deserving members who contribute to the success of your athletic programs.

The NFHS Spirit Coaches Education Program

by Pam Headridge, Head Cheer Coach
Oak Harbor High School, www.oakharborcheer.com/OHHS.html
President, Washington State Cheerleading Coaches Association, www.wscca.com

The National Federation of State High School Associations team up with Varsity Spirit Corporation to create The National Federation of High Schools Spirit Coaches Education Program. The program will offer three levels of credentialing: Bronze, Silver, and Gold. Spirit coaches hold the key to a better cheerleading and dance experience. Coaches are teachers - the rules, skills, and tactics. Coaches are achievement motivators - helping athletics to reach for difficult, challenging and worthwhile goals. Coaches are character developers - they can teach young people right from wrong, to value themselves as worthy individuals, and to become leaders inside and outside the sport/activity. These are the "ideas" when coaching, but they do not automatically occur. Through spirit coaches education, we increase the likelihood of coaches making a positive impact on young people they coach.

For the Bronze credential, coaches must complete four courses. Coaches Principles - developed by ASEP and the NFHS Coaches Education Program, this is an overview course that addresses the essential elements of successful coaching. It is an eight-hour course, and cost approximately \$60-\$85. NFHS hopes to have this course online in 2003-2004.

AACCA Safety Certification - The America Association of Cheerleading Coaches and Advisors (AACCA) provides an outstanding safety certification course for all spirit coaches. This course is five hours long and cost \$7, which includes the \$20 safety manual. Check out times and locations of classes online at <http://www.wscca.com/>

Spirit Program Management - This three-hour, spirit specific program - communicating with administrators, parents and students; running an effective try-out; budgets; hiring assistant coaches; developing calendar . Spirit coaches must understand these issues to remain a

coach and to develop a successful spirit program. This class will be available in late spring 2004.

Partner Stunt Progression - This three-hour course focuses on teaching intermediate to advanced stunts in a safe, progressive manner. Lead-up skills, stunt biomechanics and spotting specific are covered in classroom and "hands-on" setting. Cost \$25 to \$40. UCA plans on offering this course at some cheerleading camps this summer. Washington State Cheerleading Coaches Association plans on offering the class at upcoming 2003 fall clinics. Check their web site for details at <http://www.wscca.com>

2002-2003 Cheer Coach of the Year

Laurie Beaver

Laurie Beaver has 15 years cheer coaching experience. The last seven years at Decatur High School in Federal Way. Laurie has also served on the WSCCA Board for the past two years as the Region Three representative.

This past year Laurie took her team to their first ever competition at WSCCA Cheer Championship where they placed second in the all girl large varsity. She was just recently voted from among all the High School coaches in Federal Way the Number One High School Coach for the city of Federal Way 2003. Laurie has been the guest speaker for the Federal Way and King County chapters of the Boys and Girls Club, and speaks on the importance of Sportsmanship at the State and District level!

Washington State Cheerleading Coaches Association recently chose her as 2002-2003 Cheer Coach of the Year.

- 2003 -
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SCHEDULE:

2:00 – B-East vs B-West

3:30 – 1A-East vs 1A-West

5:15 – 2A-East vs 2A-West

6:45 – 3A-4A East vs 3A-4A West

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FOR MORE INFORMATION CONTACT:

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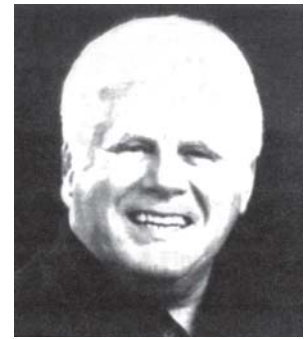
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HAWKES SQUAWKS

by Dee Hawkes
Retired



SUMMER SQUAWKS 2003

To be blunt, every teacher who coaches needs some time off. Next to an air traffic controller, the job with the most pressure is that of a teacher who coaches. Those who don't teach can't possibly appreciate how hard it is to juggle both the classroom and the ball field. With summer just around the corner, give yourself a break. When you're ready to return, you will notice how much more energy you have to give to your profession. It's not a bad idea to give your athletes some time off too.

DAYS GONE BY

Some people, like this writer, remember how important it was to play playground ball. Do you remember the days of shoving snow off the basketball court, playing work-up with one wooden bat, drawing deep pass plays in the dirt, or picking teams from the available bodies that arrived at the scene? If there weren't enough warm bodies, even the younger kids could play, providing they didn't get in the way. One thing we don't see today is kids playing work-up on school grounds. That's because the adults have stepped in and organized everyone.

Unfortunately, under the influence of adults, our care free days are long gone. Sheer numbers tell us, organized sports start soon after a kid begins to walk and don't finish until he figures out he isn't having fun. It's obvious that those care free days are long gone. There's something to be said for choosing up teams, playing play-

ground ball, and not having an adult butt in and start organizing. Funny that only old timers can relate to this way of growing up, isn't it.

MANY REMEMBER MICK

At first glance, you would have thought it was old home week. Coaches and players came from all over to celebrate the life of Mickey Naish, the retired Blanchett football coach, who had passed away. Former coaches, players, teachers, parents, fans and church members came to honor him. Tom Parry and Glen Rickert, two Hall of Fame coaches, came to honor their friend.

There are many told stories about the crafty coach. For example, Mick was a huge fan of Notre Dame Football. He started listening to the radio broadcasts and then switched to watching the Irish play on television. Mick once sent Jerry Parrish a bunch of triple reverses, some old single-wing stuff, etc., for the all-state game. On a personal note, Mick was kind enough to submit his best play, 26 Dive, to be included in this writer's first book.

Lola, his wife, never missed a game he coached. Now she attends all the Inglemoor games coached by her son, Frank. Looking back, Mickey Naish's life impacted a lot of folks.

TOO MUCH, TOO SOON

There is no good argument for the exploitation of basketball player LeBron James. The basketball gurus should have left him alone and let him finish high school like any other teenager. My take is not to feel sorry for

LeBron, who knew long ago that he was going to be a millionaire some day. I don't feel sorry for his mother. She didn't say no when it got out of control. Instead, feel sorry for his teammates and the classmates that the Akron St. Vincent-St. Mary administrators sold down the river. The school collected thousands of dollars for appearance fees and for the miles LeBron traveled to showcase his skills. It was a scandal to require him to fly around the country from coast to coast in order to play a national schedule.

The matter of the gifts given to LeBron is small potatoes when compared to the serious business of his exploitation by the school. As often happens, this whole mess was hauled into the courts. Of course, the matter of his eligibility wasn't ruled upon until after his team won the state championship. Then, to cap it off, the Basketball Hall of Fame requested LeBron's jersey, trunks, and shoes for their summer showcase. As they say, just follow the money.

NIBBLE ON THIS

Residence rulings have always been a problem, and this year is no exception. The last thing a building principal wants to do is to step forward and monitor his/her own program. Few want to do this, because it's like turning in your own kid to the cops for smoking a joint. The truth isn't always revealed. Give credit where credit is due for the principals and ath-

letic directors who report a violation and do something about it.

It's hard to understand why many parents and school boards have decided that PE is basically fluff. How about the California high school boy's basketball coach who stuck his neck out and benched his entire team for lagging in the classroom? He locked them out of the gym and had them report to mandatory study sessions in the library. Most Division I College head football coaches have financial incentive clauses for taking their teams to a bowl game. Another common incentive is the team graduation rate, which awards a higher salary when a high percentage of players graduate. The same can't be said for high school coaches.

A FEW MORE BITES

A high school basketball official can spend 10 hours doing desk work, then scurry off to earn a meager official's pay and be subject to brutal bashing. An angry father recently got in the face of the high school athletic direc-

tor to blame his kid's coach for not promoting his son for league honors. He felt it cost his son a basketball scholarship. Everything is crashing down on school athletics in the state of Oregon. Serious budget cuts have forced coaches in one district to raise outside revenue, even for coaching salaries. It blows my mind that a school district would require its coaches to raise money to pay for

their own salaries. Clearly, it is ignorance when what coaches do for kids is not valued. Shame on the school board for its misplaced priorities!

