

THE WASHINGTON GOACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



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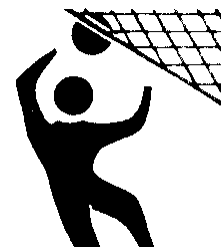
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Change of Address: Request for change of address/
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 date of the next issue. Mail change of address to:

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Do you have an article you would like to have
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 Email Mike Schick at
 WSCA-EDITOR@comcast.net or mail to
 2110 Richardson Drive
 Puyallup, WA 98371
Fall issue deadline is August 14.



From The President

Summer 2014

Dear WSCA Members:

Summer time is almost here. The school year has wound down and our seasons are complete and it is time for the summer. For each of us there are a variety of different ways we as coaches look at our summer plans. For all of us the “Have to’s” are done. We don’t “have to” have a practice plan done by the AM the next day. We don’t “have to” have a detailed game plan ready by the afternoon. We don’t “have to” check grades or a discipline report to see whether an athlete of ours is available that day. The stresses are less, the time demands are less, and the juggling of two or three jobs is less. However, that doesn’t mean that for many of us the summer is just a time to put on the flip flops, summer hat and kick back. The summer is time to get back to why many of us got into this profession in the first place-to teach the sport(s) we are so passionate about. We get to teach the sport without the pressure of crowded gyms, media evaluations, frustrated parents, and all other external factors that go into coaching. There is a certain purity of coaching in the summer and for many of us, the best time of the year to craft our profession. As I look back each year and assess how it went as a coach, like with most of the previous 28 years, I don’t say “I should have spent more time in the gym.” I always ask myself “Did I keep things in balance?” Or, “Did I find time for all areas and people in my life?” Usually the answer is “No”. As with you, my competitive juices take over and 30 more minutes in the gym, one more hour watching tape, another “I need to scout this team one more time”, drives my life. Still, after all these years, in a good way and also an area to improve, is trying to find and maintain balance is my biggest challenge. I recently read an article from the Michigan Basketball Coaches Association that had a piece about the legendary Iowa State basketball coach, the late Johnny Orr. It spoke to how Coach Orr loved his off-seasons. Whether that be golf, fishing, vacationing, etc, Coach Orr found a way to put the previous season in the rear view mirror, take time off, get refreshed, and come back ready to go. That may be why he sustained his longevity and success for so long. I asked a couple of my good friends and the past two WSCA presidents to give me some thoughts on their philosophy of keeping coaching and personal life in balance. Coach Sue Doering (volleyball) and Coach Pat Fitterer (basketball) are two of the most successful coaches in their respective sports in the history of our state. Not only is their success well noted but they are two of the finest people one could ever meet. Sue mentioned how she married the “right” person who supported and encouraged her. Sue has always tried to make time for herself but also for others and as she put it “making sure that the people you are living with and care the most about *receive* more from you than you *take* from them.” Pat, who recently retired as the second all-time wins leader in the history of the state told me that after a big win one year he came home to his wife and daughters who were wearing nametags at dinner. Why? So he would remember their names and quit being consumed every second of the day, as he had been, on how to get the win. Pat learned to “leave it in the gym” and only to talk about the team when the family asked him about it. Lastly, letting Pat’s assistants take the team in the off-season for a game here and there was good for the kids, good for Pat, good for the assistant and good for Pat’s family. Young coaches....this is from two of the best and words to live by. The last thing I will contribute is that someday when it is all said and done and my coaching career comes to an end I want to be remembered as the recently passed Dr. Jack Ramsey was remembered (FYI, I AM NO JACK RAMSEY). His son spoke to that fact that his dad, a very successful NBA coach at the time, still found time to mow their lawn, play ball in the yard, play cards with the neighbors and take the family to ice cream. Ice cream...ice cream...it must be summer time!



Have a great summer!

Nalin Sood ■

From The Sidelines

by Jerry Parrish

8TH ANNUAL SEAHAWK ACADEMY

On May 3rd and 4th the Seattle Seahawks 8th Annual Seahawk Academy was at held at the VMAC center in Renton. Twenty experienced and seven or eight first or second year coaches were hosted by Paul Johns and the Seahawk organization.

This Mentorship Academy is truly a one-of-kind experience that connects younger head coaches and assistant high school coaches with veteran high school coaches. The program helps to develop mentorship relationships and reduce the amount of coaching turnover at the high school level.



At the Academy, the coaches:

- ◆ learned about leadership and effective ways to develop and lead a high school football program
- ◆ met and networked with like-minded coaches
- ◆ received valuable resource materials

Here are some valuable topics discussed at the Academy

- ◆ Using Social media to talk to parents
- ◆ Today's players; are they different?
- ◆ Changed coaching methods. Why?

WSCA Calendar of events:

- ◆ May 23—All candidates for Burnett-Ennis Scholarship contacted
- ◆ June 21—Earl Barden Classic at East Valley High School (Yakima), Kick-off 2pm
- ◆ June 28—3A-4A East-West Football game, Moses Lake, Kick-off 7pm
- ◆ July 7, 8 and 9—Golf coaches tournament at Kayak Point ■



ORCHIDS

- ◆ This year the Washington State Coaches Association has reached an all-time high in membership. Some of the leading school districts are: Kennewick, Franklin-Pierce, Kelso, Marysville, Moses Lake, North Kitsap, Pasco, Quincy, Snohomish, and Yakima.
- ◆ On 5/1/2014 WSCA had 3316 registered member for 2013-2014.

The Mental Side of Recruiting

by Brian Baxter, MA Sport Psychology

As everyone knows, baseball is a game of failure - a game where if you fail 70% of the time, you can make a ton of money doing it. As a young player, you work hard and put in long hours fine tuning your mechanics, getting stronger and faster, and learning the game. But that's only half the battle. What about the 90% of it that's mental - how much work do you put in training your mind?

That's where sport psychology comes in. Another way to look at sport psychology is to see it in terms of "mental strength", "mental toughness", or "mental conditioning." The higher the level you achieve, the smaller the difference in your competition's technical skills, tactical knowledge, and physical ability. The biggest difference comes in ability to focus, coping strategies to deal with pressure and failure, and overall confidence.

So, what does this have to do with the recruiting process?

