

THE WASHINGTON COACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



MVP ATHLETIC

1210 Franz Street
Lacey, Washington 98503
t 360-413-5047 / f 360-413-5051

**UNIFORMS EQUIPMENT SHOES
JACKETS HATS CLOTHING**



TOLL FREE 877.413.5047

PROTECTING

your investment,
property,
and athletes

RESILITE™
SPORTS PRODUCTS, INC.



Wrestling

WRESTLING MATS, HOME USE MATS,
USED WRESTLING MATS, REPAIR KITS
and MAT STORAGE SYSTEMS.

Exclusive Supplier of NCAA Champions since 1963



Gymnastics & Cheerleading

TUMBLING MATS, LANDING MATS, PITS,
ROLLABLE FLOORS and TRAINING AIDS.

And Much More

More than 100,000 Schools, Universities,
and Clubs have requested Resilite Mat
Products for over 40 years. Call for a free catalog!



Wall Padding

Protect walls in WRESTLING
ROOMS, GYMNASIUMS, BEHIND
BASKETBALL STANDARDS,
and OTHER APPLICATIONS. Installations available.

**GARY E. FREY
SUPPLY-WRESTLERS WORLD**

PO Box 657
Elma, WA 98541-0657
877-427-4400



Executive Board

Past President Pat Fitterer	President Susan Doering
1st Vice President Nalin Sood	2nd Vice President Rob Friese
3rd Year Position Tom Harmon	3rd Year Position Darrell Olson
2nd Year Position Brett Lucas	2nd Year Position Dante Gouge
1st Year Position Tony Batinovich	1st Year Position Pete Orgill
Secretary-Treasurer	Jerry Parrish
Clinic Director/Coordinator	Ed Laulainen
A.D. Liaison West	Bob Bourgette
East	Bill Alexander
MS Liaison	Mike Schick
Magazine Editor	Mike Schick
Associate Editor	Barb Johnston
Scholarship Chairman	Rick Giampetri
All-State Game Liaisons	Pat Fitterer, Bill Alexander

Sport Associations Board Representatives

Athletic Trainers -Chris Franklin	North Kitsap
Baseball - Pete Orgill	Davis - Yakima
Basketball (B) - Nalin Sood	Mt. Lake Terrace
Basketball (G) - Jade Hayes	Bellevue Christian
Cheerleading - Tara Wood	Liberty
Cross Country - Joe Clark	Lakes
Fastpitch - Tom Harmon	Nooksack Valley
- Kyle Peacocke	Everett
Football - Bob Bourgette	Kennedy
Golf - Darrell Olson	Everett
Gymnastics - Susan Riley	Shorewood
Soccer - Tom Turner	Quincy
- Aaron Radford	Kentwood
Swimming -Jeff Lowell	Mercer Island
Tennis -Nathaniel Whitley	Rogers Puyallup
Track & Field - Daunte Gouge	Kings
Volleyball - Tony Batinovich	Puyallup
Wrestling -Craig Hanson	East Valley (Spokane)

For more information contact the below:

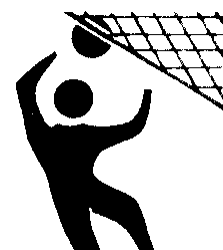
Secretary-Treasurer
Jerry Parrish
18468 8th Ave NE, Poulsbo, WA 98370
360-271-1377 (CELL) 360-779-4326 (FAX),
jparrish21@comcast.net

Magazine Editor
Mike Schick, 2110 Richardson Drive
Puyallup, WA 98371; 253-848-9321
WSCA-Editor@comcast.net

Associate Editor
Barb Johnston, 421 E. Davies Loop Road
Lake Stevens, WA 98258; 425-334-2760
Johnston.barbcliff@frontier.com

WHAT'S INSIDE

From The President	2
From The Sidelines	3
First and Ten	4
Nike to Host Hammer Time	5
Drop us a Note	6
Hawkes Squawks	7-8
Terry Ennis Scholarship	9-10
Running on Empty	11-13
Draft Proposal on Spring/Summer Football	14
Earl Barden Football Classic	15-17
On the Sideline Nomination Form	18
All State Volleyball	18-21
Where are they Now? Form	22
Washington Coach Deadlines	22
Plantar Fasciitis	23
3A/4A All-Star Football Rosters	24-25
A Detailed Look at the Warm-Up	26
Sports Nutrition Navigator	27
High School Golf Coaches Clinic	28



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

Summer 2012

Dear Coaches,

Another school year is coming to a close as is my tenure as president of the Washington State Coaches Association. For those who know me, it will seem appropriate that this final letter is full of ramblings.

The Presidency has been a very interesting and enjoyable experience. I would really like to thank my board for being so supportive and encouraging. Many of them are past presidents and they have tolerated and encouraged me along the way. A special thanks to secretary-treasurer Jerry Parrish for keeping me organized and keeping the Association going in the right direction.

For the past 12 years I have been a part of the Burnett-Ennis Scholarship Committee. I am constantly amazed by the quantity and quality of the applicants we get each spring. We average around 90 applicants split almost evenly between males and females. Most of these student athletes are involved in at least two sports, often three. All have done community service and have been in leadership in the different extra-curricular activities offered at their schools. I am amazed that most of them do this and maintain a very high GPA. Kudos to your children, coaches. They are amazing!

Again, coaches, please be aware of all that your athletes are doing in the summer. Provide for rest and relaxation as well as continued skill development and game participation. Allow them the flexibility to go on family vacations and do other things. Yes, I as much as anyone want my kids participating in my sport. I have seen the benefit of those extra touches on the volleyball. Above all, though, I want them to remain healthy, balanced and committed athletes and love the game. As far as it depends on you, figure out ways to make their summer fun and enjoyable. There is a reason it is called a GAME.



WSCA registration is still going on. We are still trying to make sure ALL that have registered PAY. If you have not received your card chances are that you have not paid. If you are not sure email Jerry Parrish (jparrish@donobi.net) and he will let you know. Here are the cold facts as of April 30th:

<u>Sport</u>	<u>Registered</u>	<u>Paid</u>	<u>Not Paid</u>	<u>% Paid</u>
Baseball	192	141	51	73%
Boys BB	316	257	79	75%
Fast Pitch	140	107	33	76%
Football	798	533	265	66%
Girls BB	209	160	49	76%
Track	244	188	56	77%
Volleyball	221	156	65	70%
Wrestling	278	197	81	71%
XC/B&G	197	148	49	75%

We have a wonderful profession. We have wonderful comrades. Let's have a wonderful summer! (Paris, Ireland, London, Tour de France, Olympics- here I come! It will be wonderful!!!)

Sue Doering
WSCA President

From The Sidelines

by Jerry Parrish

SUMMER ONIONS



As was stated in a past issue, the Onion season is here as the plants begin to blossom.

- As of May 1, the WSCA had 3,240 registered members. Of this number only 2,238 have paid their dues which means 1,002 have registered but not paid dues. This is a PRIME ONION with strong effects.
- Several Spring Sport Coaches are grumping about having so many rainouts and perhaps if they feel so strongly about extending season in to the first week of June, they should review the WIAA Amendment policy. It works.
- Reviewing 2011-2012 WSCA memberships, the football coaches get the biggest “Bloomin’ Onion.” The numbers show 798 football coaches registered on line and only 533 paid for WSCA membership. This means 66% of those who registered followed through with dues payment.



ORCHIDS

- Further review of the 2011-2012 memberships that had over 100 coaches paid found that cross country and boys basketball had the best percentage of those registering and those paying. Both sports had 75% of their coaches submitting payment. The best percentage of all sports goes to girls basketball, 76%.
- Kevin Griffin and Paul Johns of the Seattle Seahawks hosted 22 of the finest football coaches in our state at the 6th annual Seahawk Mentorship Academy. The sharing of football information by the attending coaches was excellent. No X’s and O’s but basic ways to make each coach and each program better.
- Orchids: to all the WSCA football coaches who have served as “gophers” at the WSFCA “Earl Barden” Classic for the past 18 years. Coaches who take time away from their families and teams to put on one of the best all-state games in the state of Washington. Thanks Earl Barden Gophers for all your work to make this game great. p.s., The game will be held at East Valley HS (Earl Barden Field) this year due to construction activities at Eisenhower HS. ■



Registration Form Adjustments - The registration form will be a three step process.

Step 1 -Check Your Schools Status

This will allow all coaches to search the database and see if their school is part of a district that pays for its’ members.

If they find their school district is a part of a district that pays for its’ members, they will be permitted to move forward with the registration form without paying.

If the coach finds that their school district is not part of a paying district, they will be allowed to register and pay online at the time of the registration.

Step 2 -Actual Registration

The actual registration itself will not change much other than the following:

A) Allow Up to Three Sport Choices

B) Paying Online for Coaches that are not part of a paying district

C) MailChimp will now post coaches in different categories based on sports

D) Coaches can not register more than once

Step 3 -Online Payment

The registration form will securely

accept payments and process the credit card information to Elavon. Once Elavon receives the cardholder information they will provide a response (accepted or declined) and we will show the appropriate confirmation or error page based on that response.

If the card information is approved, our system will designate the coach as a paid member and supply a confirmation page and email.

If the card is declined, the coach will be provided an error page and asked to try again. ■



FIRST AND TEN

An Open Playbook to Coaching Success

by Johnny Tusa

High School Membership Development, American Football Coaches Association

Reasons to Coach

Each year many young men and women decide to enter into the teaching/coaching profession. These young men and women set out to follow a dream, pursue a career, and embark on a journey to change lives. From the very first day that one stands in front of adolescents to lead, he or she begins to transfer a very real and tenuous power of influence.

