

THE WASHINGTON COACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



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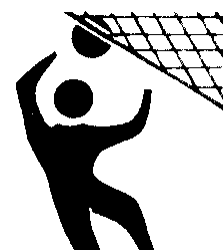
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Change of Address: Request for change of address must reach us 30 days before the deadline date of the next issue. Mail change of address to:

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Fall deadline is August 14.



From The President

Dear WSCA Members-

Hope that this finds you doing well. At the time of this letter, we are coming to the end of one of the better springs-weather wise, than we have seen in a long time. For those of you that are wrapping up your spring sports season, Mother Nature sure was awfully kind to you and I am sure you enjoyed it. Also, we are coming to the closure of another academic and athletics year. I hope that you will take a few minutes to sit back and find the positives of your efforts and labor this year. Each of us have had moments that make us smile and gives us goosebumps and also moments that well, make us scratch our head and wonder if all this is worth it. We all face these issues. I was watching an NBA game the other day and as I was watching one team struggle, the fans booing, and see the frustration on the coach's face I thought, "Well, I could handle all that if I was making \$2 million a year." I also thought "In some ways those are the stresses I face for what I make!" This isn't the first time I have thought this and each time I do, it takes me a second to realize, again-I AM WRONG. The highs we get in coaching, money cannot buy, the stresses we suffer through, adding more zeros on our paycheck wouldn't pacify them any more. We all know we don't do what we do for the money we make, large or small. One better find the true rewards of our profession. It has been a couple months since I finished up coaching our basketball team at Mountlake Terrace High School. Time off? Rest? Step away? Ha....NO! Just kept rolling right along with my role as President of both WIBCA and WSCA. Both keep me on the go and WIBCA has been quite active this spring. The Northwest Shootout All Star game, WIBCA All State games, WIBCA Spring Showcase, WIBCA/WIAA meetings, WIBCA and the National High School Basketball Coaches Association teleconferences...a lot going on. Several weekends in a row it there have been WIBCA activities to attend. It is at these events I find one of the greatest pleasures and rewards of coaching, the collaboration and collegial time I spend with my peers. As a young coach....many years ago, I used to go to the WIBCA meetings in Ellensburg and sit there quietly with my mouth shut in awe of the coaches that were running WIBCA, guys I always looked up to. As I have worked my way up the ladder, I find now that several of those coaches are still active in WIBCA but more so people I call my friends. Pat Fitterer, Bill Bakamus, Gary Wusterbarth, Tim Kelly, Joe Harris, Tim Gaebe, Dave Dickson (I am sure I am leaving out a few) are coaches that are so committed towards basketball in the state of Washington and what is best for not just their programs, but high school basketball in the state. Each of them plays a significant and key role in WIBCA and their efforts inspire me as president every day. That being said, as we spend quite a bit of time together at various events we get to know a lot about each other beyond the X's and O's but learn about their families, hobbies and interests, and yes, a joke or two along the way. This truly is one of the greatest benefits of being a "Coach". Lastly, there will be turnover at your school in terms of the coaching staff. I hope that if it is you, it is for your reasons and yours only and that you are comfortable stepping away. It is never a good thing when there is turnover and coaches have to step away-simply it is tough on student-athletes and programs. I have found that the simple and obvious key to having less turnover is what we as coaches can control, each year strive to be a better coach! How? Well, one way is professional development. Just like teachers, work to become better at your craft-no matter how good or bad your team did. Whether it is attending clinics, WIAA coaching school, videos/textbooks/Internet, interpersonal coaching relationships, active participation in your association, whatever do it-small or big...work to become make yourself better and rejuvenated for next year. Some of the most successful and seasoned coaches I have met are the ones that are still looking to learn something different and try something new and that is what makes them great.



Have a great end to the 2012-2013 academic/athletic year and a great start to the summer!

Nalin

From The Sidelines

by Jerry Parrish

Notes from WSCA Spring Board meeting

- Coaches who are invited to coach in a sponsored WSCA all-state game need to be a current WSCA member before being invited to coach in all state games.
- WIAA issue WAC code wording consensus seems to be that the procedure WSCA is now using to continue our partnership with each WIAA District is ok.
- Clinic—a clinic start up is being planned for October, 2013. Site will be Yakima and the sports being considered are Baseball, Boys Basketball, Fast Pitch and Girls Basketball.
- Dan Taylor, GBB rep is researching all records for GBB. He is looking for state records.
- Volleyball held its All State Match at Fife High School March 16. There is a planning committee to organize a clinic for probably to be held in the Seattle – Olympia area sometime in January of 2014.
- Regional BB feedback—regional sites are causing high costs for travel for many schools. Money savings were good for travel in the beginning but now attitudes in support of travel allowances is a much larger concern. Superintendents are getting involved with change for mileage when they see what the costs are for their district.
- Football Proposed FB Amendment—Ross Hjelseth, Ed Laulainen and Rob Friese represented WSFCA and its proposal to reduce contact time for coaches with their players during the summer. One of the items discussed was to develop parallel language with Jamboree and the proposed amendment. WSFCA choose to be pro-active in providing a safety measure and not reacting to a directive that could come from Olympia. And the biggest issue of all that has created much dialogue—why do other sports have no summer limitations? **RESTRICTIONS ARE FOR SAFETY, NOT TO REDUCE SUMMER PARTICIPATION.**
- Wrestling at the Tacoma Dome where Mat Classic, which actually is a classic by itself, was very successful. In October or early November the Wrestling coaches will host another coaches' conference. Site to be announced.
- Aaron Radford, Kentwood, and Tom Turner, Quincy, are working to put together soccer officiating so high school officiating and club games will receive similar rule interpretations. They are working hand in hand with WIAA office. How about athletes who choose not to be part of a school team and join some out of school team? You are not going to play for us if you play for your school. This in an ongoing challenge.
- WIAA report—Grade 9 thru 11 for classifications—more to come.
- Splitting reimbursements—a proposal has been made aimed at splitting ISA reimbursement. At the current time the WSCA Executive Board aims at helping each individual sport pays \$8.00 for each current member. The proposal being discussed is allow coaches who coach two sports to divide the amount into two categories.
- WSCA Executive Board welcomes back Dwayne Lane automobile dealer back as one of the prime sponsors advertising in [The Washington Coach](#).
- One of the major challenges of the Executive Board is to provide leadership for new individual Sport Reps as they begin their 2 or 3 year term. To create a check list of what to do and assigning a mentor to a new rep is under consideration Dual Registration—several sports are successfully starting their own clinics. The board is working on this item which could read, with one payment a coach could register for his/her sport and also register for a clinic of their choice.
- WSCA Executive Board will meet on August 6th and 7th in Leavenworth.



Continued on page 4

Continued from page 3

The 7th Annual Seahawk Academy was held May 4th and 5th at the VMAC center in Renton. Twenty coaches from all levels of experience attended the conference and several current items of concern to football coaches were discussed.

Some of the topics discussed were: Using technology to improve coaching—Equipment issues—Concussion awareness—Practice structure (do you post turnout schedule for every practice?)—Pre-season meeting (what do you cover?)—Social media (Facebook, Twitter, etc.) and how it effects this era of athletics?— Team building –best examples of team building exercises.

UPDATE

The voting in the recent WIAA winter coalition saw some very important amendments that passed.

- ❑ HS #2: 4.1.0 – Classification determined by students in grades 9-11

- ❑ HS#4: 4.6.0 – Classification for alternative schools with a separate OSPI number or where students are housed away from the high school
- ❑ ML/HS #8: 28.3.0 – Appeal of penalty for use of ineligible participant for a team sport
- ❑ HS # 10: 57.1.0 – Adds minimum practice and coaching limits for summer football
- ❑ HS #11: 57.6.0 – Running clock initiated in 1B football when 40-point differential is reached
- ❑ ML/HS #12: 60.6.1 – A combination of NFHS and FIFA rules will apply for middle level and high school soccer games
- ❑ Amendment 4.1.0 – passed and classification will be determined by students in grades 9-11
- ❑ Amendment 57.1.0 - Adds minimum practice and coaching limits for summer football. The WIAA office will be sending information regarding this passed amendment. ■



IN THE SPOTLIGHT...

Congratulation Coach Heltsley

Dan Heltsley was honored recently by being inducted into the Washington Secondary School Athletic Administrators Association Hall of Fame at the 2013 WSSAAA Conference held in Spokane. Dan is currently the district athletic director in the Bethel School District. A football coach for many years and a previous president of the WSCA, Dan has been a tremendously valuable resource to coaches, athletic administrators and the WIAA throughout his career. Soon to be a full time resident of the state of Arizona, Dan's work in all aspects of high school athletics will continue to be a model of how to best serve the needs of student- athletes in the state of Washington. Well done Coach Heltsley! ■



Mike McKee, WSSAAA President, and Dan Heltsley

AHSAA CONSIDERS RESTRICTING LIVE HITTING AT FOOTBALL PRACTICE TO TWICE A WEEK

by Jon Solomon | jsolomon@al.com

BIRMINGHAM, Alabama — The Alabama High School Athletic Association is considering restricting live hitting at football practices to twice a week either as a mandate or a recommendation, AHSAA Executive Director Steve Savarese said today.

As more is learned about longterm health risks attached to repeated hits to the head, Savarese said football's future depends on being proactive. Savarese believes practice restrictions, teaching proper tackling and even widening the field should be on the table.

"We have to make parents feel more comfortable with allowing their children to participate in contact sports," Savarese said. "President Obama said he would have to consider if he would allow his own child to play football. It's a very strong statement. I don't think we can just put that thought aside because there are a lot of parents saying that now."

The AHSAA's board members will hear recommendations about practice limits in April from the association's medical advisory board. Some national medical researchers worry about smaller hits that chip away at the brain, and they believe football could cut half of its exposure by limiting and monitoring hitting in practice.

The NFL reduced live hitting to one day per week. In college football, the only mandatory hitting cuts have come from the Ivy League, which limits full-contact practices to twice a week.

Savarese said some high school coaches in Alabama conduct three days of live hitting a week, although he preferred once a week when he coached football. Practices are one of the most unregulated times in every high school sport, Savarese said.

"What we try to do is educate our coaches, teach our coaches and hopefully create a more safe environment," he said. "I met with all of our football coaches in the state and asked them, 'What are you doing every day as far as collisions and contact?' Not one of them disagreed with me about reducing head impacts."

High school football participation dropped each year from 2008 to 2011, the most recent year available, according to the National Federation of State High School Association. That coincided with 2011-12 showing the first participation decline in all boys high school sports in 20 years.

National high school football participation was down 1.4 percent from 2008 to 2011. California participation dropped 4 percent.

Alabama's participation stayed relatively steady between 22,000 and 23,000 players and increased 2 percent between 2008 and 2011 — a period coinciding with the state's national championship success in college football.

"I go back to the '70s when I played football, and the issue then was neck injuries," Savarese said. "We did an educational process on how to tackle and block and we have mini-

mized the number of neck injuries. We've got to teach how to tackle properly without using the head and have strong penalties for those who do use the head."

Savarese supports analyzing whether high school football fields should be wider. He points out that the sizes of other playing fields — such as basketball — are different between high school and the pros.

"The football playing field is the same for a high school athlete who runs a 5-flat 40 (yard dash) as it is for a professional athlete who runs a 4.3 40 and weighs 260 pounds," Savarese said. "I would widen the field, not change the length of the field. Do we want to make it harder to have that contact or get to that contact point? The football purists are not going to like that, but we have to look at that in most of our sports."