I frequently work with athletes who are stressed by the process: more people watching you play, more pressure to perform, and bigger downside if you don't. Thoughts like these may become distractions, taking focus away from just performing up to your ability:

- "What if I mess up in front of this coach?"
- "I HAVE to play perfectly."
- "Don't make a mistake, don't strike out."

Athletes tend to overthink about these things because they think it logically makes sense. But it only makes sense if you are playing for a coach who thinks they are scouting players who bat 1000 and never make an error.

The reality is, I don't know any coaches who think that way. Coaches aren't looking for perfection, because they know that's impossible. They are looking for character, attitude, effort, how you treat your teammates, and coachability. In short, they are looking at how you handle the 70+% failure at least as much as they are looking for the 30% success. Maybe more so.

So how can you be mentally tough and keep the right mindset? Here are a few ways:

- Set goals for success, but also set them for failure. Set attitude and effort goals.
- Show positive body language and verbal communication skills at all times.
- Focus more on the process than the result. Focus on the present moment!

These are all things that you have control over. When athletes focus on what they can control, they do not guarantee success, but they do give themselves the best chance to succeed. In other words, when you do things the right way, step by step, it usually leads to the right result.

Most coaches can see players who are doing things the right way. ■

Brian Baxter, MA Sport Psychology, is the Director at SPINw in Portland, OR. He works with athletes, coaches and parents to help build focus and maintain confidence to ensure more consistent performance. Brian's book, the Sports Mindset Gameplan, is available on amazon.

www.spinw.com |866-300-1515| brian@spinw.com | facebook.com/SportPsychologyInstituteNW

"Baseball is
90% mental
and the other
half is
physical."

- Yogi Berra

Scholarship Applications on the WSCA Website

Applications for the Burnett-Ennis, Terry Ennis and the Student Teacher scholarships sponsored by the WSCA may all be found on the WSCA website. Under the "PDF/DOWNLOADS" tab, find the "APPLICATIONS/FORMS" tab. The necessary information and applications may be found here. The application forms for these scholarships will no longer be presented within the pages of the *Washington Coach*. ■



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Contact Mike Schick at wsc-editor@comcast.net or Jerry Parrish at jparrish21@comcast.net

An Opportunity for your Athletes

Athletic Directors and coaches, each week throughout the school year, the WIAA recognizes twelve varsity athletes, a male and a female from each of the six classifications, who exhibited an outstanding performance from the previous week. To nominate an athlete for consideration, please fill out the form at <http://www.wiaa.com/FormEntry.aspx?ID=16>. You must fill out every field before submitting. The weekly deadline is Tuesday before 12:00 PM. All varsity level students in good academic standing at their schools are eligible to receive the WIAA State Athlete of the Week Award. Students may win the WIAA State Athlete of the Week Award once during any given academic year. Each winner of the WIAA State Athlete of the Week Award will receive a letter of recognition from the WIAA Executive Director, a commemorative WIAA State Athlete of the Week T-Shirt and certificate. Winners will be announced weekly on the WIAA website. For more information, please contact aaron@wiaa.com. ■



NCAA

Changing the Eligibility Rules

by Scott Laigo
Academic Sports Development
nwasd.com

If you are a sophomore in high school and are not aware of the 2016 changes coming from the NCAA and their “don’t get benched” or “2.3 or take a knee” requirement, your chance (or dream) of getting a college scholarship may already be over. Some estimate that 25 to 30 percent of current and future student-athletes would be ineligible.

As a local high-school football coach, most recently head coach at Garfield High School in Seattle, I have experienced academic shortcoming with the kids I’ve coached. It is hard to get the academically eligible students to the prestigious colleges that many Garfield students garner, let alone a Proposition 48 student trying to gain admission to a smaller university.

The present academic requirement for NCAA Division I schools is 16 core classes, a 2.0 cumulative grade-

point average or higher, with a 2.5, 820 sliding scale on the SAT and graduation from high school. The SAT sliding scale will remain the same, but there are two changes in 2016. First, you must have a 2.3 GPA in core classes. Second, you must complete all 10 core classes before your senior year. There no longer will be an opportunity for you to get better grades or recover lost core classes, as there have been before.

Changes are also coming to the NCAA Division II level, where there are 16 core classes but with different classes for eligibility. In Division I, you will need four years of English and three years of Math, while in Division II, you will need three years of English and two years of Math. The fill-in courses will be different, but you must still meet the 16 core classes needed. I recently talked with a head coach from a Division II school

whose athletes are pre-engineering students but are coming up short on core classes.

The NCAA is holding colleges and their coaches accountable for graduation rates. Recently, the UNLV football team was banned from bowl eligibility next season due to academic requirements, and the NCAA champion Connecticut men’s basketball team was under that same ban in 2012-13. These changes from the NCAA are making a statement that colleges need to have higher academic standards, to ensure academic success.

So what does this mean to you?

If you (or your son or daughter) are not on a strict plan to reach these new standards for the next four years, you are probably already academically ineligible per NCAA standards. The NCAA has also closed the loophole for student-athletes going to jun-

ior colleges to make up all of the requirements, with higher GPA standards, to transfer in to Division I schools.

The [NCAA's website](#) shows how you can become an “academic redshirt” and become a part of the academic eligible program, but coaches must be willing to take a risk. If they can find other student-athletes comparable to your skills and abilities who are already eligible, who do you think coaches will offer a scholarship to?

The student-athlete now must have a game plan starting in the eighth grade. During the summer, stop by your local high school and discuss your aspirations of receiving a college athletic scholarship. But know, as shown in a recent [Seattle Times article by reporter Claudia Rowe](#), that counselors at the high-school level have a very full plate and may have yet to learn about the recent changes to NCAA eligibility.

If you, or your son or daughter, comes from a school that does not have many kids getting scholarships, then the counselors may not be versed on the changes coming. If you will be an eighth- or ninth-grader next year, go see your counselor and verify that you will be on track to have the 10 core classes completed. Make sure your counselor is certain these are the compliant classes your high school has given to the NCAA eligibility center.

Counselors have very difficult jobs. Most do great work despite heavy loads, with an average of 400 students. They must

monitor NCAA requirements that are constantly changing, not to mention colleges with different standards of eligibility for athletic scholars.