DON'T PLAY DUMB!

There is no polite way to talk about the topic of "what you don't know can't hurt you." My beef is with those coaches who play dumb in order to maintain a belief, even when it's a lie. They ignore, dismiss, or won't even take notice of any serious problem. Recently a few high profile coaches fell into this trap. Sadly, this self-imposed ignorance gives them a license to do what they want to do, but perhaps, shouldn't. On the other hand, I'm rooting for the coaches who teach kids by example that winning results from competition. They teach that victory isn't on the scoreboard or in the win-loss column, but rather with player relationships and powers of influence. These coaches are admired by their players and families. Ask their kids who they most admire and without question, they mention their high

coaches: *Catch Them Being Good* and *The Losing Season*. It certainly makes good sense to hire coaches more for their judgment than for their talent. There's something to be said for coaches who give a player a second chance, but it must stop there. There should be no third chance. Spring sports shouldn't have to struggle through practice in the windy and wet March. The spring calendar needs an overhaul, so practice can start later and competition can end in the middle of June.

TO THEIR CREDIT

The Mat Classic, a four star event, impresses many. It takes center stage every February. The WIAA spotlight must shine on Pat Alexander, Marty Fortin, Tim Graham, Carl Henham, and Shelly Thiel who should all get Oscars for their planning and management. It is good news that coaches Laurie Chadwick (gymnastics), Steve Gervais (football), Leo Genest (cross country), Craig Hanson (wrestling), Tim Kelly (basketball) and Nick Lazamis (cross country) were recognized by the National High School Federation for their contributions to coaching.

NO LONG GOODBYES

Over the years I have written this column because I felt like writing it and felt like saying something about prep sports. I know at times I present some fighting words, but the freedom to say them is mine. If you have something to say about the prep scene, then email me at hawkes32@attbi.com. Even if you're always on the go, take a break and voice your opinion.

There's much to enjoy about squawking. I'll be back for my 30th season in the fall.

See you around, I hope.

Here are two good reads for coaches:
*Catch Them Being Good and
The Losing Season*

tor to blame his kid's coach for not promoting his son for league honors. He felt it cost his son a basketball scholarship. Everything is crashing down on school athletics in the state of Oregon. Serious budget cuts have forced coaches in one district to raise outside revenue, even for coaching salaries. It blows my mind that a school district would require its coaches to raise money to pay for

school coach. When this happens, coaches are known to get weepy eyed.

HAWK TALK

Without year-round lifting, a state championship is all but impossible. This is a great window sign, "Honk if your kid is going to state." Athletes are happiest when they are put in positions that align with their personality. Here are two good reads for

Motivate

your players with the Gatorade Will To Win Athlete Award

It's a way to reward your athletes' leadership, performance and desire. And it gives your top competitors special recognition from you and The Gatorade Company. The Gatorade Will To Win Athlete Award Program is free, easy to execute, and open to head varsity high school coaches. To get signed up for the 2001/02 school year is easy. All you have to do is visit www.gatorade.com/w2wcoaches or call 1-877-WILL-2-WIN.

Registration deadlines are: Fall sports June 14, 2001, Winter sports September 15, Spring sports December 8.

So take the initiative and recognize your leaders, your top performers and your most motivated players.



Register today at 1-877-WILL-2-WIN or www.gatorade.com/w2wcoaches

SIX WASHINGTON HIGH SCHOOL COACHES HONORED BY THE NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

RENTON (March 11, 2003) — Six coaches from Washington have received special honors from the National Federation of State High School Associations (NFHS), the national governing body of high school sports and activities.

Lakeside High School (Nine Miles Falls) gymnastics coach **Laurie Chadwick** has been named the 2002 NFHS Coaches Association National Coach of the Year. Chadwick was also selected as the 2002 NFHS Section 8 Coach of the Year, along with fellow Washington coach **Steve Garvais** (football) from Skyline High School in Sammamish. The sectional award winners are selected from the six states that makeup NFHS Section 8 (Alaska, Oregon, Idaho, Washington, Montana and Wyoming).

Cross Country coaches **Nick Lazanis** from East Valley (Spokane) High School and **Leo Genest** from Bishop

Blanchet High School (Seattle) have been selected respectively, as the 2002 cross-country girls and boys NFHS Coaches Association State Coach of the Year Award winners.

Also receiving awards from the NFHS are **Craig Hanson**, wrestling coach from East Valley (Spokane), and Lincoln High School (Tacoma) basketball coach **Tim Kelly**, who both were named the 2002 NFHS State Coach of the Year Award winners.

Coaches from around the nation are nominated to the NFHS for state, sectional and national coaching awards by each state association office and/or state coaches association. The National Federation of State High School Associations is comprised of 51 member state associations and nearly 800,000 high school coaches.

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Next Issue - Fall: August 14

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

SUBMISSION PROCESS

Submit via email as an attachment to Terry Ennis at terry_ennis@msn.com

Please submit on-line photos in black and white

If you do not have access to email you may submit via one of the following:

Fax: 425-385-2875

or Mail: 1415 Madrona Avenue, Everett, WA 98203



7TH ANNUAL WIAA COACHES SCHOOL

AUGUST 1 – 2, 2003

Yakima Convention Center
10 North 8th Street, Yakima
1-800-221-0751

Another opportunity to learn beyond the X's and O's.

An annual conference for Washington Coaches presented by Washington Coaches and Athletic Administrators.

In an effort to better serve coaches and administrators statewide, the 2003 Coaches School will again feature a weekend format. Registration will open at 7:30 a.m. on Friday, August 1, 2003. The closing session will conclude Saturday afternoon, August 2, 2003. At the request of many coaches there will be a pre-conference, hands-on athletic taping workshop hosted by the Vocational Athletic Trainers Association and a workshop on "True Colors: Communicating with your Athletes" available to all coaches school participants on Thursday, July 31 at 6 p.m. The Sports Medicine First Aid and CPR training will also be offered July 31 at 12 p.m. at Davis High School. This course will cover first aid for coaches and will include an on-field assessment, ideas, rehab ideas, and some taping.

The WIAA Coaches School is an excellent opportunity for coaches, advisors and administrators for all activities and athletics to interact, to learn, and to share experiences that contribute to the professionalism of interscholastic coaching.

The Coaches School topics focus on the Coaches Standards Categories: Medical Aspects for Sports, Psycho/Social Foundations, Sport Philosophy and Sports Management and Sport Pedagogy.

Enjoy a power-packed conference that will inspire, motivate and prepare you for the upcoming school year.

If you need Coaches Education hours for WIAA Coaches Certification, don't miss this clinic...

Note: WIAA will provide one (1) additional complimentary registration for every ten (10) paid registrations from a school district.

Registration materials and the 2003 Coaches School schedule and speakers was mailed to all member schools and will be posted on the WIAA Web site (wiaa.com).

WIAA COACHES SCHOOL SCHEDULE *(Draft)*

August 1-2, 2003

Yakima Convention Center, 10 North 8th Street, Yakima 1-800-221-0751

THURSDAY, July 31, 2003

- 12-5 PM Sports Medicine First Aid & CPR Training – Davis High School
- 6-8 PM
1. Pre-Conference: Hands-on Athletic Taping Session: Vocational Trainers Association
 2. Pre-Conference: Communicating with your Athletes through True Colors

