

THE WASHINGTON GOACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



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.

An applicant must have been a member of WSCA for a minimum of 5 years.

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

TOTAL VICTORIES _____

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

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



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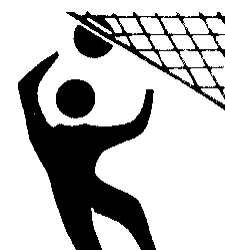
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Do you have an article you would like to have published in the **Washington Coach**?

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

Fall deadline is August 14.

From The President

My 2 Cents Worth

Summer is here. As coaches, we love to have this time with our players. We have high hopes of getting in some weight training, playing time, skill time and just time in general with our teams and athletes. We want to get a jump on the next season. We want to get a jump on our competition. We want...We want...WE WANT!!!! Well, that is all well and good but I think the first question should be, "what is best for our athletes?" The reality is that there are only so many hours in the summer for them to unwind from the year behind, rejuvenate, and prepare for the year to come. While some of our athletes are totally sold out and focused on their game and doing what it takes to improve, others may not be able to make that same level of commitment because of work, family obligations, or involvement in other sports. Some relevant questions to ask ourselves include: what else do our athletes have going? How can we take just a piece of the "summer pie" and give them time so they can participate in other programs, have some time with their family, and simply have some time for themselves? When does our demand of their participation hit the level of diminishing returns because they are too tired and burnt out to care? Would they be better off with some lake time rather than more game time?



Here are my 2 cents worth of suggestions:

- Do enough that they improve some and are excited to get back to it when the season comes around again. Personally, I want them excited to play. I want them looking forward to the season. I want to stop just when they are getting better and can see their game improving.
- Have a balance between skill improvement and team play. I want their basic fundamentals and team play to improve. I also want to see players in new positions. I want a glimpse of what the team might be doing next year.
- Do the most you can in the least amount of time. I think 30 games of motivated play is worth more than 45-60 games, with the last 15-30 being pure drudgery. When that happens, the burn out factor comes into play.
- I also want to have time with my family and friends. I want to enjoy the sun, work out (hopefully lose some pounds) and be mentally refreshed as I head into the next year. If I am coaching constantly none of this gets done and I'm not worth 2 cents.

Have a great summer! Play some. Work with your athletes **SOME**. Plan for next season some. Most of all do what is best for your spouse, your loved ones and the athletes you coach.

Your President,

Sue Doering

FROM THE SIDELINES

by Jerry Parrish

SEAHAWK ACADEMY

The 5th annual Seattle Seahawk Mentorship Academy for high school and middle level football coaches was held this spring at the VMAC center in Renton.

JP Shin and Kevin Griffin of the Seahawk staff for community relations were instrumental in hosting this two day event.

There are 7 master coaches who met and created a list of coaches to be invited to the Academy. Some of the topics discussed were offseason structure and workouts; preseason meeting; equipment issues; booster clubs, parents; Administration; fund raising; practice structure; dividing responsibilities within you staff; team building; youth programs; and the value of the game. Each of the master coaches was the facilitator for each of these topics and the sharing of the information was great. One of the major concerns openly discussed was there is too much demand on coaches time during the summer. There was discussion from many and was found that there is more than one way to get the job done.

ORCHIDS

- To all athletic directors who quietly curse the weather when they have to make 10 to 12 game adjustments for bad weather.



- To the Soccer coaches at Quincy (Tom Turner) and Kentwood (Aaron Radford) for taking initiative and getting the soccer coaches involved with membership in the WSCA. This has been long overdue.
- Hats off to track and field coaches who organize and run league and invitational track meets. They get an orchid for their patience with coaches and athletes.
- To the high schools and school districts who have enrolled 100% of their coaching staffs in WSCA for 2010-2011.

ONIONS

- To the WSCA applicants who wait until their season arrives to enroll in WSCA, you are missing out on some solid insurance benefits for your classroom and coaching along with receiving the trademark of WSCA, The "Washington Coach" along with other WSCA benefits. ■



Front row (l-r): Juan Cotto, Highline; Darren Tinnerstet, Sehome; Shawn Perkins, Mark Morris; Ken Wiggins, Columbia River; Drew Oliver, Hazen; Steve Valach, Liberty Issaquah; Jerry Parrish North Kitsap; Brandon Harle Wenatchee; Back row (l-r): Jerry Maher Mt. Si; Dustin South Anacortes; Mat Taylor Skyline; Maui Borden Eastlake; Jim Sharkey Ferris; Greg Schneider Bellevue Christian; Chad Barrett Bonney Lake; Clay Angle Curtis; Tom Bainter Bothell; A J Parnell Juanita; Charlie Kinnue Mt. Si; Jamie Plenkovich Ferndale.

From The Sidelines

STATE BASKETBALL TOURNAMENT

Sue Doering, President, WSCA

For the past three to four months, I have listened to, read about, researched, and discussed the new format for the state basketball tournament with most everyone I have come into contact with, from Mike Colbresi of the WIAA, to the State Coach's Association Executive Board Members, to coaches and fans. I have received emails, letters, articles; you name it. As president of the State Coach's Association, here are my thoughts on the situation:

As a coach, I have participated in 25 State tournaments and 14 State championship matches. As a parent, I have had children who have participated in 17 State tournaments and 12 championship matches. As a fan, the State experience is a highlight every time I am able to attend. The experience of playing and participating at the State level, the "big dance" of high school sports, is something that I would like to see as many of our youth experience as possible. It is fun, exciting, rewarding, and just plain hard work. It promotes discipline, focus, enthusiasm, teamwork, and is a reward for working hard throughout the season. The memories of that experience will be with us for a lifetime. It is not just about the championship, it is about the journey—the struggle, overcoming adversity, the elation, the camaraderie—and the character it builds in our lives as well as the relationships we form.

This past year, we saw the State basketball tournament go from a 16 team format to an 8 team format. That eliminated 48 girl's teams and 48 boy's teams, a total of 96 teams, from participation in the State experience. That is approximately 1000 players, 300 coaches, not to mention managers, statisticians, cheerleaders, bands, and communities, who will not have the opportunity to compete at that level. The WIAA had several objectives—cut the cost to schools, increase spectator participation in the consolation games (the final day of each tournament), decrease out of school time for student athletes, and in-

crease revenue from state tournaments. They were particularly frustrated with the spectator participation in the final day at the 3A and 4A tournaments, as well as the rising costs of using such large and expensive venues.

What we got: the first round of the tournament, touted as the first weekend of State, really felt like regionals except that fans, schools, and in some cases families were forced to decide whether they would root for their girl's or boy's team as they were competing in different cities. The cost for fans who attended both tournament weekends ended up being more in many cases due to travel arrangements. Although the final figure hasn't come out, the cost to schools might have been more, as well. Student athletes in most cases got out of as much or more school.

What the WIAA got: revenues that were used to help offset the cost of other sports. Better fan support on the final day in each location. A more compact basketball season—the basketball season for all classifications ended on the same weekend. They used three venues over three days instead of six venues over four days.

From a WIAA perspective, gains were made. But is it worth the price?

Ok, so we are in tough economic times. Everyone is strapped. As coaches, are we about perpetuating a tournament system for the sake of tradition when there are pressing fiscal concerns about its viability? That would, at face value, be an irresponsible stance to take. However, I believe the balanced question is, "what is best for our student athletes and how can we do that in a fiscally responsible way?"

The 2011 State tournament format was driven by the WIAA with little input from coaches. In 2012, we'll see another format that has received minimal input from coaches (some coaches would say no input) but that is still driven by the WIAA. We, as coaches, need to continually come to the table with constructive ideas for how we can be both fiscally responsible while allowing for as

Is the current format what is best for kids? If it is then we should be all for it. If isn't, let's be persistent in our endeavors to create something that is fiscally responsible but which allows the most athletes that State experience.



NEW COMMUNICATION TOOL

The WSCA has a new communication tool - Bulletin by Email Newsletter. We hope that you like the new communications tool we have employed for communications with you, our members. Moving forward all communications will be sent using this format.

Here is a *sample* of what you will be receiving by email:

- Our New Registration System – COMING SOON - Our new registration system for 2011-2012 is being revamped and will be ready soon. We'll be sending out an email once it is ready. Stay Tuned for more information.
- Our current membership is 3296.
- New Link Notification
- WIAA SPRING CHAMPIONSHIP sites can be found on WIAA web site.
 - State Golf—May 24 –25
 - Track—May 26, 27-28
 - Baseball May 27 – 28
 - Soccer May 27-28
 - Tennis May 27-28
- Upcoming Events
 - June 11-12 All Star Baseball Yakima
 - June 25 East-West Earl Barden Football Classic Zaepfel Stadium, Yakima Kickoff 1 pm
 - July 1 3A-4A East-West Football, EWU stadium, Cheney, Kickoff 1 pm
 - July 11 & 12 High School Golf Coaches Clinic, Canyon Lakes Golf course, Kennewick WA



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Remember, WSCA membership allows you into all district and state playoffs FREE. Go and support our kids.

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Thanks for taking the time to stay up to date with the WSCA. ■

many athletes as possible to compete at the State level. There are many good ideas out there. Yet it feels like nobody is listening. Right now the WIAA's decision making process is seriously flawed when most of the decisions made only get minimal, if any, input from highly qualified coaches who know more about game play and tournament formats. There has to be a way that WIAA AND highly qualified coaches can come up with a format that involves as many teams as possible but maintains fiscal stability for all parties involved. Maybe we need to shout a little louder. For all of us who coach other

sports, this should be a warning. Our State formats could be the next ones to be changed, for better or for worse.

Is the current format what is best for kids? If it is then we should be all for it. If it isn't, let's be persistent in our endeavors to create something that is fiscally responsible but which allows the most athletes that State experience. At all levels, from the coaches to the administrators and superintendents to the WIAA, we should be working together to benefit the athletes we serve. The Washington State Coaches Association is working on your behalf. Please stay involved and speak up. ■

WASHINGTON STATE FOOTBALL COACHES ALL-STAR GAME EAST-WEST EARL BARDEN CLASSIC

□ **WHEN:** SATURDAY, JUNE 25, 1PM □ **WHERE:** ZAEPFEL STADIUM, YAKIMA, WASHINGTON

The 2011 Earl Barden All-Star Classic will be held for the 17th straight year on June 25th at 1pm at Zaepfel Stadium in Yakima. The teams are selected from the nominations of the coaches from each league in our state. The selection process took place in early January and the players that have accepted their nomination and elected to play are included on these rosters (printed in the spring issue of the *Washington Coach*).

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

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

Anyone who is interested in contributing to the financial support of this event or knows of a sponsor please contact Coach Alex at the address/email/phone listed below.....thanks and Go WSFCA!!!!

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

201 C St. SE, Quincy, WA 98848
509-237-1590 (c), 787-3501 (w) Quincy HS
Alexfb1@msn.com (h), walexand@qsd.wednet.edu

East Game Coordinator Selection Chair:

Mike Lynch, lynchm@ritzcom.net
Greg McMillan, mcmillan.greg@yakimaschools.com

West Game Co-Chairs:

Rob Friese, robfr@willapa.wednet.edu
Tom Bate ■

LET'S ALL MEET IN YAKIMA ON JUNE 25th FOR SUMMER FOOTBALL.....



