

# THE WASHINGTON GOACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



# WASHINGTON STATE COACHES ASSOCIATION



## 2009-2010 Membership Application

See our website at  
[www.washcoach.org](http://www.washcoach.org)

Please PRINT All  
 information LEGIBLY

Mark Sports Coached with a 1, 2 or 3 for  
 Preference and check the H or A column for  
 Head or Assistant Coach

Date \_\_\_\_\_

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

School Where Coaching \_\_\_\_\_

Name of the School District \_\_\_\_\_

School Phone \_\_\_\_\_

Preferred Email address(es) \_\_\_\_\_  
 (Please help us communicate more effectively by doing this)

Preference	H	A	Years Coached
<input type="checkbox"/> Baseball			_____
<input type="checkbox"/> Basketball (B) (G)			_____
<input type="checkbox"/> Bowling			_____
<input type="checkbox"/> Certified Trainer			_____
<input type="checkbox"/> Cheer			_____
<input type="checkbox"/> Cross Country (B) (G) (Both)			_____
<input type="checkbox"/> Dance			_____
<input type="checkbox"/> Drill			_____
<input type="checkbox"/> Football			_____
<input type="checkbox"/> Golf (B) (G) (Both)			_____
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<input type="checkbox"/> Track & Field (B) (G) (Both)			_____
<input type="checkbox"/> Volleyball			_____
<input type="checkbox"/> Wrestling			_____
<input type="checkbox"/> Other Sport-Please Specify			_____

Which Sport Group should receive credit \_\_\_\_\_

Benefits Include:

- \*State Tournament Pass for All WIAA Tournaments and Selected WIAA District Tournaments
- \*Liability Insurance Coverage of \$1,000,000 to members while working a scheduled, sanctioned and supervised WIAA sport or event. Contact 1-800-257-4860 X757.
- \*Your senior sons or daughters are eligible to receive WSCA scholarships.
- \*Hall of Fame eligibility.
- \*Eligibility for Coach of the Year awards.
- \*Eligibility to coach in WSCA All Star games.
- \*Enhanced professional growth to continue in the coaching field.
- \*Window decal upon request.
- \*Eligibility for publication in your magazine THE WASHINGTON COACH.
- \*Coaching Clinics.

Send completed form with \$35.00 to:

Jerry Parrish, Executive Secretary 18468 8th Avenue NE Poulsbo, Wa 98370	1-360-271-1377 <a href="mailto:jparrish@donobi.net">jparrish@donobi.net</a>
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Benefits effective upon receipt of application and \$35.00.  
 Membership is from 8/1/09 through 7/31/10.

- \_\_\_\_\_ Non Teacher
- \_\_\_\_\_ Retired from teaching but still coaching
- \_\_\_\_\_ Retired from coaching but still teaching
- \_\_\_\_\_ Totally Retired from both

We want to know more about our coaches.  
 Could you please tell us:

1. High School and College attended;
2. Other sports coached at this school;
3. Other schools where you have coached;
4. Sports you coached while there;
5. How long you coached each sport;
6. The school years you were there;
7. Notable W/L or playoff records earned received;
8. Total years in coaching.

**USE BACKOR EXTRA IF NECESSARY**



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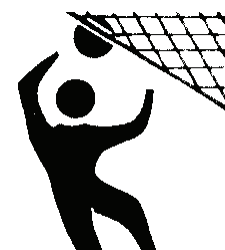
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Do you have an article you would like to have published in the **Washington Coach**?

Email Mike Schick at  
WSCA-EDITOR@comcast.net or mail to  
2110 Richardson Drive  
Puyallup, WA 98371

*Fall deadline is August 14.*

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# *From The President*

Summer 2009

Dear WSCA Member,

Welcome to the summer season. What? Isn't this where we are supposed to say congrats on a great school year and enjoy our well-deserved summer vacation? We still have August (supposedly). I remember going to Willipa Valley for a basketball tournament in the summer of 1977. I felt it gave us a great advantage in our league because we played in one tournament. The American Legion baseball coaches were furious as summer was just for baseball. The next summer it was two tournaments and we all know you must now play 35 games (at least) and go to team camp to stay even with the next coach. Well, eventually the football coaches said, "We need to join in the action". Soccer, Volleyball, Cheerleaders, Cross-Country have all joined in the madness.

In 1977 I remember the parents thanking me for keeping their son busy and staying out of trouble. Your son is busy now. On the first Monday after spring state tournaments your son has football from 3-5, basketball from 5-6:30 and then goes to baseball from 7-9. Plus, your son has finals in the next few weeks so make sure you keep up with your studies. This is a good case scenario as some schools have had their Athletic Directors having to step in as one coach feels your son should only play his sports and the heck with the rest of them —Good luck Mr. AD. The amazing thing is the players I have coached with this schedule do the best in all their sports and grades. I take my hat off to these student athletes who can do it all and do not listen to the bad coach who says they have to make a choice. Coaches please let this student do it all and support him in his achievements.

The most talked about amendment to pass was the 35-second clock. We are now one of the six states that have a boy's shot clock. Several voting members were surprised to hear the WIBCA (Washington State Boys Basketball Coaches Association) voted against the shot clock. This was confused with a survey taken with the rules clinic on the WIAA website that had all people taking the rules quiz voting for the shot clock. This survey was in favor of the clock. The amendment passed big so all those various sport coaches and athletic directors must want that clock. As I look on it now I remember being opposed to the idea of a 3-point line in 1987. I felt the 3-point shot would create wild shots and take the big guys out of the game plan. The following year I had the great opportunity to coach the Highland Scotties to the State Championship. We won because Dan Parsley made 5 - 3's and we had great balance between our guard play and our big guys. I became a big fan of the 3-point shot. I hope we have the same experience with the shot clock and we all become big fans.

Yakima will once again host the WIAA coaches' school on July 31<sup>st</sup> to August 1st (see page 31). Enjoy all your summer activities and love your family. Your family loves you whatever happens not just win or tie.



YOU GOTTA LOVE IT!!!!

PAT FITTERER

## FROM THE SIDELINES

by Jerry Parrish



# From The Sidelines

### ORCHIDS...

- ❑ to the four year colleges in our state who support WSCA sanctioned All Star Games.
- ❑ to the WIAA office, who in conjunction with Washington Track and Field Coaches, worked out a method of having 4A-3A and 2A state track meet at Mt Tahoma High School.
- ❑ to Jennifer Kubista, Tacoma Schools Athletic Director and WIAA State 4A, 3A, and 2A Meet Director, for her continued good work in promoting Track and Field in our state.
- ❑ to all the track athletes and coaches that constantly show a spirit of sportsmanship at track meets and events. It is amazing how track athletes will cheer on even their opponents at meets.
- ❑ to Jay Rydell, who is the Meet Director for the 1A, 2B and 1B schools. He does an awesome job.
- ❑ to Dave Cook, Eastern Washington University Sports Information Director, who has done an outstanding job of making sure the meet goes well and has immediate results posted on the web...he coordinates a lot for the meet.

- ❑ to the Seattle Seahawk organization for providing use of their new Virginia Mason athletic complex for the NATS testing on June 7th.

### ONIONS...

- ❑ a big ONION to the people who believe that cutting athletics and activities will save their districts money. There has got to be a better way. We are quick to cut. What plan is there to re-establish the programs that are cut?
- ❑ to the four year colleges in our state who do not support WSCA sanctioned All Star Games.

### CAREER VICTORIES

Coaches, if you are in line to receive a certificate or plaque for your career victories, please log on to our website at [www.washcoach.org](http://www.washcoach.org) and click on PDF Downloads at the top of the page. You can then download the Career Recognition form. Complete the form and send it to us. We'll make sure you get a certificate or plaque.

If you are not sure you qualify, you can refer to the form to see if you have enough victories. All certificates and plaques will be mailed upon verification. ■

## LOCAL CLINICIANS SHARE THEIR EXPERTISE

by Steve K. Bertrand

Dig around in the Pacific Northwest & you'll unearth your share of gems. Such was the case as I traveled to various sports clinics this past winter. We are truly blessed with our share of knowledgeable people when it comes to the topics of distance running & sports psychology. There are tidbits every parent, coach & athlete should know. Here are some of the highlights from four sports-related presentations I had the pleasure of attending.



**Rick Becker**

“Delaying The Use Of Anaerobic Training For Year End Peak Performances (The 5 Phases of Distance Training)”

Rick Becker is the head cross-country/track & field coach at Selah High School. He's had thirty-seven years of distance running experience. His credentials include two-time college All-American, American Age Group Record Holder, U.S. Masters Cross-Country Champion, U.S. Masters Track & Field Champion, World Masters Cross-Country Champion, & World Masters

Track & Field Champion. Becker has run a 4:10 mile, 8:58 2-mile, 14:25 5K, 29:46 10K, & a 2:24 marathon. He brings to his coaching the same level of expertise. His teams have claimed seven league titles, qualified for state twelve times, & on six occasions, Becker has been named “Coach of the Year”.

Becker's presentation on lactate threshold training offered very sensible & scientifically based training methodology. Utilizing an approach embraced by Marcus O'Sullivan, head cross-country/track & field coach at Villanova, four-time Olympian & three-time world champion, Becker broke distance training into five phases.

**Endurance Phase** – This is work typically done in the off-season (summer or winter). Runs are typically done at 65%-70% of maximum effort (140 beats per minute). Athletes should be working on stride frequency. Therefore, do 10 x 100 meter strides at ¾ effort 2-3 times per week. This is an important phase for laying down a base to build upon. “Kids who don't run in the off-season never reach their full potential,” said Becker. “Developing a base takes time!” To emphasize the importance, Becker mentioned the fact twenty-seven runners broke four minutes for the mile last year. Why didn't more break four? “Endurance,” Becker said. Speaking to weekly mileage & long runs, Becker said “High school run-

ners who average around fifty miles per week will probably run 10-12 miles for their long runs.” He also emphasized the fact you can run easily & still run fast. However, you can't just jog. “Do aerobic threshold running a couple days a week (medium effort),” he said.

**Aerobic Threshold Phase** – It is possible to get in great shape without beating up your body. How? “Do runs at 90% effort (180 b.p.m.),” said Becker. He pointed out the purpose of this phase is to raise one's aerobic threshold by delaying blood lactate levels. “This enables one to run faster & faster without an increase in lactate levels,” he said. Tempo runs are a great way to build this energy system. A tempo run is a sustained run that's typically at 85%-90% of maximum heart rate (comfortably hard) for 20-25 minutes (“No talk” zone). You should probably be able to run 45-60 minutes easily before attempting tempo runs. Lactic acid tends to kick in around 92%-93% effort, so you want to stay below this level. If you are in-season & racing twice a week, you probably don't need to be doing VO2max (max. oxygen uptake) workouts. The racing will get you there. “This type of training helps you to race faster,” said Becker. “It also prepares the body for the next phase – intervals.”

**Interval Phase** – The purpose of this phase is to continue raising one's anaerobic threshold at faster speeds. “It prepares one to race at a high level,” said Becker. “It trains the aerobic system to its maximum.” The body's ability to transport blood & oxygen, increased mitochondria & capillaries, & increased stroke volume are all benefits of this type of training. Knowing an athlete's Vo2 max. can help when structuring workouts in this phase. Becker's examples of VO2max workouts included:

- 2 x 5 minutes @ 5K pace with a 4-minute rest
- 4 x 1200 meters @ 5K pace with equal or slightly less rest
- 5-6 x 1K @ 3K/2-mile pace with equal or slightly less rest
- 6 x 800 meters @ 3K/2-mile pace with equal or slightly less rest

Becker emphasized running efficiency. Elite runners have a high VO2max & efficient running abilities. “You should be smooth & relaxed,” he said. Becker utilizes a training method involving “silent” running on a track. “If you are smooth & relaxed, I shouldn’t hear you,” he said.