"Football will never be a totally safe game. When you get in your automobile, you're in more risk than you ever were playing in a football game. So we all take risks every day. But we want the speed limits to protect you. We have to look at ways to minimize collisions." ■



WASHINGTON ALL STATE VOLLEYBALL SERIES

by Tanya Burkett

Each year we have hosted the all state volleyball series, we have focused our follow up article on the athletes that were involved. This time around we have decided that since this is published in the coaches magazine, we would make it about this years coaches and give some insight on the behind the scenes actions that make the event run.

Volleyball coaches in general are extremely down to earth people, and we rarely have any problems during our events. We've gone from a 4 day event in July, to a 2 day event in March. This has enabled us to make sure we are not missing any athletes before they head off to college in the summer.

We all met up at the Best Western Hotel by the Tacoma Dome at 5pm. There were some traffic issues preventing all of the coaches to getting there on time, but they did make it before the dinner was completed. We had a nice pasta meal, followed by some creative and entertaining skits from the players.

I have been running this event with Jan Kirk for many years now (too many that I lost count!). Once we got to the hotel, I had realized that I had brought everything with me except the uniforms!! So I sent my best friend, Michele, on a road trip to my house (45 minutes each way!) The coaches helped me remain calm and not to stress. They helped the players with sizes of the uniforms, trying them on, making sure they don't show the mid section. They handed out the teeshirts, sweatshirts, programs, lanyards and name tags. I can't imagine all the tasks during the banquet getting done

without the help of our coaching staff!!

After the 3.5 hour banquet (yes, 3.5 hours!!) The coaches met for a little social and chatted about how we can get the word out to all state to more schools, how we can get things posted online, and having all of the all state paperwork online and save money on the postage! They had great ideas!! One ate a burger with no bun, Some just snacked on some appetizers, some of us actually forgot to order food (that would be me). We sat for many hours, hanging out together—some of them I had never met before, and it was awesome to just sit back and listen to volleyball coaches make friends with each other. All of us with different backgrounds, coming together for the 60 athletes of all-state.

As we closed the "social area" down for the night.. we met again for breakfast, where the elevators were so full of Mary Kay ladies that we couldn't find a way to the lobby and were 20 minutes late to the gym for practice. We didn't have the right key to unlock the net systems, but eventually got everything set up and the girls had their 1st and only practice.

We met in the main gym at Fife to practice the walk in and the speaker system wasn't working. My announcer failed to show up, so Michele was called to duty again. A staff

member at Fife HS showed up and rigged the speaker system to get it to work, Thank Goodness!! The matches went on as scheduled. The officials donated all of their time for a free tee shirt and some great volleyball. The red team beat the black team in both the 1A/2B/1B match and the 2A match. But the Black team for the 3A/4A won their match.

There were some long rallies, huge blocks and some great defense. But I tell you what, the coaches were absolutely amazing this time around....and we've had some amazing coaches in the past!! They just "get it" and even though Jan and I don't get anything out of this whole ordeal, we just love this sport and would do anything to promote it. Jan retired and this is the 1st year I haven't coached in 23 years. It's been awesome to spend time with my family—who knew there was such a thing called weekends?? Haha. I just wanted to thank all the volleyball coaches across the state for making the 28th all state volleyball series one of the bet yet..I am most definitely looking forward to year #29!! ■



The Passing Parade

Coach Bob McKean

Bob was born in Aberdeen, WA and lived in Hoquiam until he went to Central WA State College in Ellensburg, now Central WA University, where he graduated with a BA in Education in 1964.

He married Barbara and they celebrated their 48th anniversary the 19th of December 2012.

His first teaching job was in Pateros, WA in a 5th grade classroom in 1964. He moved to Cosmopolis, WA while studying to become a school administrator. He advanced his role in the education communities of Sifton, Benton City, Thorp, and finally Crescent School District in Joyce, WA where he was superintendent for 6 years. He then changed his focus and went back into the classroom as a teacher. He taught in Neah Bay, WA, White River in Buckley at the middle and high school levels, and

finally at Chief Leschi in Puyallup before he retired.

Bob achieved one of his goals in the education field when he acquired a Master's in Education from WSU.

Not only did he teach he also got involved with young people in service clubs, athletic events, and coaching. He was at various times a coach, a football official, a basketball official, volleyball and baseball got some attention from him as well. Track and field held his attention in the spring and cross country in the fall. He was inducted into the Washington State Cross Country Coaches' Association Hall of Fame in 2001.

Bob was very active in the Buckley Kiwanis group and also held many administrative positions in that organization.

After he retired from teaching and coaching he decided to get his real

estate license and that is what has kept him busy for the last few years. Bob continued to officiate football at the high school level with the Western Washington Football Officials' Association where he eventually was instrumental in the development of an evaluation system with this organization. He was the announcer known locally as the "Voice of the River" at home football and girls basketball games as well as track and field and cross country events.

Bob passed away on January 19th 2013 with family and friends gathered around him. He is survived by Barbara, his wife, Scott and Jay his sons, two daughters-in-law, Traci and Mickey, and four grandchildren, Aaron, Kendall, Aslinn, and Angus, Kathy his sister, Chuck his brother-in-law and two nephews, Ryan and Dana. ■

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 _____





How to Motivate a Team With “The *M.O.T.I.V.A.T.E.* Method”

by Eddie Hill and Jim Moore

Coaches need more than just a quote or loud voice to pump up individual players and the entire team. Each coach has his favorite play, but you can't run it all the time and succeed. Coaches realize to get the most out of players, they must have a plan, a series of ideas they can use to motivate their team. As you have learned, each person is unique and demands different motivational methods.

Following is a plan of action. For this step-by-step method for motivating players, these steps are interchangeable. To be really successful, make sure you use each step with all your players. Keep in mind, each team, like the players, has its own personality. These steps can be and should be used with the collective group.

M—Meeting the Players

Meet the players and coaches. Really get to know your players. Every player is different. Ask any parent and they will tell you each child is “special” in their own way and needs different things. Some kids have very “thin skin,” and when you yell they will ball up and quit. It may be that they come from an abusive home, and one ill-placed outburst from you causes memories to come out, pushing them over the edge—or off the team. Be especially careful not to yell at the fun-loving, people-motivated player. He will be embarrassed and may respond in inappropriate ways.

It is important to get to know the kids. Who are their parents or who else will be sitting in the stands, rooting them on, and what are their future goals? If you don't have time to gather

this and other information, you are probably in the wrong profession because to build character and mold young people, you must know who you are working with. As Bear Bryant reminds us, “The biggest mistake coaches make is taking borderline cases and trying to save them. I'm not talking about grades; I'm talking about character. I want to know, before a boy enrolls, about his home life and what his parents want him to be.” Every player is unique, and to truly motivate him, you must understand him. Of course, the best way to get to know the players is simply talking with them. As a player, do you remember what a big deal it was when a coach talked to you? The same goes today. Players look up to their coaches and seek their approval. A little encouragement goes a long way!

One coach from South Texas said he made home visits to meet the player's family and to learn more. At first, it was to verify where the players actually lived where they said they did. Later, the coaches realized the benefits of learning so much more about the young men. Parents and other family members had an entirely different outlook on the coach and program after that.

O—Obtainable Goals

Make sure your goals are written and achievable. You may think your athlete knows what you want of them, but be sure by writing down the goals and both agreeing to them. Also, make sure you have realistic goals the athlete can achieve. First, make smaller goals for the athlete, so they can find some success. Then they will be ready to move on. Zig Ziglar encourages people to break their long-range goals

into two increments. Examples: If you want the student-athlete to run the 40-yard dash in 4.4 seconds, try shooting for 4.6 in the first 30 days and the next month 4.5. This approach is “doable” to the athlete and he won't give up. If you want an athlete to bench press 250 pounds, start with a smaller, achievable weight and watch him progress. This important topic will be covered in more detail in Chapter 3.

T—Togetherness

On a team, you have the luxury of not having to make every decision or handle every motivating situation. If cultivated and trained, leaders will step up to these challenges. Again, give assistants and student leaders opportunities where they can excel. If you expect an assistant coach or a player to step up, he will. People usually meet our expectations. Cultivate working together. Bear Bryant said, “I don't hire anybody not brighter than I am. If they're not smarter than me, I don't need them.” What did Coach Bryant know? The staff was smarter than the individual. Use the gifts and talents of those around you.

Also, have senior players talk to younger players. Consider making “inner squads” with groups of eight or so players. Younger players can be overwhelmed by huge teams, and these smaller groups can benefit the entire team. Players step up and other players learn from their example. This approach is significantly different than just placing them together by positions. Together these smaller “family” groups help meet a lot of needs. After all, you are all in this together. Another great idea adopted by so many teams is to have a buddy or mentor system where

a senior gets paired up with a freshman to help the freshman get along better during the season. This program will really help ensure the player surrounds himself with quality people.

I—Inspiration

Tell the players why you are challenging them. Let them see your vision and how everyone will benefit. Players in the generation today need to know why. It is not enough anymore to say, “Because I said.” Players will follow if they feel you have their best interest in mind and have a plan.

Ways to Inspire People:

- √ Set a good example. If you show you have a genuine interest, players will listen. If you are on time, they will be on time. Show that you respect their time and they will do the same.
- √ Have a positive attitude. People want to hear a positive good message and will be inspired if they do. Be mindful of the things you say and do; players and coaches are watching. What does your body language show? What are you really projecting? To be inspiring does not mean you need eloquent words or speeches. It means to lift others up, which can be accomplished in many ways. If you do inspire, watch out because the victories will come.

V—Victory

Student-athletes play to have fun, but winning is fun. Victory means different things to different people. Victory may mean being on a team for the very first time and starting to see beyond themselves to others who matter. Victories may mean meeting new friends with healthy values and morals and leaving others behind who don't have your best interest in mind. Victory may mean growing physically and

starting to see muscles bulging that players didn't even know they had. Victory could be becoming a starter for the first time and feeling so proud.

Young people grow and change so much faster than adults. They are not limited by a lifetime of negativity, and they want to please others and make them proud. Today, many student-athletes have coaches who will help them graduate, and they will be the first in their family to go to college. This situation is a victory for everyone. With a little motivation, you can give victory to an entire family and not even know it.

A—Accolades

The truth is that all of us like to be recognized. People want to be recognized for their efforts, and it seems the more you lift them up, the more they want to achieve. It doesn't always have to be a big ceremony or plaque on the wall. Sometimes just a simple pat on the back or “atta-boy” works fine. Accolades mean you have been noticed. When you give recognition to someone, make it specific. If you are telling the team they did a good job today, tell them what they did right. To get better quality, reinforce the positive. “Hey, guys! Great job on hitting those patterns perfectly.” “Hey, ladies, those passes are crisp and hit the player perfectly, good job!” Next practice, you won't even have to mention it and can go onto another area that needs work. Business has learned this lesson well. In the old days, top salespeople could expect cash bonuses. What management and sociologist found out in most cases is that showing appreciation instead of just giving money brought greater results. What can you do to honor those who really work hard? Game balls are great, but how about practice balls or \$2.00 medals. It's not the amount you spend, but the idea that you spent your time remembering them.

T—Talk and Communication

Every good team communicates effectively. Any marriage and successful organization realizes that to be effective, you must share information. To develop a successful game plan, get the input of others. Regularly-scheduled opportunities will make it easier for everyone to know when the best time is to share their knowledge. Not asking people for their ideas is like owning a small lake with no fresh water supply coming in. It wouldn't be long before you have a dying, stagnant mess on your hands. One of the highest compliments you can pay people is to seek their opinions. This statement will prove to be true with both players and coaches. Communicate with them and include them, and you will get the most out of them.