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**Deadline:
November 1st**

Washington State Football Coaches Association **TERRY ENNIS SCHOLARSHIP**

This scholarship is being offered by the Washington Football Coaches Association and Adrenaline 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

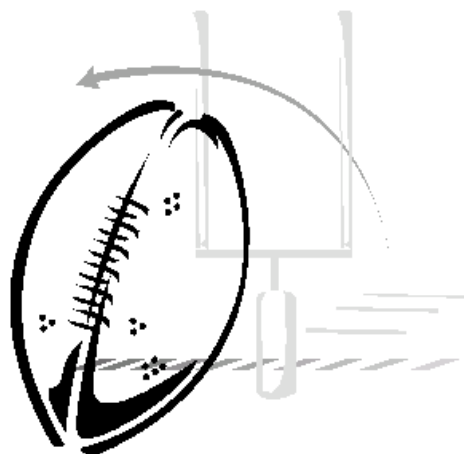
Date of Birth _____ Telephone number _____
Month/day/year Include area code

High School attended _____

Graduation date _____

School address _____
Street

_____ *City State Zip*



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Washington State Football Coaches Association TERRY ENNIS SCHOLARSHIP

Academic Information

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

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

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.

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

3) Describe your contributions to your community and school service

Your application must be received before November 1st.

Incomplete applications will not be considered.

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

The Price of Winning—Winning can be costly if your posture and body mechanics are off.

Coach Bryan Hoddle, www.bryanhoddle.com

While most other aspects of life is being averaged out by politicians, rules and regulations, athletics remains one of the few areas where it's still about winning. It's the #1 goal for the athletes, and if you're working with competitive athletes they expect you to use every legitimate tool in your box to take them to victory. As a coach you know victory always comes with a price. Your objective is to make absolutely certain the price is right. You want your athletes to stay mentally and physically healthy and hopefully victorious.

I learned something a few years back from the owner of a small company in Olympia. I have talked about it ever since, but because it deals with the health of the athletes I get a blank stare and the feeling too many coaches want to keep it at arms length. If the athlete complains, we'll enlist a doctor or the parents. Otherwise the athlete is considered in good form. I think what follows is so important that I finally sat down and put pen to paper.

We have become quite sophisticated in training athletes. All the tools we have from training routines based on scientific research to video monitoring and slow motion capture to reveal the fine details in technique is amazing. You can see the details of motion, assess fluidity, weakness and hesitation. You can analyze and help the athlete see and overcome the barriers. The barrier I want to encourage you to pay more attention to is the athletes' natural posture and body mechanics. In short, poor posture and body mechanics quickly rob athletes of their competitive edge and contributes significantly to injuries. You do not want your athletes on the sidelines.

Posture is really just a description of the body form when optimized for a task. In sports there are a multitude of postures—we often call them techniques. When learning to play golf, you learn a golf stance and the motion of the back stroke. Throwing a football to a target requires a certain motion and so on. Standing and walking is best done with an optimal posture—for standing and walking. If your athletes cannot naturally produce a posture optimized for standing and walking, they are

bound to encounter barriers to performance.

Look around in your high school hallways or anywhere you are among a number of people at one time and tell me if this does not describe their standing and walking posture. Feet pointing slightly outward, belly and butt protruding, body slightly forward leaning, protracted shoulders, arms internally rotated (thumbs pointing inward) and head forward of the shoulders. Hopefully I didn't describe you! My mother called it slouching. These days, slouching is even "cool" among kids and even some professional athletes. Go figure!

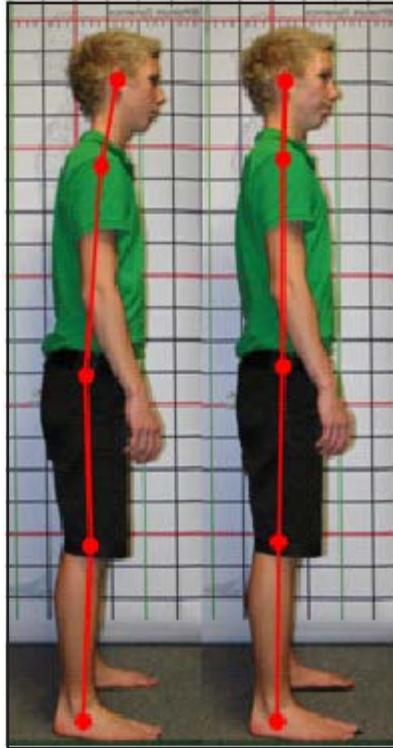
There is a huge downside to this posture because it leads to increased muscle activity just from standing and walking. The muscles that are normally helping you maintain an erect posture are weak because they are designed for good posture that do not require much muscle action. They have great endurance so you can be upright for hours without tiring. However, when your posture is off, gravity gets better hold on you, and as the postural muscles prove too weak, the phasic or action muscles are recruited for assistance, and that leads to one of the problems I want to point out—muscle over use. In the workplace it is a recognized cause of fatigue and injuries. You want your athletes' action muscles to be ready, strong, relaxed and conditioned for athletic activity. But when used to maintain posture all day, although they are strong, they become constantly tired and



Continued on page 10



The posture you see among most people is "head forward" which commonly is associated with musculoskeletal pain and athletic limitations.



Classic head forward posture impacts all age groups. Right: 6 mm first metatarsal correction applied.

sore. Because discomfort leads to further posture and body mechanics compensation, your athlete is on a downward slope. The result you'll see is stiffness, lost range of motion, less fluid motion and less endurance.

But like they say on the \$19.95 TV ads "But there is more". This bonus however isn't of much benefit. This slouching posture is associated with structural imbalances and body mechanics that contribute to taking out joints and ligaments which was exactly why I had to give up running seven years ago after 15 years of knee pain that no doctor or orthotics could fix.

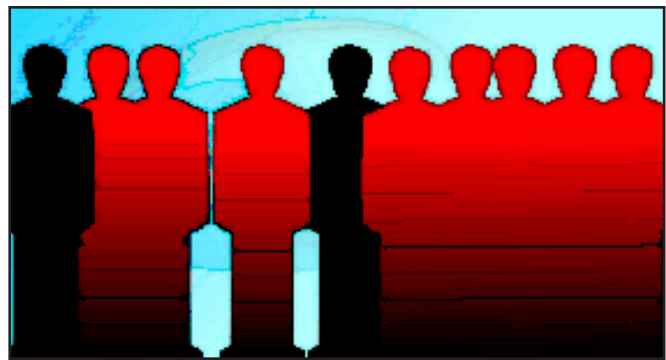
I met my friend Bjorn at MortonsFoot.com through an athlete I have been coaching for several years. He showed me why my knees were hurting, and he actually fixed the problem. I want you to know how to look at your athletes to discover if they have structural problems that will raise athletic barriers and predispose them to injuries.

If you are coaching serious competitive athletes, life is simple: You can tell them what they need to do and they are motivated to do it. If you are coaching high school, you may tell the student, but you are more likely to get results from speaking with the parents. Just so you know why I am excited about this. My knee pain of 15 years dissolved overnight, and before the month was up I was clocking 5 miles a day. I am writing this article four years later, so it wasn't just an overnight fluke. I have no monetary interests in the company, but I am still doing great and running, and I know what this foot correction does for athletes.

This was my problem. My feet were over pronating. That means my ankles were rolling forward, inward and downward so my arch collapsed. "Ooh PRONATION", you say, "I've heard about that. People get motion control shoes or see a podiatrist for that. I wouldn't want to get between parents, kids and doctors." OK, so let me speak to those of you who coach individual competitive athletes, and maybe in the process I can encourage the rest of you to at least take a look and perhaps build up the courage to let the kids and parents know there are new technologies out there that deserve their attention.

Here is what I have learnt. Research shows that there is a structural problem in the foot that impacts about 80 percent of the population. In a nutshell the inside of the feet are not properly weight bearing when we stand and walk with proper posture and body mechanics. Clinically, the first metatarsal (the bone connecting the midfoot and the big toe) is elevated when the body and feet are held in proper alignment. Maintaining proper posture becomes like shim-ming the door to close it. The door won't close for very long because the foundation does not provide consistent support. On the other hand, if you square up the foundation, the house will also square and the door will close and keep closing without getting stuck. No shims (extra muscle use) are needed to maintain the house standing and square.

Just like you, I didn't know that the feet are in fact responsible for most body problems. Tell me your athlete's problems! Shin Splints—starts with over pronation. Plantar Fasciitis—most often starts with over pronation but can start with a tight Achilles tendon. Tight IT bands—overpronation. Hip and back pain, pain in the groin, shoulder and neck pain very often start with the feet and over pronation. It has in fact been established that this particular problem, over pronation, is the #1 perpetuator of chronic musculoskeletal pain. Even supination—MOST OFTEN STARTS WITH OVER PRONATION. Supinating the feet (shifting weight to the outside of the feet) is a common way to compensate for over pronation. There is a lot to learn here that actually used to be common knowledge



8 in 10 people have an elevated first metatarsal which is associated with over pronation.

among doctors 80 years ago, but has not been taught in medical schools for decades—ever since drugs and surgery became the preferred medical treatment.

OK, so what can you do? I'll try to make this practical for you.

Start by looking at your athlete's posture. Have them stand without shoes on a hard floor with their feet comfortably (close to shoulder width) apart, looking straight forward and as relaxed as they can. Draw an imaginary line from about an inch in front of the bump on their ankle bone (Malleolus) through the middle of their shoulder. That line should bisect the knee, the hips and ear. Some times you'll find the whole body leaning forward, or you'll see the hips rotated forward and the upper body leaning forward and knees hyper extended, so the line moves forward, no longer bisecting the knee and hips. You'll often find the ear way forward of the line indicating a "head forward posture" which is probably the most common posture of the day. If you look at your athlete from the front or the back you'll see one hip higher than the other and the opposite shoulder being elevated.

These posture distortions most often come from one foot over pronating more than the other setting up a functional short leg. Your body can't differentiate between a functional or a physical short leg. Either way, one hip will drop as well as rotate more forward than the other.

I had seen several docs for my knee pain. I even had custom orthotics made for me. What I have learned about traditional arch support orthotics is that they are hit and miss, and I'll share something with you. Most of the studies on custom orthotics are performed over a very short time period. What that means is that the body has not yet overcome it's initial neuromuscular response to the foreign object in their shoes. In other words the brain is still adjusting for the changed sensation, and when the brain is done you have about a 50/50 chance of improving or not. Bjorn shared that he had only found one 12 month study and it concluded that store bought arch supports are as effective as \$500 custom orthotics. Especially if you are coaching kids, parents can hardly keep spending that kind of money every time the kid's feet grows a size.

I said the body had not overcome it's initial neuromuscular response. Let me explain that. Anything you put in your shoes will change the way you walk. It changes instantly. Anybody who has had a pebble get into the shoe when running knows it is enough to buckle your knee. To minimize your initial response they ask you to break in your custom orthotics over a week or two or longer if necessary so they'll feel less painful. Overcoming your initial response can take one or several weeks, or you may never overcome it and the orthotics end up under the bed.