**Speed Phase** – “This phase teaches one to run fast, relaxed & economically,” said Becker. It can also be utilized to help one build tolerance to lactate. This increases your ability to run long & fast with a high level of blood lactate. “The body also improves its ability to quickly remove lactic acid,” said Becker. “It brings one to a peak.” You don’t want to be doing these workouts too early in the season. You should first build your aerobic base. During the track season, these workouts would begin around spring break. The effort is hard. Examples of speed workouts included:

- For a two-minute 800 meter runner
- 4 x 200 meters @ 27-30 seconds with a 2-3 minute rest
  - 1 x 500 meters @ date or goal pace followed by 4 x 200 meters @ goal pace
  - 8 x 200 meters @ goal pace with a 200 meter jog recovery

For a 4:40 miler

- 8 x 400 meters @ 65-70 seconds with a four-minute rest
- 3 x 300 meters @ 48-52 seconds with a 3-4 minute rest x 2-3 sets
- 4 x 400 meters @ date pace

followed by 5 x 300 meters @ goal pace

For a 10-minute 2-miler

- 4 x 800 meters @ 2:30 pace with an 800 meter jog recovery
- 8 x 600 meters @ 1:46-1:53 with 5-6 minutes recovery
- 3 x 800 meters @ date pace, then 2 x 600 meters at goal pace

Three weeks prior to being the first runner to break four minutes for the mile, Roger Bannister ran 10 x 400 meters in 59 seconds with two minutes recovery. He gradually worked down to this. Becker has a name for this phase of training. “We call it ‘hell week’,” he laughed. “We give the kids a button which reads – ‘I survived hell week!’”

**Tapering Phase** – “The purpose of this phase is to fully charge the batteries,” said Becker. When designing your workouts you should be asking yourself – “What system do I want to work on?” & “What is it I’m trying to achieve?” A kid who runs fifty miles per week will probably reduce their mileage 30% in the “championship” (end-of-season) phase. Therefore, they’d be running around 35 miles per week. Examples of workouts in this phase include:

- A mile time trial or 2 x 800 meters
- Threshold 400’s
- VO2max intervals
- Short distance run followed by race pace work with full recovery

“If you do this right, you should be able to sustain a peak for 3-5 weeks!” said Becker.



**Bruce Brown**

“Life Lessons For Athletes”

Bruce Brown has been a teacher, coach & athletic administrator at the junior high, high school, junior college & collegiate level for the past thirty-five years. During that time, he has coached football, basketball, baseball & volleyball. He has been a national presenter for the N.A.I.A.’s Champions of Character Program. Brown is also director of Proactive Coaching. Speaking to athletes, coaches, parents, school districts & corporations, he is in high demand as a national clinician. Brown’s speaking engagements have included the American Baseball Coaches’ Association, National Soccer Coaches’ Convention, N.C.A.A. Women’s Final Four Clinic, W.I.A.A. Coaches’ School, N.A.I.A. National Basketball Championships, PEMCO Best of the West All-Sports Clinic, West Point Fair Play Conference, etc... Recently, he has been the recipient of numerous awards, including “The 2003 Life-Time Achievement Award”, “The 2005 American Baseball Coaches’ ‘Honor’ Award”, & “The 2008 Pro Athletes Outreach Award”.

**Building Character** – Brown’s presentation on “Life Lessons For Athletes” addressed the role of athletics in helping build the character of individuals. “Positive experiences in sport help people become better persons, citizens & adults,” he said. He spoke to the need for discipline in sports & life. Brown recommended coaches set standards for kids, not rules. “Kids rise to standards. They

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will fight you on rules.” He addressed the need for clarity. “The clearer your standards, the better chance athletes will rise to them.” Brown spoke to the character traits he believes make a good athlete. They are the following:

- Teachable Spirit
- Confidence
- Mental Toughness
- Academic Responsibility
- Integrity
- Discipline
- Accountability
- Pride
- Leadership
- Selflessness

Brown stated it’s important to consider the character of an individual when recruiting &/or hiring them. “Companies, teams & businesses that recruit on talent without teaching &/or considering character will explode from the inside out,” he said. In other words, good teams happen from within (good leadership inside the program). Brown cited Enron as a good example of problems that can arise when character runs amok.

**Mental Toughness** – Brown stated mentally tough people are able to control their emotional responses under pressure. Their spirit can’t be broken. Those who are mentally tough don’t have a breaking point. They use emotion & energy to be tougher & not give their opponents strength. They recover quickly from mistakes. Brown said the best test of mental toughness is how quickly an individual gets over a mistake they’ve made. “Games are full of mistakes,” he said. He also stated mentally tough people love the arena. It’s not about the audience. It’s about the game. Steve Prefontaine was such an athlete. So was Michael Jordan. Brown was quick to point out

that mentally tough people make others mentally tough. They elevate the whole team. “They also recognize there’s no room for drama or pity parties,” he said.

**Selflessness** – Brown described an individual who puts the needs of the team ahead of their own needs. “These are people who are in the sport for others,” he said. “They accept & fulfill their roles. They don’t let their teammates down. They are selfless. They live up to the Lakota definition of a warrior.” Brown shared that a Lakota warrior didn’t try to stand out during battle. Instead, they strove bravely & honorably to help the tribe. If glory came their way during battle, the warrior humbled himself by giving away his most prized possession to tribal members upon return. It reminds me of the humility shown by Chesley Sullenberger, the US Airways pilot, who safely landed his damaged plane in the Hudson River. When asked about this heroic feat, he simply said – “I just did what I’d been trained to do.”

**Classroom for Learning** – “The athletic field is a classroom for learning,” Brown said. “What a coach says to kids has an impact. A coach’s words stay in a kid’s life. Therefore, it’s important to think before we speak. A coach of “significance” changes kids’ lives. If kids feel you care about them, they will begin to develop trust & respect. However, this must be earned.” Brown recommended praising kids publicly & criticizing privately. “You want kids fearless,” Brown said. “You want them to know it’s ok to make mistakes. You want them longing to be in tough situations.” Brown asked this question – “Whose voice do you hear from the past when you need guidance or counseling? Is it a positive or negative voice? Who is going to hear your voice? Will it be positive or negative? Choose your words wisely!”



**Phil English**

“Important Things You Should Know About Distance Running”

Phil English is a native of Ireland. He came to the United States following high school. Due to his running talents, Phil was offered a scholarship to run cross-country/track & field for Washington State University. Phil has competed in the World Cross-Country Championships & other international competitions. Following his collegiate days, Phil began his teaching/coaching career. Since that time, he has coached numerous state champions. He is currently head cross-country/track & field coach at Eisenhower High School in Yakima. Phil also coached state championship teams at Carroll High School in 1982, 1983, 1984, 1985, & at Eisenhower High School in 1987, 1989, 1994, 1999 & 2000. Phil is director of the Clear Lake/White Pass Cross-Country Camp. In 2001, Phil English was selected “National High School Girls’ Cross-Country Coach of the Year”.

**Motivation to Run** – “Why should kids run?” asked English. “There’s got to be a strong motivation. Running is difficult & takes a great deal of effort.” English talked about the need to help kids establish short-term & long-term goals. “Make sure the goals are attainable,” he said. Allow your athletes to experience individual success. He suggested not being too quick to send young runners with the varsity. “Keep young kids down & allow them to develop slowly,” said English. “Don’t give them too much success early. There’s only one direction to go.” He pointed out one reason sports like cross-coun-



try are seeing a drop in numbers is because of the minimal team aspect. “Kids want to belong. They relate to the team concept. They want to feel part of a team.”

**Efficiency of Movement** – “The more you run the more efficient you become to a degree. What separates the top runners is their efficiency at top speeds.” English suggested athletes work to develop their gastric & soleus muscles so they can better load & unload the foot. “By doing so, you can shave 45-seconds off your 3-mile time,” he said. Doing drills without allowing the heel to touch helps. “The bottom of the foot should be a spring,” he said. “The longer your foot maintains contact with the ground the slower you will run. You want a ‘toe-ball-toe’ motion.”

**Progressive Overload** – “The human body is designed for endurance,” said English. “And, being successful in distance running is about one thing – training. Factors include time, speed & terrain. “The longer your race, the more you must be willing to train.” Unfortunately, he also mentioned nothing good is happening when you run. In other words, the body is under a great deal of stress. “You need to allow for rest & recovery. This is an important component of your training program.” He suggested athletes slowly increase their workloads. Icing at the end of workouts on a daily basis is also a good idea. This helps shut down micro-tears in the muscles. English recommends 40-45 degree ice water for 12-15 minutes.

**Tolerance for Physical Discomfort (Pain)** – “To be a good distance runner you must have a high pain threshold.” We all know kids who are wired this way. Unfortunately, some kids never break out of their comfort zones. “The higher up the economic food chain you go the harder it is to

override pain,” laughed English. “If a distance runner wants to be successful, they must learn to override the pain pathway.” The good news is – this can be developed in runners. English pointed out it can be easy or hard. “If you think it’s hard, it will be hard. If you think it’s easy, it will be easy. The body will build the pathway.” English suggested one start by trying to push through pain for 30 seconds. Then, gradually increase this amount. “You can teach pain tolerance,” he said.

**Diet** – “Kids in this country have a third world diet,” said English. “This is a big problem. Iron deficiency is a big problem amongst distance runners.” In order to avoid fatigue, tiredness & breathlessness, English recommended distance runners get their ferritin levels checked. This should be done at the beginning of one’s training cycle. Normal ferritin levels are around 40. “What constitutes a good diet & what a kid thinks constitute a good diet are miles apart,” said English. He also recommended knowing what iron supplement an athlete is taking. Iron is hard to absorb by the body. “Some products on the market may actually compound the problem.” English said it takes three to six months to turn iron deficiencies around. “You can see changes in six weeks,” he said. English mentioned a third to half of a one’s team may be anemic during the course of a given season.

**Recommendations for the Off-Season** – “Periods two weeks or longer of inactivity should be avoided at all costs. Active aerobic activity should be maintained during non-competitive periods.” English recommended building a non-competitive period into every yearly training cycle. Overall body strength & conditioning should be an integral part of the non-competitive period. “Medium inten-

sity training over a number of months is much better than high intensity training too early in the season,” he warned. Rest is also very important between seasons; however, “active aerobic activity” should be maintained during non-competitive periods. “It only takes two aerobic workouts at about 75% maximum effort per week to maintain fitness levels,” he said. “Overall body strength & conditioning should also be maintained during the non-competitive period.”



**Dr. Ralph Vernacchia**

“Coaching Mental Excellence – It Does Matter Whether You Win or Lose...”

Dr. Ralph Vernacchia directs the undergraduate & graduate programs in sport psychology at Western University, as well as W.W.U.’s Center for Performance Excellence. Over the years, he has presented on numerous sport psychology topics throughout the nation. He is the author of four sport psychology textbooks, including “Coaching Mental Excellence”, “Inner Strength”, & “The Psychology of High-Performance Track & Field”. Dr. Vernacchia is a certified consultant of the Association of Applied Sport Psychology. He is also a member of the U.S.A. Track & Field Sport Psychology Sub-Committee, as well as an instructor in the U.S.A.T.F. Level I, II & III Coaching Education programs. Dr. Vernacchia has traveled extensively with several U.S.A. teams as a performance consultant. This included the 2000 U.S.A. Olympic Games in

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*Continued from page 7 - Local Clinicians*

Sydney, Australia. Dr. Vernacchia was inducted into Western Washington University's Athletic Hall of Fame in honor of his accomplishments as Western's cross-country/track & field coach from 1973-1987.

**Educational Importance of Sport** – Vernacchia spoke to the fact we need to take a serious look at the educational importance of sport on young people. “We need to always be cognizant of the ‘bigger picture’”, he said. Vernacchia addressed the key components that lead to peak performance in athletes. They are the following:

- Quality Practice
- Concentration
- Confidence
- Composure
- Commitment
- Passion
- Character
- Attitude

“Great athletes do these things,” he said. “Through their efforts, they find a way to achieve.” It's important to build your model correctly so you don't have to “fix” it later. In other words, athletics are about developing “life skills”. Vernacchia cited the problems Michael Phelps has recently experienced as an example.

**Role of a Coach** – “The coach is someone special. They have an impact on young people. The sports field is a sanctuary where young people can make their own decisions. Therefore, it's important to build your players up. Don't tear them down. We need to teach kids to seize the moment & make the most of it!” Creating hope in young people's lives is also a by-product of proper education.

**Realities of Sport** – Vernacchia spoke to the realities of sport. “You won't always do your best. Athletes need to learn to take the good with the bad. Sport like life isn't fair.” Those involved in athletics know the truth of this maxim. That's why coaches need to coach the person first & the sport second (People first, winning second). Coaching is about “unconditional love”. It's about being an ally of the athlete. It's showing you care about the kid. Athletes meet sport at the coach. Therefore, it's important to provide positive experiences. Kids want to know they are valued. This is how you develop loyalty & trust. “Athletes, on the other hand, must find a way to define sport for themselves,” said Vernacchia. “This comes from the inside out.”