The reasons for getting into the coaching profession should be encased within the parameters of two basic questions; first, do I love working with young people enough that I would do it for free. Secondly, can I live without coaching and be satisfied. These two questions, if answered yes and no respectively are the cornerstones for success in the coaching profession.

Success is the key word that produces numerous definitions. Success in my book has nothing to do with winning and losing. Success to me has everything to do with running a consistent first class program. The process put forth to achieve such a program should include those activities that would lead to an outcome that showcases a maximum performance by each team member. By focusing on the process, the energy exerted by staff and participants in each endeavor, is free and clear of uncontrollable outcomes. Doing your best is a clear goal that relieves each team member of false and meaningless yardsticks. Ultimately, the will to win (succeed) is in direct proportion to attitude, work ethic, and passion.

So, if you've been led to believe that winning and losing is the sole criteria for judging the success or failure of an individual or team please think again! The truth of the matter is that although the won/loss record can be a contributing factor, it is by no means the primary factor. And, if it is portrayed as the primary factor, the institution involved is fostering a concept that is damaging to everyone involved or associated with said institution. The goal of any well run program should be geared to produce a well-rounded, responsible, and accountable citizen. Anything less should be unacceptable.

How important is coaching today? More important than ever. Why? The landscape of the family structure has changed dramatically in the last half century. Below are some startling statistics that make a strong case for the need of male role models in coaching and teaching. These statistics were gathered by the U.S. Census Bureau in 2009.

- There are approximately 13.7 million single parents in the U.S. today.
- These single parents are raising 21.8 million children or 26% of the nation's children under 21 years of age.
- 84% of custodial parents are female (approx. 11.5 million) of which 60.9 % are under the age of forty.
- 34% of single mothers have never been married.
- 49.8 of single mothers have full time jobs.
- 27% of single mothers and their children live in poverty.

The above statistics indicate a strong need for males in our schools. Every child needs a balance in parental guidance. Coaches and teachers often times must fill that gap. The 21st century has a great need for coaches who can teach the game along with the solid values of life.

The fallout from single parent homes is numerous. The empirical evidence of single parenting is manifested in their children in many ways. The most pronounced manifestations are:

- The lack of after hour's supervision.
- Inconsistency in supervision e.g. grandparents, relatives, neighbors, peers.
- Dependency on outside transportation to get to school.
- Chronic tardiness.
- Poor nutrition.
- Inconsistent guidance, encouragement, and support.
- Absenteeism.
- Children forced into adult roles financially.
- Older siblings are responsible sometime during the day for younger siblings.
- Parent unable to attend important meetings and activities of children.

Coaching can only be effective after the staff has a plan for each player dealing with his or her circumstances. Until the distractions of everyday life are removed, it is very difficult for a child to focus, flourish, and learn.

One of the most effective ways to deal with individuals who lacked sufficient parental help was to let them know you were there for them off the field. Once you proved to players that you cared about them as individuals, and then great strides could be made in giving them the personal skills to handle their circumstances. In summary, developing the total child should be the ultimate goal of any top notch program. ■

Nike to Host Hammer Time

by Lane Dowell

No, this is not an infomercial for Nike. This piece is just a look at the movement of the sports most unique and technical event from the back lot to center stage.

Yes, I am very biased on behalf of the event but do have some experience, as a coach, USATF Master Level official and athlete of modest means, upon which I base my afore mention bold statement.

Long and Strong recently spent a few moments chatting with the affable Mark Pilkenton, the Nike liaison for Hammer Time.

Long and Strong: How did Nike become involved in making the Hammer a focus event for the 2012 Olympic Trials?

Mark Pilkenton: *Nike is a partner of USATF, the USOC and of course the Oregon Track Club. So it seemed right for Nike to take the lead on an innovative idea that would put the spotlight on an event that rarely gets attention in the US. Plus, we wanted to spread the energy and values of TrackTown USA to the state's largest market, the Portland metro area. We are excited that the first US track and field Olympians will earn their spots on the Nike campus.*

L & S: Why the Hammer?

MP: *While the hammer gets a lot of love and attention from track fans in Europe (especially northern Europe), it is an event that typically flies (sorry) under the radar here in the US. Plus, the Ronaldo Field here on campus lends itself to a field event like the hammer throw. Our employees are really excited about hosting a sanctioned national championship event.*

L & S: Tell us about the creation of the venue and hoped for future use.

We'll pour the ring near the Tiger Woods Center, our meeting and convention facility, and the throwers will throw towards the Lance Armstrong building located at the opposite end of Ronaldo Field – a field large enough to hold two soccer games simultaneously.

We'll have bleachers, a jumbotron, and all of the amenities of a national competition.

We have a world class fitness facility that the athletes can use in the days leading up to the competition. For fans, we'll have regular campus tours, a special hammer tee shirt we've design just for the occasion, plus plenty of food and beverages for sale. It's like taking a tiny piece of Hayward and placing it on the Nike campus.

L & S: What results do you anticipate for the event?

MP: *Nike believes the future of Track and Field depends on making the event more accessible to fans and future fans. To highlight one event like the hammer in an unusual location is one way to do that. We hope the athletes enjoy the venue and competition, we hope young throwers throughout the Pacific Northwest will attend and that our employees and Portland-area fans will learn something about the hammer throw and these incredibly dedicated athletes. As you can tell, we are really excited about this and hope you and other reporters are pleased with the results.*

Mark and Nike, we wish to THANK YOU and Nike on behalf of all who love this beautiful event

I will wear the blue Nikes that the officiating team was given at the 2008 USA Olympic Trials with an even a greater sense pride as I watch many of my former crew administer our favorite event in the bright light provided by your employer. These shoes are a prized momento from my last big meet as a head USATF official. They, truly, get more comfortable as time passes. ■

ADVERTISE

The Washington Coach - check out our rates!

Full Page	4 Issues	\$500.00
½ Page	4 Issues	\$320.00
¼ Page	4 Issues	\$200.00

1, 2 or 3 issue rates are also available.

Contact Mike Schick at wsc-editor@comcast.net



Drop us a note...

We would love to hear from you.

wscs-editor@comcast.net

May 9, 2012

Dear Coach,

Enclosed are two checks, totaling \$750, for the Burnett-Ennis Scholarship fund. I can't remember the exact year that you began providing these scholarships, but it must be getting close to twenty-five years. I hope the program can continue for another twenty-five.

Reading the magazine helps me keep up a bit on the WSCA programs and coaches, though I have to admit that most of the names of the coaches are unfamiliar to me. The color photos now on the front cover really add a lot to the appearance of the magazine. It's a very inviting look. One of the columns I like to read is the one by President Sue Doering, since it imparts a lot of useful advice and wisdom, not only for coaches, but for anyone in a leadership role.

Well, I have to go outside now under the swaying palms and work on my tan. Hope you are fine and looking forward to a good (and sunny) summer.

Best wishes.

Bob



Hawkes Squawks

As the school year winds down, there comes moments when it's time to reflect on the past, check out the present, and look toward the future with keen eyes. As we know, sports are a great common denominator that brings people together, regardless of who they are and what they do. If there's any doubt about the dynamics of sport, then it's good to know we don't always see eye to eye. Sometimes it's easy to forget what brought us to the dance.

THIS MESSAGE IS SIMPLE

It's now time to open the curtain on basketball officiating. At all levels, this game, once played with finesse, has become too darn physical, especially under the basket. Now, we continually see players palming the ball as well as all kinds of traveling violations. Plain and simple, the RULES should be enforced. BUT, this is not likely to happen. Most of us don't like what's happening in regard to officiating, but if you're a fan you live with it. Even members of the *Old Timers*, who are former basketball players, officials and coaches, conclude that the game has now become a contact sport. When you ask why basketball is played this way, you get the answer, "This is the way it is." It is my belief that it is definitely time to add a fourth official to help manage the game. This seems especially true during the transition phase of the game, which has become too fast for a trailing official to call. Some of you may say, "No;" I say "YES."

ONE THING FOR SURE

If ever a man was born to motivate people of all ages, it was Lou Tice, who recently passed away. A fireplug guard,

Lou played for West Seattle High in the fifties, and after a brief football coaching career, found his lifelong calling. He set out to change the mental health of coaches first, then with teachers, and then the rest of the world. The first time around, he struggled to get coaches to buy into his new thinking pattern. I, for one, however, bought into it lock, stock, and barrel. I could see how powerful his philosophy could be if used for coaching and for teaching too. Lou was so good at engaging curiosity and interest that he became a household name. Over the course of his long and distinguished career, he taught athletes, students, coaches, parents, business professionals, and politicians how to think in a positive way. He will always be remembered as the pioneer who changed the way we think about ourselves, our family, and our future. Recently, I heard on the grapevine that in the future Kennedy High School will build a new stadium to be named after Lou. What a good way to honor a man who changed the face of competition.

THE BAD AND THE UGLY

I am increasingly disturbed by the fact that Gregg Williams, the former New Orleans Saints defensive coordinator, coached his players to injure opponents. Nothing is more arrogant or nasty than to viciously attack and hurt other players! This disturbed coach should be banned from the game, never allowed to coach at any level, and given jail time. It is troubling that others may have done the same, but this is wrong and has to be stopped. The facts are painfully clear that Williams deserves no mercy for what he

did for three years. His actions brought shame to this great game we coach and love. The players who played in order to collect that unworthy money deserve any punishment handed out by the NFL commissioner.