The podiatrist that invented this kind of foot correction used the neuromuscular response as a deliberate way to

restore the foot mechanics to normal by purposefully changing how the brain perceives the ground. This technique is referred to as proprioception. Proprioception includes the input the brain/body receives from its environment, muscles, joints, ligaments and tendons. You can even try this on yourself by taping a quarter under the ball of your foot behind your big toe. Course you'll feel the quarter, but you'll also walk differently. The quarter makes it so that the inside of your foot—the first metatarsal will feel the ground slightly sooner when your feet become weight bearing. When the brain registers the pressure, it does what it always does and that is to instruct the muscles to push back against the ground. As it does the first metatarsal is brought to the ground with muscle pressure similar to what happens when you pick up a towel from the floor with your feet. That stabilizes the foot, reduces the pronation and straightens posture so, instantly, the brain stops trying to compensate for the instability. After a couple of weeks of relaxation, the muscles become relaxed and refreshed, available and ready for athletic competition. You can purchase special insoles that are fitted with an anatomically correct wedge shape that goes under the first metatarsal and big toe. It comes in different heights depending on the need of the individual athlete.

No doubt your strength training helps protect your athletes. Strong athlete's joints are better protected compared to the coach potato, but both you and your athletes are looking for a competitive edge. That's what I have given you. The alternative is a competitive disadvantage unless you have an athlete who just happens to have perfectly aligned feet and a fully supported, great posture.

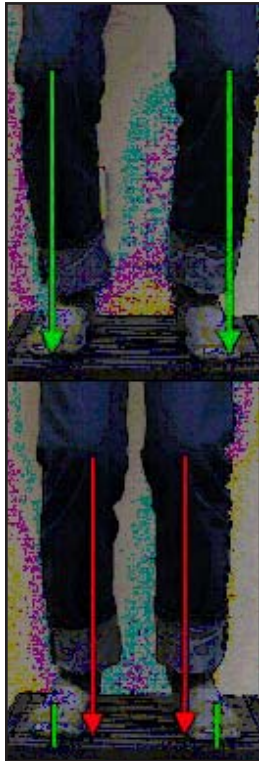
What are the advantages?

- Greater strength—if joint is properly aligned, the muscles crossing that joint are allowed to apply full power.
- Greater range of motion—relaxed, balanced muscles allow the joints to move freely unhindered by tight or shortened muscles.
- Greater agility—a functionally short leg makes you less agile to one side while a balanced body can quickly and freely move in either direction.
- Greater endurance—a well aligned body works more efficiently which equals less expended energy.
- Greater concentration and focus—fatigue is a known factor in errors and accidents. Wearing out the other team is a known strategy.
- Reduced risk of injury—better alignment means less wear and tear on joints, ligaments and tendons.

Continued on page 12

Continued from page 11

- Quicker healing after injuries—better alignment means less stress on the segment that is healing.



- Greater confidence—How can you beat injury free and feeling good?

If you're looking for an edge, don't let your athletes struggle with barriers like poor posture and body mechanics when it can be easily be fixed without spending

Top: Knees align properly, but the inside of the foot is not properly weight bearing

Bottom: The inside of the foot is weight bearing but alignment is off.

much money. And don't forget posture exercises. It's for another article, but single leg balance exercises with open or closed eyes work really well for balancing the body.

For decades, over pronation has been blamed on "Fallen Arches", and in a sense they are right, but the arches aren't really fallen. Most of us are born that way. We actually have an elevated first metatarsal, so when you do a knee bend making sure the middle of your knees travel right over the middle of your feet, the inside of your feet are not weight bearing. In order to make them weight bearing, you must let your knees move more inward (medially) and now you'll see your arch collapsing while the first metatarsal and big toe finally reaches the ground. Now your mechanics is all fouled! You may have noticed that a lot of your athletes have an apparent long looking second toe. It is actually something called Morton's Foot Syndrome, and it is a short first metatarsal bone. Some people actually have longer toes (phalanges) so if you instead look at the depth of the space between the first and second toes, you'll see it. If the first space is deeper than the second, they have this problem and I recommend you help them get it fixed. Now that you know, why wouldn't you!

Coach Hoddle oversees the Northwest Track and Field Clinic, to be held on Feb. 10-11, 2012 at the SeaTac DoubleTree in Seattle. He has spoken at Track and Field clinics across the USA. He can be reached at bhoddle@usa.net or bhoddle@comcast.net. ■

WSCA LIFETIME ACHIEVEMENT AWARD

Any mid-level or high school coach who has coached a minimum of 50 sports seasons is invited to please send the following information to Tom Harmon, WSCA Executive Board Member.

Specific Sports and Seasons Coached: Example: JV Football 15 yrs.

Fall

Winter

Spring

Total _____

Send to: Tom Harmon email: tom.harmon@nv.k12.wa.us
Nooksack Valley High School, 3326 E. Badger, Everson, WA 98247

Best in the West Softball Clinic

October 7, 8, 9, 2011

SeaTac DoubleTree Hotel

All Sessions in NW 1 Unless Otherwise Noted

Friday, October 7

1:30 – 2:20 pm **Lisa Dodd, U of Oregon**
Short Game- The Importance of the Little Things, Base Running, Bunting

2:30 – 3:20 pm **Lisa Dodd, U of Oregon**
Creating a Competitive Environment

3:35 – 4:00 pm Visit Exhibits

4:00 – 4:50 pm **Lisa Dodd, U Oregon**
Developing a Pitching/Pitch Calling Strategy

5:00 – 5:50 pm **Mike White, U of Oregon**
Key Elements of the Rise Ball

5:50 – 7:00 pm Dinner Hour Visit Exhibits

7:00 – 7:50 pm **Mike White, U of Oregon**
Pitching Mechanics and Drills

8:00 – 9:00 pm **Mike White, U of Oregon**
Pitching Flaws and What to Look For

9:00 – 10:00 pm **Q & A Roundtable Refreshments, Kim Wright and Mike White**

Saturday October 8

7:30 – 10:30 am Registration in Lobby

8:30 – 9:20 am **Lisa Dodd, U of Oregon**
Situational Defensive Positioning

9:30 – 10:20 am **Kim Wright, Team Canada**
Pitching, Bunting and Base Running

10:30 - 11:00 am Visit Exhibits

11:00 – 11:50 am **Kim Wright, Team Canada**
Throwing Mechanics

12:00 – 12:50 pm **Dee Dee Weiman, Cal State Fullerton** - Throwing the Pitches

1:00 – 2:00 pm Lunch, Visit Exhibits

2:00 – 2:50 pm **Dee Dee Weiman, Cal State Fullerton**
The Mental Side of Pitching

NW 2 **Rob Luckey, Bothell HS**
Off Season and Inseason Infield Indoor Practice

3:00 – 3:50 pm **Kim Wright, Team Canada**
Practice Planning

4:00 – 5:00 pm **Dee Dee Weiman, Cal State Fullerton** - Practice Set & Managing Different Seasons

NW 2 **Rob Luckey, Bothell, HS**
Infield Play Drills, Indoor and Outdoor

5:00 – 6:00 pm Dinner on Your Own

6:00 – 6:50 pm **Dee Dee Weiman, Cal State Fullerton** - The Defensive Side of the Pitching Position

NW 2 **Kim Wright - Team Canada**
Game Strategies

7:00 – 7:50 pm **Sara Pickering, Cal Fullerton**
Hitting

NW 2 **Rob Luckey, Bothell, HS**
Establishing Your Program and Fundraising

Sunday, October 9

8:30 – 9:20 am **Dee Dee Weiman, Cal State Fullerton**
Pitching Mechanics and Drills

9:30 – 10:20 am **Sara Pickering, Cal Fullerton**
Infield Play

10:30 – 11:20 am **Sara Pickering, Cal Fullerton**
Baserunning ■

BEST IN THE WEST BASKETBALL CLINIC

OCT 7 – 9, 2011

SeaTac DoubleTree Hotel

Friday, October 7

Hot Stove Sessions (Each session 20 minutes)

Grand 1 – Demo Room Northwest 3 - Classroom

1:30 – 1:50 PM

- Grand 1 **Brian Roper**, Lynden HS
Developing Your Point Guards
- NW 3 **Nick Robertson**, Oregon Sports Hall of Fame
Building a High School Program

2:00 – 2:20 PM

- Grand 1 **Nick Robertson**, Oregon Sports Hall of Fame
Man Offense Specials
- NW 3 **Vic Wolffiss**, Mt Vernon HS
Building and Maintaining a Program

2:30 – 2:50 PM

- Grand 1 **Vic Wolffiss**, Mt Vernon HS
Offensive Philosophy: Motion or Sets
- NW 3 **Brian Roper**, Lynden HS HS
Helping Players Become Great Teammates
in a Selfish World

2:50 – 3:20 PM - Visit Exhibits

3:20 - 3:40PM

- Grand 1 **Nick Robertson**, Oregon Sports Hall of Fame
Zone Offense Specials
- NW3 **Vic Wolffiss**, Mt Vernon HS
Developing a Feeder System

3:50 – 4:10 PM

- Grand 1 **Nick Robertson**, Oregon Sports Hall of Fame
Defensive Drills
- NW 3 **Brian Roper**, Lynden HS
Working with Parents and Dealing with
Community Expectations

4:10 – 4:30 PM - Visit Exhibits

4:30 – 4:50 PM

- Grand 1 **Vic Wolffiss** Mt Vernon HS
Offensive Drill Series
- NW 3 Dave Dickson, Squalicum HS
“If I Only Knew What I Know Now:
Coaching More Effectively”

5:00 - 5:50 PM

- Grand 1 **Tyler Geving**, Portland State
Zone Offense

6:00 – 6:40 PM - Dinner & Visit Exhibits

6:40 – 7:30 PM

- Grand 1 Donnie Daniels, Gonzaga University
Team Half Court Defense

7:40 PM – 8:30 PM

- Grand 1 **Tyler Geving**, Portland State
Using the On Ball In Your Man to Man Offense

8:40 PM – 9:30 PM

- Grand 1 **Donnie Daniels**, Gonzaga University
Early Offense Out of Transition

9:30 PM – 10:30 PM

- Q & A Roundtable Happy Hour
Tyler Geving, Donnie Daniels

Saturday October 8

7:30 – 10:30 AM - Registration in Lobby

8:30 – 9:20 AM

- Grand 1 **Eric Reveno**, U Portland
Playing the 1-1-3for the “ManD” Team
- NW 3 **Carl Howell**, Tacoma CC
Workout and Practice Plans

9:30 – 10:20 AM

- Grand 1 **Eric Raveno**, U Portland
Attacking Pressure (25 min.), Drills and Tips
for Developing a Young Post (25 min.)
- NW 3 **Carl Howell**, Tacoma CC
How to Build a Successful Program

10:20 – 11:00 AM - VISIT EXHIBITORS

11:00 – 12:00 PM

- Grand 1 **Don Meyer**, Northern State University
How to Run a Real Program
- NW 3 **Lori Napier**, Northwest University
Gender Differences in Coaching & Competition