A speaker one Sunday in church said, just before taking up the offering, “I have good news and bad news. We have all the money we need to pay our bills. We can pay the preacher, the light bill, and everything. The bad news is, it's still in your pockets.” Teams have everything they need to be successful if they would just dig inside, work together, and communicate.

E—Enthusiasm

The last piece of the motivation plan is to be enthusiastic. Everyone is watching what you do and say, and they want to follow positive leaders. Smiling is the best way to be enthusiastic. People like it and will want a piece of what you have. Enthusiasm is the fuel that keeps the dream alive. Be enthusiastic and watch how others respond. Among the many ways to motivate others, a positive attitude and enthusiastic spirit is the best.

Excerpt from The Coaches Motivational Playbook by Eddie Hill and Jim Moore. 2007. Coaches Choice. Coaches Choice is the world's largest publisher of instructional material for coaches at all levels; browse their offerings at www.coacheschoice.com. ■

7th Annual 2013 High School Golf Coaches Clinic

sponsored by the WSCA

Kayak Point Golf Course, Stanwood, WA

July 8, 9, 10, 2013

Clinic Instructors:

Dave Boivin, PGA Director of Instruction – Kayak Point GC

Steve Stensland, General Manager – Kayak Point GC

Cost: \$195, for WSCA members

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COACHING BEHAVIOR

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

In many schools, the coaches are nearly always teachers with a special interest in a certain sport who are paid to coach the sport. Although the training of our coaches is getting better, there are still a few behaving in less than desirable ways. Some of these behaviors are not productive for our young athletes.

The students, who have shown an interest in participating in a sport, need guidance, nurturing and shown the way to be a better athlete or least the athlete they want to be. Most are not fully developed athletes when they show up in your room or on the field. Therefore, too much evaluation, too many corrective statements, and too much feedback as to their performance may be overwhelming, and may not be understood or even taken in the manner it was meant by the coach.

Couple this with too many negative interactions, paired up with too few positive, supportive comments and you have a formula for disaster. It is a possibility that some of these coaches are watching the actions their more famous counterparts on TV. Is a coach who was yelling at their players or the referee setting a good example for their athletes? It is doubtful.

Even off the competitive stage, some coaches are running their practices as though their athletes were in the military boot camps. There is a fine line between tough and absurd. Too much stuff for the sake of adding to the practice session helps no one.

Not many people like being the subject of ridicule or sarcasm or belittled for his or her efforts. It is well established in teaching research that "these kinds of negative interaction patterns are always associated with less achievement and lowered self-concepts."¹

Tough is getting the most out of your players without inflicting mental and physical damage to them. Absurd is running them into the ground with needless repetitions that serve no purpose when it comes to the sport. There is a difference between encouragement and belittlement and the coach needs to know what this difference is.

In the early 70s, Ronald E. Smith, PhD and his fellow researcher Frank L. Smoll, PhD, at the University of

Washington developed a set of techniques for coaches to help foster motivation, effort, develop athletic skills, and reduce anxiety in their athletes. Mastery Approach to Coaching resulted from their work.

"The best way to maximize performance is by creating an environment in which athletes are having fun, are highly motivated, they're trying to improve, they're giving maximum effort, and you have a good relationship with them, so they're more likely to listen to what you tell them," says Smith. "That's the way you get to winning."²

In 1986 Dr. Smoll listed the four-part philosophy of a program called "Coach Effectiveness Training."

Number one on that list unequivocally states that winning is not everything. While it may be important, it is not the only goal of the sport.

Failure to win is not the same as losing and personal failure is not implied by losing a game. Not putting forth your best effort is failure. Quitting on yourself is failure. But losing is not the same as failure.

By the same token, success is not synonymous with a victory. As in the comparison between failure and losing, winning is not related directly to the "sense of personal triumph any more than losing relates to personal failure."³

"Success is found in striving for victory and is related to effort as much as or more than to outcome."

It is up to the coach to keep these four parts of the coaching philosophy at the forefront during any interactions with their athletes. By doing so, many potential problems could be avoided during practice and in the midst of competitions. ■

(Footnotes)

1 Siedentop, D. (1990) *Introduction To Physical Education, Fitness, And Sport*. Mayfield publishing company.

2 <http://www.apa.org/monitor/2010/04/coaching.aspx>

3 Siedentop, D. (1990) *Introduction To Physical Education, Fitness, And Sport*. Mayfield publishing company.

COACH WEISEL

by Andy Mullen

Coach Don Weisel wasn't always from South Bend; he was actually a Hoquiam Grizzly in his youth. But he was a part of the South Bend schools for so long that it seemed to a lot of us that he must have been born wearing maroon and gold. He certainly wore plenty of it in his time with us. For well over fifty years, wherever the Tribe went into battle, as it were, there would be Mr. Weisel. I don't know what he really thought of me, but his gift was that he made many feel we had a special place in his heart. He was a coach, a teacher, a mentor, and a friend. I think I remember that last bit from a bench that was placed in the school courtyard after his retirement from teaching. Whoever wrote it knew.

I can remember quite a bit of my senior year of high school football. We had a hip new 23 year old head coach, Greg Wonhoff, another young assistant in Mike Matlock, and long-time coach Don Weisel. As an athlete I was just a ham and egg kind of guy. But as a team, we started off the season with a big upset over a talented Naselle club. Then there was the earthy smell of the grass and soil, the odor of the drying room, the locker room, the smell of mosquito repellent: OFF! I also remember an incident where coach Weisel set me straight. It was on Labor Day weekend 1973, Saturday morning. It was during the Maroon and Gold game. I got the ball, and ran into the end zone. I did a victory dance and hooted and hollered. Coach Weisel called me over. "Andy, whenever you have success in football, it's because ten other people did their job. Show some class. Go back and thank your team for getting the job done." Of course he was right. He knew class. I had none.

I could be a wise guy. Coach Weisel had a sense of humor that allowed him to laugh and smile at my mischief, even when it was at his expense. After I'd had my fun with my comments, he had an endearing nod of the head that seemed like bashfulness, and he stammered a little when he responded. Much of my interaction with the coach came during sports seasons: cross country, football, track, and wrestling. "Show some intestinal fortitude" was his catch-phrase. I don't recall that he ever missed a single practice. He drove the bus as well. He also ran with us when we'd do road work during cross-country and track season. You didn't have to look for him either; he was in front of you. He would be wearing his maroon and gold knit hat with the gold tassel ball which would be

bouncing away. He also wrestled with us if we needed a partner in wrestling season.

Wrestling; that's another story. He came to us at a wrestling team meeting before the season started my junior year. "No one has come forward to take over the wrestling program; if I don't do it, it may die," he said to us. "I don't know a lot about it, but if you'll be patient with me, I'll learn." And he did. We ended up league champs. I'd give a great deal to come off the mat one more time to see coach Weisel handing me my warm up and reaching out to shake my hand. It was a great feeling. To feel you had the respect of the coach.

I can remember an alumni football game one year. Coach Weisel was there on our sideline as an honorary coach. I went out for a pass. It was long. I left my feet and reached out. Just as the ball hit my fingers I was hit helmet to helmet. The first voice I heard when I came to was coach Weisel's, "Andy!" That's all he said. The concern in his voice let me know that he cared, and I knew it was genuine. I muttered something, got up and walked away. But I never forgot it, and I never will.

I coached football for South Bend Middle School for twenty years. Seventeen of those years as head coach. Don Weisel was the facilities director for many of those years. He was always in sight, hovering somewhere during the game. I turned out to be much more successful as a coach than an athlete, and after every win, the coach would pop into the locker room to shake my hand and those of my assistants and discuss the game. When we played on the road, especially against our rivals Willapa Valley and Raymond, he would often stop in to my jewelry store and talk about the game. This meant a lot to me coming from my former coach and mentor.

I went back to school at the age of forty-six with the improbable goal of becoming a teacher. By improbable I mean considering my grades in high school. Coach Weisel certainly knew what they looked like. He also knew that those grades were the product of being the class clown, not a mental defect. Whenever I would run into coach Weisel he would ask me how things were going, a big grin on his face. He was as happy as anyone the day I told him I'd gotten a job with the Castle Rock School District. I looked forward to touching bases with him at football games in South Bend whenever I returned home. He was always at his post: on the track as 'greeter.' Undoubtedly

he chose that particular spot so he could talk to the many people he'd become a father figure for over the years, as they made their way to the grandstands. There he would be with a smile and a hand stretched out to shake yours.

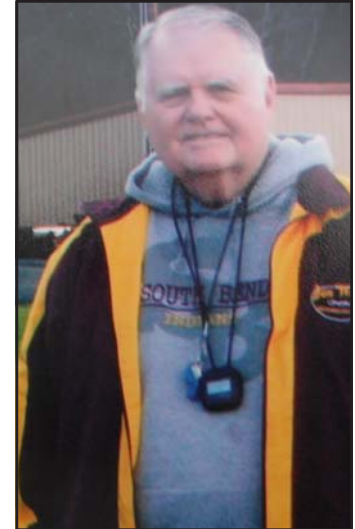
Perhaps God knew that coach Weisel didn't have long by the summer of 2011; he seems to have sent the coach to my sister's property with the coach's daughter Susie on the 4th of July. They'd come at Jana's invitation to see the fireworks. I pulled up a chair and visited with him for a long time. We talked about my return to coaching with the Castle Rock varsity. He wanted to know all about it. We talked of teaching, of discipline issues, of former players, and old times. As he walked away, I told my wife how nice it had been to visit, and how I'd missed him. As far as the last time you see someone you love goes, it was about as good as it gets. I got the cell phone call letting me know about coach Weisel's passing from a football coach, Chuck Spoor, that October while I was on the football field coaching in Castle Rock. In hindsight it seems poetic.

Many symbols, icons if you will, of the various eras in South Bend history have died: Superintendent Gareth Giles, history teacher Chick Chapman, and long-time maintenance man Harry Noren among others. Some moved away: Merle Millam, a man so beloved by those that knew him, that those folks of South Bend named the football field for him in the 1960s. I'm sure he was a South Bend man for a long time. But I was around S.B. for half a century, and although he passed away relatively recently,

I never met him. Some symbols have fallen: the old high school came down to a wrecking ball in the fall of 1973. The Blue Top store, which seemed to be an annex of the school, closed its doors, and eventually came down as well. The old grandstands, built with love by volunteers in 1951 came down in 1994.

As it should be, other symbols of South Bend will remain: the trees on the hill behind the practice field, providing a backdrop to the school. And the rain that will always come in from the bay remains. The odd shaped track will remain. But these days something seems wrong. The man who became a South Bend man and never left the school, Don Weisel, is no longer there. As sad

as this reality is, something seems right as well: there on the fence at the track is a bronze plaque; coach Weisel smiles for eternity. The script reads, 'Don Weisel Oval.' This is as it should be; when you enter the track, coach Don Weisel should be there. To me and undoubtedly many others, the bronze plaque should be a statue. ■



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A MAJOR REVOLUTION IN PREP OFFICIATING

“Of course, it’s what is best for our KIDS.”

by Lane C Dowell

The Kent School District has started to travel the road toward filling the greatest need that will make track and field an equal with the big three (football, basketball and baseball). Kent has created a body of educated, certified professional officials.

As the season began in Kent, Athletic Director **Dave Lutes** and his Track and Field Manager, **Chris Kunzelman** were saying, “We are striving for consistency and high standards of judging on a weekly basis, so our athletes know what to expect as they progress toward post season events.”

“Our goal is to have only USTAF certified officials working every field & track event, and to that end, we are willing to finance the training and the event stipends to meet that goal,” Lutes stated.