Make sure you have your 48H form (found on the NCAA website) with you when you meet with your counselor to ensure you are taking the right courses, approved by the NCAA Eligibility Center. The Eligibility Center process takes place your junior and senior years and aligns your classes with GPA and SAT or ACT scores. So the GPA is a constant activity, while the SAT and/or ACT is at the end of your high-school career.

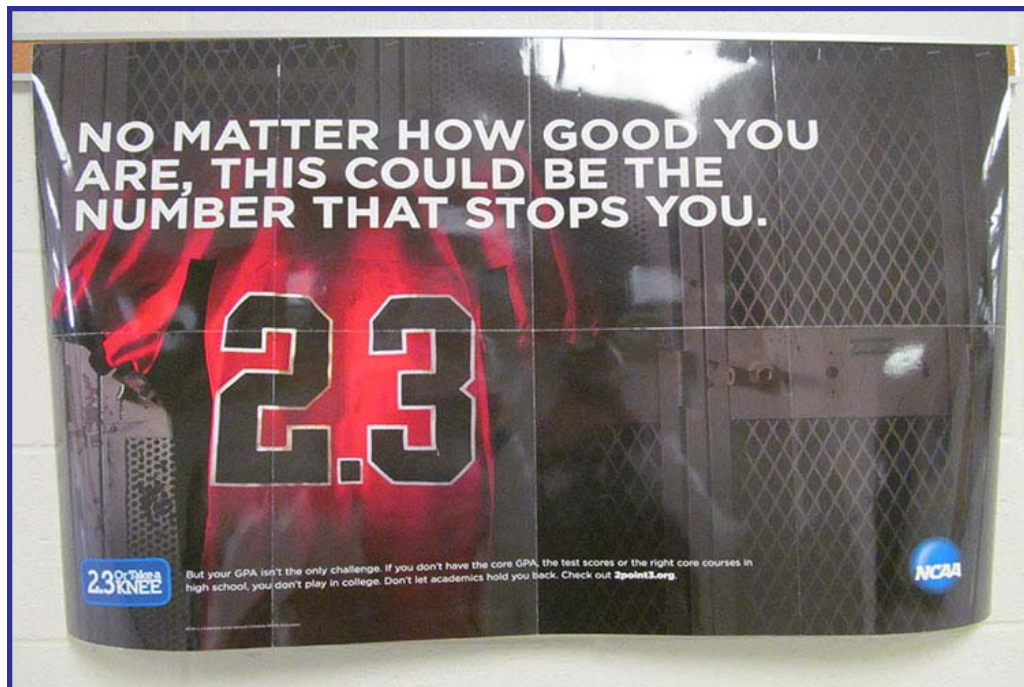
Bottom line: Have a plan because there is no wiggle room.

Many parents are struggling to save money for themselves and their retirement, let alone for their children's college. Too many parents count on their sons or daughters' athletic talents to land them a scholarship. Yet only 1 percent of high-school student-athletes receive a Division I college scholarship. Recently, I came across a contract from a local recruit-

ing service charging a family \$4,000 for their services. This student-athlete was probably an NAIA level player. So, parents, save your money. You likely will need it to pay for that smaller college when your son or daughter doesn't land a Division I scholarship. Average student debt is \$25,000, with \$6,000 credit-card debt by graduation time.

My goal is to be the Paul Revere for local and statewide counselors, coaches, administrators and parents. Don't let your son or daughter be a victim of these changes.

Scott Laigo is a coach who founded Academic Sports Development (ASD) two years ago to help solve some of the problems associated with academic requirements for NCAA scholarships. For more information, go to [nwasd.com](#), follow [Academic Sports Development on Facebook](#), or contact asdathletics@gmail.com. ■



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 wsc-editor@comcast.net

Thank you for your efforts

DEADLINE

WASHINGTON COACH Magazine

Next Issue - Fall: August 14

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

SUBMISSION PROCESS

Submit via email as an attachment to Mike Schick at WSCA-EDITOR@comcast.net

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

Hall of Fame football coach Tom Bate's wife Diane passed away Friday, May 23rd after a long battle with Parkinson's disease. Diane was a strong Christian and a person who was loved by everyone and she in turn shared her love with everyone. Those wishing to offer a remembrance may send their gift to:

Castle Rock Church of the Nazarene
456 Pioneer Ave. NE
Castle Rock, WA. 98611

Thoughts and prayers from the WSCA family are with Tom and his family.



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TALK TO YOUR COACH TO LEARN MORE.



TRAINING YOUR BREATHING

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

Proper breathing techniques are essential to any athletic endeavor and the learning of these skills correctly, right from the start, is an important first step to success in your athletes chosen sport. The introduction to correct breathing patterns properly begins on the first day, during the introduction to the sport, in the welcoming portion and continues onto the practice field, lifting stations, and during competition.

There is one caveat to bear in mind when discussing this breathing technique and that is for those with heart and circulatory problems. You must make certain each of your athletes has had their sports physical and their participation in your program is without restrictions. Holding the breath against a closed glottis can raise the blood pressure to dangerous levels. Caution your athletes to follow the correct method of breathing discussed and not hold their breath and try to breathe out against their closed glottis.

Many coaches recommend exhaling on exertion. This is not a normal breathing pattern and it is not a typical breathing reaction in a high intensity physical situation. No type of research or practice supports exhaling on exertion. Observation of athletes in competition clearly illustrates that when force is applied they are hold-

ing their breath. This is a natural response to the situation. If this is natural then why change the pattern?