12:00 – 1:30 PM - Lunch & Visit Exhibits

1:30 – 2:20 PM

Grand 1 **Don Meyer**, Northern State U
Sound, Solid and Simple

2:30 – 3:20 PM

Grand 1 **Don Meyer**, Northern State University
Q and A

3:30 – 4:10 PM - BREAK OUT SESSIONS

(30 Minute Sessions on Specific Topics)

Grand 1 **Kelly Graves**, Gonzaga University
Pressing Defenses

NW3 **Ryan Menten**, Hoop Source Basketball, LLS
Effectiveness of the Sideline Break

4:15 – 4:40 PM

Grand 1 **Kelly Graves**, Gonzaga University
Beating Various Zone Defenses

NW3 **Ryan Menten**, Hoop Source Basketball, LLS
Individual Player Development vs
Team Development

4:40 - 5:40 PM - Dinner Hour

5:40 – 6:40 PM

Grand 1 **Ken Bone**, Washington State University
Cougar Basketball

6:50 – 8:00 PM

Grand 1 **Ken Bone**, Washington State University
Round Table Q & A Cougar Basketball

Sunday, October 9

8:30 – 9:20 AM

Grand 1 **Kelly Graves**, Gonzaga University
Dev. Fundamentals in Passing and Catching

NW 3 **Lori Napier**, Northwest University
Read and React Offense

9:30 – 10:15 AM

Grand 1 **Ryan Menten**, Hoop Source Basketball, LLS
Scoring in Transition (Leading the Break,
Breakdown)

NW 3 **Kelly Graves**, Gonzaga University
Set Plays for Last Minute Shots

10:20 - 12:30 AM

Grand 1 Lorenzo Romar, University of Washington
Husky Basketball ■

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Best in the West Basketball & Softball Clinic
October 7-9, 2011
SeaTac DoubleTree Hotel – SeaTac Airport

New Staff Rate:

\$295 Unlimited (same school, paid by July 1) \$395 Unlimited (same school, paid by October 1)
\$100 Individual rate, must be paid by July 1 \$120 Individual rate, must be paid by October 1
\$130 Individual, After Oct. 1, At door day of clinic

School Name: _____ Home Phone: _____
School Phone: _____ School Fax: _____
Name of Coach Registering: _____
Home Address: _____
City: _____ State: _____ Zip: _____
Sport: _____ Email: _____ Amount Due: _____

Names of Coaches attending (#1 being primary contact)

DO NOT LIST NAMES OF ANY OTHER COACHES if you are just registering for yourself.

**All Coaches must be from the same school. No Additions allowed after the registration form is submitted.*

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Football Draw Committee Report

One of the more exciting things going in the high school football arena is a proposal to evaluate the football draw criteria.

A committee made of football coaches from most classification met at Kennedy High School and are beginning to form a proposal for consideration to WIAA. John Miller, Assistant Executive Director from WIAA, met with this committee and provided some excellent advice on how to correctly create a proposal.

The football draw committee is made up of Bob Bourgette, Kennedy; Dave Miller, Lakes, Jim Sharkey, Ferris; Sean Carty, Mead; Jon Eagle, Camas; Jamie Plenkovich, Ferndale; Randy Affholder, Ellensburg; Dave Ward, Archbishop Murphy; Sid Otton, Tumwater and Tim Graham, Athletic Director, Tumwater.

Coach Eagle brought a very interesting proposal to the table for discussion. The Oregon State Athletic Association initialed a RPI system (Rating Percentage Index) which was used in Oregon this past fall. The idea (RPI) has much merit and there are still some things to receive further review. If you are interested in the rating system used in Oregon, go to their web site and review. It has merit. There are a few bumps in the road to be addressed including geography and travel costs. The committee will continue to prepare a proposal for further study.

Next fall there will be another classification count and with this count a two-year proposal will be discussed for use in 2012-2013 and this is the time for a possible adjustment in the football draw criteria. ■

Members

We are looking for Coaches that would like to be actively involved in the organization of each sport.

Please contact jparish21@comcast.net to get involved in your sports all-star games, clinics and activities. . .

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wscs-editor@comcast.net

Scott Ditter, Assistant Coach Selah HS, reading on the deck of the USS Missouri in Pearl Harbor, Hawaii.



We took our Coach Magazine with us to the National Dance Competition in Orlando, Florida. We placed 9th in the nation. Debbie Kehrer (9 year coach) and Dena Gibson (1st year coach) at John Sedgwick JH

26TH ANNUAL ALL STATE VOLLEYBALL MATCH

By Tanya Campbell, Co-coordinator

The 26th annual All-State Volleyball Series, a showcase of seniors selected to their league's first-team rosters, featured a high-energy rally by one of the 3A/4A all-star squads that turned Saturday night's volleyball friendly, at Fife High School, into a barnburner, won by a Black squad led by Leigh Ann Haataja of Jackson.



Winning 4A VB Team

The Black squad, which also included Cherenne O'Hara of Kent-Meridian and Carmen Vasilatos of Woodinville, came back from a two-set deficit and a 14-9 hole in the fifth set to win 26-28, 19-25, 25-16, 25-20, 19-17. "The intensity was crazy," said O'Hara, who had nine kills, including the match-winner in the final set. "That really helped us push until the end. It was fun to play with so many other people who were so focused."



Winning B VB Team

The match featured the most valuable players from the last fall's state tournament, Haataja (4A) and Gabby Bird-Vogel (3A) of Seattle Prep. Haataja led her Black squad with 14 kills and five blocks. Bird-Vogel had 13 kills for the Red squad, one less than Lauren Herseth of Olympia. Jennica McPherson of Kennedy Catholic had 12 kills. Caitlin Fry of Mount Si had eight blocks. Bird-Vogel will play at Yale in the fall. Haataja will head to Portland State. The two play on the same club team along with McPherson, however, Bird-Vogel played middle on Saturday, a new spot for her. "It was a little awkward at first," she said. "But hitting is hitting." Bird-Vogel said she and Haataja, on opposite sides of the net Saturday, are good pals at club. "We kind of joke about it sometimes at club, 'Oh, the MVPs,' but that's about it," she said. "There's no grudge match or anything like that when we play. Tonight was really high-level volleyball."



Winning 2A VB Team

Trailing 0-2 after the first two sets, Haataja said her squad elected to up its energy level.

"We definitely pumped it up a lot in the third and fourth games," she said. "We realized that's what gave us a run. So we decided as a team, let's just go have fun and just kill it."

In the 1A/2A match, Jessica Miller of Fife, heading to Seattle Pacific, recorded 18 kills to lead the Red squad to a 3-1 win (25-23, 25-19, 22-25, 25-22). Courtney Fairhart of Eatonville, who twice has placed second at state in javelin, had six kills. Hannah Johnson of RA Long, plan-





ning to play at New Mexico, led the Black squad with nine kills. This was a fun match to watch as many local players were involved. It was great to see all of them play together one last time. Coaches for the 1A/2A sets were Jeff Curtis (Archbishop Murphy), Josey Williams (Ellensburg), Kate Jackson (Connell) and Jan Kirk (Fife). This was Kirks last hurrah with high school volleyball, leaving the sport as one of the most decorated coaches in volleyball for the state of Washington.

In the 1B/2B contest, Amanda Youngers (10 kills, two blocks) from Brewster paced the Red team to a 4-0 win (25-7, 25-18, 25-23, 25-17). Maddie Easley of Bear Creek had nine kills for the Black squad. LoOng rallies and great defense were the highlight of this match. And the coaches were just as energetic as the players. It was a fantastic match played with a lot of passion. Coaches for the 1B/2B were Sherrie Brown (the Bear Creek School), Steve Erickson (Clallam Bay), Jaecee Hctor (Klickitat) and Brandon Ambrose (Kittitas). ■


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February 9-11, 2012

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\$120 Individual, must be paid by Feb. 1, 2012 \$795 Up to 15 Coaches (same school, paid by Jan. 1, 2012)
\$130 Individual, After Feb. 1, or at door \$995 Up to 15 Coaches (same school, paid After Feb. 1, 2012)

School Name: _____ Home Phone: _____

School Phone: _____ School Fax: _____

Name of Coach Registering: _____

Home Address: _____

City: _____ State: _____ Zip: _____

Sport: _____ Email: _____ Amount Due: _____

Names of Coaches attending (#1 being primary contact)

DO NOT LIST NAMES OF ANY OTHER COACHES if you are just registering for yourself.

**All Coaches must be from the same school. No Additions allowed after the registration form is submitted.*

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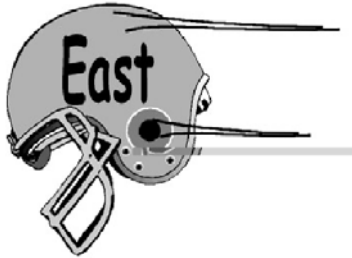
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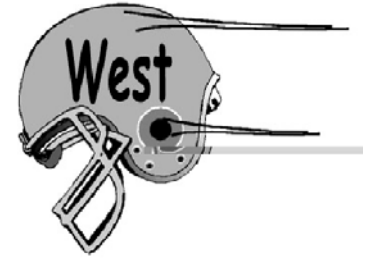
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Presented by the Washington State Football Coaches Association



**High School 3A/4A
All-Star Football
Summer Classic
2011**



Director Rick Giampietri
15528 E. 27th Ave, Spokane Valley, WA 99037
Cell (509) 701-5100 Phone (509) 924-9263 Email: rgiampietri@cvsd.org

The 3A/4A All-Star Football game will be played in Spokane on July 1, 2011. It will feature 70 players selected on their football ability, leadership, and character. To be nominated for the game they must have recommendations from their coach and principal. Selection was on January 21 in Bellevue and rosters have been completed (see following pages).

Approximately half of these players will be continuing their football career in college, but most will be playing their final game. This will be the 47th All-Star game in our state. The last two years it was played in Everett and it will return there again in 2012.

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

The game will be played at Eastern Washington University on the "Red Turf" and we expect a great crowd for the 7 pm start on July 1, 2011.