Skeptics may be thinking \$\$\$\$\$. Sure, that is a huge factor, but I encourage you to weigh that against that horrible but realistic L word...liability, not to mention enhancing the quality of competition for one of the most participated-in sports for our nation’s preps. I will be so bold as to say, **“How can we not afford to do what Kent is pioneering?”**

Many of the key Kent players appear quite pleased as the curtain falls on the revolutionary first season at the district’s competitive venue, French Field.

When the new Superintendent of the Renton Schools, **Merri Rieger**, was asked if she would seek to implement professional, USATF certified track and field officiating for Renton, she responded without pausing, **“Of course, it’s what is best for our KIDS.”** Rieger has been an active player in the Kent Plan where she has served as an assistant superintendent and head starter for meets at Kent’s French Field and the WIAA state big school championships held at Mount Tahoma.

District Track and Field Manager **Chris Kunzelman** literally bubbles with excitement when discussing the plan she is charged to implement for the Kent Schools. Kunzelman says, “Our schools and coaches appear to really like the concept. Two of our secondary schools will be receiving newly refurbished facilities next season.

Both have asked if they can continue to compete at French Field, where they can experience the benefits offered by the district’s professional officials.”

Paula Brown, USATF Master Level Official, who has served Bethel High School as a teacher and Head Track and Field Coach, was a field event referee for the recently completed SPSL 4A Sub-District meet, commented, “The new officials were eager to learn and gain respect for the new uniform shirt they proudly wore. Appearing to want to get it right, they asked plenty of questions.”

The gregarious Irishman, **Craig Dougherty**, throws coach for Kentridge High, spoke glowingly of his AD and the Kent Plan.

“Beside improving facilities another Dave Lutes project is building the corps of track meet officials that are certified and dedicated to providing a great experience for competitors and coaches in the SPSL.”

“Lutes is off to a great start for the first year officials we have now, building on that in time to come will only set a greater foundation for the future of track and field in this area! **I hope to see other districts embrace this kind of rejuvenation that this sport needs.”**

“Qualified and certified track meet officials are the grease that makes the meet engine run smoothly, efficiently and above all, timely!!!! Dave Lutes has raised the bar for other districts in track and field!!!”

Again we reached out to the progressive and affable Athletic Director of the Kent Schools, Dave Lutes, for some feedback on the developing plan which he hopes will make track and field a first class sport in his district.

WA Coach: Did you get your monies worth?

Lutes: From a district administrative perspective, I am very pleased with the changes and progress we made in just our first year of committing to a professional and certified track management model. Some of our judges are in their first year of certification and will certainly improve each year as we progress.

Chris Kunzelman, my District Track Manager, has been outstanding in her organization and commitment to pro-

viding a safe and professional experience for our track coaches and athletes. She is worth her weight in gold, so yes, we got our monies worth.

WA Coach: What is your reaction to the inquiring mind that says, "How can you afford your plan."

Lutes: When you make a project or a plan a priority, you budget accordingly. In terms of track management, **I made it a priority in the Kent School District** and appropriated money from lower priority projects to support a district track management model.

WA Coach: As the season unfolded, what did you see as the positive effects of the plan?

Lutes: There were two obvious benefits of our district management plan for three of our schools. First, the head and assistant coaches did not have to worry about managing a home meet and therefore were able to concentrate on his/her coaching responsibilities during the week and during the meet.

Secondly, we believe our track athletes are better prepared for the post season standards of certified officiating and therefore, can compete and perform at their best by concentrating on their skills and not worrying about rule infractions.

In short, Coaches could coach; and athletes could perform freely.

WA Coach: Will you implement this plan for the 2014 season? If so, what changes will you make to strengthen your plan?

Lutes: Before developing plans for next year, I feel it is important we review our strengths & weaknesses from this spring after our season is over. The review would involve receiving feedback from our coaches, school administrators and track management staff as to how we can improve and be better. As long as our schools support this model, it is my intention to make it happen.

Kent is serving as the T&F bell cow for prep officiating, and they are happy to do so. They'll be back, and it will only get better for the teen athletes of this progressive district. **Liability issues are lessened and the quality of competition is enhanced.** Will others follow the model established in Kent? **Who's next?** Renton or...???

For more information on the plan and its expectations see your Spring Issue of the Washington Coach.

Author's Bio...Lane C Dowell is a member of the Washington Track and Field Coaches Hall of Fame, who as a USATF Master Level official administered fifteen USATF national championships. From 2000-2008 he was a head throws official at these championships. Dowell, who still competes in Master's track and field, qualified for this year's National Senior Games in the Shot Put and Discus. ■



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Final Squawks

by Dee Hawkes
retired

Hawkes Squawks

After 41-years, it's time to sign off.

I approach my final column feeling both sad and glad. Sad, because it's like saying goodbye, so long, adieu, to my colleagues who do so much good for kids. Glad, for ending a journey that allowed me to speak my piece for 41 years while writing this column. That's the way it is, out with the old and in with the new. My hope is that my baton will be picked up by another coach and carried down the yellow brick road. The Wizard wouldn't have it any other way.

IT'S PROBABLY BEST TO START WITH REMINISCING

Many moons ago, on an overcast Saturday morning, I was sitting across from Jim Ennis in an Everett motel coffee shop. Jim had invited me to join him. As magazine editor and WIAA board member, he made me a dual offer to write a column for *The Washington Coach* and to anchor a local high school sports TV show. After about an hour, we had an agreement. I could write what I wanted and promote local high schools any way I could during a 30-minute show. It felt like I had free reign in a candy store, so I said okay. From the beginning, Jim knew that what I wrote and said would be my thoughts and opinions, not his. The rest is history.

DECADES OF SQUAWKS

We always feel a sense of urgency in coaching to make changes. However, when you turn back the hands of time, change came slowly at first mainly due to the fact most influences, activities, and athletics were mainly school based. Then, the pace picked up with the development of more organized sports outside the school. Here are a few tidbits from decades past.

50's . . . There were very few strength programs unless you lived in the city and worked on the farm in the summer. Personal trainers didn't exist and the best place to work out was the YMCA. . . For decades, school administrators were often former coaches and players who supported and knew the value of fielding strong athletic teams. Years ago, coaching staffs consisted of everyone helping each other in different sports whether as head coach or assistant. Volunteer coaches were a rare breed.

. . . There was a time when organized summer football training of any kind which involved school coaches was prohibited. Seattle city coaches would sit in their car and watch workouts organized by the team, because they were not allowed to have personal contact with players in the summer.

60's . . . In the 60's, film technology was Super 8, which replaced 16mm. Coaches were only allowed to film home games, and after it was developed a copy was given to the away team. The film was developed in labs, and film exchanges were often completed by Greyhound bus or personal pickup. At times, the quality of the film was like watching screen saver. Scouting was done by key cards, diagram forms on clipboards, or on tape recorders, but definitely no filming of another team was allowed. . . In those days, there were few invitational track meets, and the emphasis was on holding dual meets, which allowed JV runners to compete. Quite often at the end there would be a lineup card of football players sprinting 100 yards.

70's . . . The hair issue drifted north from California in the 70's, which created controversy. Most coaches wanted athletes to wear short-cropped hair. . . The best news during that decade was Title IX, which brought girls into school based competitive sports and left girls' intramurals on the side of the road. . . This was a time when state championships were held in both boys' gymnastics and volleyball, often in packed gyms. Afterward, during the 80's, 90's, and the turn of the century, the world of prep sports came to the forefront.

BACK TO REMINISING

To hear some tell it, it was much better when athletes chose to play a different sport each season; to focus on one sport, which is common now, seems overkill. . . College coaches like Marv Harshman, Tom Parry, and Dean Nickelson, knew better than most others the secret of recruiting; their best source were the former players who told potential recruits that playing for their coach changed their lives. . . Adding to change was the replacement of muddy, grassy outdoors fields with synthetic turf that helped to change the way games were played. . . In the

60's through 80's, high school wrestling was big time. The good wrestlers were recruited by in-state colleges and universities. Then like a quick takedown, the sport was dropped by the UW, WSU, CWU, EWU, and WWU. Now, they pursue wrestling scholarship elsewhere. Our saving grace is that the state's mat classic, fueled by dedicated wrestling coaches, is considered to be the best high school tournament for both boys and girls in the country. . . What we need to remember is that the three days of no pad football practice can be used effectively to build team chemistry. For fifteen years, I took my junior/senior players to Fort Lewis to evaluate them as individuals and team players. Interestingly, the activities had little to do with football. You get a different perspective when you're with them 24/7.

THERE'S STILL MORE TO SAY

Today, team sport camps are a dime a dozen. Some teams stay at home, or stay on college campuses, and an unbelievable number of players choose to specialize in personal training, which can put them anywhere in

My hope is that my baton will be picked up by another coach and carried down the yellow brick road. The Wizard wouldn't have it any other way.

the country. . . Today, some booster clubs bring in enough money to strongly influence the direction of the school program. I call this the law of the jungle. . . (It is my belief that true amateurism probably isn't possible anymore, as you know sports marketers cater directly to parents and call most of the shots). In addition, because they can, club sport athletics dominate certain high school sports. Simply put, athletes just change uniforms and go about their business. It wasn't supposed to work this way. Take your pick. Call it what you may, it's here to stay. . . Every ten years, it's my belief that a review is needed in order to determine which current high school sports should be added or dropped by the WIAA. At the same time, it should be decided which sports are better served under the WIAA's jurisdiction. Lacrosse, for example, is currently gaining momentum to become a school sport. In another example, all the fuss about slow pitch was simply taken care of by changing the girls' sport to fast pitch, which made sense.

Let me be blunt, I have never believed that traveling

out of state to find competition supports a level playing field policy. It becomes a money issue between the schools with resources and those that don't. Schools that border Idaho, Oregon, and Canada would be an exception. . . There should be no hesitation to join the Washington State Coaches Association and stay current. From personal experience, it is helpful to bond with others who feel the same as you do about prep sports. Take the step and join the Washington State Coaches by contacting Captain Jerry Parrish, who has been at the helm of the good ship COACH for decades.

ANOTHER HURDLE TO GET OVER

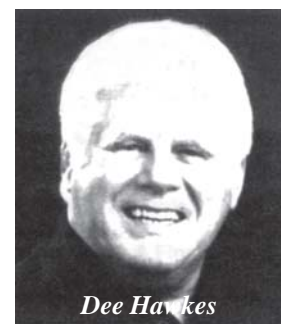
An ongoing squawk since I started coaching is in regard to the eligibility issue. Season by season, there are coaches who find a way to circumvent the rules. The school self-reporting process doesn't carry enough flame

to light a candle. There is no question that it's a sad commentary that violations continue to happen without consequence. The programs openly using ineligible players know the difference between right and wrong, but don't care. The WIAA has always had its hands tied and often have had to bite the bullet. Mike Colbrese and

Cindy Adsit and their staff do an outstanding job running the association. How about a round of applause for the job they do for kids?

THE BOTTOM LINE

How sweet it is to coach a scholar, athlete, hard worker, and devoted team member whose passion for the sport is their motivation. Athletes walk away knowing that their experience under your watch was worth it. . . In the beginning days of spring practice, you were allowed one week with no pads. The workouts were designed to welcome incoming freshmen and sophomore players, and were held on campus before fall turnouts. Then, the dike broke, and it was, "Do what you want." Now, in the summer of 2013, there are finally some restrictions to deal with the overkill. . . I am personally rooting that somewhere down the line that the spring sports will extend into June while school is still in session. It's naïve to believe each spring that our weather conditions will magically improve so practices, matches, or games will not be rained



Continued on page 18

Continued from page 17

out. . . As you know, prep sports coverage has taken a back seat in The Seattle Times. Occasionally, the paper carries a human interest story, but there is little in the way of weekly game summaries, track meet scores, etc. It likes the granddaddy of newspapers would rather cover college sports and focus on the professionals and leave the preps to take a cold shower. Even if coverage was lukewarm, it helped. . . The real news out there in prep golf and swimming is how good these athletes are getting. The skill level at such a young age is mind boggling. There are lots of reasons why. One reason certainly could include the fact that these young athletes have the opportunity to evaluate their own techniques on film.