**Psychology of Success** – Vernacchia differentiated between “winning” & “success”. “Success is available

to us every time we step onto the athletic field,” he said. “Winning isn't. Winning is a product. It's dependent upon luck of the draw, ability, talent, etc... Follow this model & at least you'll have a chance at success.”

**Ability + Preparation + Effort + Will = Success**

“This allows every child to achieve a level of success,” said Vernacchia. “It means every child is gifted, talented & capable. Every child is a diamond. It's the coaches' job to polish diamonds,” he said.

**Foundational Beliefs** – “An athlete must develop the desire to strive toward excellence,” said Vernacchia. This is achieved through hard work. “Nothing of real value is achieved without dedication & hard work,” he said. “One must also develop a healthy attitude toward competition.” Vernacchia likened this to “David & Goliath”. “You get one shot,” he said. Athletes must also develop a spirit of cooperation. “You need to contribute something bigger than yourself.” This is the ultimate “team player”. One must also learn to make decisions. “Self-confidence comes through making decisions.” Finally, make sports fun!

**Coaching the Millennium Athlete** – Vernacchia alluded to the old Bob Dylan song – “The Times They Are A-Changin'”. “It's unfortunate, but nowadays we have kids getting hurt pretending to play sports!” said Vernacchia, bringing up the topic of Wii. “If kids don't have a positive experience in a sports program, they'll find something else to do. “A ‘program’ is the ‘ship’ in ‘ownership’!” Technology has proved both an asset & adversary. With obesity & lack of fitness climbing, one doesn't have to look far for the culprit. Kids don't get enough exercise! We need to make fitness part of their daily lives for life. Sadly, given the opportunity, some kids would choose physical education as an on-line course. Vernacchia had a solution. “When kids ask me ‘Is this sports program offered as distance learning?’, I shake my head & say – ‘No, but you can sit in the back row!’” ■

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the WSCA.**

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**Take advantage of  
the services provided.**

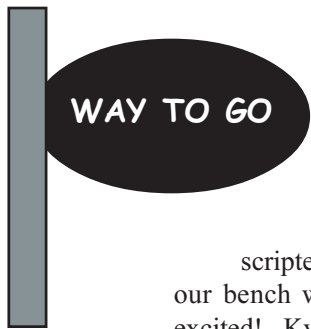
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# COACHES VERSUS CANCER: JOIN THE CAUSE!

By Dave Dickson, head boys basketball coach, Squalicum H.S.  
ddickson@bham.wednet.edu

The 08-09 boys basketball season was a very successful one for Squalicum High School. Winning the AA state championship is a lifelong memory my players and I will carry forever. Not far behind that memory will be the indelible experience of our first annual Coaches vs. Cancer basketball game. This season the Northwest Conference boys and girls teams designated the last weekend in January as our Coaches vs. Cancer weekend. In an effort to join the fight against cancer, each host school was encouraged to raise awareness and funds as they saw fit. At 14 separate gyms across the Northwest Conference, all 28 teams chose a guest coach to join the team on the bench. At halftime, the guest coach was recognized and donations for the fight against cancer were solicited. The NWC coaching staffs from each school donned matching “Coaches vs. Cancer” T-shirts in their respective school colors and, of course, wore basketball shoes. Like the united effort to raise awareness and funds, the T-shirts were a sign of our solidarity, thanks to our sponsor Cloud 9 Sports.

The Coaches vs. Cancer weekend was a rousing success. The *Bellingham Herald* ran a lead article about the event in their sports page. Awareness was raised through the amazing halftime stories of the guest coaches and the entire NWC was able to raise \$6,203 for the cause. Much of the credit for our success goes to efforts of the NWC athletic directors who partnered with the coaches. When Mike McKee, Squalicum athletic director, described to the Cascade Conference what our league was doing, they joined in and raised \$4,500 themselves! Statewide, over \$18,000 was raised through Coaches vs. Cancer benefits. There were great lessons about giving back to the community learned in every gym. Let me share with you our experience at Squalicum. At Squalicum we tried to keep it simple in the first year. The team listened to a science teacher share his survival of a brain tumor fifteen years earlier as a young man. “Squalicum Stories”, a booklet of testimonials of how cancer has impacted faculty member’s lives, was distributed at the game. Our fundraising effort was simply



a “pass the hat” at halftime of the game. We intend to be more creative in the future. By far, the most memorable part of the evening was our guest coach, Kyle Roger. Kyle, the eight-year old son of a Squalicum chemistry teacher, suffered from an inoperable tumor on his brainstem. Perhaps you have read the *Seattle Times* stories about his trips to Children’s Hospital in Seattle and his friendship with Husky quarterback Jake Locker. By game day, Kyle had been fighting cancer for two years and it had taken its toll. He was unable to hear, speak, or walk. As he rolled up and we met during the JV game, I could see his eyes missed nothing, his mind was razor-sharp and he was excited for the opportunity to be a participant in the action. I took him back to meet the players and they were very kind to him. As we warmed up on the floor, I looked at the opposing team with surprise. They had creatively decided to wear pink socks to show their commitment to the cause! Very cool. Their guest coach was a player’s uncle who had lost his wife to cancer. As the teams warmed up, Kyle and I communicated through a white board. I asked him if he wanted our first shot to be a layin, midrange jumper, or a 3-pointer. What would any 8-year old choose? I told the team that Kyle wanted a 3 for the first shot. Like it was

scripted, that first shot, a trey ball, swished through, our bench went nuts and you could see Kyle was very excited! Kyle sat next to me the whole game and had a great time. Many of the players would touch Kyle’s hand on their way in and out of the game. In the last minutes of the game, the students in the crowd began to chant in support of Kyle. When the game was over, Coach Kyle requested to be hoisted onto a player’s shoulder and shot a basket, with the help of the team. The crowd roared with approval!

A week after his coaching debut, Kyle Roger lost his battle with cancer. My player’s hearts were sad, but we were all thankful for that special night. Kyle helped my team to keep the game in perspective. Kyle inspired my players to be thankful for their health and the blessing of playing athletics. Kyle’s tenacity and spirit gave new meaning to mental toughness. The lifelong lessons learned by my players through this encounter gave special meaning to this basketball season.

Please join together with college and high school coaches nationwide and help the fight against cancer. Talk to your league’s coaches and ADs and see if you can get a Coaches vs. Cancer weekend going. The lessons players learn about caring for others and being givers to the community transcend winning games and state titles!

Gary Wusterbarth, CvC state coordinator may be reached at [GWusterbarth@steilacoom.k12.wa.us](mailto:GWusterbarth@steilacoom.k12.wa.us) ■

# FALL & WINTER STATE CHAMPIONS

	4A	3A	2A	1A	1B/2B	1B
<b>BASKETBALL - WOMEN</b>	KENTWOOD	KENNEDY	LYNDEN	SEATTLE CHRISTIAN	COLFAX	COLTON
<b>BASKETBALL - MEN</b>	FEDERAL WAY	FRANKLIN	SQUALICUM	VASHON IS	NW CHRISTIAN	TRI-CITIES PREP
<b>CHEER</b>	Med/Lg Coed HERITAGE	Small coed KENTWOOD	Lg/Super Lg SKYLINE	Medium SKYVIEW	Small CASCADE CHRISTIAN	Non Tumbling KENTWOOD
<b>CROSS COUNTRY - WOMEN</b>	EASTLAKE	MERCER ISLAND	SEHOME	KINGS	NW CHRISTIAN	
<b>CROSS COUNTRY - MEN</b>	MEAD	NORTH CENTRAL	SEHOME	LAKESIDE	NW CHRISTIAN	
<b>FOOTBALL</b>	SKYLINE	BELLEVUE	LYNDEN	CASHMERE	NAPAVINE	LACROSSE/WASHTUCNA
<b>GYMNASTICS</b>	WOODINVILLE	COLUMBIA RIVER				
<b>SOCCER - WOMEN</b>	SKYLINE	EVERETT	FIFE	SEATTLE ACAD	LASELLE	
<b>VOLLEYBALL</b>	LEWIS & CLARK	SHADLE PARK	TUMWATER	KINGS	COLFAX	LACROSSE/WASHTUCNA
<b>WRESTLING - WOMEN</b>	SEDRO WOOLLEY					
<b>WRESTLING - MEN</b>	LAKE STEVENS	ENUMCLAW	DEER PARK	ORTING	REPUBLIC	

## NASPE Honors *Terri McMahan*

Bellingham resident Terri McMahan was honored as the Northwestern District Athletic Director of the Year by the National Association for Sport and Physical Education (NASPE) during its' national convention in Tampa, Florida, March 30-April 4. This award is given in recognition of secondary school athletic directors who exemplify the highest standards of their profession, and who, through their influence on the lives of young people under their direction, have made significant contributions to their schools and communities. The Northwest Region represents a five state area from Idaho to Alaska.

NASPE President Fran Cleland of West Chester University of Pennsylvania states, "Terri is recognized as an administrator of an exemplary athletic program and as an educator who keeps athletics an integral part of the total education program." Terri recently retired as director of athletics for the Edmonds School District after 11 years

of service and 19 years with the Ferndale School District as a teacher, coach and athletic director.

Among her many accomplishments, McMahan created an environment which sparked improvement, change and new programs in athletics. During her tenure as director of athletics, she created a 32 person Athletics Advisory Committee to examine and evaluate current programming at the Edmonds District's four middle and four high schools. Terri created or managed over 15 projects to improve fields and facilities in her district, most notably, lighted FieldTurf multi-use fields at each of the four high schools.

The Washington State Coaches Association wishes to further recognize and thank Terri for her many accomplishments and constant dedication to the programs, coaches and student-athletes in her charge for more than 30 years of service. You will be missed as the great ones always are. ■

**"Terri is recognized as an administrator of an exemplary athletic program and as an educator who keeps athletics an integral part of the total education program."**

### PROVIDE YOUR EMAIL ADDRESSES

One of the major cost increases the WSCA has experienced over the past five years has been printing and postage. Each issue of the Washington Coach runs the WSCA nearly \$4,000 with printing and postage costs. Considering all the mailings we do with All-State selection, coach of the year balloting, etc., WSCA has found we do much more communication with email than phone calls or letter mailings. This is why it is imperative that when you complete your WSCA membership application, please make sure you include your email address. Thanks for your cooperation. ■

# HAWKES SQUAWKS

by Dee Hawkes  
Retired



## OUTSIDE LOOKING IN

This squawk surfaces every time crummy weather appears at the start of spring sports. My annual beef has to do with the prep sports calendar. There is no reason for ending the spring sport season by the Memorial Day weekend. In the interest of better playing conditions, why not initiate the season a little later and let the playoffs continue into June. It's time to take some action and have some serious discussions about changing the calendar. It is my belief that the pluses outweigh the minuses.

## HAVE YOU BEEN PUZZLED BY BASKETBALL

In my opinion, the worst case scenario regarding youth basketball is the exploitation by zealous adults who believe it is okay to put future basketball players on the radar screen as early as 12 years of age. The atmosphere around these players gets more complex than a three-ring circus starting about the sixth grade. Then there are college recruiting services wanting to rank them. When you add all this up, most of these non-teens participate under enormous pressure to perform. This circus is going on all over the country. . . . There are widespread cries of alarm that prep basketball is start-

ing to resemble the college and professional game too much. For example, there is too much physical play. Even more disturbing is the deterioration of ball handling skills caused by the lack of attention placed on traveling and on carrying the ball by officials. In fact, if you search the word "traveling" on the computer, you can access a video, which incorrectly demonstrates that a player may take two full steps before shooting or passing. If the officials choose not to enforce the rules, then the rules should be changed. The best course, however, would be to penalize infractions. Problems will only worsen until the game is played according to the rule book.

The best part of the game involve the shooting skills, especially the three pointer, the pick and roll, and baseline shots. The days of the Bob Houbregs hook shot are long gone. Former Cougar and Husky coach Marv Harshman would like to see the dunk given one point, and so do I. Prep basketball is a great game, but it needs minor repairs so that it stops resembling the style of play performed on television. C'mon coaches, change this finesse game, or it will get even more out of control. . . . Now, we have a wait-and-

see moment to see if the new 30 second shot clock will work. It seems that basketball coaches have the mindset that the new rule will turn the game to run and gun, a horserace, or full speed ahead. The ability to sit on the ball with a lead will disappear from the game.