According to Dr. Michael Yessis¹, "studies have shown that when you execute a skill, you hold your breath on exertion-during the power phase, when force is generated." Holding the breath "on exertion provides up to 20% greater force, stabilizes the spine, and helps prevent lower back injuries. It transforms the trunk (and, in fact, the whole body) into a stable unit against which your hips, shoulders, and arms can move more effectively."²

The underlying mechanism for potentiation of strength resulting from holding your breath on exertion relies on "a pneumomuscular reflex in which increased intralung pressure serves as a stimulus for the potentiation of muscle excitability. The true mechanisms of enhanced muscle excitability have yet to be studied."³

Drs. Mel Siff and Yuri Verkhoshansky "recommended that breath-holding should precede and accompany maximal efforts, which should be followed by brief exhalation-inhalation, unless technical ad-

justments have to be made, in which case breath holding must persist. Exercise with submaximal loading may be executed with longer phases of normal exhalation-inhalation and shorter phases of breath-holding. Neither rapid, short hyperventilation breathing, nor forced maximal inhalation is desirable for production of maximal effort during any phase of lifting."⁴

Your healthy athletes should be able to hold their breath more than just a few seconds during the heaviest part of the lift, commonly referred to as the sticking point. Instruct them to take a larger than normal breath, not excessive but a little bit bigger than normal, and then hold it through the sticking point.

Not only does maintaining control of your breathing contribute to a

stronger physical effort, it can relax your body and mind. Dr. Yessis states that inhaling and exhaling before

a physical effort helps the body to relax. However, this does not mean a total relaxation of the muscles.

No type of research or practice supports exhaling on exertion.

**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 _____



Continued from page 10

Prior to beginning these movements there has to be some muscular tension throughout the body. For example, when doing the dead lift, this tension is brought about by taking the slack out of the bar before the lift begins. This places enough tension on the muscles to produce sufficient strength to lift the weight off the floor once the pull begins.

References:

Yessis, Michael, Dr. Build a Better Athlete, Equilibrium Books

Zatsiorsky, V.M. and Kraemer, W.J. Science and Practice of Strength Training

Verkhoshansky, Y. and Siff, M., Supertraining 6th edition, published by Verkhoshansky

(Footnotes)

¹ <http://doctoryessis.com/about/dr-yessis/>

Dr. Michael Yessis received his Ph.D. from the University of Southern California and his B.S. and M.S. from City University of New York. He is president of Sports Training, Inc., a diverse sports and fitness company. Dr. Yessis is also Professor Emeritus at California State University, Fullerton, where he was a multi-

sports specialist in biomechanics (technique analysis) and sports conditioning and training.

² *Yessis, M, Dr., Yessis, Michael, Dr. Build a Better Athlete, Equilibrium Books*

³ *Zatsiorsky, V.M. and Kraemer, W.J. Science and Practice Of Strength Training, Published by Human Kinetics*

⁴ *Verkhoshansky, Y. and Siff, M. Supertraining sixth edition published by Verkhoshansky* ■

8th Annual 2014 High School Golf Coaches Clinic

sponsored by the WSCA

Kayak Point Golf Course

Stanwood, WA

July 7, 8, 9, 2014

Clinic Instructors:

Dave Boivin, PGA Director of Instruction – Kayak Point GC

Steve Stensland, PGA Professional & General Manager

Cost: \$195, for WSCA members

Clinic will include:

2 rounds of golf with cart

2 lunches at The Fire Creek Grill

Driving range work learning relevant drills for high school golfers

Short game drills and work at the short game area learning how to teach the short game

Classroom topics will include: program philosophies, the mental game, rules of golf, course management

Guest Speakers: will include local college golf coaches and will be named later

WIAA 16 Clock Hours available for purchase on site

Registration Information:

You must be a current 2013-14 card carrying member of the WSCA to participate in the clinic.

Coaches Name: _____ High School: _____

School Address: _____ City: _____ zip: _____

Home Address: _____ City: _____ zip: _____

Cell Phone: _____ Email: _____

Home Phone: _____ WSCA card number: _____

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

Purchase Order: Please let Kayak Point GC know if you will be paying with a school district 'Purchase Order', so arrangements can be made for billing your school. Make checks payable to 'Kayak Point Golf Course'.

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

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

WASHINGTON STATE FB COACHES ALL-STAR GAME 20th ANNUAL EAST-WEST EARL BARDEN CLASSIC

WHEN: SATURDAY, JUNE 21st , 1PM

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

The 2014 Earl Barden All-Star Classic will be held for the 20th straight year on June 21ST at 1pm at Earl Barden Stadium at East Valley HS in Moxee.. 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 the roster.

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!."

Coaches for the 20th Annual Earl Barden Classic are: West – Nick Snyder, Pt. Townsend, East – Co-head coaches: Jim Wood, Freeman and Greg Whitmore, Lind/Ritzville/Sprague.

LET'S ALL MEET IN YAKIMA ON JUNE 21st 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 Co-Chairs:

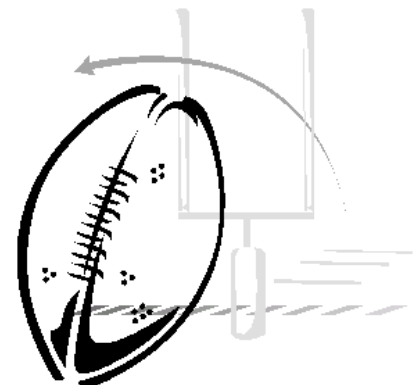
Mike Lynch, lynchm@ritzcom.net

Greg McMillan, mcmillan.greg@yakimaschools.com

West Game Co-Chairs:

Tom Sanchez: tsanchez@southbend.wednet.edu

Jesse Bussanich: jessebussahich@hotmail.com



2014 EARL BARDEN ALL STAR TEAM

EAST

#	First	Last	Ht	Wt	Pos	School	Coach
1	David	Ungerer	5'7"	160	WR/DB	Pullman	Dan Lucier
1	Zack	Janis	5'10"	160	WR/DB/LS	East Valley	Mark Mochel
2	Max	Laib	5'8"	170	RB/DB	Freeman	Jim Wood
3	Rex	Pittsinger	5'10"	205	RB/LB	Cashmere	Phil Zukowski
5	J T	Phelan	6'2"	205	WR/DB	EastValley Spo	Adam Fisher
5	Casey	Ruether	6'	175	QB/LB	Cashmere	Phil Zukowski
5	Darryl	Galloway	5'9"	165	WR/DB	Desales	Mike Spiess
7	Brady	Widner	6'	185	WR/DB	Zillah	Tim Strother
8	Tanner	Gueller	6'3"	230	QB/DE	Chehalis	Bob Wollan
9	Andrew	Graham	5'9"	175	QB/DB	Cheney	Jason Williams
10	Terran	Brown	5'9"	175	WR/DB	River View	Brett Jay
10	Jayden	Croft	6'1"	190	QB/S	Tumwater	Sid Otton
11	Luke	Kindred	6'	175	QB/DB	Oroville	Tam Hutchinson
12	Dylan	Hartz	6'	155	QB/DB	LRS	Greg Whitmore
15	Craig	Nelson	6'	205	RB/LB	Rosalia	Caleb Madison
20	Alonzo	Mendoza	5'9"	190	RB/LB/S	River View	Brett Jay
22	Keigan	Baker	6'1"	195	RB/WR/FS	Mark Morris	Shawn Perkins
22	Ryan	Whitmore	6'7"	195	DE/TE	LRS	Greg Whitmore
36	Jakob	Racimo	6'2"	215	TE/LB	Capital	John Johnson
41	Tony	Picard	6'4"	430	RB/DL	White Swan	Andy Bush
44	Kurt	Calhoun	6'2"	215	RB/P	Zillah	Tim Strothers
50	Tyler	Frederick	6'3"	215	T/DE	LRS	Greg Whitmore
51	Jacob	Laird	6'3"	230	OL/DL/LS	Ephrata	Jay Mills
54	Zach	Grate	6'	250	OL/DL	Black Hills	Dominic Yarrington
55	Ben	Harrison	6'2"	260	C/DL	Mark Morris	Shawn Perkins
56	Mitch	Moe	6'2"	255	OL/DL	R A Long	Eric Bertram
67	Asa	Schwartz	6'	225	OL/DL	Chelan	Travis Domser
68	Reggie	Chumley	6'	285	OL/DL	Zillah	Tim Strother
72	Collin	Christensen	5'8"	225	C/DL	Royal	Wiley Allred
75	Andrew	Moser	6'2"	200	OL/DL	Pullman	Dan Lucier
76	Dustin	Olson	6'	250	OL/DL	Chewelah	Jim Fisk
77	Mack	Hopkins	6'5"	305	OL/DL	Connell	Wayne Riner
83	Kian	Genteman	6'3"	200	WR/LB	Freeman	Jim Wood
84	Nick	Foerstel	6'3"	220	OL/DE	Tumwater	Sid Otton

Head Co-Coaches: Greg Whitmore- Lind/Ritzville, Jim Woods-Freeman

Assistant Coaches: Aldrich - L/R, Neely-Freeman

2014 EARL BARDEN ALL STAR TEAM

WEST

No.	First	Last	Ht	Wt	Positons	School	Coach
1	Letrez	Jones	5'10"	180	RB/DB	Meridian	Bob Ames
2	Josiah	Greene	6'2"	195	QB/DB	Neah Bay	Tony McCaulley
4	Keenan	Fagan	6'0"	185	RB/DB	White River	Joe Sprouse
4	Skyler	Coppenrath	6'3"	195	TE/DE	Port Townsend	Nick Snyder
5	Ernie	Davis	5'8"	175	RB/LB-DB	Renton	Donald Ponds
6	Travis	McMillion	6'0"	200	QB/DB	Onalaska	Mazen Saade
7	Jacob	King	6'1"	175	QB/DB	Port Townsend	Nick Snyder
7	Taylor	Roelofs	6'1"	185	QB/DB-LB	Life Christian	Tim Kuykendall
7	Josh	Lewis	6'0"	175	WR/DB	Steilacoom	Brian Koch
8	Tyler	Lee	6'2"	180	RB/LB/SS	North Kitsap	Jeff Weible
9	Carson	Ketter	6'2"	180	QB-WR/DB	North Beach	Todd Bridge
10	Daniel	Ziegler	5'8"	165	QB-WR/DB	Sehome	Bob Norvell
11	Andrew	Zender	6'1"	180	QB-TE/LB-DE	Mt. Baker	Ron Lepper
11	Darol	Ratsavongsy	6'1"	210	RB/LB/DE	Raymond	Rob Clements
19	Nick	French	6'2"	205	QB-R/DB	South Whidbey	Mark Hodson
21	DeJon	Lynch	6'0"	215	RB	Sumner	Keith Ross
26	Clayton	Johnson	5'8"	185	LB	Sedro Woolley	Dave Ward
33	Connor	Fulton	6'0"	205	RB/LB	La Center	John Lambert
35	Aaron	Dickson	5'10"	190	RB/LB	Kingston	Todd Harder
37	Hunter	Austin	6'0"	190	RB/LB	Cascade Christian	Randy Davis
42	Ben	Powell	5'11"	200	TE/DE	Morton/White Pass	Aaron Poquette
44	Izaiah	Schwinden	5'9"	160	RB/DB-LB	Mt. Baker	Ron Lepper
50	Zach	Counts	6'3"	280	OL/DL	Morton/White Pass	Aaron Poquette
52	Taylor	Comfort	6'1"	220	OL/LB	Sultan	Ben Murphy
52	Trevonn	Russell	6'0"	210	OL/LB	Lindbergh	Matt Leamer
55	Evan	Bialkowsky	6'2"	235	OL/DL	Montesano	Terry Jensen
58	Austin	Striplin	6'3"	255	OL/DL/LB	Sumner	Keith Ross
65	David	Leer	6'4"	245	OL/DL	Klahowya	Dan Ericson
69	Ricky	Escalante	5'8"	190	LB	Elma	Jim Hill
73	Trevor	Lange	6'1"	300	OL/DL	Lynden	Curt Kramme
75	Micah	Prescott	6'1"	315	OL/DL	Renton	Donald Ponds
76	Spencer	Blackburn	6'3"	265	OL/DL	Meridian	Bob Ames
77	Robert	Luke	6'4"	310	OL/DL	Charles Wright	Mike Finch
85	Kaleb	McGary	6'8"	280	TE/DL	Fife	Kent Nevin
91	Monike	Sarte	6'1"	295	OL/DL	Fife	Kent Nevin

Head Coach: Nick Snyder, Port Townsend

Assistants: Tom Webster, Port Townsend; Keith Ross, Sumner; Mazen Saade, Onalaska

“WHEN I WANT YOUR OPINION.... I’LL GIVE IT TO YOU”

by Coach Don Papasedero

A duty that needs to be fulfilled.....