MEMORABLE GAMES

The football season of 1968 brings back a fond memory for retired Seattle sports writer Rich Johnson. The Metro League game between Rainier Beach and Cleveland especially stands out in his mind. Both teams had no wins and were fighting to stay out of the South Division basement. Both teams had had a rash of injuries, each giving up over 222 points in just seven games. Rainier Beach hadn't scored a point all season. That's right zippo! Then it happened. Rainier Beach got to Cleveland's one-yard line and was ready to score for the first time, but was stopped short just before turning the ball over. The first play called by Cleveland was a QB keeper around end, but history prevailed. Rainier Beach's Ed LaForce tackled Paul Lesh in the end zone for a safety to score RB's only points of the season. Cale Campbell, Rainier Beach Coach, said in the noisy Viking dressing room afterward, "It's just like winning the Rose Bowl." So, those two points made all the difference in a long season of shutout football. . . Now it's my turn. As a spectator, I saw the playoff football game between Bothell, the home team, and Pasco. It took eight overtimes! That marathon took four hours and 15 minutes to play. Team captains met ten times with officials to determine which team would get the ball. Finally, the chess match ended with Bothell scoring on a wedge play to capture the victory. Sportsmanship was at its finest when both teams embraced each other on the

field after this battle royal. Before crossing Snoqualmie Pass after midnight, Pasco had written a big, "Thank you," on a white board in the cleaned up visitor's locker room. What a class act! This was a game for the decades.

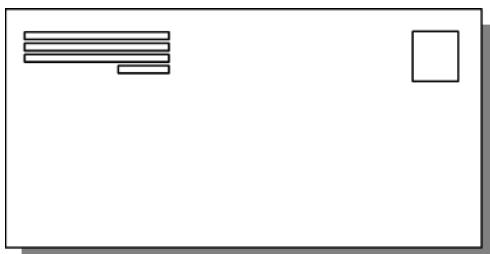
ENFORCE THE RULES OR CHANGE THEM

My beef with basketball has been long going on ever since the game became so physical it is like an on court mugging. Most troubling to me is that the current rules are not enforced. Traveling, palming the ball, double dribbles, flopping, hand checking, pushing in the paint, and the overall physical play make officiating so difficult. The striped shirts seem to pick and choose when to call a violation, not just because it's in the rule book. Next season in college basketball, the officials must watch video to determine whether every elbow to the head is to be considered a mandatory flagrant foul or a player conduct foul.

Watching today, the game resembles gym rat basketball. The game has become far removed from what it was intended to be, a game of finesse. I totally agree. For you history buffs, the height of the peach baskets when Dr. James Naismith invented the game was set at 10-feet – that's 119 years ago! Basketball legend Marv Harshman said that "the hoop should be at eleven feet, and the dunk awarded one point." It is my take that a fourth official is necessary to handle the speed of transition baskets, which happen so fast. The best skill producers on the court are the three-point shooters scoring all net. I'm still a big fan, but I don't like the direction the high school game is going. If the game continues to be so physical, we could have player violence on the court, and someone will get seriously hurt.

KEEP THEM OUT OF THE LOOP

I'm flying in with a hope and prayer that corporate America doesn't add prep sports to their vast holdings. The push to privatize public schools is already happening for the wrong reasons. One way to open this door is by allowing businesses the right to name sport facilities. We don't need advertising dollars used for that reason. High School stadiums, fields, and gymnasiums should be named



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after local supporters in the communities they serve. I was never a fan of changing the name of the Hec Edmundson Pavilion, the basketball arena at the University of Washington, to the Alaska Airlines Arena. The inflow of money helps to understand why these changes take place. The pros started it, followed by the major universities and colleges, and given the right opportunity; business won't hesitate to also change the public school landscape. For example, the Northshore School District's stadium, which is named after long time Coach Pop Keeney, serves as a model of the type of athletic facility the community can consider first rate. Under the leadership of Mike Dale, the stadium manager, and his dedicated workers, the facility is kept as a showcase of what first class means. So, sound off in your area and continue to keep corporate dollars on the sidelines.

THEY WERE MASTERS OF MOTIVATION

For decades, coaches taught the physical techniques of sport. How to shoot, to punt, to stroke, to dig, to turn, to put, to hit, to throw, to pin, and etc. Unwilling to coach just that way, coaches like Lou Tice, Bob Mowad, Vince Prauf, and John Allen saw the need for change. At the same time the potential of Zig Ziglar's, "check up from the neck up" message took center stage. In the beginning, this side of coaching sports using mental techniques took off like a run-away truck. At the start, very few coaches wanted any part of it. But given success, the concept caught fire and changed prep coaching forever.

It is fitting to say throughout his long coaching career that Frosty Westering was the leader of the parade. His philosophy of coaching was so unique; he was like a breath of fresh air. Judging by his many followers such as myself, Frosty changed the game's landscape around in this state. Now, strong willed coaches of all sports know how important it is to prepare their players using mental techniques. Brain research tells us that what we think affects how we coach or play. As a coach, you must fully understand how good mental health works effectively with fundamentals. Probably the biggest change is to focus on what you can control and adapt to what you can't.

NOT A FAN OF PAY TO PLAY

There is trouble in River City. Districts which require the Pay to Play Programs have drawn some criticism. For low-income families the sport fee may place sports out of their financial range. The scholarships often are a hit and miss attempt to help them. The rationale is that districts do not have enough money to fund the sports. We know all about sport fund raising from carwashes to

2- for-1 food cards. If a school has a Booster Club this may help.

I march to a different drummer. Junior and senior high schools, regardless of budget restraints, must maintain whenever possible full financing for the educational triangle. At the top of the triangle is a strong academic curriculum, on one side, an activity program that serves the needs of interested students, and on the other side is a balanced athletic program that seeks competition. Every quarter, every week, every day, the entire school population can make personal choices to be involved without paying out of pocket money unless it's for something special. If any side of the triangle is compromised, then you have school climate problems. Unfortunately, far too often, athletics are first on the cutting block. Ultimately, it can take years to recover from this collapse with no guarantee that it will be fixed. If you're in that mess, step to the starting line and do something about it.

TWO MEN WHO CHANGED THE COACHING LANDSCAPE

Saint Peter got his assignment to find two Lutheran coaches with integrity, with high moral values, who were very trustworthy, totally honest, and who carried the love of the Lord in their hearts. He found Marv Harshman and Frosty Westering, two humble coaches, resting peacefully in Tacoma after their long careers. On April 12th, he sent his angels to bring them up to join his heavenly team. One can only imagine the welcome amends they received when they entered the Kingdom of God. Waiting for their arrival was John Wooden, who once said, "Talent is God given; be humble. Fame is man given; be grateful. Conceit is self-given; be careful." My relationship with both of these men went beyond coaching to a more personal basis. They were friends. Both Marv and Frosty shared an admirable quality that few possess. They accomplished a lot, but didn't feel the need to be arrogant or prideful. Along with so many other coaches who respected them, they had a major impact on my life as a coach and as a man.

LONG OVERDUE, A LABOR OF LOVE

With the days of meeting column deadlines over, my attention will be to finish my book on adult coaching behavior. I want so much to bring this book to your attention. When it comes to a particular sport, the do's and don'ts of coaching are the same. When I zero in on coaching behavior, I identify three kinds: Red coaching, which just doesn't work; coaching should absolutely not be at this level in any way. Yellow coaching has promise, but

Continued on page 20

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nitely connects with the athlete.

MY LAST HURRAH

As expected, I am starting to get nostalgic and sentimental as I finish my swan song column. Thanks go to magazine editor Mike Schick and the very talented Barb

must be carefully understood and controlled. To a large degree, this behavior must be identified from the start. It's full speed ahead for Green coaching, because it has merit, value, and defi-

Johnston for putting my words into print. Thanks go to all the readers, whether you agreed, or felt I fell off the back porch. Thanks to all the older coaches who used the magic of sport to influence so many athletes to be good citizens. I'm personally rooting for younger coaches to embrace the same philosophy. Thanks also go to Judy, my wife, who made sure I dotted my i's and crossed all my t's.

Mike has extended me an invitation to return when I want to get back on my soapbox to sound off on a topic. FYI: My sign off signature of, "See you around, I hope," came from Titus Moody, a character on the old Fred Allen Radio Program, who used that saying when talking to Fred. I used to listen to him when I was a kid.

See you around, I hope. ■

What follows addresses questions the WINForum has received about athlete health and nutrition. Information was developed with WINForum Nutrition Advisors & Presenters. E-mail questions and comments to info@winforum.org

Question: Are diet supplements recommended for teens?

Answer: The bottom line is that we, in agreement with The Academy of Nutrition and Dietetics, do not recommend supplements for teens unless there is a clear reason to do so. Why? Because we know that we can meet all our nutrient needs with food. The Dietary Guidelines for Americans says: "Supplements may be useful when they fill a specific identified nutrient gap that cannot or is not otherwise being met by the individual's intake of food. Individuals who are already consuming the recommended amount of a nutrient in food will not achieve any additional health benefit if they also take the nutrient as a supplement."



Question: Will eating too soon after a post-workout snack mess up my recovery? I know it's best to have it within 30-45 minutes of exercise. But how long after that do I need to wait to eat other things? For instance, if I down 8 oz of chocolate milk right after a workout, would I mess up the optimal ratio if 15 minutes later I ate a couple pieces of beef jerky? Should I have waited 30 minutes, or an hour?

Answer: You are right in that it is optimal to feed your body within 30-45 minutes following exercise with a mix of carbohydrate and protein. Will you "mess up" the optimal ratio if you are eating again 15 minutes later? The answer is essentially, no. In fact, we recommend that you consume your post-workout fuel within two hours of completing your workout and fuel can include a snack *and* meal or just a meal depending on your schedule. For example, for an evening workout, you are probably going to skip a snack and just have dinner because you headed straight home from the gym. But if dinner is an hour and a half after you finish, have a snack in the



Visit our companion website for recipes like this one!

first 30-minutes post-workout so your body can begin the recovery process. Then have dinner sometime in the next hour and a half.

Question: What are some tips for preventing off-season weight gain?

Answer:

- Listen to the body's internal regulation - don't over eat
- Eat slower – give yourself time to know when you're full.
- Reduce sugary snacks and 'C' words: cookies, cupcakes, cola
- Reduce "extras" like dinner rolls, desserts, or too much salad dressing
- Choose water as a main drink and maintain low-fat dairy intake

We want to answer your questions. Send them to: info@winforum.org

The Washington Interscholastic Nutrition Forum (WINForum) provides science based nutrition information to help coaches and athletes understand the importance of healthy eating for peak performance. WINForum recommends healthy, well-balanced eating that includes fruits, vegetables, whole grains, protein and low fat or fat-free dairy. Go to www.facebook.com/WINForum to become a fan, and follow @WINForum_org on Twitter for timely nutrition tips.

Passing the Baton

With coach Hawkes heading into the next chapter of his writing career, we will be forever thankful and honored he has shared his “squawks” with us for these many years. We further expect to hear from him now and then when he feels there is something we need to know. To fill the void created with the final “Hawkes Squawks” in this issue of *The Washington Coach*, coach Don Papasedero has stepped into the on deck circle and will present his thoughts and ideas starting in the fall. Don will no doubt bring the same passion, enthusiasm and unique insights to his column that he portrays in his coaching. Below is some information about coach “Paps.”