FRIDAY, August 1, 2003

- 7:30 AM Registration Opens – Light Continental Breakfast
- 8:30 AM Welcome, Introductions and Announcements
- 9 AM **OPENING GENERAL SESSION #1** **Speaker: Tom Flick**
- 10 AM **BREAKOUT SESSION #1**
1. Student Eligibility – Jim Meyerhoff
 2. WIAA Out of Season Rule – Cindy Adsit
 3. Developing a daily and seasonal practice plan – Eric Monson
 4. Team Messages and winning with the one-step philosophy – Terri McMahan
 5. Developing the Female athletic program
 6. Risk Management and Liability session – Dick Langam
- 11 AM **BREAKOUT SESSION #2**
7. Student Eligibility – Jim Meyerhoff
 8. WIAA Out of Season Rule – Cindy Adsit
 9. Developing a daily and seasonal practice plan – Eric Monson
 10. Team Messages and winning with the one-step philosophy – Terri McMahan
 11. Developing the Female athletic program
 12. Risk Management and Liability session – Dick Langam
- 12 NOON **“Get Acquainted” Barbeque** **WIAA Staff Host**
- 1:30 PM **GENERAL SESSION #2** **Speaker: Tom Tutko**
- 3 PM **BREAKOUT SESSION #3**
1. Hydration issues in Athletics
 2. Building a successful AD/Coach relationship
 3. The WIAA Coaching Standards Process – Regional Facilitators
 4. Dance/Drill and Cheerleading as a sport – Cindy Adsit, Mike Colbrese
 5. Hazing: a growing concern in athletics
 6. Making Award Banquets Sizzle
- 4 PM **BREAKOUT SESSION #4**
7. Hydration issues in Athletics
 8. Building a successful AD/Coach relationship
 9. The WIAA Coaching Standards Process – Regional Facilitators
 10. Dance/Drill and Cheerleading as a sport – Cindy Adsit, Mike Colbrese
 11. Hazing: a growing concern in athletics
 12. Making Award Banquets Sizzle
- 4:50-5:00 PM **BREAK** **Visit Exhibits**
- 5:00-6:00 PM **Sports Specific Roundtable Sessions**

THE FINANCIAL CORNER

by Ed Crafton
Shelgren Financial Group, Inc.
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Email: ecrafton@shelgrenfinancial.com

Ed is a Retirement Planning Specialist and Investment Advisor with Shelgren Financial Group, Inc. in Renton, WA.



Legislative Update -

Here is the latest on what is happening in the legislature:

These bills are still PENDING:

SB 5091, HB 1206 - Plan 3 Member Contribution Rates - This bill would give TRS, SERS & PERS Plan 3 members an annual window in which they could change their member contribution rate. The first change window would occur in January of 2004.

ESSB 5742- TRS/PERS Plan 1 Retire/Rehire - This bill provides that a person does not separate from service IF the employee and employer have a "written or verbal" agreement that the employee will resume employment with the same employer. False claims will be subject to criminal penalties. (What a joke!) This has been passed by the Senate and has a hearing scheduled for the House. I can't imagine the Governor would sign this, but you never know.

SHB 1829 - Retire/Rehire - Same type of bill as above, but the House version. (SSDD)

SHB 2180 - PERS/SERS Early Retirement- This bill adds "complex" formulas so that PERS & SERS plan 1 employees can withdraw their accumulated contributions and earnings similar to TRS plan 1 members. This bill is on the house floor.

The big uproar has come with the retire/rehire provisions in TRS & PERS Plan 1. Retire/rehire was originally passed for TRS members and PERS negotiated their way into this after the fact. This is where the big problems have occurred. IF something is changed and passed in this session, I would expect PERS to be the only group affected. But, we shall see.

DRS website, www.wa.gov/DRS/leg/index.htm

Market Update "Where do I go now?"

Just when we thought it was OK to go back into the water (i.e. the stock market) we get hit with the Iraq War. We have 2 great months in October and November in the market, then this hits us. The markets are going to continue to be extremely volatile for the next few months. The markets don't like uncertainty and we have a lot of that. However, if you are out of the market now, be careful. Don't wait too long before you get back in. Have a plan for getting back in with a nice asset allocated portfolio.

It is really hard to predict the bottom of the market; we normally don't see it until a few months after the fact. If you have a large sum of money on the sidelines now, I think this would be a good time to develop a dollar cost average approach to enter back into the market. Stay over the next 6-12 months.

For those of you younger teachers, stay the course! You are buying cheaper shares today than ever before.

Reason for Optimism

Needless to say, recent market conditions have made investors feel just a little bit nervous. We have had 3 years of negative returns and uncertainty is still a huge factor going forward. History has shown, time and time again; that over time the markets always regain their value and set new highs. You must have a long-term focus if you are going to be a successful investor. That's why we buy homes, for the long-term stability of our investment!

If we look at the market cycles from the past for both up and down markets, we find some very interesting information. There have been 22 up cycles in the S&P 500 from 1926 through 2002, each averaging 31 months in

duration. The average overall return for these periods was up 117% during each cycle. There have been 12 up cycles from 1947 - 2002 each averaging 44 months in duration, with overall returns of 142%.

Conversely, there have been 22 down cycles from 1926 through 2002 each lasting 10 months in duration. The average return was down 26%. There were 12 other down cycles that lasted an average of 11 months, with a return of a negative 22%.

We have been in the longest down cycle in our markets history. Don't be caught on the sidelines for the next up cycle. You will feel even worse than you do now if you miss out on the next bull run of the markets.

Roth IRA or 457 Contributions, which is better?

If you have maxed out your 403(b) contributions and want to contribute additional monies, you have 2 options; the Roth IRA or the 457 Deferred Comp Plan. 457 plans have become much more attractive because contribution limits have been raised. But the Roth IRA is horribly under used by the vast majority of Americans. The power of tax-free earnings over a person's lifetime are tremendous. Here are the best reasons for contributing to a Roth IRA:

1. All earnings are **tax-free**.
2. Wide investments options, you can select either mutual funds, variable and fixed annuities and individual stocks.
3. Money can be withdrawn for 1st time homeowners penalty free.
4. College funding, money can be withdrawn penalty free for educational expenses.
5. There are no (RMD) Required Minimum Distributions from Roth IRA's, unlike 457 plans.
6. Inheritance- These plans go to beneficiaries tax-free as well, not so for any other retirement plan.

Principal Protected Mutual Funds

During the past few months, principal protect mutual funds have become very popular. These funds provide a guaranteed return of your original investment and a percentage of your investment remains in the market. There is a required "holding" period for this "warranty" to become effective. Most companies have a 5-7 year holding period. In most cases the money can be move out of the

fund without penalty. This has become a very attractive way to diversify your portfolio, without the fear of losing money. You retain a great upside through continued market exposure. Oppenheimer Funds has just come out with their new fund. For additional information on this fund, just email me at ecrafton@shelgrenfinancial.com

Contribution Rate for 403(b), 457, Traditional & Roth IRA's

For 2003, School Employees are allowed to contribute up to these levels:

403(b) & 457 Plans: \$12,000, plus \$2,000 more if you are 50 or older. *Note: Additional MAC contributions of \$3,000 per year for 5 years are allowed for employees with 15 years of service with their current employer.

Traditional & Roth IRA's- \$3,000 per person, plus \$500 more if you are 50 and older. Traditional IRA & Roth contributions must be completed by the deadline for submitting your taxes (April 15th for most), excluding extensions.

Are you retiring this year?

For those of you that are retiring this year it is important to have all the information available to you regarding your retirement benefit options, health care benefits, sick leave buyback options and beneficiary options. I have a checklist for retirees to follow to help make this process a little easier. Call, email or write to me and I will send you a copy of this retirement checklist.

Quotes to live by!

This is a new addition to my article. If you have an inspirational or interesting quote, please forward it to me for my next article.

"We're all seeking some type of spiritual peace, some type of oneness in the world in which we live. I do know that those individuals who find their place spiritually find their place in the world. If one is at peace with self, that is an amazing accomplishment. If one can create love, love is frictionless. I've been taught things run smoother, the less friction you have." Tyrone Willingham, Head Coach, Notre Dame Fighting Irish, Dec. 2002

I would also request that you send me suggestions for articles in the upcoming magazines. It is always fun to answer all the questions that I get as I travel around the state during the year. As always don't hesitate to call (800) 367-4388 x.121 if I can ever be of help.

WIAA/The Seattle Times State Athlete of the Week

Once a week *The Seattle Times*, with assistance from the WIAA staff, selects one female and one male student from each of the five WIAA classifications to receive the WIAA/Seattle Times State Athlete of the Week Award. Students are nominated and receive the award for their outstanding performances during the previous competition week, Monday through Saturday. All varsity level students in good academic standing at their schools are eligible to receive the Athlete of the Week Award. Students may only win the award once during any given academic school year.