It occurred to me recently how another significant aspect of coaching seems to be slipping away....mentoring young coaches about the profession of being a “coach”. It seems evident that older coaches are quick to offer advice and wisdom about the game or sport, but seldom mention the role of “coach” in our schools and communities. The wizened old guys seem to **assume that the younger coaches are aware of the awesome responsibilities that are attached to our profession.** We all had powerful role models as players, or strong encouragement from home. Most viewed “coach” as much more than the expert in the sport. The younger members in the coaching world are often poised to teach the game....but not on how to be a “coach”....particularly in making an impact on the dignity of our sports. Too often we see the young guys baiting officials, wearing the school colors into bars, taking careful time to “look good” on game day, showing more concern for the outcomes rather than the efforts, publicizing success, taunting opponents, not recognizing the value of history, failing to praise student-leadership, and especially insisting that kids **PLAY JUST THEIR SPORT!**

I feel strongly that the coaching profession requires that each generation passes on their accumulated knowledge in the most complete way

possible. A good question to ask young coaches: Would your players look back on their relationship with you and say, “He was like father-figure to me as much as my coach”?

....bring it on!

In my tenuous role here as a contributor to Coach Schick’s magazine, I get some commentary, criticism and feedback. The most I receive is about my observations on Lacrosse in Washington. First, it is encouraging that the Lacrosse community seems to be reading our magazine. I invite further dialog with you folks to get your sport supported by the coaches association and the WIAA. Second, I attended a game 2 weeks ago featuring one of the top boys teams in Washington. The opponents had 2 girls bravely playing against them as their roster could not be filled out with

boys. The “state ranked” team easily beat them with as many goals as their coach allowed. I enjoyed watching, but the disparity here is obvious. Third, to “laxmiddie” who contacts me with his ferocious criticism, you must have met me as I truly am “a little jerk” at 5’6”, but I do know the difference between anatomical parts and a hole in the ground.

...a good read for hard working coaches

The Winning Point by Loren Fogelman. I have had the pleasure of meeting this aggressive, sparkling-eyed author. She has produced a myriad of books and is well versed on handling athletes. She passed on a copy of The Winning Point to me and I am impressed. I refer you in particular to Chapter 5 that encourages us to stay in touch with our goals. Every coach can benefit with a review of how we strive towards our goals.

...spring sports in the Northwest

To the coaches who labor in the spring around here, and are faced with criticism from parents, the community, fellow teachers, and administrators... invite them to a couple successive practices. They will quickly observe and “feel” how hard it is to be outside on these wet, cold, wet, windy, and wet, (wet?) days. We strive on mightily, teach the game, and try to inspire our kids as best we can...but Mother Nature is an opponent who is unde-



Coach Don Papasedero

feated. Personally, as I have trudged through this weather for so many years, I immaturely often think: "Let them try this \$#@!!? and see how hard it is." It makes me crazy and angry when I see adults in our communities who do not consider what a toll is taken on spring coaches....and are so quick to criticize.

...March Madness?

We all get a big charge out of watching the NCAA tournament. Last spring, I was vaguely aware of seeing some teams take a moment, pre-game to share a team prayer. With closer inspection this spring, I think that I discerned a myriad of teams (representing both public and private universities) that seemed to take a moment to discuss the game with "Our Maker". Frankly, I am delighted and glad that this practice

seems to be creeping back into athletics. I am unaware of any public push-back yet, and I feel that none of the athletes on TV appeared uncomfortable.

This spring, at The Nike Clinic in Portland, I heard two high school coaches from Alabama list pre-game prayer as a part of each game's plan. They remarked to me later that this is a 100% common practice in the Deep South without question. They said that the kids and adults, who were uncomfortable with a team prayer, simply stood in silence with their teammates. I leave you to your own opinions and conclusions on team prayer but it is evident on one of TV's most popular events.

3 and out Baby....

"Ego sum valide, tamen ego mos superstes." ■

ARTICLES WANTED

Interested in having an article you have written about your sport published?



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A Major Revolution in FIELD and Track...

...why, for KIDS Sake, not get on board?

by Lane C Dowell

What's wrong with this picture?

Considering secondary school students, Track & Field/Cross Country is the most participated-in sport nationally, and in the Pacific Northwest it tends to be a non-revenue producing sport like baseball, soccer etc. When assessing the expectation level of the officials of our non-revenue sports, T & F tends to scrape the bottom of the barrel.

According to one AD on our side of the mountains, "We pay \$100 for umpires per varsity baseball game." Thus, many schools spend nearly \$4000 a season to pay for trained certified professional baseball umpires. Boys' varsity and JV baseball (rate may vary) teams have ten scheduled home games each per season. Assuming that Mother Nature allows, the same number of contests are ticketed for the girls, for a total of forty scheduled home baseball/softball games a spring.

Yet, the majority of schools budget \$0.00 per home meet for Track and Field officials?

In our area we are told the maximum number of home track and field meets scheduled for a school is three. Providing thirteen trained certified officials to administer a meet at a professional rate similar to a baseball umpire equals a season tab of just under \$2000.

Yes, for a meet of five or more schools you may wish to add two or three more officials and a student work force to carry sweats from the starting line to the finish, rake pits, hurdle crew etc. We suggest, like in Kent, a stipend be paid to those who work the entire season.

Many volunteer officials are not experienced and alert to the importance of administering a competition that is efficient and creates a competitive rhythm within the body of rules.

Certainly, any trained administrator is going to be more privy to much needed SAFETY precautions, such as athletes standing with their backs near a loosely strung netting of a discus cage or proper javelin warm-up. A certified trained professional reduces the LIABILITY threat and enhances the accuracy, efficiency and rhythm of the competition in so many ways!

Kent, Sumner, Renton and now Bremerton have/are adopting a program to train, certify (USATF) track and

field officials, hoping to create a professional pool from which to draw for their grass roots competitions.

When asked why, Renton Superintendent of Schools, Merri Rieger says it best, "It's what is right for our KIDS."