Recent Professional Honors and Information

Selected to coach in Washington’s All State Game (04)
Washington State Coaches Association “Coach of the Year” (06)
KingCo League Coach of the Year (’93, ’01, ’02, 04)

Recent Professional speaking engagements

- ◆ Nike Coach of the Year clinics (98, 01, 03, 08, 10, 13) Featured speaker
- ◆ Clark County Coaches Association (13)
- ◆ Pemco All Sports Clinics (00, 08, 09, 11) Featured speaker
- ◆ Willamette University (05, 06, 07) Clinician
- ◆ University of Puget Sound (06) Clinician
- ◆ NFL/NFC Football Coaches Schools (99-Present)
- ◆ USA Coaches School (05-present) Clinician
- ◆ Northeastern University (06) Featured speaker
- ◆ Oregon State University Spring Clinic (98) Clinician/instructor
- ◆ WSCA Winter Clinic (00, 06, 09, 11) Featured speaker
- ◆ Gold Beach Football Camp (01) Clinician/instructor
- ◆ Gonzaga High School Clinic (04) Featured speaker
- ◆ Gonzaga High School “football” in-service (06)
- ◆ Auburn School District “football” in-service (08)
- ◆ King County Boys and Girls Club Clinician + Corporate Presenter
- ◆ Ellensburg School District “football” in-service (09)



Recent Professional Publications

- ◆ “Coaches Choice” video and DVD productions:
How to be an Extraordinary Assistant Football Coach
Effective Drills for Developing Awesome Linebackers
Level 2 Reads and Drills for Linebackers
- ◆ “Championship” video and DVD productions:
Ways to communicate your expectations to the football players of the 2000’s
Bringing multiplicity to your high school defense
- ◆ WSCA “Coach” magazine (Summer 00, 04, 07, Fall 06, 08, 09 10) Published articles
- ◆ NCAA Coach magazine (Fall 94 Fall 00, Summer 09, Fall 10) Published articles
- ◆ NFHS Fall Quarterly 2006 Published article

Summer Collegiate and Camp Coaching Experience

- ◆ Menlo College
- ◆ Oregon State University
- ◆ Eastern Washington University
- ◆ University of Puget Sound (x3)
- ◆ Western Washington University (x3)
- ◆ Willamette University (x7)
 - ◆ University of Washington (x6)
 - ◆ USA Football (x5)
 - ◆ Seattle Seahawks Spring Clinic (x10)
 - ◆ Northeastern University
 - ◆ Washington State University (x2)
 - ◆ Jack Stark “All Star Football Camp” (x6)
- ◆ 37 years experience. I have produced 3 NFL, 32 College, and 38 High School All League Linebackers.
- ◆ I regularly consult and work with many programs about, staff development, Linebacker play and modern defense.
- ◆ I have made 16 trips to the state playoffs as the Defensive Coordinator including 2 championship games.
- ◆ Currently, I prepare and present Football In-Service coaching conferences here in Washington.

WASHINGTON STATE FB COACHES ALL-STAR GAME

EAST-WEST EARL BARDEN CLASSIC

WHEN: SATURDAY, JUNE 22nd, 1PM

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

The 2013 Earl Barden All-Star Classic will be held for the 18th straight year on June 22nd at 1pm at Earl Barden Stadium at East Valley HS in Moxee. The game is being played at EV again this year 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 22nd
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

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 or email information to wsca-editor@comcast.net

Thank you for your efforts

EAST Earl Barden Classic Roster 2013

#	FIRST	LAST	HT	WT	POS	SCHOOL	COACH
2	Dalton	Hansen	5'11	175	RB/DB	Deer Park	Keith Stamps
2	Derek	Smith	6'2	180	QB/DB	Chewelah	Jim Fisk
4	Alex	Sampson	5'11	175	RB/DB	White Swan	Andy Bush
7	Brady	Dixon	6'3	195	TE/LB	Royal	Wiley Allred
7	Tyler	Morris	6'	180	RB/DB	Liberty Christian	Mike Olson
7	Mahliek	Roberts	5'9	180	RB/DB	Cashmere	Phil Zukowski
11	Tyler	Kretschman	6'	190	QB/DB	Cle Elum	Tony Kretschman
11	Alex	Myrick	5'8	175	QB/DB	Royal	Wiley Allred
11	Caleb	Wiebe	6'3	170	WR/DB	CHewelah	Jim Fisk
12	Sterling	Clark	6'1	185	WR/DB	Prosser	Benji Sonnichsen
13	Dalton	Estes	5'9	165	WR/DB	Wait/Pres	Jeff Bartlow
14	Eric	Rosellini	5'10	180	TE/DB	R A Long	Erik Bertram
16	Tyler	Stavnes	6'1	175	QB/DB	West Valley	Craig Whitney
21	Koleman	Johns	6'	185	WR/DB	Naches	Ty Kime
28	Juston	Lind	5'11	165	WR/DB	Othello	Roger Hoell
32	Kody	Bartlett	5'10	175	RB/LB	River View	Brett Jay
33	Austin	Johnson	6'	185	RB/LB	Mark Morris	Shawn Perkins
44	Trevor	Cooper	6'	210	RB/LB	West Valley	Craig Whitney
44	Ben	Johnstone	6'1	180	WR/LB	Chewelah	Jim Fisk
44	Mitchell	Millsap	5'10	220	RB/DL	Cle Elum	Tony Kretschman
50	Zach	Corean	5'11	215	OL/DL	Cheney	Jason Williams
51	Derek	Gilbert	5'10	215	OL/DL	Othello	Roger Hoell
52	Shane	Kelly	6'1	240	OL/DL	Mark Morris	Shawn Perkins
54	Kenny	Hood	6'	220	OL/DL	East Valley Y	Mark Mochel
54	Dylan	Tarver	6'	212	OL/DL	Cashmere	Phil Zukowski
55	John	Mellor	5'11	205	OL/LB	Colfax	Mike Morgan
61	Derek	Darlington	6'2	195	OL/LB	Cascade	Elia Ala'ilima Daley
62	Ian	Hurst	6'2	210	OL/DL	Asotin	Sal Lopez
63	Jaime	Miranda	6'	270	OL/DL	Aberdeen	Terry Dion
64	Jacob	Anderson	6'4	215	OL/DL	LRS	Greg Whitmore
72	Kyle	Hall	6'1	285	OL/DL	River View	Brett Jay
72	Derek	Valdez	6'2	205	OL/DL	Othello	Roger Hoell
79	Jake	Morse	6'2	230	OL/DL	Newport	Zac Farnam
79	Sergio	Rodriguez	5'10	190	OL/LB	Deer Park	Keith Stamps
82	Fabian	Alvarez	5'10	165	WR/DB	Cascade	Elia Ala'ilima Daley
82	Max	Mueller	6'8	230	DE	TOR	Kaleb Madison
88	Ty	Poole	6'	185	RB/DB	Kittitas	Brian Avery
90	Matthew	Trottier	6'3	213	TE/DE	Lakeside	Brian Dunn

Head Coach: Jim Fisk, Chewelah

Assistant Coaches: Pat Gaffney, Chewelah, Keith Stamps, Deer Park, Zac Farnum, Newport

WEST Earl Barden Classic Roster 2013

#	FIRST	LAST	HT	WT	POS	SCHOOL	COACH
3	Josh	Kraght	5'11	180	QB/DB	Lynden	Curt Kramme
3	Derrick	Holt	5'9	185	WR/DB	Lindbergh	Pat O'Grady
4	Caleb	Taylor	6'2	195	WR/DB	King's	Jim Shapiro
4	Victor	Gamboa	6'0	182	WR/DB	Washington	Mike VonRueden
6	A.J.	Milyard	5'11	185	QB/DB	North Kitsap	Jeff Wieble
7	Taylor	Martindale	6'2	200	QB/LB	Tacoma Baptist	Mark Smith
10	Lars	Blix	6'0	190	QB/DB	Wahkiakum	Eric Hansen
11	Justin	Peterson	6'1	185	QB/DB	Lakewood	Dan Teeter
11	Zach	Vis	6'3	190	WR/DB	Lynden	Curt Kramme
11	Dustin	Eaton	6'0	190	QB/DB-LB	Naselle	Jeff Eaton
11	Kai	Van Sickle	6'0	190	RB/DB	Capital	John Johnson
15	Dahlton	Zavala	5'11	170	RB/DL	LaConner	Johnny Lee
16	Sam	Olney	5'10	195	LB/FB-TE	Squalicum	Reed Richardson
18	Zach	Fairhart	6'1	200	QB/DB	Eatonville	George Fairhart
20	Nolan	Hoiness	6'0	185	RB/DB	Hoquiam	Jason Ronquillo
22	Andrew	Hamilton	6'2	225	LB/DB	Raymond	Rob Clements
24	Andrew	Brown	6'0	170	RB/DB	Tumwater	Sid Otton
33	Kyle	Wiley	6'0"	180	RB-WR/LB	Mary M. Knight	John Schultz
36	Brandon	Pritchett	6'1	240	RB/DL-LB	Clover Park	Jon Randall
51	Jayde	Wiitanen	6'0	215	OL/DL-LB	Lindbergh	Pat O'Grady
52	Tyrel	Cronk	6'0	205	OL/LB	Mt. Baker	Ron Lepper
52	James	Fakkema	6'2	230	OL/DL	Blaine	Jay Dodd
52	Micah	Breland	6'2	215	LB/TE	Foster	Jim Sutrick
55	Zach	Lacey	6'2	240	OL/DE	Woodland	Mark Greenleaf
55	Ronnie	Espedal	6'0	205	OL/LB	Hoquiam	Jason Ronquillo
55	Jordan	Leech	6'0	213	OL/DL	Steilacoom	Brian Koch
61	Lucas	Hatton	6'0	210	OL/DL	Eatonville	George Fairhart
66	Bret	DeGraaff	6'0	235	OL/G	Lynden	Curt Kramme
66	Jeremy	Canniff	6'5	290	OL/DL	Burlington-Edison	Herb Lehman
78	Dakota	Creed	5'11	240	OL/DL	Archbishop Murphy	Roger Brodniak
79	Ben	Wright	6'4	250	OL/DL	Morton/White Pass	Aaron Poquette
88	Jaime	Bryant	6'2	220	OL/DL	Tumwater	Sid Otton

Head Coach: Aaron Poquette, Morton/White Pass

Assistant Coaches: Dan Teeter, Lakewood; Lee Metcalf, Morton/White Pass

“WHO’S TEACHING WHO”

by Doug Curtis, LaCrosse Schools

Brian Sites, 2012 finalist for WALA State Teacher of the Year, wrote a book on how his students over the past 10 years have impacted him as a teacher and a person. The title of his book is “Who Is Teaching Who.” As I read his stories it brought to mind students/athletes that many of us coaches have had the privilege to work with where we wonder if we did not learn more from them than they did from us as their teacher and coach. I am sure anyone who reads Sports Illustrated was inspired by their choice of “Picture of the Year” for 2011. The picture that was on the cover of their December 2011 issue was that of Eric LeGrand leading the Rutgers football team on to the field during a snowstorm that season in his wheel chair. Eric LeGrand is paralyzed and can no longer play for Rutgers, but has become the most inspirational member of their team. His positive attitude and his commitment to his teammates and coaches is a great story.