Friday ■ July 1, 2011 ■ 7 pm ■ Eastern Washington University

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

If you do not have access to email, mail to:
Mike Schick, 2110 Richardson Drive, Puyallup, WA 98371

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

No.	Name	Ht.	Wt.	Pos.	School	Coach
1	Tyler Babakus	5'8"	160	RB/DB	Bonney Lake	Chad Barrett
3	T.J. Boatright	6'5"	225	TE/LB	Union	Cale Piland
44	Griffin Boudia	6'1"	220	DL/TE/RB	Olympia	Bill Beattie
21	Zack Browning	5'11"	210	RB/LB	Union	Cale Piland
18	Kellen Clute	6'5"	230	TE/LB	Mt. Spokane	Mike McLaughlin
56	Joe Dahl	6'5"	245	OL/DE	University	Bill Diedrick
10	Luc Graff	6'1"	190	QB/DB	Chiawana	Steve Graff
6	Karl Graves	6'2"	190	WR/DB	Skyview	Steve Kizer
8	Logan Grindy	6'2"	190	QB	Camas	Jon Eagle
57	Nolan Haehl	6'3"	225	DL/OL	Eastmont	Doug McGill
25	Terren Houk	6'5"	205	WR/DB	Enumclaw	Don Bartel
78	Sebastian Hunt	6'2"	230	OL/DL	A.C. Davis	Rick Clark
33	Ben King	6'1"	191	LB/TE	Bellarmine Prep	Tom Larsen
74	Kevin Knapp	6'0"	225	DL/OL	Enumclaw	Don Bartel
41	C.J. Langlow	6'3"	200	WR/DB	Curtis	Clay Anle
2	Grant Livingston	6'2"	210	LB/TE	Ferris	Jim Sharkey
22	Drew Loftus	6'3"	195	DB/QB	Kennewick	Bill Templeton
7	Austin Marshall	6'1"	195	WR/DB	Bonney Lake	Chad Barrett
20	Paul Miller	5'8"	170	DB/RB	Mead	Sean Carty
76	Amosa Oloi	5'10"	270	C/DL	Timberline	Nick Mullen
42	Jared O'Neil	5'11"	185	LB/RB	Kelso	Pay Hymes
13	Nick Phillips	5'10"	170	P/K	Skyview	Steve Kizer
23	Ryan Pierce	6'1"	190	DB/RB	Eastmont	Doug McGill
54	Eddie Releford	6'2"	235	DE/OL	Lakes	Dave Miller
14	Kevin Russell	6'0"	190	QB/P	Timerline	Nick Mullen
73	Branson Schmidt	6'2"	235	OL/DL	Central Valley	Rick Giampietri
70	Kyle Schueler	6'4"	255	OL/DE	Lakes	Dave Miller
4	Abraham Slifer	5'10"	175	WR/DB	Prairie	Terry Hyde
63	Kevin Stanley	6'3"	200	DE/OL	Central Valley	Rick Giampietri
24	Jordan Tonani	6'1"	190	WR/DB	Ferris	Jim Sharkey
53	Nick Vincent	6'1"	210	LB/OL	Chiawana	Steve Graff
5	Kellen Westerling	6'1"	185	WR/DB	Rogers (Puyallup)	Gene Bowen
79	Brett Wittenberg	6'3"	280	OL/DL	Olympia	Bill Beattie

Coaching Staff

Head Coach: Jim Sharkey (Ferris HS)

Assistants: Clarence Hough (Ferris HS), Chad Barrett (Bonney Lake HS)
Jon Eagle (Camas HS), Nick Mullen (Timberline HS)

Eastern Washington University

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

No.	Name	Ht.	Wt.	Pos.	School	Coach
3	Dillon Baker	6'5"	194	WR/DB	Shorecrest	B. Christensen
89	Aaron Boesch	6'4"	215	DE/TE	Oak Harbor	Jay Turner
86	James Boker	6'5"	228	TE/DE	Redmond	Jeff Chandler
54	Ryan Brown	6'2"	260	OL/DL	Edmonds-Woodway	John Gradwohl
58	Jordan Bumgarner	6'3"	220	OL/DL	Hazen	Drew Oliver
70	Dexter Charles	6'5"	295	OL/DL	Stanwood	Aaron Culp
5	Alex Coffman	6'2"	180	DB/QB	Mariner	John Ondreizek
1	Wes Concepcion	6'1"	163	P/K	Kentridge	Marty Osborn
66	Jay Deines	6'5"	250	DL/OL	Issaquah	Chris Bennett
24	Duke Dolphin	6'1"	205	RB/DB	Lake Stevens	Tom Tri
51	Walker Evans	6'2"	215	C/LB	Jackson	Joel Vincent
2	Mikell Everett	5'10"	175	DB/RB	Kentwood	Rex Norris
69	Luke Frauenholtz	6'3"	230	DE/TE	Everett	Will Soren
64	Owen Fritz	6'2"	255	OL/DL	Mountlake Terrace	Tony Umayam
22	Michael Ford	5'8"	155	WR/DB	Skyline	Mat Taylor
99	Dallas Gosselin	6'1"	250	DL/OL	Bothell	Tom Bainter
40	Mitch Haldane	6'1"	200	LB/TE	Mountlake Terrace	Tony Umayam
77	Michael Hardy	6'1"	235	OL/DL	Seattle Prep	D.R. Clawson
23	Aaron Heck	6'1"	205	OL/LB	Everett	Will Soren
32	L.J. Jennings	5'11"	195	LB/RB	Kennedy Catholic	Rob Bourgette
73	Tyler Jewett	6'5"	264	OL/DL	Kentlake	Chris Paulsen
34	Kyle Kennedy	5'11"	210	RB/LB	Bremerton	Nate Gillam
21	Connor Lane	5'11"	190	LB/RB	O'Dea	Monte Kohler
30	Lamar Madkin	6'3"	260	TE/DE	Mount Vernon	Jaxon Schweikert
11	Kevin Martin	6'0"	175	WR/DB/k	Newport	Mike Miller
9	Evan Peterson	6'1"	185	WR/DB	Issaquah	Chris Bennett
44	Blake Peterson	6'1"	215	LB/OL	Arlington	Greg Dailer
7	Jake Pratt	5'11"	185	WR/DB	Monroe	Dave Telford
85	Todd Raynes	6'1"	190	WR/DB	Inglemoor	Frank Naish
48	Tovar Sanchez	6'3"	215	OLB/OL	Ingraham	Eli Smith
72	Zach Schumann	6'3"	260	OL/DL	Marysville Pilchuck	Brandon Carson
71	Danny Shelton	6'3"	300	OL/DL	Auburn	Gordon Elliot
78	Cody Treddenbarger	6'0"	270	C/DL	Juanita	Shawn Tarantola
4	Alphonse Wade	5'11"	185	RB/DB	Auburn	Gordon Elliot
10	Trey Wheeler	6'0"	185	QB	Liberty	Steve Valach

Coaching Staff

Head Coach: Marty Osborn (Kentridge HS)

Assistants: David Fowler (Kentridge HS), Jeff Sumake (Kentridge HS)
Rory Rosenbach (Glacier Peak HS), Nick Bartoli (Kentridge HS)

Friday, July 1, 7pm

See page 21 for more information



FLUIDS

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

As coaches, we all realize the benefits of proper hydration for our athletes. In some cases, simply drinking water will handle these needs. Even though water is an excellent hydration source, there may be other fluids that would benefit the athlete to a greater degree than water.

Athletes, as a population, tend to rely a great deal on their peer group, coaches and the information they pick up out of the magazines for their nutrition and fluid information. Unfortunately, the information they are reading in the magazines, in my opinion, is grossly inaccurate. Even a casual glance through these magazines would lead you to believe that if you aren't trying and drinking the latest, greatest supplement you're going to be left in the dust.

Many factors have to be considered when it comes to getting enough liquid into your body. This means deciding on the volume, concentration, timing, and whether not electrolytes are necessary in the drink. In the case of the latter, this may not be necessary if the activity doesn't produce a great deal of sweat, especially salty sweat.

In the ideal world, the athlete should know how and when to keep themselves properly fueled for their competitive sports or other activities. This means a careful trial and error approach to arriving at a proper hydration status.

Recommendations from the American College of Sports Medicine (ACSM) and the National Athletic Trainers Association (NATA) now follow.

- 2 to 3 hours before exercise, drink approximately 2 cups of fluid.
- Every 15 to 20 minutes during exercise beginning at the start of the exercise session drink one cup.
- A rule of thumb for weight loss incurred during exercise is this: for every pound lost, drink 15 to 22 ounces or 2 to 3 cups.
- Generally, these fluids are better tolerated if they are cool, flavored and taken in smaller volumes more frequently throughout the exercise session.
- If you are dehydrated, instead of sipping, you need to gulp it as fast as possible so it clears the gut and

gets into the stomach where can be used quickly by the intestines.

For activities that last over an hour, consider adding carbohydrates or electrolytes such as sodium as a part of the drink.

Hypohydration is a danger to athletes and can be life threatening while exercising in the heat. It can also cause problems in nearly any type of a training situation if the hydration status is not monitored carefully. Of special interest to a performance coach is the fact that athletes who are hypohydrated fatigue easier, use their glycogen stores faster, and face a decline in their ability to sweat, which means their temperature regulation capabilities will be compromised.

Some athletes, as soon as they swallow a drink, seem to believe that they are now fully hydrated because they put something into their stomach. However, they're neglecting the simple physiological fact that in order for the liquid to be of any good to them it still has to be absorbed by the body.

This means that the water and electrolytes from that beverage have to leave the stomach, be absorbed by the gastrointestinal tract and then become a part of the plasma, which is the watery part of the blood. After which the cells can make use of the liquid.

One of the ill effects of voluntarily dehydrating to make a specific weight class is that too much of a good thing can mean that your body is not only dehydrated but the electrolyte balances are off from the norm. In fact, according to the NSCA advanced exercise nutrition course "voluntary dehydration leading to severe hypohydration can result in poor performance illness and even death."

Getting back to the question of whether your athlete should take water or a sports beverage; it really depends on the type of activity the athlete is engaging in. For example, a sprinter would benefit from plain water, whereas a long-distance runner would benefit from a carbohydrate drink.

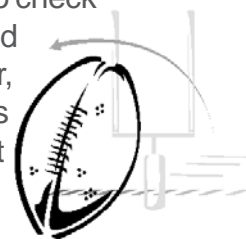
Make note of the fact that these carbohydrate sports drinks, to be the most efficient and effective, should contain between six and eight percent carbohydrate because in greater concentrations they take longer to get out of the stomach. This longer time can be a cause of stomach distress.

Typically, these 60% carbohydrate drinks are in the form of glucose, glucose polymers, sucrose, fructose (which has to go through several other steps before it is

useable by the body), maltodextrin, high fructose corn syrup or combination of these. Most of these types of drinks have about 15 g of carbohydrate in a one-ounce glass. Other carbohydrate drinks are labeled high carbohydrate sports beverages. These generally have about 70 g of carbohydrate and are used by athletes several hours before they actually start their sporting event, immediately afterwards and then during the periods of carbohydrate loading to refuel their muscle glycogen stores. ■

Football Coaches

Football Coaches: Please mark your calendars for the WSFCA Mid-Winter Conference to be held January 27, 28, 29, 2012 at the Hilton Hotel in Bellevue. The clinic rate is \$99. For more information and clinic line up to be posted in September, please continue to check the WSCA website: www.washcoach.org. All high school, junior high and middle school football coaches are encouraged to contact clinic coordinator, Ed Laulainen, to provide suggestions for clinic topics, speakers, or ideas to make the clinic a success. Ed may be contacted at coached@kalama.com or (360) 423-7378.