In the Bremerton School District, one can see very positive changes taking place under the direction of first year Superintendent Dr. Aaron Leavell. The progressive leader's district has burst from the blocks recently winning recognition via the Washington Achievement Award, which is presented to districts making significant advances in reading, math, graduation rate and English language acquisition along with making progress school wide in all areas and exemplifying excellence. This coveted award ranks the Bremerton District among the top 5% of state K-12 schools.

The goal-driven Leavell, not one to rest on his laurels, isn't done enhancing the quality of opportunities for Bremerton's youngsters. He recently spoke with us concerning his support for training and paying officials for his student T & F athletes.

As the new Superintendent of the Bremerton School District and a former Track and Field Coach, I have wondered for years why the athletes in our T & F programs have for the most part, had untrained officials managing the meets and the events. Track and Field deploys the most student-athletes comparatively and offers the widest variety of individual and team competitions among any high school sport, yet it is the only one where coaches and athletic directors find themselves begging for volunteers out of the stands to help run and operate the meets.

I am pleased and proud that the Bremerton High School administrative staff and athletic department are taking the



Chris (Kent School District Track and Field Manager) and Steve Kunzelman (Kent District Head Starter)

necessary steps towards implementing a plan to make our track and field events top shelf, safe, and officiated correctly. Our kids deserve it! I am one of the Superintendents who is ready to step forward and help lead the way to an effective model of officiating track and field in Washington State.

UPDATES

Kent:

At the start of the 2013 Track and Field Season, the Kent School District, under the leadership of forward-thinking Athletic Director Dave Lutes and his track and field manager, Chris Kunzelman, began a program of training a cadre of local officials via USATF certification classes. The district paid all fees, including insurance benefits. These officials are compensated a stipend for their time and expertise equivalent to their brethren (football, basketball, etc.) for competitions worked at the district facility, French Field.

The *Washington Coach* recently discussed with Kunzelman, how the program has matured in Season Two and her goals for the future.

WA Coach: What have you done to improve officiating in your district?

Chris Kunzelman (Kent Track and Field Manager): This year we added 4 additional positions which rounded out our official's core. They have truly taken charge of their events and become "experts" in their specific jobs.

The biggest new addition we have adopted this season is a team of "student workers" who have committed to work the whole season and will be paid a small stipend for their work. They have each been assigned to work with a specific official. This addition has allowed athletes to be athletes. We are no longer calling on JV athletes to work pits between competitions. The coaches have seen this as a great new addition this season.

WA C: What is the next step?

CK: Continue to refine the Track Management program. One thing Dave Lutes and I value is input from the coaches. I take their input seriously and work to make adjustments that will continue to improve the quality of competition and safety for our athletes. One of our concentrations this upcoming off-season will include improvements to our shot/discus throwing venues to bring them up to the standards which we have established in all other areas of our facility.

WA C: What is your goal?

CK: My main goals is to continue to help educate

others throughout WA state and the country on how, with a little out of the box thinking, track and field can be catapulted to the forefront of sports officiating and competition. I take the role of "spokesperson" for this new way of thinking very seriously and look forward to more opportunities to educate others on the KSD plan.

I would love to see a mentorship program developed possibly in coordination with the Pacific Northwest Officials Association to help school districts adopt a similar model and have mentors to call upon as they move forward. I'm very lucky to have aligned myself with some amazing mentors who have guided and coached me through this process and the greatest gift I could give to the sport of track and field is to pass this same along to others.

Renton:

As an Ass't. Supt. of Schools in Kent and the Head Starter at the Mt. Tahoma state championships, Merri Rieger developed a passion for what Lutes and Kunzelman were doing in Kent. Rieger saw the Kent Plan as something that was right for KIDS and the great sport of track and field. When she became the new leader of the Renton School District this year, she wanted to develop a similar program that would better insure the SAFETY of the districts athletes, while providing them an accurate, efficient and rhythmically administered competition.

When the *Washington Coach* chatted with the gregarious Rieger, she was eager to talk about the development of a first class track and field program in her district

WA Coach: What have you done to improve officiating in your district?

Merri Rieger, Supt. of Renton Schools: The Renton School District has offered an annual three hour Pacific Northwest Track and Field Officials State Certification Training course since the 2009-2010 school year for those interested in officiating meets. This training is led by Master USA Track & Field Certified officials Bob Springer and Geof Newing. Bob goes through a very thorough PowerPoint that covers current rules, best practices for officiating the various events, and points of emphasis for running a safe and quality meet. Attendees are given a DVD with many helpful resources, forms, etc. Many of these forms are used by Meet Managers and/or officials. Those that complete the training course earn a Pacific Northwest Track and Field Certification badge that is good through the current Olympiad (certifications earned from 2012 on are good through 2016). We have had over 120 people certified since 2009! This number includes

Continued on page 20

Continued from page 19

not only Renton School District officials but officials from surrounding districts as well.

We also pay our officials and have recently expanded our official's coverage. This expansion includes a minimum of 2 adult officials covering each field event. Each official is issued a badge and/or stadium jacket so that they are easily identifiable.

WA C: What is the next step?

MR: The next step is to examine our pay structure for officials in an effort to attract the most highly qualified people possible.

WA C: What is your goal?

MR: Our goal is to have 100% of our officials with current certifications prior to the 2015 season.

Sumner:

Cut from the same bolt of cloth as Lutes/Kunzelman in Kent and the superintendents in Renton and Bremerton, the Sumner School District's AD Tim Thomsen is always looking for a way to make things better for our preps.

WA Coach: What is the motivation that is driving you/your district to draft a model similar to the Kent Plan, which hires certified Track and Field officials?

Tim Thomsen: I have been fortunate to host some big sub-district and district track and field meets in the past. We have seen how experienced, certified officials can improve the quality of the event and the experience of the athletes, coaches and fans. Additionally, I have been very fortunate to have been mentored by some outstanding certified track officials.

WA C: Will the Sumner School District be providing the training and paying for USATF certification?

TT: We have organized the first step by providing an opportunity for the initial training of our local school district track and field officials by USATF master official Bob Springer. As I understand the process, the initial three hour training can be applied toward the USATF certification process. I hope to be able to host additional opportunities for our local officials to go through all of the necessary steps needed to be certified.

WA C: Initially, how many will be trained? How many of your certified officials will be used at each meet?