If you have coached, you may have had athletes whom you have been blessed to learn some of life’s most valuable lessons from your relationship with them. It is important that we don’t forget those lessons and that we continue to teach them to our athletes and coaches with whom we work with. I have been blessed by many athletes and coaches but two football players I have worked with still continue to influence me. The first player was Doug Long whom I coached at Whitworth University as an assistant coach. Doug was one of the most physically gifted players I have coached. He was a two time All-American Receiver at Whitworth and as our head coach, Hugh Campbell said, he would have been a standout college player at any school. Doug went on to play in the NFL as a Seattle Seahawk for two years and received the game ball during a win over the Oakland Raiders. Doug Long was an even better person than he was a player. We remained close as he later lived with my brother Dave and would come to our house to help us celebrate birthdays with our oldest daughter or just hang out. Doug passed away in 2012 from a brain tumor that he had battled for years. My last conversation with him was when my wife was in the hospital with her second

breast cancer surgery. He called to check on us and tell us he was praying for us. He was having a tough time with his own cancer treatments but took the time to check on my family. Doug was a fierce competitor and he gave everything on every play-every time. He was able to blend his deep desire for victory with a sense of fun and true enjoyment of the game. What we learned from Doug was his intense desire to be loyal to his teammates and friends, give great effort for them and bring joy to everyone who played or coached him. His favorite saying of **“Keep Moving the Chains”** applies to both football and real life.



Jesse Persons is the second athlete that taught me so much about football, friendships, effort, and life when I coached him at Colfax High School. Jesse was not a gifted athlete. He was only about 5’8” and weighed less than 160 lbs. He was, however, our starting center for two years. He was so respected by his peers that prior to his senior year he was selected as captain for football and wrestling and as ASB president. It was also during the summer prior to his senior year that he had decided to not work wheat harvest but spend more time working out to prepare for his senior year of sports and ASB Leadership. One day he was asked by a farmer to help with the wheat harvest and Jesse agreed to help him out. That day he was involved in a farming accident that paralyzed him from the waist down. I was visiting University of Montana football practices when I got the phone call that he was hurt. We rushed to the hospital in Spokane and it was rough to see him hurting and paralyzed. Jesse never complained; he only made promises to his teammates that he would be there for them. The first game he was able to attend was a league game against Newport. When the players saw him on the sidelines, every player came over to touch him. That became a tradition every game he was able to attend the rest of his life. He made promises to return to school and speak at graduation. He kept both of those promises. He continued to inspire students and staff and the community of Colfax with his positive attitude and encouraging words.

Continued on page 27

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Continued from page 26

The following football season, after another surgery, Jesse died of a blood clot that went through his lungs. His death marked the first game he would miss in supporting his teammates. The football team set up the gym for his funeral the Friday before they loaded the bus for a league game against Freeman. Players and coaches dressed in blue and gold and sat together at his funeral, which was at-

tended by over 1,000 people. Jesse taught us to always be positive, have faith in God, and look for ways to help others, make commitments and keep them. Jesse was living proof that you do not have to be rich or talented to make an impact on your community and world. Jesse also taught us that **Honor and Integrity** is more important than honors and awards. His memory is honored every year at the Colfax Graduation with the Jesse Per-

sons Scholarship given to a person who overcomes circumstances with a positive attitude.

As coaches and educators we are blessed to have had the Eric LeGrands, Doug Longs and Jesse Persons in our lives the best thing we can do is let them teach us as sometimes we can learn more from them than they can from us. ■

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BASKETBALL COACHES & BOYS BASKETBALL

OCTOBER 4-6, 2013

Clinic Schedule

BOYS BASKETBALL

FRIDAY OCTOBER 4, 2013

- 12:00-1:00 Registration and Visit Exhibits
- 1:00-1:50 Pat Fitterer (Ellensburg High School 36 Years as a Head Coach with 716 wins, 2-Time State Champion and Basketball Coaches Hall of Fame)
Topic: Working with Your Other Sports Coaches with Year-Round Basketball
- 2:00-2:50 Dave Dickson (Squalicum High School 19 Years as a Head Coach with 304 wins 2-Time State Champion)
Topic: Philosophy of Offense and Quick Hitters
- 3:00-3:50 Jim Hayford (Head Coach at Eastern Washington University and a Head College Coach for 14 Years)
Topic: Eagle Offense
- 4:00-4:50 GENERAL SESSION Jim Hayford
Topic: Building Relationships with Your Players
Dinner Break
- 6:00-6:50 Craig Fortier
Topic: Offenses Against Gimmick Defense -How to Break a Box and 1 and a Couple of Quick Hitters
- 7:00-7:50 Craig Fortier (Assistant EWU 6 Years)
Topic: Eastern Defense
- 8:00-8:50 Chad Chronister (Naches Strength and Conditioning Coach Former coach at SMU)
Topic: Conditioning and practice drills
- 9:00 Yakima Valley Sports Commission Social

SATURDAY OCTOBER 5, 2013

- 8:00-8:30 Registration and Visit Exhibits
- 8:30-9:00 Breakfast Social
- 9:00-9:50 Leon Rice (Boise State University 2013 NCAA Tournament Team)
Topic: 12 Important Factors of Running a Program
- 10:00-10:50 John Riley (Boise State Assistant)
Topic: Individual workouts
- 11:00-11:50 Leon Rice (Boise State)
Topic: Quick Hitters and Offensive Sets
Lunch
- 1:00-1:50 John Riley
Topic: Practice Demands
- 2:00-2:50 Tommy Lloyd (12 year Assistant Gonzaga University)
Topic: Game Preparation
- 3:00-3:50 Tommy Lloyd (Assistant Gonzaga University)
Topic: Player Development
- 4:00-4:50 GENERAL SESSION Mark Few (2013 #1 team in the Nation Highest winning percentage of active college coaches)
Topic: Gonzaga Basketball Philosophy
- 6:00-6:50 Mike Bethea (Rainer Beach HS 2013 State 3A Champions with 5 prior)
Topic: Keys to Success of Rainer Beach Ball
- 7:00-7:50 Tim Kelly (Curtis HS 4A 2013 State Champions with 2 prior)
Topic: Winning Drills
- 8:00-8:50 Round Table of 4 Hall of Fame Coaches (Total of 2,034 High School Wins)
- 9:00 Major Social by Bill Bakamus and Joe Harris

SUNDAY OCTOBER 6, 2013

- 8:30-9:00 Breakfast Social
- 9:00-9:50 Tim Kelly
Topic: Curtis Philosophy
- 10:00-10:50 G. E. Coleman (Assistant Central Washington University)
Topic: Wildcat Defense
- 11:00-11:50 Greg Sparring (Central Washington University Head Coach with over 300 wins)
Topic: Post Moves/Out-of-Bounds Plays

GIRLS BASKETBALL

FRIDAY OCTOBER 4, 2013

- 12:00-1:00 Registration and Visit Exhibits
- 1:00-1:50 Mike Neighbors (University of Washington Head Coach)
Topic: Huskies Packline Defense
- 2:00-2:50 Mike Neighbors
Topic: Drills to Build Your Packline Defense
- 3:00-3:50 Mike Neighbors
Topic: Finish Packline Defense and Special Situations
- 4:00-4:50 GENERAL SESSION Jim Hayford
Topic: Building Relationships with Your Players
Dinner Break
- 6:00-6:50 Cody Butler (Boise State University Assistant Coach and Community College Championship Coach at Yakima Valley CC)
Topic: Fundamental Footwork of Champions
- 7:00-7:50 Joe Blodgett (Wapato High School Head Girls Coach)
Topic: Guard Play/Run and Jump Defense
- 8:00-8:50 Joe Blodgett
Topic: Multiple Switching Pressing Defense
- 9:00 Yakima Valley Sports Commission Social

SATURDAY OCTOBER 5, 2013

- 8:00-8:30 Registration and Visit Exhibits
- 8:30-9:00 Breakfast Social
- 9:00-9:50 GENERAL SESSION Leon Rice (Boise State University 2013 NCAA Tournament Team)
Topic: 12 Important Factors of Running a Program
- 10:00-10:50 Quantae Anderson (Mead High School 2013 4A State Champions)
Topic: TEAM Before Me
- 11:00-11:50 Quantae Anderson
Topic: Learn to Delegate
Lunch
- 1:00-1:50 Cody Butler
Topic: Pressure Defense
- 2:00-2:50 Steve Rooklidge (Mark Morris High School High School 2A 2013 State Champions)
Topic: Lessons and Ideas Learned from Years of Coaching Experience
- 3:00-3:50 Steve Rooklidge
Topic: Basketball Ideas and Strategies for Your Program
- 4:00-4:50 GENERAL SESSION Mark Few (Gonzaga Head Coach)
Topic: Gonzaga Basketball Philosophy
Dinner
- 6:00-6:50pm Shawn Nelson (CWU Head Coach)
Topic: Building a Program
- 7:00-7:50 Shawn Nelson
Topic: Motion Offense
- 8:00-8:50 GENERAL SESSION Round Table of 4 Hall of Fame Coaches (Total of 2,034 High School Wins)
- 9:00 Major Social by Bill Bakamus and Joe Harris

SUNDAY OCTOBER 6, 2013

- 8:30-9:00 Breakfast Social
- 9:00-9:50 GENERAL SESSION Tim Kelly
Topic: Curtis Philosophy
- 10:00-10:50 Jim Redmond (Lewis and Clark High School of Spokane)
Topic: Drills That Increase Intensity
- 11:00-11:50 Jim Redmond
Topic: History of Girls Basketball

BASEBALL

FRIDAY OCTOBER 4, 2013

- 12:00-1:00 Registration and Visit Exhibits
- 2:00-2:50 George Benedetti (HOF)
Infield Play Fielding Techniques
- 3:00-3:50 Don Freeman (HOF, Clark Community College)
Topic: Maximizing Your Time in Practice Double Dip Warm Up
- 4:00-4:50 Bill Walker (HOF, Naches HS)
Topic: Coaching the High School Hitter
Dinner Break
- 6:00-6:50 Rob Hippi (HOF, Pitching Coach CWU)
Topic: Teaching Your Staff How to Throw More Strikes
- 7:00-7:50 Rob Hippi
Topic: Importance of Teaching Proper Throwing Mechanics
- 8:00-8:50 Bill Walker
Topic: Practice Planning for Three Teams on One Field
- 9:00 Yakima Sports Commission Social

SATURDAY OCTOBER 5, 2013

- 8:00-8:30 Registration and Visit Exhibits
- 8:30-9:00 Breakfast Social
- 9:00-9:50 Jesse Benedetti (East Valley High School, Yakima)
Topic: Practice Strategies—Utilizing Drills for Game Day Success
- 10:00-10:50 Don Freeman
Topic: You Don't Have to Throw Harder to be Better—Developing the Change Up
- 11:00-11:50 Donnie Marbut (Head Coach WSU)
Topic: Team Building
Lunch
- 1:00-1:50 Donnie Marbut
Base Running
- 2:00-2:50 Dave Johnson (HOF, Ephrata HS)
Topic: Philosophy of Coaching
- 3:00-3:50 Dave Johnson
Topic: Building a Baseball Program
- 4:00-4:50 GENERAL SESSION Mark Few (Gonzaga Head Coach)
Topic: Gonzaga Basketball Philosophy
Dinner
- 6:00-6:50 Gary Hatch (HOF, Sehome HS)
Topic: Hitting
- 7:00-7:50 Gary Hatch
Topic: Infield
- 8:00-8:50 Don Freeman
Topic: Get More Out of Your Bull Pen Sessions—Variety to Teach Specifics
- 9:00 Major Social by Bill Bakamus and Joe Harris

SUNDAY OCTOBER 6, 2013

- 8:30-9:00 Breakfast Social
- 9:00-9:50 Dave Johnson
Topic: Catching Fundamentals
- 10:00-11:30 Pete Orgill
Topic: HOF, CPR, First Aid, and AED Training. Certified American Heart Association. Two Year Certificate.