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 at:

2110 Richardson Drive, Puyallup, WA 98371

Thank you for your efforts

HAWKES SQUAWKS

by Dee Hawkes
Retired



There is no way to prepare for writing the Squawks. The column is all about my observations and experiences through the years. After 38 years of covering the prep scene, it is noticeable how times have changed. Often what was said or is in print is way out of step with the reality of coaching the high school sports of today. My belief is that if I can find one issue that can provoke strong opinion or a solution, then my mission is accomplished. My message is simple, which is that we must do all we can to make the athlete the best he or she can be. Nothing else matters more than making their experience with you a lifetime experience. Let winning and losing take care of itself. It's their time to play the sport, and as their coach, keep in mind you are along for the ride. The better you coach, the better their ride.

STILL SEEING RED

Pedal to the metal coaching is going on at full speed. It seems you either get on board or fall behind. Year round coaching has replaced seasonal sports. Off season training for a particular sport has no ending. Weight training, speed training, professional trainers, and personal coaches are available day and night to provide services, sometimes free and other times for money. It seems every sport is caught up in this movement. Add on camps, clinics, demonstrations, select teams, travel, and you have a good picture of what an athlete who wants to excel must do. It has become a sad commentary that athletes are told by their coaches that working out year

round pay will pay big dividends. Perhaps this does work for a few, but not for the majority.

CAN YOU BELIEVE THIS???

Nothing currently matches what basketball players went through in the '50's. We're talking about both boys and girls, who were still playing half-court basketball at the time. Running the floor was out of the question for them. (After two dribbles, they had to pass, and since guards could not pass the half court line, they were never allowed to shoot at the basket). Evidently, the theory was that girls did not have the stamina or ability to play the men's game. Well, just look at them play now!

Expectations were different for male players also. I recently ran across an old basketball playbook from my high school days. Here is a verbatim quote from the book about dating:

"You are expected to have very few dates during the three months of basketball, and preferably not all with the same girl. Basketball is not the time for romance. Experience teaches us that both the basketball and the romance are usually wrecked. If a girl is interested in you, and not just the limelight you happen to be in during basketball season, she will let you alone until basketball season is over. You have nine months of the year to bat in the social league and only three months to pitch in the Seattle League, so don't mix your seasons.

Do not bring girls to the basketball games. You are a better team man if you go home with your team mates.

Do not take them home after the basketball game unless, perhaps, it is the last game of the week; and even then we prefer you to mix with your team mates, because your conversation will follow basketball and most such information should not be spread outside the team.

The player who uses the sport to elevate his standing on the social ladder during the season will let down his team, his student body, his coach, and himself. Some girls use athletes to elevate their social standing—they are of the same caliber as the athlete who pulls this trick."

COACHING LEGEND PASSES ON

There's a widely held belief that the passing of Keith Gilbertson, Sr., long time Snohomish coach, left a void in the coaching fraternity. His love of coaching spanned 61 years, even after he retired from teaching in 1981. After Keith's meager coaching pay (\$2000) ended in 1950, he volunteered afterward for three decades as a coach. He took no salary. He once said, "I wouldn't want to put money out front as the reason I'm here." His journey included coaching football, track, cross country, and both girls' and boys' basketball, all for Snohomish. Thousands of boys and girls benefitted from his teaching and coaching. This was evident at his memorial service when many stood to honor him, and there was hardly a

dry eye in the high school gym. Speakers were Curt Marsh, Tom Cable, Denny Schuler, Ken Roberts, and Mark Perry along with former players and students who told their stories about the man they considered “coach.” He put kids first, never himself. So, when the Good Lord asked Saint Peter to find the ultimate coach of coaches, without hesitation he said that he lived in Snohomish. On February 15th Keith arrived at the Pearly Gates to join his old coaching buddies Jim Ennis, Walt Price, Dick Armstrong, Pinky Erickson, Norm Lowery, and many others who stood by to welcome him home. Without exception, this was a man who just loved to coach, even when he was in ill health at the end. Keith, Jr., said it best when he stated that his dad loved to coach and was always asking, “How can we get you better?” For this retired coach, Keith’s influence had a big impact on my life.

WE SHOULDN’T KID OURSELVES

Let’s start with what we know: Public school education is being challenged by profit businesses, which are opening up their own charter schools. This battle for the minds of our children is nothing to sneeze at. What is most troubling is that throughout the country more than 700 public K-12 schools have already been taken over by businesses. On top of this, these interests now want to be in charge of teacher certification. One can only imagine, down the line, how this will affect athletics. Plain and simple, even though their success level has not been especially good, the hype surrounding this movement is catching fire, and the future of prep sports will be caught in the crossfire. Hopefully, a plan is in the works to address this serious problem.

SHORT SQUAWKS

Follow the money, and you’ll see how ESPN and Fox TV partnered up to pull off a media package worth \$250 million for the Pac 12 through 2022. The relentless pursuit of the sports dollar seems to make each member school a very happy camper. My beef is that they have games scheduled to be televised on Friday nights. It all comes down to the mighty dollar, and high school football will have to go it alone. Kudos to the Seattle Seahawks for hosting two football events during the strike. First, the USA Football School held a clinic directed by Matt Manning for a hundred youth coaches in the Seattle area, which used high school and college coaches as presenters. Second, the Seattle Chapter of the National Football Foundation, which awards scholarships to outstanding scholar athletes, then held a fund raiser at the Seahawk facilities. Under the leadership of former Husky Walt Hunt, it was a huge success. The event included a tour of the practice facilities led by the Sea Gals. . . . To his credit, Jim Coshow, the former UW basketball player, has the “Old Timers,” a social gathering composed of former basketball players, coaches, officials, and fans, interested in raising membership. Rod Belcher, the ninety-year old former radio sports announcer, is the treasurer. . . . Nibble on this! If you want to compete in college gymnastics, you now have to belong to a club team, because that’s where the recruiters go to find talent. Other college sports fall under the same radar.

TOO EARLY, TOO MUCH

Nothing gets my dander up faster than having kids start playing sports too early. Asking a kid to participate in a sport before he or she is ready is wrong. It is my belief that starting off with a pre-kindergartner is too soon. Frankly, in terms of my perception, learning how to run, jump, throw, kick and tumble is far more important. Then, have the youngsters wait before joining a team sport. When they are more mature and have better control of their bodies, they will be more successful. By waiting, what a difference it can make in helping them to enjoy the sports of their choice.

C’mon coaches, take some time off this summer for others things that don’t pertain to your sport. Create a small personal “bucket list” and have at it. Then, you can do some bragging among your friends about what you have accomplished. Whatever the outcome, it may give you time to rethink how you can be a better coach. Every so often, we become astonished about the news of a coach who has moved from his comfort zone.

If you feel the need to send an email about what this column is all about, visit hawkes32@comcast.net. The sounds and smells of the summer await you.

See you around, I hope. ■

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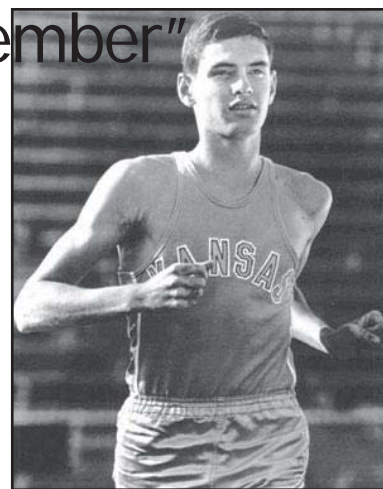
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FRIDAY-February 10

9:00am -9:50am

Evergreen 1 and 2-Mike Waller-PLU-The Starting Blocks
Evergreen 3-Jason McConnell-Evergreen State College
Best Practices for Training Vegetarian or Vegan Distance Runners.

Evergreen 4- Craig Sigl-Mental Toughness Trainer-
Mental Toughness Training for Track and Field-Part 1

10:15am-11:05am

Evergreen 1 and 2-Mike Waller-PLU-THE RELAYS
Evergreen 3-Alison Wood-Masters National High Jump
Champion-Basics of the high jump
Evergreen 4- Craig Sigl-Mental Toughness Trainer-
Mental Toughness Training for Track and Field-Part 2

11:30am-12:20pm

Evergreen 1 and 2-Bjorn Svae-Posture Dynamics-Solving
the Shin Splint Problem in Track and Field
Evergreen 3-Alison Wood-Masters National High Jump
Champion-Active/Dynamic Warm up for Track and Field
Evergreen 4- Wendy Lynne-Mental Toughness Academy-
Nutrition for the Champion Mindset

12:00pm-1:30pm LUNCH AND VISIT EXHIBITOR

1:30pm-2:20pm

Evergreen 1 and 2-Mike Orechia-University of Puget
Sound-Training for the 400 meters
Evergreen 3 -Ed Boitano-University of Puget Sound-Pole
Vault Basics
Evergreen 4-Gary Baskett-Whitworth College-THE SHOT
PUT

2:45pm-3:35pm

Evergreen 1 and 2-Isaac Frederick-Western Oregon U-
Acceleration and max velocity development

Evergreen 3-Larry Beatty-Spokane Community College-
How to coach the 800 meter runner and decide who
should run it.

Evergreen 4- Gary Baskett-Whitworth College-THE
DISCUSS

4:00pm-4:50pm

Evergreen 1 and 2-Isaac Frederick-Western Oregon U-
Training menu and implementation for the horizontal
jumper.

Evergreen 3-Larry Beatty-Spokane Community College-
THE HURDLES

Evergreen 4-Gary Baskett-Whitworth College-THE
JAVELIN

5:00pm-6:50pm Dinner

6:50pm-7:40pm

Evergreen 1 and 2-Isaac Frederick-Western Oregon U-
Sprint Training and Planning.

Evergreen 3-Larry Beatty-Spokane Community College-
Motivating your athletes.

Evergreen 4-Craig Sigl-Mental Toughness Trainer-
Athlete archetypes. Getting the most out of differing
athletic personalities.

8:05pm-9:30pm-Coaches Roundtable Social
Refreshments and Nachos Bar

Saturday-February 11

8:30am-9:20am

GENERAL SESSION-*Jim Ryun*—Three time Olympian and World Record Holder in the Mile, 1,500m, 800m and 880 yds-"DREAM BIG"

9:45am-10:35am

Evergreen 1 and 2-Mike Johnson-Western Oregon U-Speed Development for middle distance/long distance athletes

Evergreen 3 and 4-Dan West-ON TRACK-Learning the 7 Secrets to better pole vaulting.

11:00am-11:50am

Evergreen 1 and 2-Mike Johnson-Western Oregon U-Season and workout planning for cross country
Evergreen 3 and 4-Bryan Hoddle-2004 Head Coach-USA Paralympic Team-Making your sprinters faster. It's all about velocity.

12:00pm-1:30pm-FCA Coaches Social Luncheon
Complimentary Pick Up Ticket at FCA booth

1:30pm-2:20pm

Evergreen 1 and 2-Mike Johnson-Western Oregon U-How to make your program significant to someone besides you and your mother.

1:30pm-2:20pm cont.