TT: We have opened up this opportunity to any staff member that has ever worked a middle school, or high school meet in our school district. Additionally we have opened up this opportunity to all of our MS and HS track and field coaches, as well as those officials from neighboring school districts.

Long term, we hope to have a USATF certified official at each field event, and I am not certified yet, so I hope to model this expectation by becoming certified. I'm the meet director for every track and field meet and cross country meet held in our district (we have three middle schools and two high schools), but while I have a lot of experience, to really provide the highest level of service to our coaches and athletes, I feel I need the next level of expertise that USATF certification can provide.

WA C: Will the certified professionals only be used at the district stadium (Sunset Chev) or...?

TT: Our goal would be to have certified officials working at every middle school and high school competition.

WA C: What will your pay scale be?

TT: Our school district pay scale is currently \$15 per hour, which would equal \$30 to \$45 for a meet. While this may not be equal, it is comparable to a basketball official or football official.

WA C: Will you be providing veteran officials to mentor your newbies?

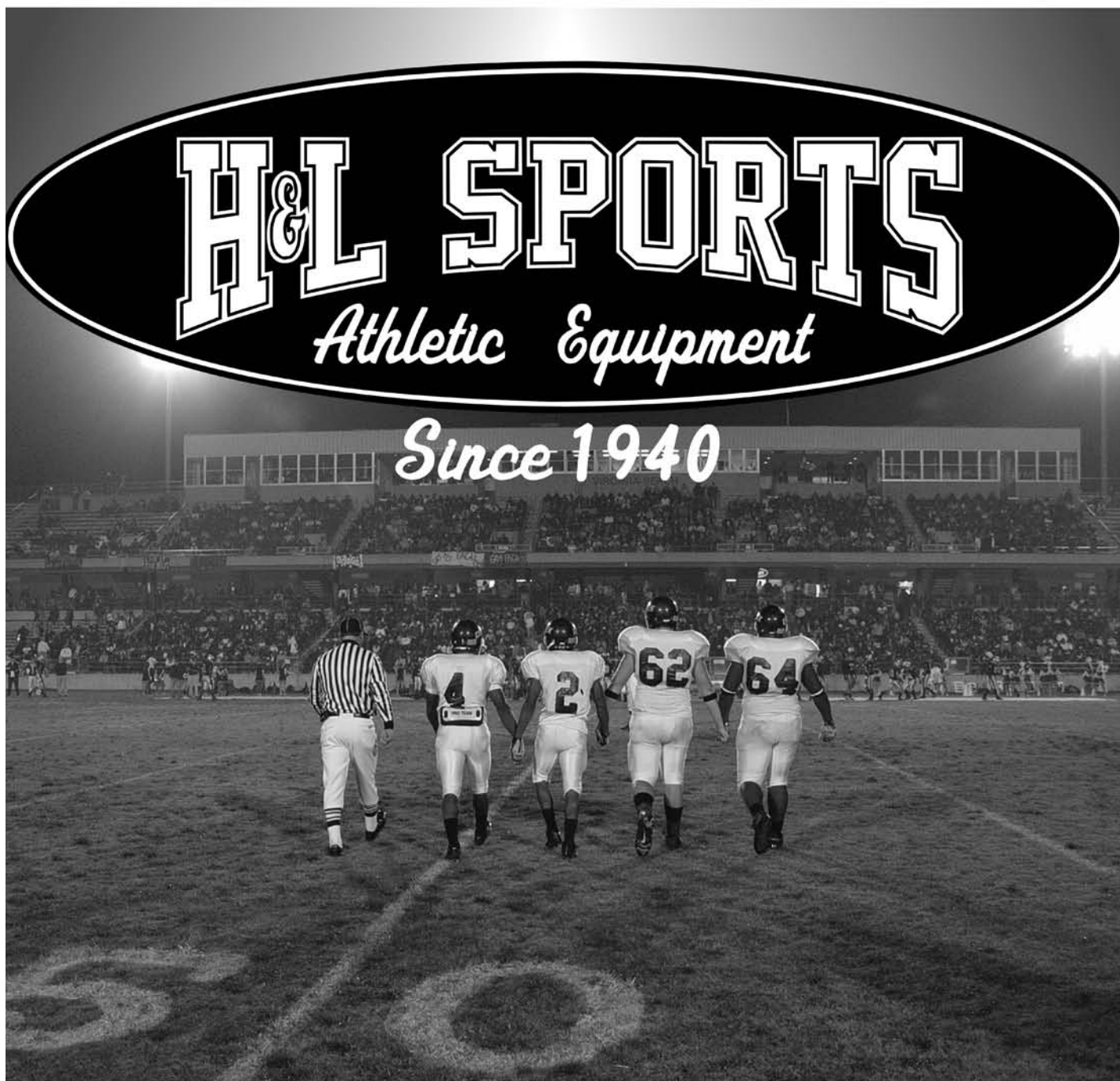
TT: I really believe this is the key! As our pool of experienced officials grows, we hope to see the effect snowball with more and more staff becoming excited about the opportunity to gain expertise in track and field officiating.

You may notice a common thread that runs amongst the key figures in the districts that are attempting to better the sport of Track and Field for their KIDS.

These are people that do not sit on their laurels or continue to accept the status quo as what is good for all. These people are constantly in the hunt looking for ways to better what already may be good. In this writer's opinion they truly deserve the mantle of leader. They are aggressive and care enough to do what it takes to help their KIDS be the BEST they can be. ■

Lane Dowell bio...

- Lane is a retired teacher/FIELD and track coach at West Bremerton High, who is a member of the Washington State T&F Coaches HOF.
- Dowell, a USATF Official's HOF nominee, became a USATF Master Level Official and was selected to officiate, primarily the throws, fifteen national open championships. He was selected as a head judge from 2000-2008. This included three USA Olympic Team Trials.
- Lane has been selected on numerous occasions to be the Field Event Referee for prep state championships and qualifying competitions.
- Lane became well known for his appearances at coaching education and officials certification clinics throughout the PNW.
- Dowell still competes in Master's/Senior Games FIELD and track and qualified for the 2013 National Senior Games in the Shot Put and Discus.



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