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

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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*

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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

2013 Federal Way Athletic Hall of Fame

By Jan Kirk, WSCA member



Gary Baker

Teaching and Educational Background in FWSD:

Gary started teaching in the Federal Way School District in 1971 and retired in 2005. He taught math and PE at Sacajawea Junior High for seven years and also coached football, basketball and track. He transferred to Decatur in 1978 where he taught math and served as the building Budgeting/Scheduling Administrator for 27 years. He was the math department chairman at both Sacajawea and Decatur and also served as the District Math Coordinator for three years.

Coaching and Athletic Background in FWSD:

Gary was a coach for 22 different teams at Sacajawea, Lakota and Illahee. He coached Decatur football for three years and was the Decatur girls' basketball coach for 20 years. His girls' basketball teams made six West Central District and two State Tournament appearances. Gary's 1999-2000 basketball team earned a Fifth place finish in the State Tournament.

Significant Impact on District and/or School Program:

Gary led a Federal Way Education Association negotiation team along with Bud Hatley (FWSD Athletic Di-

rector) that was responsible for the first reorganization of the district coaching stipend salary. Six years later he helped negotiate a coaching stipend schedule that recognized experience in calculating coaches' pay. Gary started and administered a "Student Athlete of the Month" recognition program at Decatur. He also produced and organized an End of the Year Banquet at Decatur.

Additional Comments:

"Gary Baker was a dedicated coach who cared about his athletes' progress educationally and personally as well as their athletic performance. He led by example and was an exceptional role model for his athletes and students." - Lisa Owsley



Sam Beesley

Teaching & Educational Background in FWSD:

Sam taught Social Studies and Physical Education at Thomas Jefferson High School for over 20 years, retiring from teaching in 2003. He also served as Athletic Director at TJ.

Coaching and Athletic Background in FWSD

Football:

Sam took over the Thomas Jefferson football program in 1983. At that time, the team had the fifth longest losing streak in the nation. With

the hard work of his staff and athletes, within two years the program produced a competitive SPSL team with state rankings. In 1985, the Seattle Times selected Sam as their High School Football Coach of the Year. Sam was also selected by the Washington State Coaches Association to coach in the State All-Star Football Game. His TJ teams twice posted the most wins in the history of the school.

Since retiring as a head football coach, Sam has served as the Defensive Coordinator at both Decatur and Federal Way High Schools. According to John Meagher, the Head Football Coach at Federal Way High School, Sam's 2011 defense was the best in school and league history. The 64.2 yards of rushing given up per game during that season is the best by 20 yards in the school's and the league's recorded history.

Track:

Sam served as the head boys and/or girls track coach at Thomas Jefferson High School for 20 years, head boys & girls track coach at Decatur High School for three years, and has been the head boys track coach at Federal Way High School for the past six years. His teams at all three schools have been extremely successful, winning League, West Central District and State trophies. His Federal Way boys track team has been undefeated in dual meets for over five years. Many of the school records at Thomas Jefferson, Decatur and Federal Way were set during Sam's tenure. Sam was selected the SPSL Track Coach of the Year while at Thomas Jefferson in 1990 and at Federal Way in 2008,

Continued on page 34

2009, 2010, 2011 and Co-Coach of the Year in 2012.

Additional Comments:

Sam always gave credit to his assistants and athletes for the team's successes.

Johnny Menifee, one of Sam's former athletes said, "Coach Beesley was a great role model and mentor, I wouldn't be the man I am today without Coach".



Wil Derrick

Teaching & Educational Background:

Wil Derrick has been involved with education for 52 years! Here is a brief summary of his educational career:

- 1959 Union Gap - Taught everything! (1959-1961)
- 1961 Edmonds - Science/PE - Coached BB & Track (1961-1968)
- 1978 Ambassador College - Assistant Professor - Coached Track and BB (1968-1978)
- 1979-81 Illahee - Math/Science/Administration - Coached gymnastics (1978-1982)
- 1982-91 Totem - Math/Science/Administration - Coached gymnastics
- 1992-2005 Lakota - Administration - Coached gymnastics
- 2005-Present - Lakota - Retired in 2005 but continues coaching gymnastics

Coaching and Athletic Background in FWSD:

Wil started coaching gymnastics in the Federal Way School District while teaching and working in administration at Illahee Junior High School from 1979 to 1981. In 1982 he transferred to Totem and continued to coach gymnastics. Beginning in 1992 he became the vice-principal at Lakota Junior High. Wil retired in 2005 but continues to coach gymnastics.

Significant Impact on District and/or School Program:

Wil has been coaching and working with students in the Federal Way School District for 33 years. During this time he developed much of the district's gymnastics program. His gymnastics teams won approximately 13 district championships.

Additional Comments:

I have witnessed Wil's success with students both on and off the mat so to speak. He is a man of very high standards and instills those standards into his gymnastics program. He expects the best out of his athletes and his staff by laying a foundation of respect, hard work, integrity, and dedication. He teaches the girls to be respectful, responsible, and hardworking but still finds time for fun. I never thought I would coach middle school gymnastics until I met Wil Derrick and learned what a joy it could be. I am still coaching six years later.

Wil Derrick certainly deserves recognition as someone "Who paved the way" in Federal Way Schools.

- Bev McIrvine



David Hunter

Teaching and Educational Background:

David began his teaching career at Sacajawea Junior High School in 1977 and retired from Thomas Jefferson High School in 2011. During his career he taught over ten subjects including: U.S. History, Health, Pacific Northwest History, PE, Algebra and Geometry.

Coaching and Athletic Background in FWSD:

David grew up in the Federal Way School District and graduated from Thomas Jefferson where he still holds numerous baseball and basketball records. He coached at Sacajawea from 1978 through 1991. During this time he coached girls' and boys' JV basketball for two years, boys' varsity basketball for twelve years, girls' varsity basketball for ten years and junior varsity football for four years.

After moving to TJ in 1992, he coached varsity boys' basketball for five years and boys' golf for thirteen years, a position he still holds.

Significant Impact on District and/or School Program:

At Sacajawea his teams won 11 district championships including 6 titles in boys' basketball. His 1994-95-basketball team at Thomas Jefferson was the most successful TJHS team in the last twenty years. In his 13 seasons as golf coach his teams have won 60 percent of their

Great Work Coach Wilfong!

George Wilfong, long time wrestling coach in the Puyallup School District, was honored recently by being inducted into the National Wrestling Hall of Fame. Coach



Wilfong is pictured with Jim Meyerhoff, vice president of the Washington Chapter of the NWHOF receiving his award. Coach Wilfong is the third wrestling coach from Puyallup to be inducted into the NWHOF. He is pictured with fellow hall of fame members Jim Meyerhoff (2003), Ray Barnes (2011) and Lloyd Freudenstein who also coached wrestling for many years in Puyallup. ■



matches and 20 players have qualified for state. He is particularly proud of the fact that many of his golfers have gone into the golf business and that two of his former players at TJ are now head basketball coaches in the SPSL.

Additional comments:

Written by a former player:

Coach Hunter was never an attention guy as a coach. He had absolutely no ego as a coach and only wanted to instruct kids and help them reach their athletic potential. He cared how we played the game: Always play hard. He did not tolerate softness or lack of pride and encouraged us to battle as hard as we could. He often talked about being “men” and standing your ground on the basketball floor whether it was on a box out or taking a charge. He made a great impression on me as a player and as a coach. I still take lessons that he taught me and put them into my own coaching philosophy. - Kyle Templeton. ■

Football Coaches Mark Your Calendars!

The Washington State Football Coaches Association's Mid-Winter Clinic will be held on January 24, 25, 26 at the Holiday Inn in Everett. High school and college coaches from the Northwest as well as coaches from throughout the country will be featured presenters. More information will be coming in following issues of The Washington Coach and will be posted on the WSCA website, washcoach.org ■



The Importance of the Mental Game



“The mental part is the hardest part, and I think that’s what separates the good players from the great players.” - *Michael Jordan*

Sport Psychology, Mental Skills Training, a strong Mental Game, Mental Conditioning, Mental Toughness, being in the zone... These are some of the buzz words these days in sports. But what do they mean exactly? Isn’t sport psychology for crazy people or athletes who are weak and just can’t hack it? Unfortunately, that tends to be the perception – either you’re born mentally strong or you’re not. Portland Timbers ex-coach John Spencer infamously stated “You can’t teach mental toughness.” just weeks before being fired because his team could not hold a lead or win on the road.

Sport psychology and the mental game is the next evolution in reaching peak performance in sports. A strong mental game is something that a player can learn, grow, and improve on. It’s this decade’s Strength and Conditioning or Sports Nutrition piece of the well-rounded athletic puzzle. As coaches of young athletes, we wear many hats both on and off the field. There are typically four main on-field areas that athletes must be strong in to be able to compete:

- Technical - (Skills)
- Tactical - (Strategy)
- Physical - (Athleticism)
- Mental - (Confidence)

For the most part, this list is in the order of importance, at least in regards to time spent by coaches. The mental part of the game is often underserved, because the others are so important, especially at a young age. As players get older and older, the mental game begins to separate the good players from the great, as Michael Jordan mentioned in the quote above.

But if coaches are expected to teach all four of these categories, and mental skills are the least taught, what does that mean for our young athletes, who are developing at vastly different rates?

Ex-NFL coach and current analyst Eric Mangini puts it this way:

“All the time, we talk to our athletes about ‘move on to the next play,’ ‘make sure you envision this,’ ‘be in a zone,’ all those different things. We always talk about it, but nobody teaches it. Nobody teaches the athlete how to move on to the next play, nobody teaches the athlete how to get in a zone, and there’s a whole new field based on mental training...”

Coaches must make an effort to make sure their athletes

have not only the tools to catch the ball, jump higher, and read the defense, but also to maintain focus, confidence, and a positive mindset. Here are some of the best strategies for coaches to keep in mind to keep the mental game at the forefront:

- Set team and individual goals, and check on them regularly
- Set team expectations and rules, and be consistent with them
- Create ways to allow players to have ownership in team decisions
- Consistent and clear communication
- Be positive in approach, ie – tell players what ‘to do’ instead of what ‘not to do’
- Encourage ‘process’ over ‘results’

You can also consider bringing a sport psychology professional in to talk to your team. At SPINw we work with teams and athletic organizations in a number of ways to help improve performance. (<http://www.spinw.com/index.php/sports-psychology-services/team-group-athletes>)

Having worked with athletes for over 10 years now, the majority of my clients have been high school aged. And a majority of those athletes are high-end athletes, looking to play in college or maybe even professionally. So why do athletes come seek out help with their mental game?

- Lack or loss of self-confidence
- Having trouble dealing with pressure (from peers, coaches, parents, and even themselves)
- Tentative in returning from an injury
- Problem with coach or teammates
- Time management, lack of direction or focus
- No real issue, just want to get the edge over the competition

As a coach in my younger days, I would have loved to have had this list, to help me in the right direction as far as motivating my players and getting the best out of them, and making sure their athletic experience was the best it could possibly be. I hope this will help you in the same way!

Brian Baxter, MA Sport Psychology is the Director of SPINw (Sport Psychology Institute Northwest) in Portland, OR. He has been consulting with athletes for 10 years, has coached soccer for over 20 years, and has been a sports parent for 5 years. For more information, go to www.spinw.com, email brian@spinw.com, or call 1-866-300-1515. ■

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