TO THEIR CREDIT

Chuck Tarbox of Juanita High School football fame lives in Surprise, AZ. Although this coaching warrior is suffering from a series of health issues, he still maintains a positive outlook. Chuck continues to live and breathe information about what is happening in our state prep scene. If you want to make contact, here is his mailing address: 16444 West Desert/Wren Court. Surprise, AZ, 85374. I know Chuck cherishes hearing from his colleagues, former players, and friends. . . . Stan Toloff, the current Archbishop Murphy baseball coach, has earned 500 wins over a 34-year period at five different schools. Even though this record is outstanding, even more impressive are the testimonials from his players, who highly respect their coach. Steve Suplin, Stan's longtime assistant, said, "It's never been a destination with wins or state championships for coach; it's always been the process of getting to a moment more than the moment itself." These words speak volumes for this former Queen Anne grad.

There is also high praise for Mariner Track and Cross Country Coach Howard Price, who passed away after teaching and coaching in the Mukilteo District for 30 years. Mariner football coach John Ondriezek said it best, "He really had a heart for kids, and I feel very fortunate that I was able to have

Continued on page 8

Continued from page 7 - Hawkes Squawks

Howard as a colleague, a friend, and mentor.” His success was triggered by his passion to experience kids running track. This being an Olympic year, Howard would be soaking up all the track events. . . Rod Bly also recently died after spending nearly three decades officiating football in Snohomish County. This highly respected official had an abiding love for the game. His wife Noreen said, “He just loved to officiate.” Rod made sure that the games he called were within the rules, which earned him respect from colleagues, coaches, parents, and fans. His legacy will live on as an example to those who wear the striped shirts on Friday night.

GOING, GOING, GONE

College coaches are tugged in two directions, to win immediately and to recruit the best. However, questions are increasingly being asked why these coaches recruit athletes whose sole intention is to use their programs to jump start professional careers. They have no interest in earning a college degree. We already know that the entire National Championship Kentucky starting five is heading for the NBA. Oh, yes, some will say that they will return to get their degree, but that’s rarely the case. It’s unfortunate that alumni boosters with money dictate that winning is an immediate requirement to keep a job. The harsh truth is that these athletes don’t belong in college in the first place. Unfortunately, this trend is likely to continue until the power of the dollar is removed. There was a time when an athlete had to be a student too. We shouldn’t kid ourselves that some programs don’t really care if their athletes graduate. On the plus side, there are a few programs that have higher academic requirements, and those playing must meet their standards.

ABLAST FROM THE PAST

After years of coaching football, you may qualify for the **SHORT YARDAGE**

CLUB. This includes a group of old coaches who wore bike shorts, carried a clip board, liked calisthenics, and knew how to defense the Notre Dame Box. They may also have forgotten the play called when coming to the line of scrimmage. If that fits you, then you are welcome to attend a social meeting to be held this summer. There are no membership dues, just a gathering of old timers who still have a story to tell. If you are interested, let me know by email. You’ll never know who might show up to spin yarns of yesteryear. Usually the stories get better every time they are told.

THE GOOD, THE BAD, AND THE UGLY

An **UNASSISTED TRIPLE PLAY** was pulled off by Fort Vancouver JV shortstop Ivana Angel with help from James Unger, her softball coach. She caught a line drive, tagged the runner going to third, and then heard her coach yell to tag the runner heading for second. After getting a signed ball and a trophy, the next thing she knew was that she was brought up to the varsity. Not bad, for a volleyball player turned shortstop playing softball for the first time. How is that for a life time memory? . . . Should a pitch count be held? Depending on their perception, there are some high school coaches who don’t believe in a pitch count. In Louisiana, two pitchers went 15 innings, throwing a combined 347 pitches. There was no set up pitcher, no closer, and they just kept throwing until their arms were dragging. One pitcher will sign with LSU, the other with Tulane. As college pitchers they will be limited as to how long they can stay on the mound. Current thinking says that the practice of unlimited throws would certainly bring on a sore arm. Coming in our future is a major fear by football parents about concussions. Doctors warn about soft tissue in the brain smashing into the hard bone of the skull. Studies suggest up to 15 percent of football players

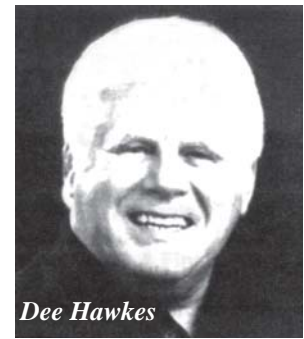
suffer a mild traumatic brain injury during the season. When you look at the starting ages of 5, 6, 7, or even 8 putting on helmets, you ask why take the risk. Of course, emphasizing helmet fitness, safety and teaching good technique is about all a coach can do. The tendency to reward or promote the “big hit” needs to be stopped. The bottom line is that there are parents of young children who are saying no to contact sports based on concussion fears.

LET THE RECORD SHOW

We had the Kingdome made available for high school sports for three decades. At the time, it seemed a shame to destroy it, but the name of the game of professional sports is to get bigger and better. This much is known, there were lots of thrills and spills in that cement fixture. At the time, it was a great place to watch the best play. Remember, although it took only 17 seconds to bring it down, my personal memory bank will not let me forget the good times I had being there. And then, for the old baseball guys, there was Sick Stadium! These days, we have two huge stadiums standing side by side that takes care of all major professional sports. Now, to watch the best plays you need to rob the piggy bank or take out a loan. So, the best bargain in any town is to watch he preps play.

The new school year will soon dawn with the fall sports, so take a break and do lots of family stuff this summer. If you want to make contact, please visit hawkes32@comcast.net and let me know what’s on your mind. Your comments are always welcome whether you agree or disagree.

See you around, I hope. ■



**Deadline:
December 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*



continued on next page

continued from previous page

Washington State Football Coaches Association TERRY ENNIS SCHOLARSHIP

Academic Information

Briefly describe any scholastic distinctions or honors you have received since entering the 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 December 1st.

Incomplete applications will not be considered.

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

RUNNING ON EMPTY

My Life-Long Battle with Sleep Apnea

By Steve K. Bertrand

My doctor entered the room, shook my hand, pulled out his chart, studied it for a few moments, glanced at me, shook his head, & said – “I don’t know how you’ve done it. Been a long distance runner your whole life. I’ll bet you haven’t had a good night’s sleep in years. Based on the results of your sleep test, you average thirty-seven interruptions an hour during an eight-hour period of sleep. That would be the equivalent of someone shaking you awake on average every two minutes. As if distance running isn’t challenging enough...” He searched for the right words. “It would be interesting to see how well you run after a restful night’s sleep. You’re suffering from a pretty serious case of sleep apnea.”

Sleep apnea isn’t a new medical condition. It was first diagnosed in 1965. The word “apnea” comes from the Greeks. It translates into “want of breath”. There are basically two types of sleep apnea – central & obstructive. Central sleep apnea, which is less common, occurs when the brain doesn’t send signals to the breathing muscles to begin respiration. Obstructive apnea, which is more common, takes place when air can’t flow in & out of a person’s mouth or nose though efforts to breathe are continued.

My whole life I’ve hit the sack

at night earlier than most people. I’ve always marveled at people who had the stamina to burn the proverbial candle at both ends. “Got to get my beauty sleep,” I’d say. And, even though I went to bed early, I slept late. The alarm clock was no friend. Furthermore, even after eight hours sleep, I rarely felt rested. Weekends couldn’t arrive soon enough so I could sleep late. I always figured it had something to do with my active life-style – You know -running long distance.

Individuals suffering from sleep apnea may experience 20-30+ “apnea” episodes in a given night. These pauses in breathing are typically followed by snoring between episodes, though not everyone who snores has sleep apnea. Choking sensations can be a symptom of sleep apnea as these interruptions prevent deep, restorative sleep & often cause daytime drowsiness & headaches.

My wife, Donna Marie, was the one who brought to my attention my sleeping habits were less than blissful. “I’m worried about you,” she said. “During a typical night, you snore, choke, stop breathing, and then, gasp for air. When that’s done, you start the cycle all over again. It can’t pos-

sibly be good for you. Furthermore, I can’t sleep. You should talk to your doctor. In the meantime, I’m thinking about sleeping in the other room.” “I’m fine,” I said. But just to please my wife, I made an appointment with my doctor.

Sleep apnea isn’t discriminatory. It occurs in both genders & all age groups. Though possibly under-diagnosed in females, it is most prevalent in males. Statistics show two percent of middle-aged women & four percent of middle-aged men suffer from daytime drowsiness & sleep apnea.

Those most likely to be candidates for sleep apnea include individuals who have high blood pressure, snore loudly,

are overweight, or have physical abnormalities in the throat or nose. Appearing in some families, sleep apnea is possibly a genetic trait.

It was an autumn evening in 2003 when our phone rang. My wife answered. It was our seven-year-old niece, Maddison, calling. “Is Uncle Steve there?” she asked. Having spent my life as a teacher, it wasn’t uncommon to receive homework questions from the nieces & nephews. “I’m sorry, Maddi, Uncle Steve has already gone to bed.” It was 8:30 p.m.. On my behalf I’d just like to say I had turned my cross-country team out that morning, taught all day, coached that afternoon, & taught a martial arts class that evening. Still, retelling that story remains popular in our family!

Sleep apnea is typically caused by either structural or mechanical problems in an individual’s airway. These

“Early to bed and early to rise make a man healthy, wealthy and wise.”

Benjamin Franklin

Continued on page 12

Continued from page 11 - Running on Empty

problems cause disturbances in one's breathing during sleep. In some cases, an individual's tongue or throat muscles relax while sleeping & block the airway.