## SUMMMER SHORT SQUAWKS

Virtually every coach has a functional cell phone available during practice and a prepared plan to handle emergencies. If you do not, then get one. There is no excuse for not having the players' medical information on file too. . . . Lee Caron said, "Coaching is a privilege. You create something no one else has created. It's yours. That's the thrill of coaching." . . . . Coaching tip: It is important that conversation between a coach and a parent should be privileged communication. We must be truthful in all our dealings with parents. Under no circumstance should we speak critically about a parent. After all, they have a vested interest in what's happening to their son or daughter. It is necessary to understand that parents possess tunnel vision, and they see their son or daughter as a "star." Parents often lack objectivity, and time and again this

proves to be the case when dealing with them. As a result, it is imperative that the coach remain calm and objective. . . . It is interesting that the University of Colorado football team experimented this spring with helmet cameras in an effort to help their quarterbacks make better on field decisions. When the time comes, let's hope this doesn't find its way into prep football.

### **PUBLIC EDUCATION IS A TRIANGLE**

The crisis model used by school districts is wrong. What is happening to school budgets across the state shows us that there is no easy way to cut back. Too often, the shortcut is to trim athletic programs. When this happened in the past, the consequences were most damaging. The bottom line is that both athletics and activities provide the base foundation for academics which stands at the top of the triangle. The ugly truth is that when one is taken away, the whole school student body suffers. Anyway you slice it; the cuts have to come from other areas, not from kids and teachers. Whether it's in the classroom, the gym, or playing in the band, the total package must be there.

At no time should a kid be deprived of any part of the triangle.

The human element should be seriously considered, and cuts should be made elsewhere.

### **MARCHING ALONG WITH SQUAWKS**

It's hard to imagine anyone wanting to be a sports official. However, some seem to like being in the firing range taking pot shots from all sides,

especially when there is no way to duck the insults or boos from the stands. This is especially true in basketball even though most players cross the court to fist tap the officials during pregame introductions. . . . Some schools across the country have banned the purchase of athletic apparel from companies that have been flagged for paying employees low wages, providing no benefits, and forcing employees to work long hours in unsanitary conditions. . . . The latest recruiting tool showing up on the internet is the use of *Facebook*, a form of "Show and Tell." Here, invitations to join up can be issued. Apparently when it comes to college recruiting no stone is unturned. . . . The drug war in Mexico has touched high school prep sports in southern Texas. Federal drug detection dogs are used to board buses carrying athletes near the Mexican border. The dogs are there to prevent sudden surprises. Once the team is checked, athletes with special identification can continue. . . . Here's a slight twist to Grantland Rice's cliché: It's not whether you win or lose, but how you play one unforgettable game. Older coaches don't always remember chapter and verse of every game, but they recall very avidly the memorable ones.

### **COLLEGES HAVE SERVED NOTICES**

It was a sad event when our two major state universities opted to move the single biggest athletic event of the year to Qwest Field in Seattle. When the alumni at both schools got wind of it they let loose with a flurry of protests. In the long run, the two athletic departments had to give in.

Kudos to those who fought the fight. . . . Who's kidding who when it comes to college recruiting. Today's coaches use better tech savvy to promote themselves, promote their program, and to provide updated inside information. Potential athletes, their target audience, understand the e-mails, blogs, text messages, the use of Facebook and Twitter, and they tune in. The letters sent are now for their parents to file away. Unless a note is hand written and to be saved, most of the messages are printed in standard text. The concern is that this electronic craze may be ruined by overzealous alumni. Hopefully this activity doesn't become all consuming. That would be a crying shame. . . . Working very closely with the department of Health, the WIAA quickly got information out about the whooping cough scare during the wrestling tournament. Then, along came the contagious Swine Flu, which in turn temporarily shut down prep sports throughout the country.

### **IT TAKES ALL KINDS**

With the help of state and city funding, a local service club, the YMCA, and the community at large, a special field was built in Monroe. The Miracle League Field was designed to be completely accessible to the disabled and to be used by special need kids. Now, these kids are no longer bleacher fans, but can go on the field playing ball where everyone hits and scores. There is nothing more rewarding than to watch these kids give their all. No score is kept – they are all winners!

How often do you find a successful coach resigning his head coach-

*Continued on page 14*

*Continued from page 13 - Hawkes Squawks*  
 ing position because he needs a break from a year-round coaching commitment? Former Mariner basketball Coach Dexter Griffen said, "It's been a culmination of a lot of years of work and I've just gotten a little tired." With his free time Dexter will be able to do other things, which will include watching basketball from the bleachers. . . . They had their wild finishes, dramatic comebacks, and taught a train full of kids how to play competitive high school basketball. Ed Pepple and Sandy Schneider have turned in their whistles, clipboards, scouting reports, and bus passes to join other coaches in retirement. It's worth remembering the impact these coaches had on their players. Through basketball, they taught them to become better persons.

**THERE IS SO MUCH TO LIKE**

What a great fit! After twelve seasons and three state titles, Pasco High School football coach Steve Graff is leaving. He's not going very far, however. Coach Graff and his staff will open the 2009 season at the district's new high school. Without a senior class, he'll coach the Chiawana Riverhawks. Coach Graff is a class act. At a time when most would get out of Dodge in a hurry, after the record breaking nine OT loss to Bothell, Coach Graff actually took the time to write the words "thank you" on the visiting dressing room board. This is the man who will jump start the new school – a great hire! . . . From across town, Craig Beverline, the retired Kamiakin football coach,

will bring his playbook to Abbeville, LA, as the new coach at Vermillion Catholic High School. The team's 2008 record was winless. One can say that the Deep South is a hotbed for football!

My approach to squawking is both bitter and sweet. After over 39 years of writing this column, there can be no argument with those who already have their minds made up. They are not going to change and move their cheese. A whole new cadre of coaches was not born when squawking first hit the runway. Regardless of your stance, you are welcome to speak your piece at hawkes32@comcast.net.

Give yourself a break and enjoy the summer.

See you around, I hope. ■



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# WIBCA ALL STATE SENIOR GIRLS' BASKETBALL GAMES

The WIBCA All State Senior Girls' Basketball games sponsored by Cloud 9 Sports were held at Bellevue Christian High School on March 28<sup>th</sup>. The first game featured the "City" vs. "State" All-Stars which was a combination of 1B-2A athletes, and the second game was a 3A vs. 4A showdown. The "City" team, coached by Rob Adams of Lynden, was led by Nicola Follis of Squalicum who scored 12 points and grabbed 7 rebounds. The "State" team, coached by Corey Baerlocher of Colfax, lost a tough battle 74 to 63 in spite of the effort from Danielle Swain of Black Hills who had 22 points and 7 rebounds earning the game's MVP honor. The 3A vs. 4A game proved to be an exciting matchup down to the wire. After six lead changes and four ties, the 3A team pulled out the 75-72 victory with just seconds to play. Kennedy's Daidra Brown showed her "refuse to lose" mentality with 23 points and 11 steals including two critical ones down the stretch to capture a comeback victory for the 3A team and secure her spot as the game's MVP. Courtney Martin of Redmond led the way for the 4A's with a remarkable performance scoring 24 points and grabbing 12 rebounds. Sandy Schneider of Lakeside coached the 4A game, and Danny Graham of Federal Way coached the 3A game. A special thank you to the All State coaches for their time and effort with the athletes!

## Congratulations to the following athletes selected to the 2009 All State teams:

### City:

Brandi Benner, Lynden  
Shannon Brandsma, Lynden Christian  
Melissa Collier, Seattle Christian  
Rosebud Guthrie, Zillah  
Terra Oldham, Bellevue Christian  
Erika Ramstead, Nooksack Valley  
Michelle Teng, Bellevue Christian  
Danielle Swain, Black Hills  
Jill Toronchuk, Lynden  
Baily Ziegler, Zillah  
**Coach:** Corey Baerlocher

### State:

Lacie French, Prosser  
Nicola Follis, Squalicum  
Courtney Druffel, Colton  
Daron Dean, Hockinson  
Casey Kelleher, Ellensburg  
Kristen Lantau, Napavine  
Lindsey Newman, South Whidbey  
Alyssa Smith, Archbishop Murphy  
Sarah Stewart, Burlington Edison  
**Coach:** Rob Adams

### 3A All-Stars:

Daidra Brown, Kennedy  
Brittany Gray, Bainbridge  
Ashley Honeycutt, Ferndale  
Carol Howard, Franklin  
Jocelyn Jones, Franklin  
Mara Koplitz, Enumclaw  
Morgan Merriman, Lakeside  
Caitie Richards, Mt. Si  
Cheyenne Walker, Mt. Vernon  
Kendall Williams, White River,  
Marcisa McMilan, Lindberg  
**Coach:** Danny Graham

### 4A All-Stars:

Katie Benson, Snohomish  
Jacquie Evenson, Federal Way  
Emily Guthrie, Snohomish  
Courtney Martin, Redmond  
Erin Nichol, Issaquah,  
Lauren Picha, Puyallup  
Alexa Smith, Issaquah  
Ali Campbell, Graham Kapowsin  
Julia Nix, Rogers  
Katy Gross, Cascade  
**Coach:** Sandy Schneider ■

## SPECIAL RECOGNITIONS AT CHEERLEADING CONFERENCE

Pam Headridge, President, WA State Cheer Coaches Association, <http://www.wscca.com>

Andy Gault, Emily Schutz, Tanica Wittig, Bob Dowding, Kim Mayer, Kasey Johansen, Kathy Crowley and Kim Kawachi were honored at the Washington State Cheer Coaches Association Conference in April at Everett Holiday Inn. Sideline awards were given in the 2A, 3A, and 4A divisions.

**Andy Gault** was selected as 2008-2009 WSCCA Coach of the Year. Andy is head coach at Bothell High School for the past five years. An excerpt from one of his letters of recommendations states, "I have worked closely with Andy for the past five years in my capacity as Athletic Director. He is an amazing, caring coach with very high standards and expectations of his cheer squad. He is the guiding force and works very hard on the cheer squad being spirited and excellent representatives of Bothell High School. This was rewarded and recognized by KING-TV's Best of the West last year with the selection of Bothell as the most spirited school."

Emily Schutz, **from Ferris High School** was also chosen from the east side of the state as 2008-2009 Coach of the Year. These quotes say it all from her administrator. "As head cheer coach, I have witnessed Emily in a variety of situations and scenarios where her positive attitude, determination, persistence, knowledge of the sport

and hard work paid off. She is a head coach I count on with promptness and completeness of all task that are given her. I constantly hear stories from other athletic directors that have problems with the cheer teams. Since Emily has taken the job, I have dealt with absolutely no issues with the program. Emily's communications to parents and students is unmatched! To think about scheduling and attending 60 sporting events every year and countless hours of practice in between, her dedication to the kids and the sport is absolutely second to none."

Honored as WSCCA's Assistant Coach of the Year was **Kasey Johansen** from Skyline High School. The head coach stated Kasey is dedicated to the program and athletes. She has helped change the district's views and guidelines about cheerleading, creating more opportunities for the program and its athletes. She has worked countless hours beyond her stipend to help develop the young athletes into capable, talented cheerleaders.

**Tanica Wittig** from Bellarmine Prep was recognized as WSCCA Member of the Year. Tanica is a kind, gentle soul behind the scenes that works tirelessly for WSCCA and cheerleading. Anytime something needs to be done, she is there, willing, eager and able. She also teaches the required stunt certification classes.

**Bob Dowding**, athletic director from Seattle Lutheran High School was awarded WSCCA's Administrator of the Year. One of his letters of recommendation states, "He is dedicated and committed to supporting and encouraging his coaches and it is obvious the passion he has for what he does and for the people that work for him. He seeks to understand EVERY sport and athletic activity that falls under his jurisdiction and makes sure to recognize individuals and programs for jobs well done while also helping lead and guide them in new and evolving directions. He listens to his coaches and takes an active interest in their continued growth and the growth of their programs. He works hard to ensure he is helping his coaches positively represent RHS and the LWSD while also making it clear he believes in, trusts, and stands beside and behind them...."



Photo: L to R:  
Kasey Johansen, Assistant Coach of the Year; Emily Schutz, Coach of the Year; Tanica Wittig, Member of the Year; Bob Dowding, Administrator of the Year; Kathy Crowley, Hall of Fame Contributor; Andy Gault, Coach of the Year; Kim Kawachi, Hall of Fame Coach. Not pictured Kim Mayer, Hall of Fame Coach.