Each winner of the Athlete of the Week Award will

receive a letter of recognition from the WIAA Executive Director, a commemorative WIAA/Seattle Times State Athlete of the Week T-Shirt and certificate. The award winners will be announced weekly on *The Seattle Times* Web site and in the Wednesday editions of *The Seattle Times* Newspaper.

School administrators must make student nominations. Student nominations must be submitted to the WIAA office via the WIAA Web site. The weekly deadline for filing a WIAA/Seattle Times State Athlete of the Week nomination is Monday at 3 PM.

Rental Car Discounts Provided by Enterprise for All WIAA Member Schools

The WIAA and Enterprise Rent-A-Car have partnered to provide all WIAA member schools affordable rental car service throughout the year.

Enterprise Rent-A-Car has been renewed as the official rental car company of the WIAA and they are offering all schools the opportunity to rent cars, trucks, vans and sports utility vehicles at a discounted rate. These discounted rates include 200 miles per day and up to 2,500 free miles per month.

WIAA member school administrators, coaches, parents and fans can take advantage of this great opportunity for travel to state championship events, conferences, tournaments, and weekend invitationals or anytime a rental car is needed.

Enterprise Rent-A-Car has 70 locations in the state of Washington with a branch within 10 to 15 minutes of 90% of the people in Washington. Enterprise also features free pickup and delivery to and from any location in Washington.

To take advantage of the great savings and support the WIAA's official car rental company, simply book your rental car reservations online at www.enterprise.com or call your local Enterprise Rent-A-Car branch. The company customer number that you must submit to receive the WIAA member discount is 45WIAA.

If you have any questions, please feel free to contact the WIAA office at 425-687-8585.

RATES for the *WASHINGTON COACH* MAGAZINE

If you would like to advertise in the *WASHINGTON COACH*,
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Full Page - 4 Issues	\$500.00
½ Page - 4 Issues	\$320.00
¼ Page - 4 Issues	\$200.00

1, 2 or 3 issue rates are also available.

Contact Terry Ennis at 425-259-6028 for additional information.

2003-04 WIAA Dates to Remember

Month	Date	Day	Meetings @ WIAA Office unless otherwise noted
August	1-2	Fri-Sat	Coaches School, Yakima
	3	Sun	Last day for fall coaches involvement with players
	4	Mon	District Eligibility Chairpersons Meeting (Ellensburg)
	15	Fri	WOA Executive Board Meeting
	16	Sat	WOA Representative Assembly
	20	Wed	First day of football practice
	24	Sun	Last day for winter and spring coaches involvement with players
	25	Mon	First day of fall sports practice (except football)
September	21-22	Sun-Mon	Executive Board Meeting
	24	Wed	Fall Tournament Managers Meeting
	28-29	Sun-Mon	Athletic Administrators (WSSAAA) Meeting
October	1	Wed	Medical Aspects of Sports Committee Meeting
	6	Mon	Just Play Fair! Committee Meeting
	17	Fri	Fall Academic Achievement Applications Due
	20	Mon	Sports Committee Meeting
November	3	Mon	First day for bowling practice
	3	Mon	Hall of Fame Screening Committee Meeting
	3	Mon	Music Committee Meeting
	8	Sat	Cross Country State Meet
	10	Mon	Fee Review Committee Meeting
	10	Mon	First day for gymnastics practice
	13-15	Thu-Sat	Girls' Swimming/Diving State Championships
	14-15	Fri-Sat	Volleyball State Championships
	16-17	Sun-Mon	Executive Board Meeting
	17	Mon	First day for basketball, wrestling, boys' swimming practice
	21-22	Fri-Sat	Girls' 4A, 3A, 2A and Boys' 1A/B Soccer State Championships
28-29	Fri-Sat	Football Semi-Finals	
December	1	Mon	WIAA Handbook Amendments Due
	1	Mon	Gareth Giles Nominations Due
	5-6	Fri-Sat	Gridiron Classic
	7	Sun	Washington State Coaches Assoc (WSCA) Meeting
	7-8	Sun-Mon	Athletic Administrators (WSSAAA) Meeting
	8	Mon	WOA Executive Board Meeting
	15	Mon	Amendment Review Committee Meeting
	January	6	Tue
7		Wed	Winter Tournament Managers Meeting
11-12		Sun-Mon	Executive Board Meeting
12		Mon	Winter Coalition
25-26		Sun-Mon	Athletic Administrators (WSSAAA) Meeting



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The **FREE** Gatorade High School Athlete Award Program supports varsity coaches in motivating their teams and recognizing their most outstanding athletes – the best of whom are eligible for state and national Gatorade awards.

REGISTRATION DEADLINES

2003 Fall Sports: June 30, 2003

2003-04 Winter Sports: September 16, 2003

2004 Spring Sports: December 9, 2003

Sign up today for the **FREE** 2003-04 Gatorade High School Athlete Award Program!

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- Call toll free at 1-877-AWARD-44

Your program kit will include:

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- Cool Gatorade items for the entire team
- Information on how your winning athletes can apply for a chance to earn a college scholarship
- Instructions on how to nominate your team's Gatorade Player of the Year for the State Gatorade Player of the Year award in his or her sport*



**For additional program information,
log onto www.gatorade.com/coaches.**

Your program kit will be sent **FREE** of charge approximately
2 weeks prior to the start of your season.

The program is open to all high school varsity head coaches.

*Gatorade selects 50 State and 1 (one) National Player of the Year in each of these 10 sports: Football, Girls Volleyball, Boys and Girls Soccer, Boys and Girls Basketball, Baseball, Softball, Boys and Girls Track and Field.

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WASHINGTON'S TOP HIGH SCHOOL GIRLS' BASKETBALL PLAYER TO RECEIVE PRESTIGIOUS HONOR

CHICAGO (March 25, 2003) – Honoring the nation's best high school athletes for 18 years, Gatorade® Thirst Quencher, in partnership with *Scholastic Coach & Athletic Director* magazine, today announced its *State High School Girls' Basketball Player of the Year* award winners. The athletes, representing 50 states and the District of Columbia, are the latest inductees into the Gatorade Circle of Champions and are finalists for the prestigious *Gatorade National High School Girls' Basketball Player of the Year* award to be announced in mid-April.

Gatorade has awarded the *Washington High School Girls' Basketball Player of the Year* award to **Emily Westerberg of Central Valley High School in Veradale, Washington.**

This season, Emily averaged 19 points, 11 rebounds, 2.4 assists, 2.2 steals and 1.4 blocks a game.

"Emily is the best basketball player ever to play here," said coach Dale Poffenroth. "She is more fun than a barrel of monkeys to coach."

Emily maintains a 3.4 GPA. She's a member of the National Honor Society and Young Life.

The 50 winners from across the nation, selected by a panel of sport-specific experts as well as a National Media Advisory Board, were chosen based on their outstanding accomplishments on and off the field of play. In addition to athletic performance, the award's criteria include the athlete's achievements in the classroom and overall character.

Emily joins recent Washington High School Girls' Basketball Players of the Year Joy Hollingsworth (2002, Seattle Preparatory H.S.), Kristen O'Neill (2001, Meadowdale H.S.), and Emily Ashbaugh (2000, Redmond H.S.) in the Gatorade Circle of Champions.

The Gatorade High School Player of the Year program recognizes one winner in each of the 50 states and the District of Columbia and then awards one National Player of the Year in football, volleyball, baseball, softball and boys' and girls' basketball, soccer, and track & field. For more information on the *Gatorade Player of the Year* program, including nomination information and a list of past winners, visit www.gatorade.com.

WASHINGTON'S TOP HIGH SCHOOL BOYS' BASKETBALL PLAYER TO RECEIVE PRESTIGIOUS HONOR

CHICAGO (March 25, 2003) – Honoring the nation's best high school athletes for 18 years, Gatorade® Thirst Quencher, in partnership with *Scholastic Coach & Athletic Director* magazine, today announced its *State High School Boys' Basketball Player of the Year* award winners. The athletes, representing 50 states and the District of Columbia, are the latest inductees into the Gatorade Circle of Champions and are finalists for the prestigious *Gatorade National High School Boys' Basketball Player of the Year* award to be announced in mid-April.