I grew up believing I had a bad memory. Figured it was just bad luck. Just picked up the wrong gene. It was probably inherited from my father's father. Remembering people's names was particularly difficult. My grandfather Bertrand had always used the term "kiddo" when referring to his grandchildren. I'd always viewed this as an endearment. Now, looking back... I'm not so sure. But the term kiddo became very useful in teaching. Working with 150+ student/athletes each day, the term kiddo often saved my bacon. You can't run around yelling "Hey you!" all day. That's a dead give-away! Still, I'd cringe whenever alumni returned to our high school & inevitably said – "Do you remember my name?"

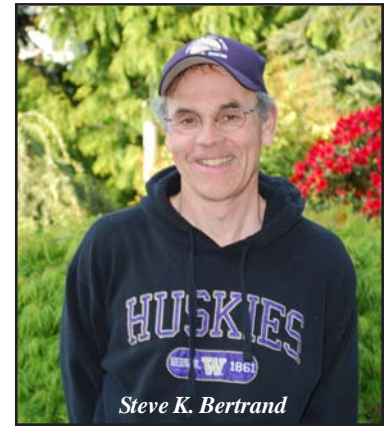
Individuals who suffer from sleep apnea have trouble breathing in oxygen & exhaling carbon dioxide. The result is increased carbon dioxide & decreased oxygen in one's blood. This triggers a "Mayday! Mayday!" response in the brain. As a result, the brain sends a message to the throat muscles to open the airway. There is often a loud gasp or snort, & breathing is restored. The unfortunate thing is an individual can't possibly achieve a deep, restorative sleep. The mind & body needs this to repair itself & function properly.

It was January 1st, 1983. I had driven to Snohomish on an eighteen-degree New Year's morning to compete in the Snohomish-To-Duvall 20-Mile race. I had gotten to the event early. After warming up, I returned to my vehicle. I remember thinking – "I'll just close my eyes for a moment." I promptly fell asleep. The next thing I knew a friend was tapping on my frosted window. "Hey, Steve, everyone's on the starting line! You racing?" In my defense, I'd just like to say it had nothing to do with ringing in the New Year. Once moving, I did manage to clock 1 hour & 58 minutes. Not bad for a guy with cobwebs in his eyes!

With so many disturbances to one's sleeping routine, individuals who suffer from sleep apnea are often drowsy during the day. They many have trouble with concentration. Job performance may be affected. The impact of sleep apnea runs the gamut – annoying to life threatening. Consequences include irritability, depression, sexual dysfunction, memory or learning difficulties, and falling asleep on the phone, at work, or behind the wheel of an automobile.

I guess it was about six years ago. I was returning home one winter evening after teaching a martial arts class. I was stopped at the red light near the corner of

Mukilteo Speedway & Harbor Pointe Boulevard near the QFC. I was waiting to turn left. The next thing I knew a huge Boeing 767 came rumbling right above my Rav 4 on its way to landing at Paine Field. It startled me awake. I remember thinking – "I should have had my usual mocha before class!"



If it hadn't been for my wife, I'd probably still have no idea I suffered from sleep apnea. I guess I should say "we" suffered from sleep apnea. Spouses are often the first one's to detect there's a problem. Struggling to breathe & heavy snoring are the tip-off. Friends & co-workers may observe individuals nodding off at inappropriate times – talking, working or driving. Those with sleep apnea may not realize they have a problem. Even when confronted, they may not believe it. This is why it's important to see a doctor for a sleep evaluation.

It was the mid-eighties. I was training hard for the marathon. I had a goal of running sub-six minute mile pace for a full marathon. I was running 2-3 times each day, 80-90 miles per week. I was pretty fit. I'd gotten in the habit of running in the morning. I'd go out for an easy thirty minutes. On this particularly crisp, spring morning, I was running past Everett's Hilton Lake when all of a sudden a guy driving a truck laid on his horn. I jumped straight up in the air. Crazy as it sounds, I must have dosed off while running! Despite the sleep deprivation, I got my marathon goal. I ran 2:36. My doctor's words came back to me... "How well could I have run on a good night's sleep?"

Most people without sleep problems fall asleep at night on average within 10-20 minutes. People who fall asleep in less than five minutes may need treatment for a sleeping disorder. A Multiple Sleep Latency Test (MSLT) &/or Polysomnography can help determine whether or not one has a problem; &, if so, its severity. These diagnostic tests can take place at a sleep center, or with modern technology, even at home.

Treatment options for sleep apnea patients include weight loss, positional therapy, nasal decongestants, surgery, Positive Airway Pressure devices (CPAP, BiPAP & VPAP), & oral appliances. The success of these treatment methods depends upon the severity of the individual's sleep apnea, as well as the physical, mental & emotional

makeup of the patient. For instance, an individual who suffers from claustrophobia might have trouble coping with a CPAP machine, which requires one wear a mask at night.

Sleep apnea is as prevalent as Type 2 diabetes. According to the National Sleep Foundation, it affects more than 18 million Americans. Risk factors include over age 40, male & overweight, but sleep apnea can strike anyone (even children). Smoking has also been linked to sleep apnea. Besides such common affects as headaches, daytime fatigue, vision problems, slower reaction time, attention difficulties & memory challenges, sleep apnea has been linked to high blood pressure, heart disease & strokes. It has also been tied to depression, belligerence & moodiness. As previously mentioned, these factors have lead to job impairment & automobile accidents. The good news is – sleep apnea can be diagnosed & treated.

What finally worked for me was an oral appliance. It is basically a mouth guard. The device is worn at night & positions my lower jaw slightly forward from its usual position. This small change allows my airway to remain open while I sleep. Compared to a CPAP mask, I find it less obtrusive. Personally, the results with an oral appliance have been amazing! I'll admit I was skeptical. I felt I'd been suckered into purchasing snake oil. I'd tried a CPAP machine & failed miserably. I'd never made it through the whole night. At some point, I'd always pull off the mask, toss it to the floor, & mutter some expletive. Despite proving effective for some people, I simply couldn't wear the mask. I wondered if wearing the oral appliance wouldn't prove equally challenging. But, right from the start, I slept comfortably through the night! For the first time in my life, I woke rested & full of energy. Gone were those days when I felt like someone had pulled the plug on my energy level. I thank my wife for her patience & perseverance. And, thanks to the oral appliance, most nights I'm even available to answer homework questions should the nieces or nephews call!

Footnote - Let me introduce myself. I'm Donna Marie Bertrand, the sleep-deprived wife. I could star in my very own version of "Sleepless in Seattle". Allow me to speak on behalf of anyone who may share your bed. If they have even once complained about your snoring, please consider you may have sleep apnea. Forget your pr's and splits. Forget about the condition of the racecourse. Think about the condition of your relationship. Think of the many ways a significant other supports your running endeavors, such as driving you to races before the sun comes up. For this person who still loves you, even though sleep-deprived, set out on the most important run of your life – RUN TO THE DOCTOR! ■



Hudl is now the official online film-exchange solution for

Washington



Online access for your entire team and staff

iPad, iPhone, and Android apps

Online game-film exchange

Fundraising options help Hudl pay for itself

Sign up for a 30-day trial at:

hudl.com/signup

Want to set up a demo? Contact Rick Anderson:
(503) 449-2452

email rick.anderson@hudl.com

Draft Proposal on Spring / Summer Football

The Washington state high school football coaches and administrators feel that the off-season (spring/summer) organized team activities (OTA's) are in need of regulation.

The following proposal will begin the day following the WIAA spring sports state tournaments. The OTA's which currently exist range from very little team activities to an extended, vigorous and grueling programs with a large time commitment by all. The intent of this proposal is to simplify and place some limits on the amount of contact days coaches can have with their team. Simply, put all the coaches and players under one set of state enforced guidelines for off-season OTA's. An "even playing field" for all.

Proposal

The spring/summer regulations for OTA's will mirror the fall rules due to concerns of liability.

1. 3 days of helmets only – First 3 days of spring practice
2. 12 days maximum of contact
 - If teams choose to scrimmage another opponent or go to a team camp each player participating must have completed the following:
 - o 10 days of practice in which the first 3 days are helmet only.
 - o Followed by 7 days of contact; this allows for an additional 5 contact days for practice, scrimmage, and/or a team camp.
3. 5 days of Organized Team Activities (OTA) to be used, at coaches' discretion, anytime after the first days of helmets only practices and before July 31st. Helmets are the only protective gear allowed. Example: 7 on 7 passing competitions.

This allows 20 total days with any player that will be in the high school program (incoming 9th-seniors). Weight room, conditioning, and youth camps (up to incoming 8th graders) are excluded from the 20 day rule.

Each coach will submit a planned practice schedule to his Athletic Director for approval.

Conclusion

This proposal will benefit both players and coaches it creates equality and a safe environment for kids and all schools would be governed by the same guidelines. ■



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

WHEN: SATURDAY, JUNE 23rd, 1pm

WHERE: Earl Barden Stadium East Valley HS, Moxee, WA (Yakima)

The 2012 Earl Barden All-Star Classic will be held for the 18th straight year on June 23rd at 1pm at Earl Barden Stadium at East Valley HS in Moxee. The game is being played at EV for the first time due to construction at Eisenhower HS and Zaepfal Stadium. What a great place to play the Earl Barden Classic....Earl Barden Stadium! The teams are selected from the nominations of the coaches from each league in our state. The selection process took place in early January and the players that have accepted their nomination and elected to play are included on these rosters.

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

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

LET'S ALL MEET IN YAKIMA ON JUNE 23rd FOR SUMMER FOOTBALL.....