Inducted into the WSCCA Hall of Fame were Coaches **Kim Mayer** from Hanford High School and **Kim Kawachi** from Kentwood High School plus Contributor **Kathy Crowley** from Peninsula High School. They were honored for their years of service and commitment to cheerleading in the state of WA.

Kim Mayer not only coached at Hanford High School for almost 20 years but also has been instrumental in the education and training of both cheerleaders and coaches here in the state of Washington. She is currently AWSP Leadership Staff Director. Kim also was contributing writer for More Than Pom Pons and Pyramids, a Coach's Guide to Quality Cheerleadership Program. Her teams have won many state and national titles.

Kim Kawachi has coached at Kentwood High School for seven years and is known for her teams' outstanding technical skill plus their spirited leadership. Kentwood was named Cheer Squad of the year by KIRO 7.

Kathy Crowley coaches at Peninsula High School. Her vast contributions have helped to bring education, reward and success to many coaches and cheerleaders. She has been a valuable force of WSCCA since its start in 2000. She developed the scholarship awards and has handled the process and selection from the beginning to this day. She is the conference chair and has performed this valuable job for five years. She also has hosted past fall clinics for coaches and cheerleaders. She has served as president for two years and has handled many other duties including region rep, newsletter, membership; all state and all-star state championship plus WSCCA state championships.

Lastly three schools were recognized as WSCCA Sideline Champions: Burlington Edison High School as 2A champions coached by Lindsey Neff and Amber Winsor, Hanford High School in the 3A division coached by Kim Mayer and Oak Harbor High School coached by Pam Headridge and Robin Gohn.

Congratulations to everyone!

Do you know an outstanding member, coach or administrator? Nominate them. Download form from the WSCCA site. HYPERLINK "http://www.wscca.com/Updates.html" http://www.wscca.com/FormsWSCCA.html ■

Congratulations to everyone!



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Have you misplaced your copy of *The Washington Coach* and want to refer to an article you recently read? Good news. WSCA has downloaded *The Washington Coach* magazine to members services on the WSCA website.

All you have to do is log on to WSCA Home page at [www.washcoach.org](http://www.washcoach.org), and click on Magazine Archives at the top. Magazines are listed by quarterly publications since 2002.

If you have questions or concerns, please contact Mike Schick at [wsca-editor@comcast.net](mailto:wsca-editor@comcast.net)



## National Association for Sport & Physical Education

an association of the American Alliance for Health, Physical Education, Recreation and Dance

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Paula Keyes Kun (703) 476-3461; [pkun@aahperd.org](mailto:pkun@aahperd.org)

### **Coaching Education Required for Washington Interscholastic Coaches**

RESTON, VA, May 5, 2009 —Committed to the importance of coaching education in interscholastic sports, the state of Washington requires coaches to complete coaching education requirements, reports the *National Coaching Report: The State of Coaching in the U.S.* The state stipulates that coaches must complete coaching education with the following components: (a) medical aspects, (b) legal aspects, (c) psychological/social foundations, (d) coaching technique, and (e) philosophy/sport management/pedagogy. Coaches must complete CPR training and first aid training. High school head coaches are required to attend rules training or pass the state activities association officials' test.

With over 50 million children under the age of 18 participating in organized sport programs in the U.S., the purpose of the *National Coaching Report* by the National Association for Sport and Physical Education (NASPE) in partnership with the National Federation of State High School Associations (NFHS), is to educate the American public about the training and qualifications currently required to coach athletes whose quality sport experiences is of number one concern. There are a total of 153,499 athletes participating in sponsored activities in Washington; 58.5% of athletes are boys and 41.5% of athletes are girls.

This state allows coaches who have completed coursework in physical education or coaching to be placed at the continuous level. Volunteer coaches are exempt from the continuing education requirement.

“An optimal sport experience requires caring and professionally trained coaches,” says NASPE Past President Fran Cleland, P.E.D., professor of kinesiology, West Chester University (PA). “Parents across the country send their children to practices and events with the expectation that adult supervision will bring positive sport outcomes, maximal learning and skill development. Yet horror stories persist about dramatic increases in winning-obsessed parents, sport injuries, over-specialization of young athletes, and children quitting sports because they simply aren't fun anymore.”

The report provides current information about all 50 states, the District of Columbia and reporting youth sport organizations coach preparation requirements for interscholastic and youth sport. All the documents included in the report were provided and confirmed by the appropriate coach education contact person.

As a public service, NASPE is providing a full copy of the report online on its website at [www.naspeinfo.org/coachingreport](http://www.naspeinfo.org/coachingreport). Printed copies of the report may be obtained by calling 800-321-0798. The price for the 156-page publication is \$24.

According to Jody Brylinsky, Ph.D., professor of sport studies, Western Michigan University, and chair of the National Coaching Report Task Force, “The *National Coaching Report* clearly illustrates the need to increase the quality of training adults receive prior to engaging in coaching responsibilities. It also serves as a resource and advocacy tool for developing policy and legislation that requires coaching education.”

#### Recommendations for Action

NASPE recommends that all coaches be required to complete a quality coaching education program. In addition, NASPE recommends that decision makers:

- Promote communication between the state activities association and the Board of Education
- Develop an infrastructure to track and record the number of interscholastic coaches and the number of coaches who have completed coaching education programs
- Recognize that the role of the coach requires specialized skills and knowledge that must be developed through formal training based on the *National Standards for Sport Coaches*
- Redefine strategies to make coaching education accessible, affordable and based on the needs of adult learners
- Mandate that all coaches complete coaching education requirements prior to working with athletes.

#### NASPE

The preeminent national authority on physical education and a recognized leader in sport and physical activity, the National Association for Sport and Physical Education (NASPE) is a non-profit professional membership association that sets the standard for practice in physical education and sport. NASPE’s 16,000 members include: K-12 physical education teachers, coaches, athletic directors, athletic trainers, sport management professionals, researchers, and college/university faculty who prepare physical activity professionals. The mission of NASPE is to enhance knowledge, improve professional practice, and increase support for high quality physical education, sport and physical activity programs through research, development of standards, and dissemination of information. It is the largest of the five national associations that make the American Alliance for Health, Physical Education, Recreation & Dance (AAHPERD).

###

### ***MOVING?***

If you have any change of mailing address, telephone number or email address, please contact WSCA Office at [jparrish@donobi.net](mailto:jparrish@donobi.net) or 360-271-1377.

We have had several examples where members have not been receiving their *Washington Coach* magazine and other WSCA mailings. Because of the cost, we mail third class and the Post Office ***DOES NOT FORWARD*** third class mail. Please notify us so we can get the mailings to you.



**RICO ANCHETA**  
*Rogers High School*

Coach Ancheta is currently the head boys' basketball coach at Rogers High School in Puyallup. The graduate of Pacific Lutheran University ('94) had a very successful debut taking over the program after coach Rod

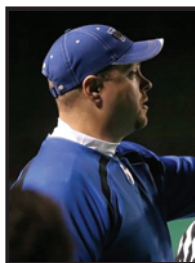
Iverson's retirement in 2008. Rico was an assistant coach for the four previous seasons at RHS. He has also coached at Eatonville high school working as a assistant and head boys' basketball coach as well as an assistant football coach. Rico's family includes his wife Heather and their son Joe (8) and daughters Jenai (5) and Jill (1). Rico was named the Nisqually League coach of the year in '98-99 and the SPSL South coach of the year for the 2008-09 season. Rico admits he enjoys teaching and coaching is another opportunity to teach in a unique way. A favorite saying of his comes from John Wooden in "sports do not build character, they reveal it." Rico has been a member of the WSCA for more than 10 years.



**HOOVER HOPKINS**  
*Nathan Hale High School*

A graduate of Olympic College ('82) and the University of Washington ('84), coach Hopkins has been coaching football for 25 years and he coached softball for one year. Hoover

was selected as the Metro League coach of the year in '91 and '07 and in 2007 he was named the District II coach of the year. Nathan Hale was the Metro Sound Division champions in 2007 and went on to a state playoff appearance. NHHS also made it to the district playoffs in '06 and '08. Hoover's family includes his wife Nancy and their children Webb (11) and Kate (8). Hoover became a coach to give back to young people what football has given him, that being a great life. One of his proudest moments was watching his son hit his first home run. A favorite saying is "keep coming back." Hoover has been in the WSCA for over 10 years.



**JOHN MEAGHER**  
*Federal Way High School*

The head football coach at FWHS, coach Meagher is a graduate of Western Washington University ('94) with a BA in History/Social Studies Education. John is also the "throws" coach for the Federal Way track team. He

has been coaching both sports for 14 years. The Meagher family includes John's wife Karin, a former head girls' basketball coach at FWHS, and their children Max (2) and Meegan (2). In 2007, John was named the SPSL North football coach of the year and the TNT All-Area football coach of the year. The Eagles won their first football league championship in 31 years in 2007 as well as making the playoffs for 5 of the 11 years coach Meagher has been at the helm. John shares he decided to become a teacher in college realizing the the impact he could have on young people and do something he loved. He enjoys the competition and meaningful relationships gained through coaching. His favorite quote is, "whether you think you can or you think you can't - you're right." John is a 10 year member of the WSCA.



**JOHN ONDRIEZEK**  
*Mariner High School*

John has coached football for 35 years and wrestling for 20 years. After earning a BS from the University of West Florida ('74), coach Ondriezek obtained his MA from Idaho State ('85). John was selected

as the WESCO coach of the year in '94 and '02, named the District I coach of the year in '02 and was nominated for the Everett Herald Man of the year in 1996 and '99. John's family includes his wife Susan, their son Matthew (23) and daughter Jacie (21). With a record of 99-62, John has had nine state qualifying teams, two WESCO championships and a state 3A second place finish. John is proud to have the title of coach every day as coaches were a positive influence in his life. He demonstrates the positive influence he has had in his program as he describes receiving a phone call on Father's Day from a former player who had lost his father that year to cancer.

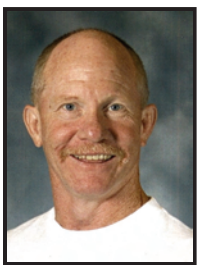
Two of John's favorite saying are, "don't make excuses - make right" and "always do the right thing." John has been in the WSCA for 14 years.



**SUZANNE MARBLE**  
*La Conner High School*

"There is nothing more rewarding than being able to help young girls realize and reach their full potential both on and off the court" states coach Marble who is the head volleyball coach at La Conner High School.

Suzanne graduated with a BA in Sociology from Westmont College ('91) and earned a MA in Education from Gonzaga in 2000. Her family includes her husband Curt, Carlee (20) a sophomore at CWU, Eric (18) a freshman at Arizona State, Luke (5) and Ellie (4). Coach Marble's volleyball program has been very successful winning league championships in '98 and '99 and then from 2002 through 2008. They were district champions in '97, '03, and '05-'08. La Conner was the state champions in '02, '06 and '07 and placed second at state in '04, '05 and '08. Suzanne was named the Northwest A/B League coach of the year eight different times between 1994 and 2007. She was selected as the state coach of the year three times and coached the All State Volleyball Team in '97 and 2007. Suzanne shares her proudest coaching moment as winning their second state championship in 2006 when her daughter Carlee was a senior on the team and they completed a perfect 60-0 season. A favorite quote of hers is, "One thing sports has taught me is that I can make a mistake one minute, shake it off and be brilliant the next!" Suzanne has been a member of the WSCA for 12 years.



**JOHN FREEMAN**  
*Olympic High School*

John is the strength and conditioning coach at Olympic where he works with all the sports creating in season workouts and developing out of season programs. Coach Freeman earned a BA in Education from Central

Washington University ('80) and in 2002 he became a Certified Strength and Conditioning Coach via the National Strength and Conditioning Association. Also in 2002, John received a MS in Health, Physical Education and Recreation from Emporia State University. He became a

Sports Performance coach in 2008 via the United States Weightlifting Association. Coach Freeman has two daughters, one a graduate of WSU and the other will graduate from WSU next Spring. John was named the District III assistant coach of the year in 2003. He became a coach to help athletes realize the value of strength training and its' relationship to life as all aspects of life are part of sports. His proudest moments come from watching athletes be successful in their sport and observing athletes achieve a goal either in lifting or skill development. "Every day you have to test yourself, if not, it's a wasted day." John has been a member of the WSCA for 2 years.