Gatorade has awarded the *Washington High School Boys' Basketball Player of the Year* award to **Aaron Brooks of Franklin High School in Seattle, Washington.**

This season, Aaron averaged 21.9 points, 5.2 assists and 3.3 steals a game. He was selected a Parade All American, EA Sports All-American, McDonald's All American and Washington State Mr. Basketball.

"It has been rewarding to have a role in his development as a student athlete," said coach Jason Kerr.

The 50 winners from across the nation, selected by a panel of sport-specific experts as well as a National Media Advisory Board, were chosen based on their outstanding accomplishments on and off the field of play. In addition to athletic performance, the award's criteria include the athlete's achievements in the classroom and overall character.

Aaron joins recent Washington High School Boys' Basketball Players of the Year Sean Mallon (2002, Ferris H.S.), Erroll Knight (2001, Chief Sealth H.S.), and Luke Ridnour (2000, Blaine H.S.) in the Gatorade Circle of Champions.

The Gatorade High School Player of the Year program recognizes one winner in each of the 50 states and the District of Columbia and then awards one National Player of the Year in football, volleyball, baseball, softball and boys' and girls' basketball, soccer, and track & field. For more information on the *Gatorade Player of the Year* program, including nomination information and a list of past winners, visit www.gatorade.com.

SEASON BEGINNING AND ENDING DATES

START indicates the first day of practice for that sport; END indicates the final day of the state tournament for that sport.

YEAR	FALL			WINTER			SPRING			HOLIDAY DATES
	Sport	Start	End	Sport	Start	End	Sport	Start	End	
2003-04	XC	8/25	11/8	BO	11/3	2/7	GO	3/1	5/25	Labor Day 9/1/03
	VB, SW	8/25	11/15	GY	11/10	2/21	BA+	3/1	5/29	Veterans Day 11/11/03
	SO	8/25	11/22	SW, WR	11/17	2/21				President's Day 2/16/04
	FB	8/20	12/6	BB	11/17	3/6 (3/13)				Memorial Day 5/31/04
2004-05	XC	8/23	11/6	BO	11/1	2/5	Adjusted	1 Week	Later	Labor Day 9/6/04
	VB, SW	8/23	11/13	GY	11/8	2/19	GO	3/7	6/2	Veterans Day 11/11/04
	SO	8/23	11/20	SW, WR	11/15	2/19	BA+	3/7	6/4	President's Day 2/21/05
	FB	8/18	12/4	BB	11/15	3/5 (3/12)				Memorial Day 5/30/05
2005-06	XC	8/22	11/5	BO	10/31	2/4	Adjusted	1 Week	Later	Labor Day 9/5/05
	VB, SW	8/22	11/12	GY	11/7	2/18	GO	3/6	6/1	Veterans Day 11/11/05
	SO	8/22	11/19	SW, WR	11/14	2/18	BA+	3/6	6/3	President's Day 2/20/06
	FB	8/17	12/3	BB	11/14	3/4 (3/11)				Memorial Day 5/29/06
2006-07	XC	8/21	11/4	BO	10/30	2/3	Adjusted	1 Week	Later	Labor Day 9/4/06
	VB, SW	8/21	11/11	GY	11/5	2/17	GO	3/5	5/31	Veterans Day 11/11/06
	SO	8/21	11/18	SW, WR	11/12	2/17	BA+	3/5	6/2	President's Day 2/19/07
	FB	8/16	12/2	BB	11/12	3/3 (3/10)				Memorial Day 5/28/07
2007-08	XC	8/20	11/3	BO	10/29	2/2	Adjusted	1 Week	Later	Labor Day 9/3/07
	VB, SW	8/20	11/10	GY	11/5	2/16	GO	3/3	5/29	Veterans Day 11/11/07
	SO	8/20	11/17	SW, WR	11/12	2/16	BA+	3/3	5/31	President's Day 2/18/08
	FB	8/15	12/1	BB	11/12	3/1 (3/8)				Memorial Day 5/26/08
2008-09	XC	8/18	11/1	BO	10/27	2/7	Adjusted	1 Week	Later	Labor Day 9/1/08
	VB, SW	8/18	11/8	GY	11/3	2/21	GO	3/9	6/4	Veterans Day 11/11/08
	SO	8/18	11/15	SW, WR	11/10	2/21	BA+	3/9	6/6	President's Day 2/18/09
	FB	8/13	11/29	BB	11/10	3/7 (3/14)				Memorial Day 5/25/09
2009-10	XC	8/17	10/31	BO	10/26	2/6	GO	3/8	6/3	Labor Day 9/7/09
	VB, SW	8/17	11/7	GY	11/2	2/20	BA+	3/8	6/5	Veterans Day 11/11/09
	SO	8/17	11/14	SW, WR	11/9	2/20				President's Day 2/15/10
	FB	8/12	12/5	BB	11/9	3/6 (3/13)				Memorial Day 5/31/10

BA+ = Baseball, Soccer, Softball, Tennis, Track
4/4/2003

2003-2004 WASHINGTON INTERSCHOLASTIC ACTIVITIES ASSOCIATION HANDBOOK

STATE VOLLEYBALL IN YAKIMA & EVERETT

The Washington Interscholastic Activities Association's Executive Board Tuesday approved the Yakima SunDome and the new Everett Regional Special Events Center as the sites for the 2003 and 2004 WIAA/Dairy Farmers of Washington State Volleyball Championships.

The Yakima SunDome will host the 2A, 1A and B championships while the 3A and 4A championships will be played in the new 8,200-seat Everett Regional Special Events Center, which is scheduled to open in September 2003.

The 2003 WIAA/Dairy Farmers of Washington State Volleyball Championships are scheduled to take place on November 14 and 15 and the 2004 championships are slated for November 12 and 13.

LIFE AND RETIRED LIFE MEMBERS

We would like to have all Life members contact us if there have been any changes in your address recently. We are currently building the data base for the 2003-2004 membership year. It is important to let us know if you are receiving the *Washington Coach*. We would like you to contact us and let us know as we need to place each member on our mailing list. If you have access to email, we would like to have you email us at the following address jparrish@silverlink.net, or you may drop a note to WSCA, 184688th Ave NE, Poulsbo, WA 98370. We are trying to do a better job of keeping the files updated and your help is much appreciated.

Need new Life Card? Please notify WSCA address (above) for a Lifetime Membership Card.

3A/4A EAST/WEST FOOTBALL COACHES

EAST COACHES

Head Coach

CRAIG BEVERLIN

Coach Beverlin has been the head football coach at Kamiakin High School for the past 19 years with a record of 138-49-1. He is a graduate of Northern Illinois University and has written two books and over forty magazine articles on the sport of football. He has been voted All-Star Coach of the Year three times, the NFL High School Coach award and the Man of the Year award from the Lion's Club. His proudest coaching moment was being selected by the Tri-City Herald as one of the 100 top stories of the century.

Assistant Coach

BOB ALTSHULER

Coach Altshuler has been the head football coach at West Valley for the past 3 years and assistant coach for the 23 years prior. He is a 1977 graduate of Eastern Washington University. In 2002 he was selected by the Seahawks as Coach of the Week. His teams have placed 2nd at state three times and he has been to the playoffs 19 times. He was voted Coach of the Year in 1999 and 2001. Coach Altshuler likes coaches because of the competitive challenge and developing kids in the areas of responsibility, hard work, teamwork, pride and character building.

Assistant Coach

ADAM FISHER

Coach Fisher has been the head football coach at East Valley High School for the past three years. He is a graduate of Eastern Washington University with a degree in physical education. He likes coaching because of the impact coaches have and the opportunity to see players highs and low and for them to see yours.

Assistant Coach

PAT KING

Coach King is a graduate of Lewis & Clark College and has been head coach at Heritage High School for the past 4 years. He was selected the Assistant Coach of the year for District IV in 1998, his team was the 2000 League Champions and he was voted Coach of the Year for the Greater St. Helens League in 2000. He likes coaching for the opportunity to put together a team from a variety of individuals and develop lasting bonds and friendships. His proudest coaching moment was taking a first year high school with seniors to the league title in 2000.