Earl Barden Classic Chairman:

Bill "Alex" Alexander, Quincy HS
201 C St. SE, Quincy, WA 98848
509-237-1590 (c) 787-3501 (w) Quincy HS
Alexfb1@msn.com (h) aalexand@qsd.wednet.ed (w)

East Game Coordinator Selection Chair:

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

West Game Co-Chairs:

Rob Friese: robf@willapa.wednet.edu
Tom Sanchez: tsanchez@southbend.wednet.edu



Matt Noren
Owner

Noren Productions

Chehalis, WA
(360) 580-7719
norenproductions@hotmail.com

-Highlight Videos
-College Recruiting
-VHS to DVD Conversion

www.norenproductions.com

West Earl Barden All-Star Football Team

#	First	Last	Height	Weight	Positons	School	Coach
2	Levi	Wigg	5'10"	175	RB/DB	Mt. Baker	Ron Lepper
5	Oliver	Dougherty	6'0"	180	QB/DB	Bellingham	Doug Trainor
5	Tucker	Stanley	6'0"	185	RB/DB	Napavine	Josh Fay
5	Evan	Truax	5'10"	160	RB/DB	Montesano	Terry Jensen
7	Tyler	Clark	5'11"	185	RB/LB	Concrete	Ron Rood
10	Gabe	Gutierrez	6'1"	190	WR/DB	Foster	Jim Sutrick
11	Trevon	Myhre	6'1"	205	QB/DB	Nooksack Valley	Robb Myhre
12	Ben	Broeker	6'5"	205	QB/DB	North Thurston	Rocky Patchin
12	Denver	VanderYacht	6'2"	230	OL/DL	Meridian	Bob Ames
15	Keenan	Walker	5'11"	205	WR/DB	Port Angeles	Tom Wahl
18	Mitch	Gueller	6'3"	205	QB/DB	WF West	Bob Wollan
20	Anthony	Gold	5'7"	170	RB/DB	Renton	Donald Ponds
22	Austin	Baker	5'9"	153	RB/DB	Montesano	Terry Jensen
22	Jake	Clizbe	5'9"	170	RB/DB	Kalama	Eric Boswell
22	John	Murphy	5'10"	160	RB/LB	Meridian	Bob Ames
22	Jordan	Todd	5'7"	180	RB/LB	Interlake	Jason Rimkus
23	Bubba	Lara	5'10"	190	RB/LB	Adna	K.C. Johnson
25	Christian	Melton	5'9"	215	RB/LB	Lakewood	Dan Teeter
30	Jesse	Wallace	6'4"	210	QB/DE	Toledo	Terry Holmes
32	Iopu	Ignacio	5'9"	188	RB/LB	Franklin Pierce	Howard Lutton
33	Levi	Bale	5'11"	195	QB/LB	South Bend	Tom Sanchez
44	Robert	Eaton	5'11"	195	OL/LB	Naselle	Jeff Eaton
50	Seth	Scrabeck	6'0"	255	OL/DL	Naselle	Jeff Eaton
52	Jequan	Hayes	6'2"	245	OL/LB	Lindbergh	Pat O'Grady
57	Andy	Agen	6'3"	265	OL/DL	Burlington-Edison	Bruce Shearer
58	Bo	Russell	5'10"	210	OL/DL	Montesano	Terry Jensen
58	Taylor	Witman	6'2"	260	OL/DL	Lynden	Curt Kramme
59	Sam	Shober	6'3"	215	RB/LB	Archbishop Murphy	Dave Ward
66	Jarek	Jensen	6'3"	290	OL/DL	Squalicum	Reed Richardson
76	BJ	Salmonson	6'4"	270	OL/DL	Nooksack Valley	Robb Myhre
79	Alec	Postlewait	6'3"	265	OL/DL	Mt. Baker	Ron Lepper
89	Zach	Wimberly	6'3"	225	TE/LB	Tumwater	Sid Otton

Head Coach: Robb Myhre Nooksack Valley
Assistants: T.J. Ackerman Nooksack Valley
 Jason Rimkus Interlake
 Shane Byington South Bend

East Earl Barden All-Star Football Team

#	First	Last	Height	Weight	Position	School	Coach
2	Nathan	Roberts	6'	170	WR	Burbank	Richard Harris
5	Nick	Wales	6'2"	200	TE	DeSales	Pat Graham
6	Isaac	Anderson	5'8"	170	DB	Prosser	Benji Sonnichsen
7	Caleb	Garza	5'10"	195	RB	Othello	Roger Hoell
7	Jason	Jorgensen	5'11"	175	RB	Deer Park	Keith Stamps
9	Kade	Eppich	6'3"	170	DB	Connell	Wayne Riner
10	CJ	Matthews	6'4"	175	WR	Oroville	Tam Hutchinson
11	Zach	Bartlow	6'1"	185	QB	Wait/Pres	Jeff Bartlow
11	Nathan	Nobbs	5'10"	170	WR	White Swan/RSC	Andy Bush
12	Victor	Flores	6'	155	WR	Warden	Erik Skone
12	Jared	Sabin	6'1"	230	DE	Wahluke	Brycen Bye
14	Kody	Berens	6'	170	WR	Quincy	Stephen Wallace
17	Joey	Michael	6'3"	215	DE	Cashmere	Phil Zukowski
20	Nikko	Asbell	5'7"	175	RB	Mark Morris	Shawn Perkins
21	Justin	Beraducci	6'2"	180	DB	Colfax	Mike Morgan
21	Travis	Kretschman	6'	170	DB	Cle Elum	Tony Kretschman
23	Javier	Guillen	5'10"	185	LB	Manson	Scott Ward
23	Zach	Mohr	6'3"	175	WR	Deer Park	Keith Stamps
25	Kyle	Weiler	6'1"	180	LB	Cashmere	Phil Zukowski
32	Dylan	Ellsworth	5'11"	195	DB	West Valley Spo	Craig Whitney
36	Dylan	Green	5'10"	205	LB	Omak	Nick Sackman
37	Michael	Newman	5'10"	180	RB	Cle Elum	Tony Kretschman
40	Tyson	Molotte	6'2"	200	DE	Othello	Roger Hoell
50	Nolin	Bare	5'7"	160	LB	Goldendale	Don Strother
54	Eshom	Estes	6'2"	254	OL	Wait/Pres	Jeff Bartlow
54	Justin	Hause	6'1"	215	LB	Lakeside	Brian Dunn
57	Brandon	Heide	6'1"	190	C	East Valley Spo	Adam Fisher
63	Casey	Sorensen	6'	215	DT	Manson	Scott Ward
65	Kroft	Sunderland	6'2"	265	DL	Dayton	Dean Bickelhaupt
70	Roy	Watlamet	5'10"	210	OL	White Swan	Andy Bush
72	Avery	Smetana	6'4"	272	OL	Freeman	Jim Wood
73	Jerry	Isenhardt	6'1"	265	OL	Chelan	Darren Talley
74	Brent	Stromberger	6'3"	215	OL	LRS	Greg Whitmore
75	Caleb	Barnes	6'2"	235	OL	Cashmere	Phil Zukowski
75	Cody	Roberts	6'2"	240	OL	Selah	Jeff Jamieson
82	Nick	Fuller	6'4"	210	TE	Woodland	Mark Greenleaf

Head Coach: Jeff Bartlow Waitsburg/Prescott
Assistants: TJ Scott Waitsburg/Prescott
 Stephen Wallace Quincy
 Tony Kretschman CleElum

WSVCA All State Volleyball 27th Annual Series

by Tanya Campbell, WSVCA member

The 27th annual Washington State Coaches Association's all-state volleyball series at Fife High School featured several local players and coaches in the 3A/4A and 1A/2A matches.

Stadium middle blocker Sarah Caylor and Bonney Lake opposite hitter Danielle Norton were on the 3A/4A red team, along with the Olympia trio of setter Alex Bassett, outside hitter Christie Colasurdo and coach Laurie Creighton. Creighton wasn't going to miss one last chance to coach players from the Bears' 4A state championship team.



"Love doing that," Creighton said. "I definitely was willing to accept the invitation to coach this year with the opportunity to coach two

of my kids from our state championship team. They are not just quality players, but people of character. So I jumped at the chance."

The black team, which won, 25-20, 25-21, 21-25, 25-18, included Tahoma's Miranda Greiser, Kentwood setter Kacie Seims and outside hitter Mikaela Ballou, Auburn Mountainview middle blocker Kelsey Fausko and outside hitter Caitlin Carr, Auburn Riverside outside hitter/middle blocker Alison Wuerch and Enumclaw outside hitter HayleeMae Dennis. Kentwood's Cindy Seims was one of two coaches for the black team. "It's always a great time because you've got some fantastic athletes and quality kids," Creighton



said. "So they make it a lot of fun. This has been a fun group to coach and we've had a great time."

In the 1A/2A match, Black Hills' Brittney Lazaro helped the black team fend off the red team after losing the first game, 17-25, 25-15, 25-16, 28-26. Lazaro had a team-high seven kills and a game-high five



blocks for the black team, which was coached by Black Hills' Kara Peterson. White River middle blocker Dannie Stroud recorded a match-high 14 kills for the red team. Burlington-Edison setter Katlyn Mataya had a match-high 36 assists. The match also featured outside hitter Kendra Henry from Black Hills and opposite hitter Gabby Johnson from Tumwater on the black team and outside hitter Julia Wabinga from North Thurston on the red team. The red team was loaded with the standout players from Burlington-Edison high school. The 1 A / 2 A match proved to be one of the most competitive matches the all state series has ever seen. Long rallies, fantastic setting and great defense proved to be worth the price of admission.



In the first match of the day (1B/2B), the red team won, 25-20, 24-26, 25-18, 26-24.

The coaching staff for the 1B/2B series was the most experienced staff in the history of the series. Suzanne Marble, Pete Schweiger and Ken put together over 100

years coaching experiences and many state titles from their respective high school teams.