Evergreen 3 and 4-Tom Sinclair-Former Pac-10 and NCAA Champion-Getting the beginning Javelin thrower off to a great start. Coaching tips, drills and proper technique

2:45pm-3:35pm

Evergreen 1 and 2- Jim Ryun-Three time Olympian and World Record Holder in the Mile, 1,500m, 800m and 880 yds -Training for the first high school Four Minute Mile.
Evergreen 3 and 4-Kristie Brookes-Evergreen High School-Full speed mechanics

4:00pm-4:50pm

Evergreen 1 and 2-Jim Ryun-Three time Olympian and World Record Holder in the Mile, 1,500m, 800m and 880yds -Questions and Answers...Staying Injury Free
Evergreen 3 and 4-Kristie Brookes-Evergreen High School-Prioritization for Sprinters

5:00pm-6:00pm

Evergreen 1 and 2-Brad Dudley-Tumwater High School-The little things that build a great track and field program.

Evergreen 3 and 4-Kristie Brookes-Evergreen High School-Acceleration Mechanics ■

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Marc Yonts myonts@charter.net

Plantar Fasciitis— Disabling pain

By Bjorn Svae, President Posture Dynamics

That “first step” pain in your heel that usually gets better after being on your feet for a while is likely Plantar Fasciitis. If the pain is chronic, it has become an injury that heals best by temporarily using an arch support to immobilize the foot. The pain comes from micro-tears where the fascia under the foot attaches to the heel bone. This can be caused by tight Gastrocs pulling too hard on the Achilles tendon, but most often the increased tension on the fascia comes from the feet pronating too much. Hyperpronation occurs when the arch drops causing the ankle to move forward, inward and downward, which also rotates the leg internally. This is an extremely common problem. Over 80% of people structurally hyperpronate to various degrees, but it is not always easy to spot because over 60% of people who do will subconsciously try to compensate for it by favoring the outside of their feet. They supinate their feet until the foot is flat on the ground, but when the weight transfers to the forefoot, the muscles are not

strong enough to prevent the arch from falling and the foot from hyperpronating. The fascia becomes over-tensed because of the lengthening of the arch and twisting of the foot.

If you think the logical approach to the problem would be to stop the feet from hyperpronating, you have the right idea, but don't run out and buy arch support orthotics to prevent the arches from falling. With Plantar Fasciitis, arch supports is just a temporary solution.

Hyperpronation is a structural problem of the foot and the reason the brain tries to compensate for it is to maintain better posture and body mechanics.

Here is an easy way to understand why the arches drop and cause hyperpronation—The Skiers Crouch: Stand with

your feet shoulder width apart, *pointing straight forward and parallel*. Keep your heels on the ground, lean slightly forward while doing a ¼ knee bend. Make sure your knees are tracking right so *the middle of your knees align over the middle of your feet*. While in this posture, slowly move your knees toward each other until you feel weight bearing pressure on the balls of your feet behind your big toes. If the middle of your knees move past the second toe, it means that the inside of your feet are not

weight bearing when your legs and knees are in alignment. Now, move your knees back over the center of your feet again. If it feels like you shift your weight to the outside of your

feet, your first metatarsal is not supporting your arch, so it collapses. If you do the same exercise again, but at the same time scrunch your feet (like picking up a towel from the floor), you bring the first metatarsal and big toe to the ground with force so you prevent your arch from collapsing and your feet from hyperpronating. The solution is not to support the arch but to bring the first metatarsal down to the ground. This stabilizes your feet, and removes the excessive tension from the fascia.

Fortunately, pushing your first metatarsal and big toe down to the ground can be put on automatic by putting a very small reminder

inside your shoes. You can even try this at home without purchasing anything: By adding a reasonably

firm pad underneath your first metatarsal head—essentially under the big toe joint, that part of your foot will feel weight bearing pressure slightly sooner. The brain and your

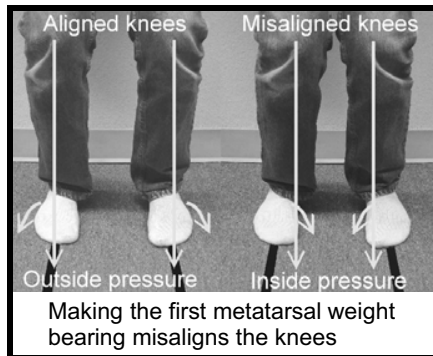
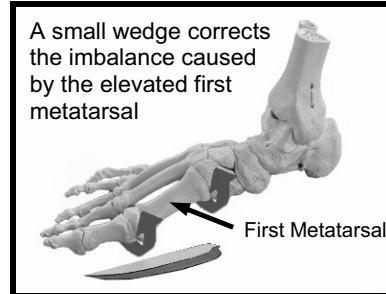
body respond as they always do when your toes (metatarsals) touch the ground. They push back against the ground, so making the first metatarsal and big toe feel the ground just slightly sooner make them push back slightly sooner—just like you did when you scrunched up your feet. It balances your feet and stops the hyperpronation. Voila! The reason you got PF is gone. Remember to remove the arch supports 7-10 days after the pain is gone.

Most musculoskeletal dysfunction and pain relate directly to the lack of balance caused by the elevated first metatarsal and big toe. A simple insole fitted with a wedge shape underneath the first metatarsal and big toe, Kinetic Technology™, will prevent Plantar Fascia, shin splints, tight IT bands, tight Achilles tendons, a sore back, painful knees and hips. In fact the ProKinetics® Natural Body Balance Insoles™ work so well they come with a 100% functional money back guarantee.

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Membership Renewals

Membership renewals for 2011-2012 will be done on line at www.washcoach.org. Reminders to current members will be sent in May, July, and September. There will not be any membership forms mailed.

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Watch for your 2011-2012 reminder.

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- Click on www.washcoach.org
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- Click on Register
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- Fill in all blanks
- Make sure you fill in school district and school where coaching
- Log In ID is your 10 digit phone number—no spaces or dashes
- Pass Word is of your choosing and must be at least 7 characters
- When completed click on register
- Print contact information and send dues to WSCA secretary

AEDS ARE IMPORTANT TO OUR SCHOOLS, COACHES AND ATHLETES

by Pete Orgill
WSCA Baseball Sports Representative

My name is Pete Orgill, and I am the baseball sports representative (ISR) for the Washington State Coaches Association. I have now coached in the state of Washington for over 35 years. My coaching includes basketball, golf, softball and the sport I love the most, baseball. I have been the varsity baseball coach at Davis High School in Yakima for the last 27 years. My career in coaching has been great and I would do it all over again.

However, there is another part of my life that is even more important to me than baseball and that is “Wellness and Health”. My whole life has been about teaching students and adults how to take better care of themselves and their families through healthy lifestyles and safety. Beside teaching health and wellness for over 35 years, I also started a business called A Plan For Life which includes First Aid CPR/AED training.

Through my business I have taught CPR to close to 30,000 citizens—so far. In Yakima I started the Great CPR Blitz: once a year the community comes together to teach up to 1,000 people CPR in one day. Doctors, nurses, and many community leaders and businesses help sponsor this great event. Each family that participates in the CPR Blitz receives a free CPR manikin and a DVD in English and Spanish to help train other family members. We know for a fact lives have been saved by this great event.

This information is only important to help give credibility to this article. The following subject is one of the most important topics in sports and a message all coaches need to hear. That critical topic is regarding Automated External Defibrillators (AEDs), why they are important to our coaches and athletes, and what place they have in athletics? YES, AEDs need to be at every athletic event and near all practice facilities. All coaches need to be trained in CPR and how to use the AED.

Every year in the United States, over 400,000 Ameri-

cans die of what is called Sudden Cardiac Arrest (SCA), over 900 people every day. More people die from SCA annually than from breast cancer, prostate cancer, house fires, hand guns, traffic accidents and AIDS combined. Since my baseball season started this March, I have read articles about or watched on National TV regarding the deaths of five different young high school athletes dying of Sudden Cardiac Arrest while involved in baseball, track, karate, lacrosse and basketball. In each case, there was no AED available.

I also read about a high school basketball official collapsing on the floor in a high-school gymnasium. A 16-year-old high-school student in the stands raced to his side, started CPR and ordered bystanders to get the school’s AED.

For every minute you do not have an AED to a sudden cardiac arrest victim their chance of living will drop 10% per minute.

She used the AED to bring him back to life. A doctor at Swedish Hospital in Seattle watched my dad collapse. That doctor started CPR and then used a AED to bring my dad back to life. My father enjoyed 10 more years with his wife of 63 years and had 10 more years to watch over his 90 grandchildren. (The doctor that saved my dad’s life was once one of my students at Davis High School.)

If CPR is administered to someone in cardiac arrest they have less than a 10% chance of making it through this heart attack. If an AED is used within minutes after the heart attack along with CPR their chance of living through this heart attack can possibly move to a 75% survival rate. Time is very important. For every minute you do not have an AED to a sudden cardiac arrest victim their chance of living will drop 10% per minute. Most people in America think a heart attack is caused by a “plumbing” problem where the arteries are clogged up causing the heart attack.

It is true that many heart attacks are caused by clogged arteries but many are caused by Sudden Cardiac Arrest or SCA which is caused when the heart's normal rhythm suddenly goes into what is called ventricular fibrillation. The heart beats erratically and usually doing CPR and using an AED are the only chance for survival. Remember, for every minute you do not have an AED to assist the victim, the chance of survival drops 10% per minute.

People may find it hard to believe but, while rare, SCA does strike children and teenagers. Unfortunately, sudden death may be the first symptom of a heart defect or other condition that increases a youngster's risk of SCA. Whether the heart attack comes from clogged arteries or SCA the best chance of survival is someone doing CPR and someone using a AED. Keep in mind the leading cause of death for both men and women is heart disease.

Some possible causes of Sudden Cardiac Arrest

- Commotio cordis: typically involves young, predominantly male, athletes when a sudden, blunt, nonpenetrating trauma to the anterior chest results in immediate cardiac arrest and sudden death from ventricular fibrillation. Although commotio cordis usually involves impact from a baseball, it has also been reported during hockey, softball, lacrosse, karate, and other sports activities in which a relatively hard and compact projectile or bodily contact caused impact to the person's precordium. Nearly 250 cases have been reported to the National Commotio Cordis Registry.
- Hypertrophic cardiomyopathy: abnormalities in muscle fibers that make the heart muscle thicken, usually caused by an inherited disorder
- Arrhythmogenic: right ventricular dysplasia (ARVD), damaged muscle in the lower right chamber of the heart, which makes the heart more susceptible to abnormal heart rhythms
- Congenital coronary artery defects: defects of the heart's own blood vessels
- Long QT syndrome: an inherited disorder affecting the heart's electrical system, which can lead to life-threatening changes in heart rhythm
- Wolff-Parkinson-White syndrome: an electrical malfunction of the heart in which the electrical signal

reaches the heart's lower chambers (ventricles) too soon, disturbing the healthy beating of the heart

- Primary ventricular tachycardia: an extremely fast abnormal heart rhythm that affects pumping function of the heart
- Primary pulmonary hypertension: increased resistance to blood flow through the lungs, leading to abnormally high blood pressure in the arteries that supply blood to the lungs
- Dilated cardiomyopathy: abnormal heart muscle, causing the walls of the heart to stretch under pressure, weakening the heart's pumping capacity
- Marfan syndrome: an inherited disorder of the connective tissue, often resulting in abnormalities in the aorta, the main blood vessel leading away from the heart

Accidents and risky behaviors:

- Commotio cordis (mentioned above)
- Cocaine or other stimulant abuse
- Electrolyte imbalances caused by eating disorders,
- Rapid weight loss or dehydration

Making your case

In making your case for an AED program, point out that schools not only educate our children, give a place for school and community athletic events they employ adults and often serve as community centers, hosting meetings, evening classes and events that draw people of all ages. It's impossible to predict when SCA might strike, even in children and adults who have diagnosed heart disease. The Yakima School District does not have AED's in the schools at this time. I will continue to try and get them in our schools. I hope if your school district does not have AED's, you will join the cause of getting them in your school. As the head baseball coach at Davis High School I take my own AED with me to all of our practices and all of our games.