Assistant Coach

RON REDDEN

Coach Redden has been the assistant football coach at Kamiakin High School for the past 34 years. He is a graduate of Central Washington University with a degree in Education. He has coached the same defensive position under 3 different head coaches, served as defensive coordi-

nator under 2 head coaches and has also coached WR, RB and QBs. His proudest coaching moment was coaching his son during his senior year when he had 11 interceptions and was named Big Nine Defensive Player of the Year.

WEST COACHES

Head Coach

TOM INGLES

Coach Ingles is a graduate of Whitworth College and has been head football coach at Kentwood High School for 13 years. He has been nominated for National High School Coach of the Year, State Coach of the Year, and League and Area Coach of the Year. He is a recipient of the Tony Gasperivich Award and the Seahawk NFL High School Coach of the Year. He likes coaching because it's the best place in education to teach values to young men. His proudest coaching moment took place this year when he saw his team pull together to overcome the undefeated, #1 ranked team after losing 6 players to academic standards right before the game.

Assistant Coach

TOM BAINTER

Coach Bainter is a graduate of Western Washington University and has been the head football coach at Bothell High School for 3 years. He was voted Kingco Coach of the Year in 2000 and 2002, was the WSCA District 2 Coach of the Year in 2002,

the Seattle Times & Seattle P.I. All Area Coach of the Year in 2002, and the Seattle Seahawks Coach of the week in 2000 and 2002. He likes coaching because of the competitive nature of the game, the player/coach relationships that develop and the camaraderie of the coaching staff.

Assistant Coach

D.J. SIGURDSON

Coach Sigurdson graduated from Eastern Washington University with a BA in Education in 1990. He has been the head football coach at South Kitsap High School for the past six years. His teams have been Bridge Division Champions 5 times and made 6 playoff appearances. He likes coaching because you experience the

full range of emotions on a weekly, if not daily, basis. Coach Sigurdson's proudest coaching moment was being part of a state championship team in 1994 as an assistant coach.

Assistant Coach

JIM SUTRICK

Coach Sutrick is a graduate of Embry-Riddle Aeronautical University and has been a Defensive Coordinator/Defensive Line Coach for the past two years. He is the recipient of the 2002 SPSL N Assistant Coach of the Year and the 2002 WIAA Dist. 3 Assistant Coach of the Year awards. He likes coaching for the opportunity it allows him to give back to the kids what football taught him about teamwork and life. His proudest coaching

moment was watching this year's seniors grow from being sophomores to winning back to back state championships.

Assistant Coach

DAVE WARD

Coach Ward has spent 12 years at Oak Harbor High School as the head football coach and is a graduate of Whitworth University. He likes coaching because it provides the opportunity to create a positive, lifelong memory that builds friendships and reinforces healthy character traits. His proudest coaching moment was having his whole family participate in last season's team efforts: playing, coaching and inspiring.

Support the East/West Football Games

Saturday June 29th 1:00pm

3A/4A Everett Memorial Stadium

B/1A/2A Zaepfel Stadium Yakima

Your Washington State Coaches Association pass may be presented for admittance.

2003 Football State Champions Coach's Questionnaire

4A – Kentwood (Tom Ingles)

3A – Bellevue (Butch Goncharoff)

2A – Connell (Wayne Riner)

1A – Archbishop Murphy (Terry Ennis)

B11 – Reardon (Dan Graham)

B8 – Lacrosse-Washtucna (Jeff Nelson)

#1: How many years have you coached at your school? Where did you come from? Any long-time assistants?

4A: 13 yrs. @ Kentwood. Before that I was at Liberty HS (Issaquah) where we were in two State Championships, winning in '88 and losing in '80.

3A: 8 yrs since '95. I was RB coach & Offensive Coordinator. Became HC in 2000.

2A: 8 yrs; 5 yrs as an assistant, 3 yrs as HC. I coached in Utah for 3 yrs before I came here.

1A: 3 yrs @ AMHS, 35 yrs overall @ Renton, Bellarmine (Tacoma), Cascade (Everett) and Stanwood. My staff here is relatively new, but I did work with line coach Mike Wilson at Cascade HS.

#2: Was there a particular turning point in the season?

4A: The last 3 games of the season our QB started making some outstanding reads. We were a great running team, now we could both run and pass.

3A: The overtime loss to Skyline. We made changes on both sides of the ball: Matt Coombs to RB, David Cahill to QB, Nick Warren to LB, Aaron Gibbs to center. We got more focused...

2A: The loss to Cashmere early in the season. It made our kids want to get better and work harder.

1A: The team made steady improvement throughout the season. The win over Orcas Island in Game 5 was a big confidence builder for us.

B11: After the loss to Ritzville, we regrouped. We changed the tempo and intensity of practice.

B8: When we beat Touchet @ Touchet. This gave us confidence because we've not beaten them on their home field in over 10 yrs. They were our toughest league opponent.

#3: How many two-way starters do you have?

4A: 3; (OLB/TE), (FB/ILB), OL spelled DL starters.

3A: 5; Jeff Dicks (OT/LB), Lee Driftmeir (OG/LB), John Marcus Pinard (TE/DE), Mike Braund (OG/DT), Matt Coombs (RB/SS).

2A: 6; DB/RB and OL/DL.

1A: 6; rotated players in for them during the game. We had 19 kids start at one time or another throughout the season.

B11: 9; OL to DL. Backs & Rec's to LB's & DB's.

B8: 5; Ryan Dorman (QB/S), Dal Webley (RB/ILB), Nick Koller (RB/OLB), Blaine Hille (OL/DL), Keaton Hille (OL/DL).

#4: What is your enrollment? Football turnout? How many seniors?

4A: Enrollment=1540, Turnout=110, Seniors=23

3A: Enrollment=900, Turnout=125, Seniors=28

2A: Enrollment=421, Turnout=65, Seniors=19

1A: Enrollment=225, Turnout=37, Seniors=5

B11: Enrollment=143, Turnout=39, Seniors=10

B8: Enrollment=80, Turnout=30, Seniors=10

#5: What are your game time responsibilities?

4A: Everything! I call the offense and work with the entire offense. I meet with the offensive line and correct blocking.

3A: Offensive Coordinator

2A: Defensive Coordinator

1A: Offensive play calling

B11: Offensive play calling & Special Teams

B8: Offensive play calling

#6: Did you change practice routines after entering the playoffs?

4A: The only real changes were fewer players at practice. We moved to practicing on turf with less contact overall.

3A: We picked up the intensity; as games get tougher, so do the practices and preparation.

2A: We practiced at different facilities. We practiced on field turf, AstroTurf, and an indoor fieldhouse to get ready for the Dome.

1A: We cut back on length and contact, less drill time.

B11: Very little, other than trying to find places with good turf to practice on.

B8: No

#7: Did your team have any rallying mottos, chants, etc. that were motivation to your players?

4A: Many. We do lots of things that are “team building” like chants, mottos, goal setting, etc.

3A: B.T.B. (“Back to Back”)

2A: Get it Done! Bend, But Don’t Break!

1A: Coaches emphasized Notre Dame’s “Play Like a Champion Today.” The kids had an after-game chant of “Who Dat Say Dat We Ain’t Bad!!”

B11: Improve Every Practice. Give 100% and Get Better Every Day.

B8: No

#8: Did you sustain a major injury? If so, how did you overcome that?

4A: None during the season.

3A: Going into the playoffs, we started 7 players with casts on their hands, broken fingers, broken wrists. We lost Blake Smith (C/DT) with a torn ACL.

2A: No, we didn’t sustain any major injuries.

1A: No major injuries, which usually leads to a successful season.

B11: We were blessed and lucky as all of our starters finished the season.

B8: No, this was a huge key!

#9: Who was your inspirational leader? In what way?

4A: Our center (emotion & hustle) and a defensive back (big play/hitter and on every special team).

3A: Matt Coombs. Every time we needed a big play, he made it. The bigger the game, the better he played.

2A: Masin Bailie. He was a real team player, always had the football in his hands and got the important “little” things done that needed to get done.