Setter/libero Kaela Dewan from Tekoa-Oakesdale had a match-high 20 assists for the red team. Emily Anderson, a middle blocker from La Conner, had a match-high eight kills for the red team.

Jan Kirk and Tanya Campbell have been running this event for many years now and they are grateful to all of the volunteers that contributed to another successful event.

Powersurge VBC 18 Black team contributed so many hours of volunteer work. They helped with the scoring, ran the concessions stand, sold tee shirts, tickets and also ran a 3 ball shagger system for all 3 matches. Those players and parents were there from 9 am until we left at 9:30 pm and here's a big thank you for all of their help!!!!

Read more here: <http://www.thenewstribune.com/2012/03/11/v-printerfriendly/2062221/s-sound-volleyball-players-stand.html#storylink=cpy>



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

2012 All State Volleyball

NAME	HT	POS	HIGH SCHOOL	CLUB TEAM	COLLEGE/UNIVERSITY
Alex Bassett	5'7	S	Olympia	PSVBA	Eastern Washington University
Alison Wuerch	6'0	OH/MB	Auburn Riverside	PSVBA	
Allie Schumacher	6'1	OH	Puyallup	Lake Tapps VBC	Gonzaga University
Alyssa Moomaw	5'7	S	Waterville	NCWVBC	
Ashtyn Mann	6'2	MB	Woodinville	WVBA	Central Washington University
Bianca Martinez	5'7	MB	Ocosta		
Blaine Land	5'10	OH	Wakiakum		Central Washington University
Brandy Hadaway	5'9	OH	Darrington	SIVA	Everett Community College
Brielle VanZonneveld	6'3	OH/MB	Lynden Christian	SIVA	Seattle Pacific University
Brittney Lazaro	5'6	S	Black Hills		Western Washington University
Caitlin Carr	6'1	OH	Auburn Mtn View	KJVBC	
Carrie Starbuck	5'10	OH	Lynden	Skagit Island VBC	St. Martin's University
Chancy Gill	5'11	OH	Pateros	Confluence VBC	Wenatchee Valley College
Christie Colasurdo	5'11	OH	Olympia	Olympia VBC	Western Oregon University
Danielle Norton	5'9	Opp	Bonney Lake	PowerSurge VBC	Wenatchee Valley College
Dannie Stroud	5'8	MB	White River	Lake Tapps VBC	
Davis Killian	5'11	MB	Ritzville		
Deborah Croskrey	5'7	OH	Liberty Christian		
Delaney Monahan	5'10	MB	Pomeroy	Snake River VBC	
Emily Anderson	5'7	MB	LaConner		Undecided
Emily Denham	5'11	MB	Meadowdale	SpaceNeedle VBC	Shoreline Community College
Erin Little	5'11	MB	Colville	Panorama VBC	
Gabby Johnson	5'11	Opp	Tumwater	South Sound Ohana VBC	Eastern Washington University
Grace Druffel	5'8	OH	Colton		
Hailey Sandmann	5'3	S	Wilbur-Creston		Washington State University
Hanna Bayha	6'0	MB	Brewster	Confluence VBC	
HayleeMae Dennis	5'9	OH	Enumclaw	PSVBA	
Jamie Parker	5'2	Libero	Clallam Bay		
Jennifer Nakata	5'8	OH	Pullman	Palouse Area VBC	Wayne State College
Jennifer Tsuji	5'4	S	Lynnwood	SpaceNeedle VBC	
Jessica Brooks	6'2	MB	Darrington	SIVA	
Jill Goldman	5'1	Libero	Darrington		Jones Community College
Jordan Lautenbach	5'8	OH	Burlington-Edison	SIVA	Wenatchee Valley College

2012 All State Volleyball

NAME	HT	POS	HIGH SCHOOL	CLUB TEAM	COLLEGE/UNIVERSITY
Julia Wabinga	5'8	OH	North Thurston	South Sound Ohana VBC	St. Martin's University
Kacey Hartman	5'8	MB	Selah	Central WA Elite VBC	Pacific Lutheran University
Kacie Seims	5'6	S	Kentwood	KJVBC	
Kaela Dewan	5'7	S/L	Oakesdale	Spokane Storm VBC	Eastern Washington University
Johnson	5'9	Libero	Bellarmine Prep	PSVBA	
Katlyn Mataya	5'6	S	Burlington-Edison	SIVA	University of Alaska-Fairbanks
Kelsey Fausko	6'1	MB	Auburn Mtn View	KJVBC	Western Washington University
Kelsey Shriver	5'6	S	Asotin-Anatone		
Kendra Henry	5'7	OH	Black Hills		
Lauren Schulz	5'9	OH	Reardan		
Lindsey Milner	5'10	OH	Meadowdale	Island Thunder VBC	Central Washington University
Linnea Phillips	5'3	L	West Valley	Central WA Elite VBC	Northwest Nazarene University
Liz Flowers	5'11	OH	Reardan	Apex VB Academy	
Lucy Capron	5'9	OH	Burlington-Edison	SIVA	
Maranda Brantley	5'4	S	Davenport	Davenport VBC	Eastern Washington University
McKayla Swearigen	5'0	MB	Asotin-Anatone	Snake River Jrs VBC	
Melissa Willis	5'10	MB	Clallam Bay		
Mikaela Ballou	5'10	OH	Kentwood		Highline Community College
Miranda Greiser	5'6	S	Tahoma	Island Thunder VBC	Highline Community College
Miranda Mielke	5'5	S/Opp	Davenport		Eastern Washington University
Morgan McDowell	5'10	OH	West Valley	Central WA Elite VBC	
Nicole Rack	5'9	OH	Bonney Lake	PSVBA	
Payton Schrum	5'10	S	Meadowdale	WVBA	George Fox University
Piercen Lundquist	5'9	OH	Bothell	Mill Creek VBC	
Pricilla Ponce-V	5'7	OH	LaConner	LaConner VBC	Undecided
Raney Lepper	5'11	OH	Mt. Baker	Skagit Island VBC	Western Washington University
Sarah Caylor	6'1	MB	Stadium	PSVBA	Western Washington University
Shawna Smith	5'7	OH	Mark Morris	Cowlitz VBC	Eastern Oregon University
Taylor Barrus	5'11	OH	Skyview	Oregon NW Jrs VBC	
Taylor Van Valey	6'3	Opp	Hockinson	CCJ VBC	Northwest Nazarene University
Tori Dexter	5'8	OH	Selah	Selah VBC	Dominican College
Tricia Vantino	5'2	Libero	Central Kitsap	PSVBA	Arizona State University

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



“WHERE ARE THEY NOW?”

Please complete and mail to Jerry Parrish, 18468 8th Ave NE Poulsbo WA 98370 or email to jparrish@donobi.net

Name _____ Parent-Coach _____

Year Scholarship Awarded _____

Brief summary of scholarship recipient's status _____

Log on to www.washcoach.org

The Washington State Coaches Association (WSCA) is proud to provide a new nonprofit service designed to assist families in being properly educated about the athletic collegiate recruiting process.



NCAA/NAIA/JUCO
Eligibility and Recruiting
Webinar

Click to listen and learn



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

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

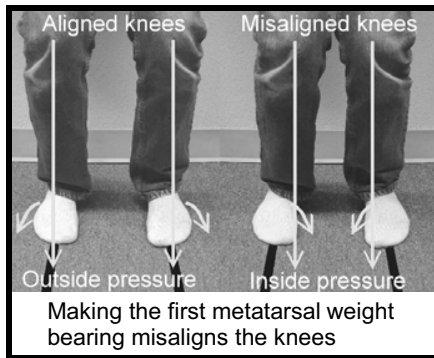
strong enough to prevent the arch from falling and the foot from hyperpronating. The fascia becomes over-tensed because of the lengthening of the arch and twisting of the foot.

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 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

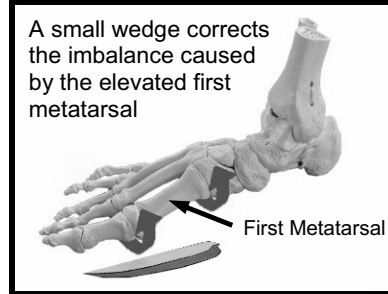
body respond as they always do when your toes (metatarsals) touch the ground. They push back against the ground, so making the first metatarsal and big toe feel the ground just slightly sooner make them push back slightly sooner—just like you did when you scrunched up your feet. It balances your feet 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.