Resistance may come from people who don't realize how easy and essentially foolproof AEDs are. An AED talks the user through the simple steps of defibrillation, and is designed to analyze the heart's rhythm and advise whether a shock is needed. Keep in mind that there is a 5 minute rule for using AED's. There needs to be an

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AED close enough to get to the stricken person within 5 minutes. This gives them a better chance of survival. Most high school and athletic departments will need more than one AED. Davis High School where I teach also will need 5 AEDs for this large high school of over 2,000 students.

It may reassure school staff who are concerned about liability to know that manufacturers design AEDs so they are easy and safe to use by anyone with minimal training.

Because the AED is designed to analyze the heart's rhythm and advises whether a shock is needed, it requires very little decision making on the part of the rescuer.

If SCA is untreated the victim will almost certainly die and defibrillation is the only treatment for a fatal rhythm.

Even so, some members of your school community may worry about liability related to AEDs. Let them know AED use is increasingly becoming the standard of care. As standards of care evolve, it may actually be more of a liability not to have AEDs than to have them. I believe the time will soon be here where it will be the law that AEDs be at all athletic events and in all schools. In the mean time, don't wait for this to happen. Get involved and fight for your athletes. Become not just CPR trained but also become AED trained and learn how easy it is to use one of the greatest life saving devices ever invented.

*For Information on AEDs, where to get them, or if you need help making your case call Pete Orgill 509-969-1564. ■

INJURED SOLDIERS

By Brian E. Hoddle

First the great news. I will be going back to Lakeshore Foundation in 2012 to continue work with injured soldiers. I just returned from my 10th trip, 3 to Walter Reed Army Medical Center and 7 to Lakeshore Foundation in Birmingham, Alabama. Soldiers came in with amputations, blind, TBI (traumatic brain injury), paralysis and PTWS (Post traumatic war syndrome).

I had to the honor of meeting injured soldiers from Walter Reed, Ft. Benning, Brooke Army Medical Center, Ft. Lewis and several other installations around the country. I was also honored to meet and talk with Col. David W Sutherland, the Assistant to Admiral Mike Mullen, Chairman of the Joint Chiefs of Staff.



Shown here are photos from this year. One soldier really stood out, having had 62 operations on his arm after a IED went off behind him. He's currently at Walter Reed and was flown in as was the rest of the soldiers.

I can't begin to tell you how happy it makes me feel when a soldier comes up and says, "you gave me hope." That's what it's all about.

I'm 100% committed to my continual work in helping these brave young men and women. Please keep these brave men and women in your prayers as they continue to heal and move on with their lives. ■

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Registration Information:

You must be a current 2011 card carrying member of the WSCA to participate in the clinic.

Coaches Name: _____ High School: _____

School Address: _____ City: _____ zip: _____

Home Address: _____ City: _____ zip: _____

Cell Phone: _____ Email: _____

Home Phone: _____ WSCA card number: _____ Golf Shirt size: _____

Credit Card: _____ Credit Card Number: _____ Exp Date: _____

Name of person to share room: _____

Please call Canyon Lakes Golf Course with any questions at (509) 582-3736. You may email your registration to matt@canyonlakesgolfcourse.com or fax your registration to (509) 585-0914 Attention: Matt Mandell.

Deadline for registration is Thursday, July 7 at close of business

SOFTBALL

2010 WSCA SOFTBALL AWARDS

February 12, 2011 saw the presenting of the 2010 WSCA Awards for Coaches of the Year, and the 9th Annual Inductions to the WSCA Softball Hall of Fame. The awards were again held at the DoubleTree Inn, located at SeaTac Airport. The event again was very well attended, by a mixture of association members, and families of the award winners. As always this occasion is not only a celebration of coaching accomplishments, but also as chance to visit and catch up with peers, both past and present.

Coaches of the Year

- ◆ District 1 Laura Schimdt - Sedro Woolley 2010 3A State champions
- ◆ District 2 Jeff Skelly -Inglemoor
- ◆ District 4 Jim Van Fleet - Castle Rock H.S. 2010 1A State Champions
- ◆ District 5 Brad Cramer - West Valley H. S. (Yakima), Jerry Humphries - Walla Walla HS
- ◆ District 9 Brad Nilson - Colton 2010 1B State Champions

Hall of Fame

The 2010 inductions were Judy Roche (Granite Falls), George Crowder (EastLake), and Bill Barker (Royal City).

Judy Roche

Judy's name was synonymous with Slowpitch softball in District 1 for

many years from the late 70's to the 21st century. Her Tigers were always tough outs with the sticks and aggressive with all aspects of the game. Under Judy's leadership they captured nine league titles and made several state appearances, with a couple of 3rd place trophies in 1982, and 1999.

She is a graduate of WSU, and did her post graduate work at Western Washington University.

Judy began teaching in the Granite Falls School District in the early 70's, being hired as the first Female Physical Education teacher ever in the district. She continued for 38 years.

Her coaching passion was also displayed in middle school sports as she spent 40 years with volleyball 13 in track, and 12 with basketball in , totaling 90 seasons of coaching. Judy, thanks many times over for your commitment to athletics in our state.

George Crowder

Coach Crowder has been in education and coaching 39 years. He has 67 seasons of coaching in his resume. These sports include track, baseball, basketball, wrestling, golf, football, and tennis. This experience serves him well as athletic director for the Lake Washington School District.

It is the sport of softball where George has made his coaching mark. His Eastlake teams have captured numerous Kingco and District 2 titles at the 4A level. In 2008 his group won the state 4A title. George's teams displayed the characteristics of their

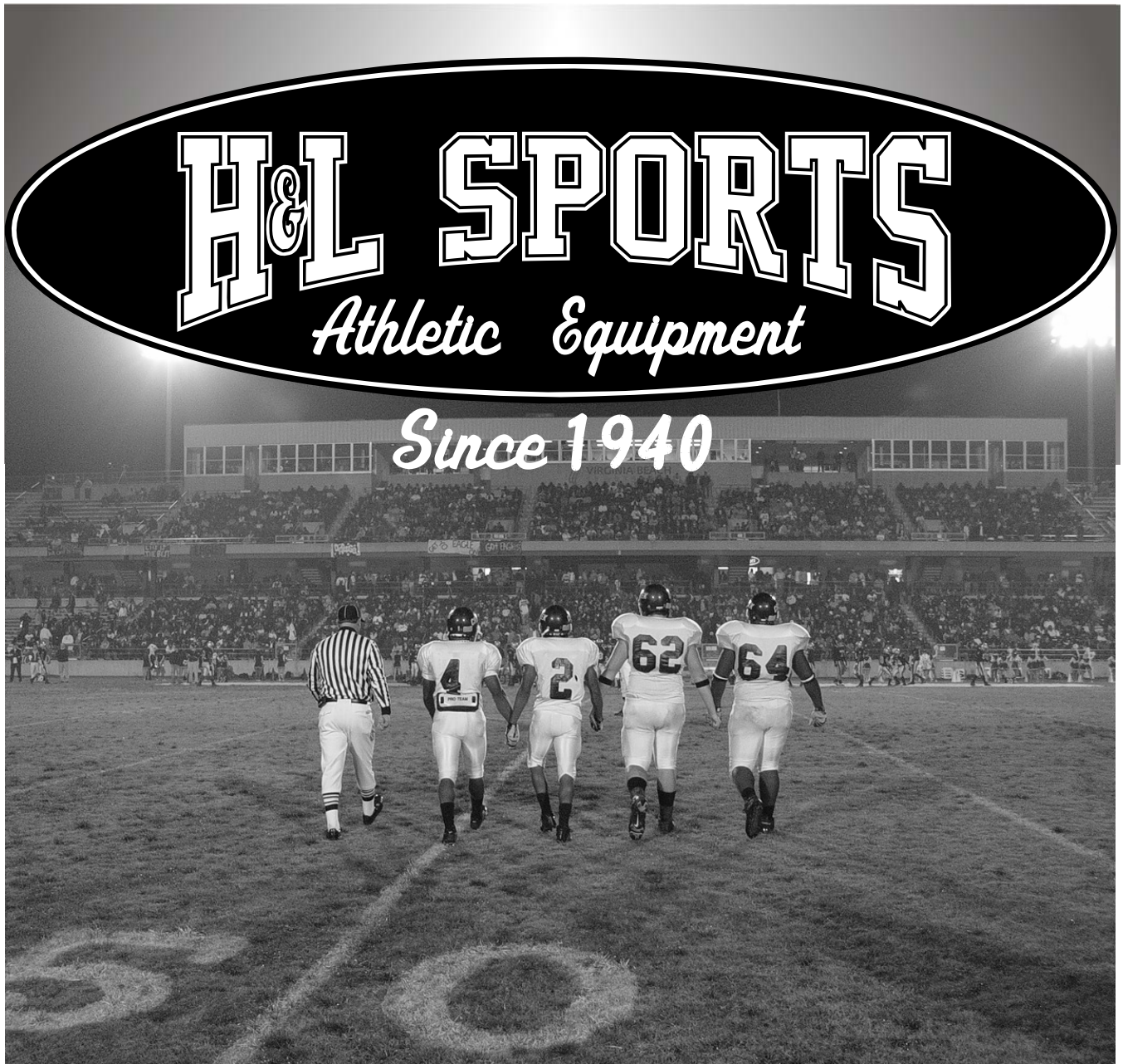
coach, prepared, and embraced the competition.

One of the proudest moments George shared, was his 2004 state title game with Inglemoor. The Vikings coach is his longtime friend, and fellow hall member Jeff Skelly. To reach the zenith of high school coaching and know you get to share it with friend was a moment coach Crowder is very moved by. He is a class act, and a great addition to the softball hall.

Bill Barker

Anyone who has competed against one of Bill's Royal teams knew it was an opponent that was more than worthy. The Knight softball teams of the 80's and 90's were second to none. During that span they were in the title game 7 times with 6 state crowns, and a grand total of 18 top 6 finishes. Bill's teams were offensive juggernauts that pounded the ball.

During his 33 years they were victorious 495 times, a staggering total. Bill and his staff loved to play quality programs and went all across the state to find the competition, by traveling, or inviting them to their Royal City Invite, always a quality affair. Playing his teams gave you a barometer by which to gauge your own program. If you could hang with Bill then your team was worth their salt. As with many of our Hall members Bill coached numerous sports. wrestling, football, and basketball. His induction is long overdue, and we are honored he is a member. ■



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