1A: The kids voted QB/DB Axel Wolff as most inspirational. He worked hard each day, is a natural leader and was positive with his teammates.

B11: Josh Cobb, OL/DL led by example. Dustin Beach, a tiny WR/DB kept everyone around him jacked up.

B8: Dal Webley, very vocal on the field. Also, the entire senior class really stepped up in all areas. They were a big question mark as far as leadership was concerned before the season began.

#10: Do your players attend summer football camps? Which ones have you found beneficial?

4A: Some kids attend camps on their own such as E.W.U., U of O, Washington, W.S.U., W.W.U., Penn State and Nebraska. We take our team to U.P.S. for five days of contact camp at the end of July.

3A: We do our own camp. It allows us to work with our own kids more.

2A: Yes, the camp at E.W.U.

1A: We attended the Golden State Wing-T Camp which was beneficial not only to our players, but to our coaches as well. They have excellent instructors.

B11: We’ve been attending the camp at C.W.U. in Ellensburg. Our kids have bought into the benefits of camp and it has paid dividends.

B8: Yes, two camps: 1) Our own and 2) The Montana Tech 8-Man Camp (they’re absolutely fantastic!)

#11: Do you and your staff attend coach’s clinics? Does your school or district help?

4A: We attend different clinics: Washington State Coaches Clinic, Pemco, Nike, Chelan and some at the national level. We’ve always paid for these ourselves. In the last two years, we’ve been reimbursed for one clinic registration fee, but no other expenses.

3A: We pay to go to our own. We also go to Pemco and the U.W.

2A: Yes, Pemco & Coach-of-the-Year Clinic in Portland. Our district does help with expenses.

1A: Our Wash. State Mid-Winter Football Clinic is perfect for our staff because we can attend sessions which pertain to the positions we coach and interact with other coaches informally. The presenters are available after their sessions as well. Our school pays for registration.

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B11: We have a hard time going to clinics as we all have winter coaching responsibilities. Our district helps with cost of clinics and hotel expenses. We are only allowed one clinic per year.

B8: We attend the Treasure State 8-Man Football Clinic in Missoula, Montana.

#12: How many of your players will play football in college?

4A: We average from 3 to 8 per year. One or two major college, some small college, some JC.

3A: I think that about 10 players will play at the next level.

2A: Three to five will play college football.

1A: Possibly 1 or 2 next year, but not D-1.

B11: No seniors, but maybe 1 or 2 of our juniors at small colleges.

B8: One, Nick Koller (Whitworth).

#13: What types of defensive front do you run? What situations or times in the game do you think that blitzing is advantageous.

4A:

3A: Fronts: 4-, 5- & 6-man. Coverages: 1, 3, & 2. Blitzing: Anywhere, Anytime!!!

2A: 4- & 5-man fronts, Cover 2, 3, 4, 3rd & Long: we'll play Man otherwise we'll play base.

1A: We most often run an odd-front with Cover-3, though we'll sometimes slide to an even-front and occasionally run Cover-2 vs. the short-passing game. We seldom stunt, but often try to apply pressure vs. 1-Back or No-Back teams.

B11: We run an 8-man front as our league doesn't throw much. Man or Cover-3. We stunt out of our 8-man fronts, especially on passing downs.

B8: 3-man front and almost always with a zone. Zone is a bit unusual for 8-man teams and our opponents are commonly confused. We blitz a lot on 1st and 2nd downs. (We want teams to have many 3rd and longs.)

#14: What is the most important facet of Special Teams? How much practice time do you allot?

4A:

3A: PAT (Field Goal), we practice Special Teams every day.

2A: Kicking the ball is the most important. We had Carlos Gil (PK) who set the new record in the Dome with a 52 yd. FG in the Championship game. He kicked 4 FGs to win the Othello game. We spend 20 minutes everyday on special teams.

1A: Punt team is critical and we spend quality practice time on it. We spend pre-practice time on P.A.T., and work on KO coverage and KO returns on the day before each game. Our philosophy is to put the best players on Special Teams. This demonstrates its importance. I ask all coaches to be a part of Special Team situations.

B11: It's a third of the game. We only allot 15 minutes/practice as all our players are 2-way players and also play on Special Teams.

B8: For 9-man football: covering punts and kickoffs are most important. Another emphasis is not making huge mistakes like bad snaps, etc. We spend about 10 minutes/day.

#15: What's your favorite long yardage play?

4A: Play Action Pass

3A: Don't have one...

2A: Spread Right Wac 976 H-Post Swing

1A: There are very few good long yardage plays, particularly if you primarily run the ball. We might run a FB trap in hope the defense has dropped off expecting a pass.

B11: A Bunch/Gun-Formation Pass

B8: An 8-Man Bootleg

#16: What's your favorite short yardage play?

4A: Not telling...

3A: Don't have one...

2A: I Right Tight Wing Zoom 60 Chip

1A: A FB Dive with a lead blocker, our G & T can either Base-block or Cross-block.

B11: Unbalanced Wishbone Avalanche. We can run this tight or wide depending on the alignment of the defense.

B8: The Veer; QB reads the playside DE. If DE crashes down on Diveback, QB pulls, turns upfield and options the Cornerback.



“Make Me Feel Good and I will Produce”

by Joe Glenn, University of Montana

Early in my coaching career I shared an office at the University of Montana with an assistant coach, Lynn Rosenback. Lynn is no longer with us, however, his homespun intelligence has remained with me for over 20 years.

We were busy breaking down film one morning after a big win, when our door opened. Our head coach, Larry Donovan, stuck his head in and congratulated us on the fine job the offense had done on Saturday. I was the quarterbacks and receivers coach and Lynn coached the running backs. After our head coach left, Lynn look at me and said “make me feel good and I will produce.” That statement has tuck with me forever and has had tremendous impact on how I feel about motivation.

As I grew in the coaching profession, I continued to watch the successful coaches I admired and tried to evaluate what it was about them that made them successful. I reflected on my own playing past and re-evaluated the coaches I had played for and known. The coaches who were positive and not afraid to praise their kids or their staff were the ones I admired most. Isn't it funny that they were the ones who were realizing the best success on the scoreboard.

During my senior year of high school at Pope Pius X in Lincoln, Nebraska, we defeated the Boys Town Cowboys to go 4-0. Although I was the starting quarterback, I had only started my senior year. I certainly was not an honors candidate to say the least. My junior year I had been the back-up and played sparingly on the varsity. After the Boys Town game I was exiting the locker room when my coach (Hall of Famer Vince Aldrich) called me over to introduce me to the prep writer for the local paper.

He then proceeded to tell him that I was the best quarterback our school had ever had! My jaw nearly dropped to the ground. In his clever way he was “making me feel good” and impacting my self-esteem. I walked out of the stadium that night with the most wonderful feeling about myself, my team, my school, my life, etc. There was no way I would let my coach down. I would do anything to please him and keep his confidence.

We finished an undefeated season (in spite of the quarterbacking) and my high school coach, although since passed away, remain uppermost in my heart.

I sincerely believe in the self-fulfilling prophecy. If you believe in a person and let them know that you believe in them, they will try so hard to please and succeed. If you

can positively affect someone's self-esteem they will move mountains for you. I am somewhat homespun myself and I'm afraid our team at Montana considers me quite corny. In fact, the players sometimes refer to me as the “king of corn.”

We began our mission to win the national championship on January 20, 2001 when we reported at 6:45 a.m. for our first winter conditioning workout. When I was a child and instructed by Mom to do a job that seemed insurmountable she would always ask, “how do you eat and elephant?” We were taught to answer “one bite at a time.” Which meant that big jobs get done by just getting started and knocking pieces and parts out one at a time.

Knowing full well that there was much work to do and many mountains to climb, I asked the team that morning while they were stretching, if they knew how to eat an elephant. TO which they all mumbled “one bite at a time.” We carried that corny “one-bite-at-a-time” slogan with us for exactly 327 days, all the way to Chattanooga, Tennessee and the national championship. I had to smile as I walked into our host motel in Chattanooga and saw a large banner that read “Chattanooga Chew Chew, the Last Bite.”