For more information:
www.ProKinetics.com
www.MortonsFoot.com
 Discount Coupon: WACOACH

For personal assistance call between 8 AM and 5 PM PST

Posture Dynamics
888-790-4100



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

No.	Name	Ht.	Wt.	Position	School	Coach
1	Moe Handcox	5'10"	170	WR/DB	Walla Walla	Eric Hisaw
2	Kieran McDonagh	6'2"	240	QB/LB	Skyview	Steve Kizer
3	Skyler White	5'8"	175	WR/DB	Auburn Mountainview	Jared Gervais
5	Emmanuel Thompkins	6'1"	210	DB/RB	Lincoln	Mike Merrill
6	Jordan Thompson	6'3"	195	WR/DB	Timberline	Nick Mullen
11	Justin Hordyk	6'1"	175	QB/DB	Bethel	Gavin Kralik
16	Drew Sharkey	6'2"	250	DL/RB	Ferris	James Sherkey
17	Gaven Deyarmin	6'1"	190	DB/QB	Central Valley	Rick Giampietri
19	James Segura-Mitchell	5'11"	180	WR/DB	Timberline	Nick Mullen
20	Tyler Bergeron	6'0"	190	RB/DB	Battle Ground	Larry Peck
22	Grant Woods	5'7"	165	RB/DB	Kennewick	Bill Templeton
23	Alex Jacot	6'0"	190	LB/RB	Central Valley	Rick Giampietrie
25	Zach Marshall	5'9"	180	RB/LB	Camas	Jon Eagle
26	Richard Johnson	6'1"	195	QB/DB	Lincoln	Mike Merrill
27	Lavonte' Littlejohn	6'0"	190	RB/DB	Lakes	Dave Miller
28	Zach Bruce	6'1"	170	RB/DB	University	Bill Dietrick
30	Jordan Downing	6'1"	205	LB/RB	Chiawana	Steve Graff
31	Miquiyah Zamora	6'1"	190	DB/WR	Chiawana	Steve Graff
33	Kurtis Karstetter	6'2"	195	LB/RB	Ferris	Jim Sharkey
45	Josh Richards	5'10"	160	WR/DB	Sourthridge	Tony Reiboldt
48	Zach Fuller	6'1"	230	DE/TE	Bellarmine Prep	Tom Larsen
50	Josh Stoltz	6'2"	240	OL/DL	Mountain View	Adam Mathieson
52	Zak Porche	6'0"	200	OL/DL	Timberline	Nick Mullen
53	Justin Frost	6'0"	205	OL/LB	Columbia River	John O'Rourke
63	Dylan Bratlie	6'5"	285	OL/DL	Skyview	Steve Kizer
65	Cody Erpelding	6'3"	290	C/DL	Emerald Ridge	Troy Halfaday
66	Tyler Connors	6'0"	200	OL/DL	Central Valley	Rick Giampietri
67	Alex Deutsch	6'1"	250	OL/DL	University	Bill Dietrick
71	Zaheer Webb	6'3"	327	OL/DL	Lakes	Dave Miller
75	Timothy Ah-Hee	6'4"	250	OL/DE	Lincoln	Mike Merrill
77	Kyle Lanoue	6'1"	255	OL/DL	Central Kitsap	Mark Keel
79	Max Kelly	6'7"	260	OL/DL	Gonzaga Prep	Dave McKenny
98	Jonah Koreski	6'1"	285	OL/DL	Skyview	Steve Kizer
99	Ryan Johnson	6'2"	235	TE/DE	Mountain View	Adam Mathieson

Head Coach: Steve Kizer - Skyview

Assistant Coaches: Scott Biglin - Kamiakin, Rick Giampietri - Central Valley, James Gray - Skyview,
Tom Larsen - Bellarmine Prep, Julian Williams - Skyview

Everett Memorial Stadium

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

No.	Name	Ht.	Wt.	Position	School	Coach
1	Nikolaj LaCour	6'2"	210	WR/DR	Redmond	Jeff Chandler
2	Bryan Cassill	5'10"	175	DB/WR	Eastlake	Gene Dales
3	Andrew Dodd	6'4"	215	WR	Jackson	Joel Vincent
7	Jake Nelson	6'2"	195	QB/DB	Lake Stevens	Tom Tri
8	Colton Hordyk	5'11"	190	RB/DB	Arlington	Greg Dailer
10	Alex Wood	5'11"	170	P/K	Mercer Island	Brett Ogata
11	Malik Barnes	6'4"	200	DB/WR	Ingraham	Eli Smith
19	Taggart Krueger	6'2"	180	WR/DB	Skyline	Mat Taylor
20	Ian Nobmann	5'9"	180	RB/LB	Kennedy Catholic	Bob Bourgette
21	Austin Lee	5'10"	190	QB/DB	Sammamish	Brian Tucci
22	Jason Smith	6'1"	182	WR/DB	Tahoma	Tony Davis
23	Adam West	6'1"	170	WR/DB	Mount Vernon	Jaxon Schweikert
25	Josiah Miller	5'0"	160	RB/DB	Oak Harbor	Jay Turner
28	Alex Schwend	5'9"	175	RB/DB	Woodinville	Wayne Maxwell
36	Kyler Larsen	6'3"	190	DB/RB	Meadowdale	Mark Stewart
37	Traishawn Patrick	5'10"	220	LB	Jackson	Joel Vincent
40	Jaray Bates	6'2"	220	RB/OLB	Auburn Riverside	Bob Morgan
42	Jordan Moore	6'1"	195	RB/DB	Monroe	Richard Abrams
44	Cameron Ogard	5'9"	195	LB/TE	Mercer Island	Brett Ogata
45	Kyle Newsom	6'2"	205	OLB/RB	Meadowdale	Mark Stewart
49	Tanner Lucas	6'1"	220	RB/LB	Kentlake	Chris Paulson
51	Colton Niblack	6'3"	240	OOL/DL	Jackson	Joel Vincent
55	Jalen Robinson	6'2"	270	C/DL	Liberty	Steve Valach
57	Sawyer Whalen	6'4"	225	OL/DL	Woodinville	Wayne Maxwell
59	Jordan Barnes	6'3"	200	OL/DL	Edmonds-Woodway	John Gradwohl
62	Cody Tupen	6'2"	240	OL/DL	Lake Stevens	Tom Tri
70	Gino Bresolin	6'2"	265	DL/OL	Eastlake	Gene Dales
71	Cory English	6'4"	285	OL/DL	Auburn	Gordon Elliott
72	Sam Flor	6'4"	285	OL/DL	O'Dea	Monte Kohler
73	William Jenkins	6'2"	300	OL/DL	Kennedy Catholic	Bob Bourgette
75	Anthony Olobia	6'4"	230	OL/DE	Liberty	Steve Valach
76	Austin Richert	6'2"	225	OL/OLB	Issaquah	Chris Bennett
80	Bo Brummel	6'3"	225	TE/LB	Arlington	Greg Dailor
85	Christian Gasca	5'11"	180	WR/DB	Lake Stevens	Tom Tri
90	Corwin Perkins	6'0"	210	LB/TE	Meadowdale	Mark Stewart

Head Coach: Gordon Elliot - Auburn

Assistant Coaches: D.J. Baddeley - Woodinville, Boone Borden - Auburn,
Dan Irwin - Auburn, Kjel Kiilsgaard - Auburn, Wayne Maxwell - Woodinville

Friday, June 30 - 1pm



A DETAILED LOOK AT THE WARM-UP

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

All sports activities requiring muscular exertion benefit from a warm-up. A warm-up is a multifaceted series of organized physical exercises used to prepare an athlete for competition or a training session. Ideally, this preparatory phase will accelerate the adaptation of the body to the upcoming activity. This precompetition/training session phase leads to improvements in performance both in the gym and on the field of play.

Physiologically, the warm-up transitions the body from a non-active status into an intense activity. This requires a certain amount of time to complete and involves the autonomic nervous system¹ and the central nervous system² (CNS). Therefore, the warm-up portion prior to competition or training should be efficient in preparing these two systems.

A thorough warm-up consists of three parts: general, dynamic stretching of the upper or lower torso, and movement specific.

The general portion activates the secretion of hormones that mobilize the glycogen reserves within the body and stimulates activity of the blood, blood vessels, heart and lungs. This increases blood temperature and intensifies the abilities of the capillary system in the heart, lungs, and muscles. This ensures adequate energy, through the blood supply, to all of the working muscles. The emphasis, in this part of the warm-up, is on the cardiovascular components of the body.

This activity of the autonomic nervous system increases the nerve center sensitivity, thereby raising the responsiveness of the respiratory and

heat regulating centers in both the cardiovascular and neuromuscular systems within the body. After making these physiological changes in the athlete, it is time to move on to more movement specific exercises, where engrams³⁴ are developed. An engram makes possible non-conscious, non-thought based, instant active or reactive movements.

The next phase of the warm-up consists of dynamic stretching of the upper, mid, and lower torso. This is not the time to be doing any type of static stretching. Doing so will limit your body's ability to produce maximal force by up to 8%. The purpose of this portion of the warm up is to loosen up the joints but not make them so loose that they become lax as happens with static stretching. All of the movements should be pain-free and within the individual's dynamic range of motion.

Moving through these exercises within three to five minutes prepares the athlete for the final portion of the warm-up, which directly involves sport or training session movements.

The final part of the warm-up specifically directs attention toward movement patterns that are integral parts of the sport or the training session. These exercises, performed at a low intensity with a gradual buildup of speed, further prepare the body for the heavier loads later on in the session.

For example if you are preparing for lower body training session, do 5 to 10 minutes of aerobic exercise until a slight sweat appears. Next, move into the dynamic lower torso stretches such as leg swings fore and aft, side-to-side full range of motion good mornings and

finally body weight squats for 10 to 20 repetitions each.

The final portion of this part of the warm-up will be the actual squat or deadlift, starting out with the bar to groove the technique and then into 50% of the one repetition training maximum, not the competition max. After completing these repetitions, take one, or at the most, two more sets before getting to your final work out weight. Once the warm-up is completed, move up to your workout weight as quickly as possible without spending a lot of time with dinky weights.

Resources:

*Engram development; the vital component to success by Danny M. O'Dell, M.A. CSCS*D Verkhoshansky, Yuri and Verkhoshansky, Natalia, Special Strength Training Manual for Coaches. Published by Verkhoshansky SSTM 2011, Rome, Italy*

(Footnotes)

1 http://www2.ivcc.edu/caley/107/lectures_unit_3/ans.html

The autonomic nervous system (ANS) is an involuntary division of the nervous system that consists of motor neurons (autonomic neurons) that conduct impulses from the brain stem or spinal cord to cardiac muscle, smooth muscle and glands. These motor neurons are responsible for regulating heart rate, regulating peristalsis (smooth muscle contraction of the digestive organs), and the release of secretions from certain glands, such as the salivary glands in the mouth.