**JONATHAN RANDALL**  
*Clover Park High School*

Jonathan has coached football for 26 years and track for 13 years as well as coaching both wrestling and baseball. "Taz" attended the College of the Siskiyous, Rocky Mountain College ('85) and earned his MA in special education from New Mexico Highlands ('92). His family includes his wife of 21 years, Michelle, Danielle (passed in '91), Shae (10), and Alexis (6). Coach Randall shares he is coaching to give back to our youth and to serve others as well as being able to stay young by being in the sports environment. He was named the Seamount League Pierce County coach of the year in football for the 2004 season. The CPHS Warriors placed 4th in boys' track at the state 3A meet in 2002. In 2004, the football team made the first round of the playoffs for the first time in seven years. Taz admits his proudest moments in coaching come whenever an individual says he had made a difference in their life because of the relationship through coaching. A favorite saying of Jonathan's is "Noah didn't wait for his ship to come in, he went out and built one." Taz is an 8 year member of the WSCA.



**TARA AFFHOLTER**  
*Ellensburg High School*

Tara has coached volleyball for 15 years and her experience ranges from a 5th and 6th grade intramural program to the varsity high school level at EHS. Coach Affholter's family includes her husband Randy and their sons Randle and Blaze. Tara graduated from Eastern

*Continued on page 22*

*Continued from page 21*

Washington University in '91 and earned a MA from Central Washington University in 2000. She was named the Mid Valley coach of the year in '03 which was the same year EHS was the Mid Valley district champion. Her teams have had great success at state with a 2nd place finish in 2005, a 7th place spot in '06 and a 3rd place trophy in 2007. Tara became a coach because of how instrumental her high school coach, LaVelle Cornwell, was in her life as a positive role model with high expectations and unconditional caring. Tara fosters those same type of relationships with her players. Her proudest moments in coaching have come from watching her teams work hard, demonstrate leadership on the court and display emotional toughness. Tara has been in the WSCA for 3 years.



**TOM LARSEN**  
*Bellarmino Prep*

A graduate of Washington State University ('79), coach Larsen is currently the head football coach at Bellarmine Prep. Tom also coaches basketball and track and prior to working at Bellarmine he coached football at Gig Harbor and coached track and basketball at Goodman Middle School. Tom's record in football is 33-27 as the head coach At Bellarmine Prep. His family includes his wife Mary, a 3rd grade teacher at St. Patrick's, and their three grown children, Lindsay (27), Luke (24) and Mark (22) who are graduates of Bellarmine. Tom

admits he is in coaching due to the positive influences of his high school and college coaches and his proudest moments come when he hears former players are now coaching. Tom graduated from Bellarmine in '74 and earned all-league and all-state honors for the '73 season. He went on to start 33 consecutive football games at guard for WSU playing from 1974-79. His favorite saying is, "Christus exinanivit semetipsum". Tom has been a WSCA member for 8 years.

**BARRY RODLAND**  
*Snohomish High School*

Coaching football and baseball for over 34 years, Barry admits he was blessed by having inspirational such coaches as his uncles, Dick and Gordy Rodland, as well as Keith Gilbertson, Dick Armstrong, Jerry Parrish, Bobo Brayton and Earl Torgeson. The WSU graduate ('72) was selected as the District I assistant football coach of the year in 2008 and has coached in several All-State baseball games. His family includes his wife Cindy and their sons Eric (wife Nicole), Josh, Jeff and Kevin. In 1998, Snohomish won the 4A state baseball championship where upon Barry had the chance to look to coach Kim Hammons and realize that a couple of Snohomish alums had just won the first state championship in SHS baseball history. Barry is coaching because of his love of the game and his favorite quote is "Practice does not make perfect, perfect practice makes perfect." Barry has been a member of the WSCA for many years. ■

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## Deadlines for the *WASHINGTON COACH* Magazine

Next Issue - Fall: August 14

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

### SUBMISSION PROCESS

Submit via email as an attachment to Mike Schick at [WSCA-EDITOR@comcast.net](mailto:WSCA-EDITOR@comcast.net)

If you do not have access to email, mail to:

Mike Schick, 2110 Richardson Drive, Puyallup, WA 98371

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## ON THE SIDELINE

## NOMINATION FORM

The WSCA needs your help! If you know 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. Your nominee will then be contacted to obtain additional information.

Nominee's Name \_\_\_\_\_

Home/School Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Current teaching/coaching location \_\_\_\_\_

Send this form to Mike Schick,  
Edgemont Junior High, 2300 110th AVE E, Edgewood, WA 98372

*Thank you for your efforts*

## East 3A/4A All-Star Football Game Roster

No.	Name	Ht.	Wt.	Position	School	Coach
1	Josh Loera	6'0"	180	QB/DB	Moses Lake	Greg Kittrell
2	Stan Langlow	6'3	195	DB/WR	Curtis	Clay Angle
4	Brandon James	6'1"	205	LB/RB	Peninsula	Ross Filkins
5	Dakoda Winsor	6'0"	200	LB/RB	Hanford	Rob Oram
6	Clayton Homme	6'6"	200	WR/DB	Southridge	Andrew Troxel
7	Justin Veltung	5'10"	170	WR/DB	Puyallup	Tom Ingles
8	Kevin Stringer	6'3"	215	QB	North Kitsap	Steve Frease
10	Luke Schindele	6'1"	196	QB/DB	Bellarmino Prep	Tom Larsen
11	Blake Bledsoe	6'0"	180	QB	Central Valley	Rick Giampietri
12	Vaugh Kapiko	6'1"	199	WR/DB	Lewis & Clark	Tom Yearout
18	Aaron Roberts	5'10"	165	WR/DB	Ferris	Jim Sharkey
20	Nick Bellomy	6'2"	180	RB/DB	East Valley	Adam Fisher
21	Rob Caballero	5'8"	165	DB/WR	Columbia River	John Becksted
22	Ronald Baines	5'10"	170	DB/RB	Mt. Tahoma	Kevin Hanis
23	Ashton Clark	6'0"	175	WR/DB	Heritage	Nate Becksted
24	Tanner Davis	6'3"	217	DB/WR	Gig Harbor	Darren McKay
28	Howard McDonald	5'10"	195	LB/RB	Central Kitsap	Mark Keel
32	Dylan Parsons	5'11"	195	RB/DB	Olympia	Bill Beattie
33	Sean Barber	6'1"	210	LB/TE	Puyallup	Tom Ingles
50	Jeremy Girod	5'11"	225	DL/OL	Fort Vancouver	Cal Szeuber
51	Steve Forgette	6'5"	260	OL/DL	Heritage	Nate Becksted
54	Briggs Helton	6'3"	225	OL/DL	Wenatchee	Scott Devereaux
55	Connor Elder	5'11"	175	LB	Enumclaw	Don Bartol
56	Ashton Miller	6'2"	240	DL/OL	Evergreen	Erick Suksdoff
57	Nate Guthrie	6'1"	215	OL/LB	East Valley	Adam Fisher
61	Tuiasosopo Niusulu	6'0"	250	DL/OL	Lakes	Dave Miller
66	Ryan Craig	6'0"	235	OL/DL	Hanford	Rob Oram
71	Bobby Nix	6'0"	295	C/DL	Bonney Lake	Jeff Gardner
72	Damien Anderson	6'4"	280	DL/OL	Timberline	Nick Mullen
77	Grant Cisneros	6'4"	275	OL/DL	Sumner	Keith Ross
80	Guy Varsek	6'5"	200	WR/DB	Camas	Jon Eagle
90	Chris Mastin	6'2"	197	DE/TE	Lewis & Clark	Tom Yearout
99	Elliott Bosch	6'3"	225	OL/DE	Ferris	Jim Sharkey

**Head Coach: Greg Kittrell (Moses Lake)**

Assistant Coaches: Scott Devereaux (Wenatchee), Todd Griffith (Moses Lakes)  
Mike Hymes (Moses Lake), Jim Sharkey (Ferris)

**Everett Memorial Stadium**

## West 3A/4A All-Star Football Game Roster

No.	Name	Ht.	Wt.	Position	School	Coach
1	Taylor Cox	6'1"	200	RB/DB	Jackson	Joel Vincent
2	Jacob Allie	6'1"	185	QB/DB	Lindbergh	Dominic Yarrington
4	Jake Frauenholtz	6'0"	195	WR/DB	Everett	Will Soren
5	Jeff Gouveia	5'10"	170	RB/DB	Auburn	Gordon Elliott
6	Patrick Ottorbech	5'8"	180	RB/OLB	Bothell	Tom Bainter
7	T.J. Lee	6'0"	170	RB/DB	West Seattle	Davis Lura
8	Nasser Kyobe	6'2"	180	DB/WR	Meadowdale	Mark Stewart
10	Nick Baker	6'1"	185	QB/DB	Lake Stevens	Tom Tri
15	Jaren Saga	5'11"	235	DE/RB	Mariner	John Ondriezek
16	Aaron Grymes	6'0"	160	WR/DB	West Seattle	Davis Lura
20	Spencer Hannah	5'9"	165	WR/DB	Ferndale	Jamie Plenkovich
28	Michael Fields	5'8"	188	RB/DB	Ingraham	Hoover Hopkins
32	David Andre'	5'10"	175	RB/DB	Everett	Will Soren
34	Marion Bactol	5'10"	180	DB/WR	Eastside Catholic	Bill Marsh
40	Ryan Sterley	5'10"	200	LB/RB	Marysville-Pilchuck	Brandon Carson
38	Sean Snead	6'2"	210	LB/RB	Mt. Si	Charlie Kinnune
44	Olo'ofa Ta'a	6'0"	295	OL/DL	Rainier Beach	Mark Haley
45	Paul Ena	6'2"	218	LB/RB	Inglemoor	Frank Naish
46	Peter Nguyen	5'8"	180	RB/DB	Bellevue	Butch Goncharoff
49	A.J. Carroll	6'3"	210	OLB/TE	Meadowdale	Mark Stewart
50	Orin Paul	5'10"	210	OLB.OL	Ferndale	Jamie Plenkovich
51	Andru Pulu	6'3"	250	OL/LB	Federal Way	John Meagher
54	Zack Nielsen	5'11"	215	OL/DE	Lindbergh	Dominc Yarrington
55	Jerod Baker	6'4"	240	DL/OL	Arlington	Greg Dailer
56	Michael Stone	5'11"	200	OL/LB	Marysville-Pilchuck	Brandon Carlson
65	Drew Norris	6'1"	260	C/DL	Bellevue	Butch Goncharoff
74	Hunter Blackmore	6'3"	260	OL/DL	Kentwood	Rex Norris
75	Courtney Sanders	6'0"	255	OL/DL	Hazen	Scott Lieck
76	Quentin Hooks	6'7"	325	OL/DL	West Seattle	Davis Lura
77	Dillon Reagan	6'3	295	C/DL	Issaquah	Chris Bennett
89	Alex Hiebert	6'2"	230	TE/LB	Mt. Si	Charlie Kinnune
91	Grant Engel	5'10"	260	OL/DL	Skyline	Mat Taylor
99	Sean Stuby	6'4"	225	TE/DE	Issaquah	Chris Bennett

**Head Coach: John Ondriezek (Mariner)**

Assisatant Coaches: Dick Abrams (Stanwood), Jim Campbell (Mariner)  
John Meagher (Federal Way), Tom Myhre (Mariner)

**Saturday, June 27th 1pm**



# THE TRANSFER OF TRAINING

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

Training an individual or a team for a particular purpose or sport implies the training will result in an improvement in performance. This transfer of training over into the chosen sport is basic to all conditioning programs. Lacking a positive result from the training methods indicates a problem exists in the methods used.

If your sports teams aren't playing at a higher level than they were before beginning the strength and conditioning program, then something is wrong with the programs design. There should be measurable improvements, both in the weight room and on the field, for the majority of those athletes after they complete their training.

If not, the question that needs to be answered is this: how do we make this training, transfer over into their chosen sport?

Training transfer is one of the fundamental issues in the theory and practice of physical conditioning. During this transfer, learning and technique improvements, including the associated related physical and mental abilities pertinent to the game, take place within the athlete.