I would also like to share with you six rules I received from my Uncle Bob before our amazing 2001 season. I am not big on rules and if you ask any of our players what's Joe's #1 rule, they would respond, “be a good guy.” Perhaps that's an over simplification, however, we do talk a lot about values and right and wrong, over and over and over. Getting back to Uncle Bob's rules:

■ **Love This Game**

You must totally love the game. If you do not, you will not be able to make the sacrifices required.

■ **Dedicate Yourself**

Dedicate yourself to become the best athlete that your talent will allow you to become. Anything less, you cheat yourself and the team.

■ **Put Your Faith and Trust in Yourself and Others**

This includes everybody; players and coaches. Everyone must be on the same page. Remember, no finger pointing.

■ **Set and Maintain a High Code of Honor**

An athlete is a special kind of person, endowed with unique talents and should demonstrate this gift with the highest of ideals.

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■ **Control Your Anger**

When angry, we lose control. When we lose control we lose our continuity and, in numerous cases, the game.

■ **Always Remain Humble**

When we belittle an opponent we insult their athletic ability, their coaching staff and their institution. In essence we may stimulate them to perform at a level above their talent. It's more important to be gracious in victory, than in defeat.

You can certainly tell these rules were well thought out and heart felt. Uncle Bob Glenn was perhaps the premier running back in the state of Nebraska in 1942. Many Cornhusker faithful were anxious for this tough and shifty back to don the pads at the local university. Tragically, still only 18 years old, Uncle Bob would lose his leg while fighting in World War II. He obviously did not lose his love and spirit for the game. These "old fashioned rules" will re-

main special in our hearts and a fun part of our 2001 national championship season.

Building a good rapport with your student-athletes might be the most important thing a staff can do. If your players like you and know that you like them, they will work harder for you and try harder to please you. You must try to get to know your athletes as people and get a feel for who they are and what goes on in their lives outside of football. How's your family? How's your high school team doing? How are your classes going? I try to ask about anything but football when I see one of our kids somewhere else on campus or in town.

We constantly talk about family on our football team. Our genuine interest in each other's lives helps nurture that family atmosphere. We encourage our team to dine together, study together and do all that they can together in an effort to bond. You have to work on it.

There will be times at practice, or perhaps somewhere else, when tempers will flare. We encourage our coaches

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and players to continue to remember the family concept. We will not hold a grudge and will work on positive communication. It is important that we get over any ill feelings and make sure that we forget, just as we do in our own family situations. Team/staff unity can't be underestimated and I don't think it simply happens by us hoping it happens. We need to promote it and talk about it as often as we can.

I do not meet with the team in the locker room immediately after our games. Our parents, fans, students, etc., congregate on the field after every game and ultimately we sing our fight song. It is a fun time for everyone to share. The team eventually regroups in the locker room for some traditional celebrating, but it's nothing where the head coach does any praising or admonishing. Too many times (without the benefit of having seen the film) the praise or blame isn't totally accurate anyway.

I have found that a Monday team meeting (less than half an hour) is a great time to reflect on the many positives of Saturday's game. After seeing the video, I try to list as many positives worthy of note. We will do some constructive criticism at this point, if needed. We try to keep this meeting as positive as possible, however, sometimes there is an obvious negative that we can't overlook. So after the constructive criticism, we try to follow up with something positive. There is some merit to this, especially in the heat of battle. Motivation can be an art.

There are two different types of motivation, extrinsic and intrinsic. Both work quite well, however, there is nothing like coaching an athlete who plays for the love of the game and with desire to always be his best. This is what I call intrinsic motivation. He puts on his school colors, knows that he is totally prepared. He has a great feeling for his teammates and coaches, a tremendous respect for the game and all that it embodies. He is intrinsically motivated by a powerful feeling he has from within.

We are also motivated in amateur football by awards such as letter jackets, helmet stickers, perhaps a black shirt for the first team, all conference awards, All American awards, your name in the paper, on "Sports Center," on the radio, etc. This is extrinsic motivation. It too is wonderful and meaningful, however, I don't think it ranks as high as intrinsic motivation.

I hope the days of coaching with the fear factor are gone. I suppose there are a few old dinosaurs still around, but not many. It really bothers me to see that type of coach enjoy success because I don't think winning is the only joy in athletics. The brotherhood, the friendship, the family, the spirit, the camaraderie, the togetherness, the bonding, the laughs, the tears and the love are also what it's all about, not just winning.

To me leadership is more about who you are and less about what you do. It is a relationship development. Lead-

ership does not come with a title (manager, supervisor, coordinator) it's a reflection of a certain style of manner of working with others.

Do not be afraid to empower your staff sometimes you will have to let go of some parts of the game that are very near and dear to you. However, the bottom line may improve. You must have the courage to first determine the right thing to do (we all know deep down what that is) and then do it. You must have the ability to "let go."

Here are some lessons I have learned that have helped me develop leadership skills.

- Don't be afraid to take everyone to the top. It's more fun and you experience real joy and pleasure when you succeed.
- Be humble. Don't be afraid to do menial tasks, little things. Don't ask anyone else to do something you yourself would not do.
- Get to know everyone by name. It makes no difference what their rank or title is. Be supportive of all the other teams at your school. Be sure to thank and praise the band for the spirit and entertainment they provide. Their parents and friends put a lot of cheeks in the seats also!
- Accept mistakes. There are few mistakes that can't be fixed. When someone screws up, just figure out how to deal with it and get on with it. We learn best from our mistakes, but try not to make the same mistake again. Mistakes handled well can bring your staff closer.
- Don't be afraid of confrontation. It doesn't need to be a bad or difficult situation. There are many ways to skin a cat in football. Working together, listening to many ideas is good honest interaction and can build relationships and trust.
- Spend time with your staff outside of work. We have a lot of fun sharing social activities. Baby showers are hot right now. We have had four boys born in the last two years.

I close by sharing with you an article I wrote for the NCAA a few years ago and it should let you know how I feel about football.

The Game

As I was growing up, the sixth child of Pat and Dorothy's 12, I never had much trouble finding "A Game." I would watch "The Game," play "The Game," and for that matter eat and sleep "The Game." It seems there was always "A Game" going on somewhere... the backyard, up the street, or on the playground. I needed "The Game" and it seemed like most of my waking hours were spent playing or rounding up "A Game."

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I grew up in Lincoln, Nebraska and begged for fall Saturdays to come so I could trek to Memorial Stadium. I was a bonafide card-carrying member of "The Knothole Club." I had to watch the budget carefully in order to safeguard the 50 cent admission.

However, Friday nights were perhaps more majestic. I could hotfoot it to "The Oval" and catch the neighborhood high school team in action. One could hardly believe how big and thought these Gladiators were (after checking an old program I see the average lineman weighed about 180 pounds in 1959). The lights of the stadium created an atmosphere that was magical.

The teams ran on the field in their colorful uniforms and the bands would hail them with their fight songs. Cheerleaders and fired-up fans, young and old, would rise and clap their hands in unison. In the eyes of this 10-year-old, it was heaven.

I could not rest until the day came when that was me running into that arena. I resolved to do anything, give anything or try anything it took to become part of that scenario.

In the years to come, "The Game" naturally grew in importance to me. I began to meet these icons referred to

as "Coach." They would not only teach me "The Game," but also motivate me to be the best I could be in all phases of my life. Now, I was really learning "The Game" and being introduced to other concepts that became so important to me; loyalty, character, ethics, values, strategy, camaraderie, cultural diversity, spirit and love for my fellow teammates and coaches. The more I became involved, the more I realized how precious "The Game" was to me.

Then "The Game" became a vehicle for me to attend college. Had it not been for "The Game," I'm not sure I could have realized this wonderful opportunity I had dreamed about all my life.

How could I ever thank all the coaches who have done so much for me? The answer is simple. I must reimburse them by giving back to "The Game." There are so many young men out there who need "The Game's" help. They deserve to experience the value of "The Game" just as I did.

This fall marks my 43rd year of association with "The Game." I love and need it now more than ever. I owe "The Game" big time and am driven to give back all that I can for as long as I can.

How fortunate to be called "Coach" and a fraction of "The Greatest Game" in the world, football!

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