2 <http://www.medterms.com/script/main/art.asp?articlekey=2667>

The central nervous system is that part of the nervous system that consists of the brain and spinal cord. Her

3 *:a hypothetical change in neural tissue postulated in order to account for persistence of memory—also called memory trace*

4 *"An Engram is an effect or performance that is imposed upon the Central Nervous System through repetition. From Therapeutic Exercise for Athletic Injuries, Houghlum. P.A. Human Kinetics 2001"* ■

Sports Nutrition Navigator

Coaches' FAQs: Summer Nutrition



What follows are frequently asked questions the WINForum has received about summer nutrition. Responses were developed with WINForum nutrition Advisors/Presenters. E-mail questions and comments to info@winforum.org

How can athletes take their summer training and food intakes seriously as during the regular season?

Setting goals is a good way to motivate athletes to work as hard during the off season as during the season. This is tricky because most student athletes are in complete break mode during the summer. Start summer workouts with a meeting to discuss conditioning, nutrition and what is expected of them. Ask each player make a list of goals they wish to reach during the summer as well as a few team goals.

How much extra water do athletes need to be consuming during the summer months?

This will vary depending on the athlete, the level of training, and the temperature of the area where training is taking place. The most accurate way to assess fluid needs is to ask athletes to weigh themselves before and after workouts to learn an average amount of weight lost during exercise— that amount will ALL be water weight. Your athletes should drink 2-3 cups of water for every pound lost. Hydration needs will increase as the temperature rises. The body produces sweat to cool itself and is one of the biggest contributors to fluid loss. The higher the temperature and intensity of training the more sweat is needed and produced to maintain body temperature.

The Washington Interscholastic Nutrition Forum (WINForum) provides objective science-based nutrition information to help coaches and athletes understand the importance of healthy eating for peak performance. WINForum has become an active online resource for nutrition news and information intended for informational purposes only and not to be a substitute for professional medical advice, diagnosis or treatment. Go to www.facebook.com/WINForum to become a fan, and follow [@WINForum_org](https://twitter.com/WINForum_org) on Twitter for timely nutrition tips

Are summer months the best time for athletes to make weight changes?

Yes, off season training is the perfect time to be leaning down or bulking up. If this is done during the season it has the possibility to affect performance during games. During the off season it gives their body time to adjust to new eating patterns and/or exercise regiments before competition starts. Just be sure they are doing it a healthy way, it is recommended that weight loss or gain should not exceed 1-2 pounds per week. Also, with weight gain be sure they are gaining muscle mass and not simply adding fat. The [Sports Nutrition Game Plan](#) has information on safe ways to both lose and gain weight.

Should athletes eat as they would during the regular season?

It depends. The way an athlete eats should be dependent the intensity and duration of their training whether or not they are in or out of season. They also need to factor in how active they are during the rest of the day. If an athlete sits around and plays video games until practice time their needs will be less than an athlete that is playing another sport or working during the summer. While there may be a difference in calories needed the make up of an athletes diet should still be similar in that meals should be higher in carbs, moderate in protein and low in fat. They should also still remember to book end workouts with snacks or meals that help fuel before and refuel after.

Quick Tips for Coaches:

- Monitor athletes for symptoms of heat related illness
- Allow plenty of time for water breaks and have fluid consumption requirements
- If athletes have goals related to changing weight, help them to do so in a healthy way
- Remind athletes of how to calculate their own energy needs so they can have an accurate assessment for the summer months

6th Annual
2012 High School Golf Coaches Clinic

sponsored by the WSCA

Kayak Point Golf Course - Stanwood, WA

July 9, 10, 11, 2012

Clinic Instructors:

Dave Boivin, Director of Instruction – Kayak Point GC

Steve Stensland, General Manager – Kayak Point GC

Cost: \$155, for WSCA members

Clinic will include:

- ◆ high school program philosophies
- ◆ working with the high school golfers swing
- ◆ Coaching the mental game
- ◆ Rules of golf
- ◆ Teaching the short game
- ◆ Course management
- ◆ Golf lab, including 2 rounds of golf
- ◆ All instruction will be in the classroom and on the driving range
- ◆ Coaches round table discussion on current issues facing high school golf

**WIAA Clock Hours
available for purchase
on site**

Registration Information

You must be a current 2012 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: _____

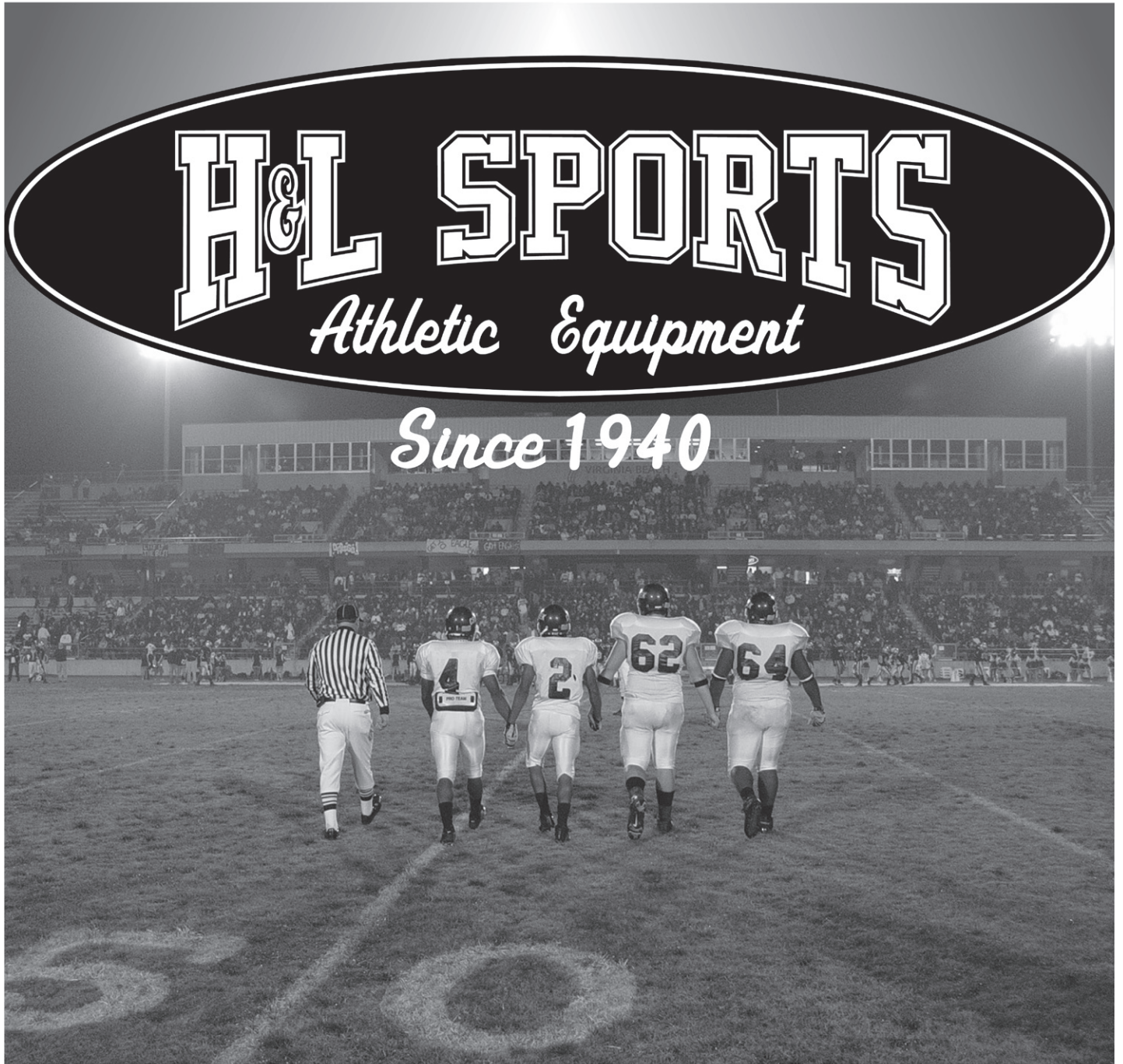
Payment by: Credit Card: Credit Card Number: _____ Exp Date: _____

PO - *Please let Kayak Point GC know if you will be paying with a school district 'Purchase Order', so arrangements can be made for billing your school.*

Check - *Make checks payable to Kayak Point Golf Course.*

Please call Kayak Point Golf Course with any questions at (360) 652-9676, or you may email questions to steve.stensland@golfkayak.com. You may mail your registration to Kayak Point GC, 15711 Marine Drive, Stanwood, WA 98292; or fax your registration to (360) 652-3812 and attention it to Steve Stensland.

Deadline for registration AND submitting 'Purchase Orders' to Kayak GC is July 1



Proud sponsor of the Terry Ennis Scholarship

Team Equipment & Uniforms

3102 SMITH AVE EVERETT, WA 98201

(425) 259-5515

WWW.HANDLSPORTS.COM

ADRENALINE

FUNDRAISING™

proudly supports the...



and the Terry Ennis Scholarship Award.

Visit www.washcoach.org for details.



For all your fundraising needs, please visit www.AdrenalineFundraising.com
or contact your local sales representative listed below.

DAVID WRIGHT

david@afreps.com
360-708-8247
Western Washington

BRENT BOE

brent@afreps.com
503-449-8089
Southwest Washington

MICHAEL BRAUNSTEIN

mb@afreps.com
503-939-6030
Southwest Washington

COLE MORGAN

cole@afreps.com
206-718-6428
Eastern Washington

DARIN BREWER

darin@afreps.com
360-421-5793
Western Washington

PHIL PINE

ppine@afreps.com
206-718-6428
Southwest Washington