Each training period and every exercise has an effect on the athlete. Every one will leave a trace or a mark on subsequent executions of the exercises previously performed in training. These dynamic changes take place in every system of the body in an effort to accommodate the demands of the sport. Additional changes continually to take place in the central nervous system and cardiovascular system.

A training transfer can be negative, neutral, or positive. Moreover, it can have an effect on one or more or even no other exercise. As the strength and conditioning coach, it is up to you to make certain that the training you provide has a positive effect on your athlete's performance.

Consider what you are working on in your practices. Is it skills and a transfer of physical abilities in executing the skills, injury prevention or is it mental conditioning? Each can affect the outcome of the other in one of the three ways mentioned earlier.

## **Identifying the weak areas**

When an athlete is not properly conditioned for their sport the potential for injury increases. Often times this is area is overlooked in the headlong rush to get going on a conditioning program. So many different programs promise so much that it's hard to pick out one that will be the best for your situation.

The question is which one is best for your purposes? How do you go about selecting the right program or exercise? How is your strength program coordinated with your sports training yearly plan? These basic questions must be answered in order to determine whether an effective transfer of training is actually taking place.

## **Identifying the weak links is a first step in the process.**

There isn't just one single program or exercise that is best; instead, there are several best ones that will provide the greatest benefit for those involved in the training. Furthermore, out of these best ones there will be an infinite number of combinations that will make it even more individual to them or to the team.

It is up to you to identify the individual and team strengths and weaknesses and then address them in your training program.

One way to pick out the weak areas would be to look at the injury history of the person or team sport and build a prehabilitation program that addresses the recurring injuries. Certainly, a strength and flexibility pro-

*Continued on page 27*

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# The Passing Parade

## Dr. Harold “Doc” Starr

by Ed Laulainen

The Washington State Coaches Association lost a special member and good friend when Dr. Harold “Doc” Starr passed away on February 13 with his family at his side.

Those of us who have been involved in the annual East-West 3A/4A All-State Game as coaches, gophers, or helping out in some other capacity will miss his familiar presence at practices and games this year in Everett. Dr. Starr had been the adopted team doctor for the East/West Game for over 20 years. He didn’t just attend the game, he never missed a practice during the week. He really enjoyed meeting the players during the week of practice and followed the careers of those who moved on to the next level.

Dr. Starr served as team physician for the Kelso Hilander Football Team for nearly four decades. I was a rookie coach on the Kelso staff in 1964, and it was also Dr. Starr’s first year as team physician, a position that became his favorite pastime and began a friendship that was very strong for 44 years. He was an integral part of our coaching staff. The players loved and respected him just as our coaches did.

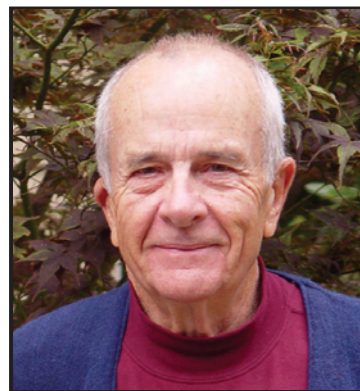
The WSFCA honored Dr. Starr with the Gold Helmet Award in 1995 for his significant contributions to high school football.

Harold was a student of the game, and we attended

several American Football Coaches National Conventions, clinics, and visited a number of college campuses during spring football. He would seek out the athletic training staff to learn more about athletic injuries, but he also attended many of the “X’s and O’s” sessions. He understood more about the game of football than many coaches I’ve known over the years. Having been born and raised in Texas, he had that natural love for the game.

Harold served in the Army during the Korean War, and upon his return, he finished his undergraduate work at Texas Tech before attending medical school at the University of Texas in Galveston. In 1962 Dr. Starr and his wife Jean settled in Longview, where he started his family practice.

I truly loved the man for all the good things he stood for and will never forget our shared experiences. If in one’s lifetime you are fortunate enough to have a friend such as Dr. Harold Starr, you should feel very blessed. ■



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*Continued from page 26 - Explosivelyfit.Com*

gram would be in order to avoid repeating these types of problems. On the other hand if your search of the injury data does not show a pattern of similar injuries and the person or team displays adequate endurance for the sport then strength training will be the main focus of the sessions.

An old school way to find weak areas is to go through the exercise session with a moderate level of sets and repetitions, generally not exceeding 39-40 total repeti-

tions, on each exercise. The next day it is easy to identify those who are sore. Usually this will show up in the lower torso, especially the legs if they haven’t been keeping up with their individual training program.

Now your work beings because once the weak areas have been recognized then it’s time to develop a plan to address them. This is why you are paid the big bucks!■

# 58'11 1/2"

## "THE GREATEST EVER!"

By: Bryan E. Hoddle-2004 Head Coach-USA Paralympic Track and Field Team  
www.bryanhoddle.com



While Jonathan Edwards holds the world record in the triple jump, many regard Willie Banks, 1980, 1984, 1988 Olympian, the greatest Triple Jumper ever. Currently, Willie is President of the U.S. Olympians Association and a member of the Board of Directors for USATF. His former world record of 58'11 1/2" inches stands out as one of the greatest event performances. Measure that distance out in the backyard sometime. He was, and is, a great ambassador of the sport, the man who started the triple jump clap, and a first class individual in every aspect. Willie will be the headliner at the 2010 Northwest Track and Field Clinic next February 12, 13, 14, 2010.

Joining Willie will be Sydney-2000 Olympic Bronze Medalist Decathlete Chris Huffins, assistant coach at Boise State. Chris was a tenacious, disciplined and focused competitor. A great technician, Chris brings much experience to the clinic as a clinician and coach.



On the Olympic coaching front, 2008 Japan Olympic Coach, Hideshi Okamoto makes his Seattle debut. Hideshi is one of the finest coaches I've ever been around. His unique insights to body movement and training really opened my eyes. The first time we met and talked, I was blown away by the unique and creative approaches Hideshi had toward coaching in track and field. I have never met anyone more creative in building inexpensive devices to help track and field athletes.



Bryan Hoddle

Talking with him is a little like reading a book, you just can't put down. You can't wait for the next page and you don't want it to end.

After stints at Idaho State and Long Beach, Raul Sheen has joined the Husky Track staff and has had an immediate impact on the Husky sprint program. Look for great things from the Husky sprint corps for years to come. Also, from the college ranks comes Herman Johnson from Concordia College. When it comes to mental training of your track athletes, Coach Johnson is definitely the coach to contact.

Returning to Seattle is 1980 Olympic Coaching legend Jim Santos, "Mr. High Jump." Jim has spoken at high school clinics nationwide.

From the high school ranks come Tomy Sitton and Ron Clanton from Peachtree Ridge High School out of Atlanta, Georgia. This past year's Georgia State Cross Country Champions, both Ron and Tomy have great insight into distance running and throwing that have turned Peachtree Ridge into a perennial power.



**Willie Banks energized crowds by starting the Triple Jump Clap**

Locally, Dan West from ON TRACK, Steve Roche-Kentwood, Bob Springer-Master Official, Legendary Coaches Steve Bertrand-Cascade High and Scott Wells-Riverside Christian, Pole Vault guru Becca Gillespy Peter-Club Northwest, Brian Peterman-Mt. Si, Lori Matthews of Thomas Jefferson, round out an outstanding group of local coaches who will be speaking.

Adding to the docket of local coaches will be Jerry Flynn-ProActive Sports, back by popular demand from last year as well as Jenny Brogdon, 2012 Olympic hopeful and certified nutritionist, giving simple insights to nutrition that any high school student/athlete can adhere to.

The true uniqueness of the 2010 clinic will be the topics. It's more than just a technique and workouts clinic. Whether it is building a program, recruiting ideas, body movement, injury prevention, simple nutritional guidelines, talent identification, along with events themselves, this clinic really may top them all.

With two Olympians, two Olympic coaches, an Olympic hopeful, 150 pages of clinic notes, and some of the top local coaches in the national and in the Northwest, the 2010 Northwest All Sports Clinic has the makings of something special. While February may be a way off, it's really just a hop, step and jump away. [www.allsportsschool.com](http://www.allsportsschool.com)

#### **Other upcoming events:**

USATF Level 1 School-January 15, 16, 17, 2010-Canby High School

Contact Tom Millbrooke at [millbrot@canby.k12.wa.us](mailto:millbrot@canby.k12.wa.us)

Simplot Indoor Track and Field Games-February 18, 19, 20, 2010.

[www.simplotgames.com](http://www.simplotgames.com) ■



## My Day as Quarterback

by Jeff Allen

On Monday I competed against 28 fellow Cougars for an opportunity to become scout team quarterback for the Washington State football team. The coaches stressed that they were looking for one player to run opposing teams offenses during practice but I know for me at least I had other plans.

I was going to join other Cougar greats like Ryan Leaf, Drew Bledsoe, Jason Gesser, and Mark Rypien as one of the greatest quarterbacks to play football in Pullman. I had aspirations of turning the season around and becoming a building block in Coach Wulff's new program. It had all played out so well in my dreams.

At 6'2 and 200 pounds I have the size to be a quarterback but as I went through the drills I realized I am missing a few key elements that make up a successful quarterback. Arm strength, accuracy, decision-making and most importantly experience. My last snap as a quarterback was the first day of practice in 9<sup>th</sup> grade before I got moved to tight end.

I had to scramble around to get the necessary paperwork before the 2:30 meeting because like many other people I do not carry a copy of my most recent physical exam around with me at all times. After I had my physical faxed to me I headed up to the meeting. I was correct in my assumption about the physical as many other students were turned away for not having all the correct paperwork. The meeting lasted for approximately 20 minutes and the whole time I was itching to get to the field to show my stuff.

We got to the practice field and were each assigned a jersey with a different number to tell us apart. I was given number 1. It was a sign that they had high expectations to give me the first jersey. Later I realized that I received such a high honor not based on my skill, but because I was the first name on the list. Either way I was the first person they would see and the first impression is what they would remember.

It turns out that being first was not the high honor I imagined it would be. I was the first to go and after each of the drills Coach Sturdy would point out my mistakes so the rest of the group could do the drill correctly.

After the drills Coach Wulff addressed us and thanked all of us for our hard work that day while the rest of the staff huddled up to make their decision. In the end, I was not asked to stay after like four of my peers were but I was just still excited at the opportunity.

All the local news channels were on hand to get footage of the new quarterback and somehow I snuck into the newscast on one of the stations. I have watched the clip countless times today online and I am waiting for the call from any coach who notices something special about my workout. It should be coming any minute now. ■

*Editors Note: Jeff's mom, Stephanie Tucci, is a track coach at Rogers H.S. in Puyallup.*





Past Burnett-Ennis Scholarship Winners



# “Where Are They Now”?

**Nicole Marshall, M.D.**

1996 (Parent-Coach: Ken Marshall, Retired) Nicole Marshall graduated from Whitman College in 2000 after lettering in soccer and track there. She received her M.D. degree from the Mayo Clinic College of Medicine in 2004, and completed her residency in OB/GYN at University of Utah Hospital in 2008. Currently a Fellow in Maternal Fetal Medicine at Oregon Health & Sciences University Hospital, Nicole is licensed to practice medicine in Utah, Oregon, and Washington.

**Adam Fisher** 1994 (Parent-Coach: Ed Fisher)

Adam graduated from EWU with a BA and a Master’s degree. Adam teaches and coaches at East Valley HS in Spokane. He completed his ninth year as the head football coach and has lead his team into the state playoffs three of the last five years.

**Tip Wonhoff** 2003 (Parent-Coach: Greg Wonhoff)

Tip graduated from St. Martins University with a BA in political science in 2007. He pitched 4 years for the Saints. Currently he is a first year law student at the University of Washington.

**McKell Wonhoff** 2006 (Parent-Coach: Greg Wonhoff)

McKell is a junior at Saint Martins University majoring in elementary education.

**Michele (Shelly) Haerling** 2000 (Parent-Coach: Mike Haerling, retired)

Shelly graduated from EWU with a BAE. She taught two years at Omak Middle School and now is teaching high school English at Oroville High School. Her husband, Brett Fancher, teaches at Oroville also and coaches middle school football and is the JV boys basketball coach.

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

## “WHERE ARE THEY NOW?”

Please complete and mail to Jerry Parrish, 18468 8th Ave NE Poulsbo WA 98370 or email to [jparrish@donobi.net](mailto:jparrish@donobi.net)

Name \_\_\_\_\_ Parent-Coach \_\_\_\_\_

Year Scholarship Awarded \_\_\_\_\_

Brief summary of scholarship recipient’s status \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_





## *13th Annual WIAA Coaches School*

Help yourself to become a better coach!

July 31-August 1, 2009 Yakima Convention Center

The annual conference for Washington coaches is presented by the Washington Interscholastic Activities Association. Over 575 coaches attended the 2008 WIAA Coaches School.

In an effort to continue to better serve coaches and administrators statewide, the 2009 Coaches School will again feature a week-end format.

**Another Opportunity to learn  
beyond the X's and O's**

Check-in and registration will be from 7:30 PM to 8:30 PM on Thursday, July 30th, and at 7:30 AM on Friday, July 31, 2009. The closing session will conclude Saturday afternoon, August 1, 2009.

There will be a pre-conference session on Hands-On Athletic Taping hosted by the Vocational Athletic Trainers Association available to all coaches school participants on Thursday evening July 30. Sports Medicine First Aid and CPR training will also be offered Thursday, July 30 at 12 PM. This course will cover first-aid for coaches and will include taping, on-field assessment, ideas and rehab ideas. 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.

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

Check out the WIAA website at [WIAA.com](http://WIAA.com) for more information.

# ALL STATE VOLLEYBALL SERIES

by Jan Kirk and Tanya Campbell, Coordinator

The All State Volleyball Series will be in its 29<sup>th</sup> year this coming July 17 and 18. It is a series of 3 matches, involving all athletic classifications: 1B, 2B, 1A, 2A, 3A, and 4A. It originally was an east vs. west competition but with more and more schools being located on the west side of the state, it became difficult to keep the aforementioned format. For the last few years, the coordinators have organized “Red” teams and “Black” teams. There are 3 “Red” teams (A/B, 2A/3A and 4A) and 3 “Black” teams (A/B, 2A/3A and 4A), for a total of 6 teams and approximately 68 athletes and 12 coaches. Athletes must be seniors and first team all leaguers. They must also apply and receive a recommendation from their head coach. The criteria for selection to the various teams can be viewed on the All State website at [eteamz.com/allstatevolleyball](http://eteamz.com/allstatevolleyball). By logging on to the website, one may also see the itinerary for this years event and become familiar with what is involved with participation in the series.

The All State Series is held at Fife High over a 2 day period of time. The athletes arrive on Friday morning for 2 sessions of practice and then travel to a local motel, where we pay for their lodging on Friday evening. We also take the responsibility for feeding them during the time they are with us. Athletes practice again on Saturday morning and then the matches are played Saturday evening with the first match being at 4pm, the second at 6pm, and the final match at 8pm.

The All State Series is a \$12,000.00 event. The Washington State Coaches Association, the Puget Sound Volleyball Region, and the Evergreen Volleyball Region support the event with donations. We also ask players to raise \$100 per athlete. This is usually accomplished through local businesses, athletic booster clubs, or club volleyball teams. This is not a WIAA sponsored event as they do not recognize any all state events for any sport. Thus they do not sponsor with donations. The organizers must raise the monies to coordinate the event.

Teams were chosen in February, as there is a great deal of planning and organization that takes place in order to provide them with a quality event. The athletes that were chosen are listed below:

## 2009 All-State Nominees

2009 All-State Players Announced! Players are listed alphabetically...

### All-State Athletes:

2A	Tara Anderson	Mark Morris
2A	Shannon Bailey	Cedarcrest
1B	Jaci Bayless	Mansfield
2A	Allison Beardsley	Fife
1A	Kylee Bellamy	Goldendale
1A	Sydney Bloom	Goldendale
4A	Emily Boeger	Marysville-Pilchuck
1A	Chani Brisby	River View
2A	Lindsay Bronkhorst	East Valley Yalima
4A	Elizabeth Clark	Southridge
1A	Jessica Coots	Kettle Falls
2B	Sandra Cruz	Bridgeport
1A	Emmy Dolan	Castle Rock
2B	Emily Elhard	Evergreen Lutheran
4A	Alivia Fields	Heritage
1A	Becky Flores	River View
2A	Aimee Gone	Toppenish
4A	Katie Grajewski	Kentwood
2A	Rebecca Haight	Mark Morris
4A	Liz Haskey	Puyallup

**Volleyball ■ Volleyball ■ Volleyball ■ Volleyball ■ Volleyball**

3A	Amy Hirai	Franklin	1A	Heather Schulke	Castle Rock
4A	Marcy Hjellum	Kamiakin	2A	Alex Sele	Tumwater
1A	Jordan Irish	Kings	4A	Carissa Senkler	Eastmont
4A	Brandy Iverson	Bethel	3A	Justine Simpson	East Valley Spokane
3A	Emily Jovanovich	Kennedy	3A	Justine Tabor	Union
2B	Kelsey Kennedy	LaConner	4A	Jadelyn Thompson	Marysville-Pilchuck
4A	Melissa Kozy	Kentlake	2B	Gabrielle Tirado	Chief Leschi
3A	Brittany Lawrence	Capital	1B	Teryssa Toppiano	Mary M. Knight
1B	Janelle LeMieux	Tri-Cities Prep	4A	Jaclyn Trinke	Bethel
2A	Camille Lubereski	Fife	1A	Hannah Velling	Cascade Christian
4A	Lenna Ludes	Skyview	3A	Julia Vigen	Highline
4A	Michaela Mareva	Heritage	2A	Amanda Warner	Tumwater
2A	Jonika McMillan	Centralia	1A	Katie Waters	Cascade
2B	Danielle Medina	Bridgeport	4A	Jenna Watson	Skyview
4A	Nicole Mertens	Olympia	1B	Katie Wattenburger	Tri-Cities Prep
2B	Mariah Mielke	Davenport	4A	Jenna Welsh	Marysville-Pilchuck
2B	Alexis Miller	The Bear Creek School	2B	Jamie Wilson	Entiat
4A	Brigit Miller	Olympia	2A	Kiersten Wilson	Selah
1A	Bailey Nelson	Stevenson	2B	Kathryn Wolfman	The Bear Creek School
4A	Ashley Nguyen	Kentridge	1A	Ashley Wright	Cascade
4A	Charnele Odingo	Bothell			
1A	Jordan Offutt	Cascade			
3A	MacKenzie Peerboom	Mt. Si	<b>Alternates:</b>		
1A	Kelsey Penner	Stevenson	2B	Annie Gonzales	Bridgeport
3A	Brenna Peterson	Capital	2B	Carli Herman	Colfax
4A	Ashleigh Pollard	Rogers-Puyallup	1A	Lacey Seidl	Castle Rock
2B	Mandy Powell	Darrington	1A	Brianna Vincent	Cascade
2B	Shelby Puckett	Tekoa	2B	Sara Wilke	Reardan
3A	Ellie Radich	Eastside Catholic			
4A	Krystal Savage	Bethel			
2B	Erin Scholz	Colfax			

# HELP

## Members

We are looking for Coaches that would like to be actively involved in the organization of each sport. Please contact [jparrish@donobi.net](mailto:jparrish@donobi.net) to get involved in your sports All-Star Games, clinics and activities. . .

**WE ARE LOOKING FOR YOUR HELP!**

## RATES

If you would like to advertise in the *Washington Coach*, check out our rates!

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 Mike Schick at 253-848-9321

## YOUR 2008-2009 WSCA MEMBERSHIP CARD

Coaches are reminded to hold on to your 2008-09 WSCA membership cards. It will be good for admission for all WSCA sanctioned all star events this summer—Volleyball, Baseball, Fast Pitch and All State Football games.

***WASHINGTON STATE FOOTBALL COACHES ALL-STAR GAME***

**EAST-WEST EARL BARDEN CLASSIC**

**WHEN: SATURDAY, JUNE 27, 1PM**

**WHERE: ZAEPFAL STADIUM, YAKIMA, WASHINGTON**

# Washington State *Football Coaches Association* TERRY ENNIS SCHOLARSHIP

This scholarship is being offered by Washington Football Coaches Association and Varsity Gold in honor of Terry Ennis. It is intended for an outstanding senior football player who represents the finest qualities of integrity, academic excellence, intensity and leadership.

By completing the information in this application, you will enable us to determine your eligibility to qualify for this scholarship. It is intended for a graduating Washington State High School football player.



**To be eligible for this scholarship:**

- Submit this application.
- Submit a letter of recommendation from your head football coach and one teacher.
- Submit your high school transcript.
- Coach must have been a member of WSCA for at least five years. Only one recommendation is allowed per school.

Name \_\_\_\_\_  
Last First Middle

Permanent address \_\_\_\_\_  
Street City State Zip

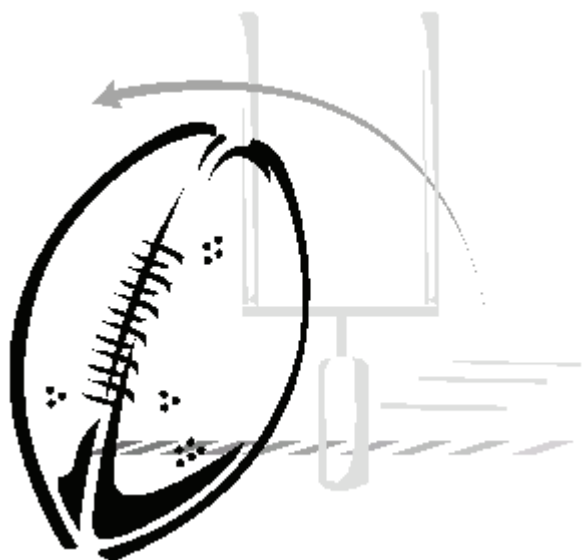
Date of Birth \_\_\_\_\_ Telephone number \_\_\_\_\_  
Month/day/year Include area code

High School attended \_\_\_\_\_

Graduation date \_\_\_\_\_

School address \_\_\_\_\_  
Street

\_\_\_\_\_ City State Zip



*continued on next page*

continued from previous page

# Washington State Football Coaches Association TERRY ENNIS SCHOLARSHIP

## Academic Information

Briefly describe any scholastic distinctions or honors you have received since entering the 9<sup>th</sup> grade.

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## Athletic or Extracurricular Participation (Sport, Years, Letters, Honors)

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## College Goals

In order to formulate a better concept of who and what you are; we would like you to respond to the following questions. Please keep it brief and to the point.

1) Describe your contribution to "athletics or activities" in your school.

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2) Describe how athletics and coaches (or a coach) has affected your high school life and your future plans.

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3) Describe your contributions to your community and school service

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**Your application must be received before November 1<sup>st</sup>.**

Incomplete applications will not be considered.

Mail to:  
Jerry Parrish, WSCA Secretary  
18468-8th Ave NE  
Poulsbo WA 98370

# COACH: Are you a Candidate for the WSCA Career Recognition Program

The WSCA Executive Board has a recognition program for the coaches in our state association.

A criteria has been developed for head coaches at the high school level in the following sports:

- Football
- Volleyball
- Girls Basketball
- Boys Basketball
- Girls Soccer
- Boys Soccer
- Baseball
- Softball

Criteria for assistant coaches and for the remaining sports will be established later this year after consulting with I.S.A. representatives.

Coaches in the mentioned sports will be honored for reaching career milestones. It will take 100 wins in those sports (50 in football) to achieve Level I. To reach Level II it takes 200 wins (100 in football). Accumulating 300 wins (150 in football) allows you to attain Level III. Those coaches who have 400 career wins (200 in football) will be honored at Level IV. Awards ranging from certificates to plaques will be given to deserving coaches by the WSCA.

To be recognized by the WSCA, you must apply for this award and be a WSCA member. An application is located below.

Congratulations in advance for our coaches who meet the milestone criteria.

## HAVE YOU APPLIED? CAREER MILESTONE RECOGNITION PROGRAM

Name: \_\_\_\_\_ School: \_\_\_\_\_  
 Home Address: \_\_\_\_\_ City/Zip: \_\_\_\_\_  
 Sport: \_\_\_\_\_ Membership #: \_\_\_\_\_ Years Coached: \_\_\_\_\_

School	Year	Victories
<b>TOTAL VICTORIES</b>		_____

**Forms need to be complete and accurate before being returned to:**

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

# ADRENALINE

## FUNDRAISING

*proudly supports the...*



# Washington

## State Football Coaches Association

and the Terry Ennis Scholarship Award.

Visit [www.washcoach.org](http://www.washcoach.org) for details.



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