

THE WASHINGTON COACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



MVP ATHLETIC

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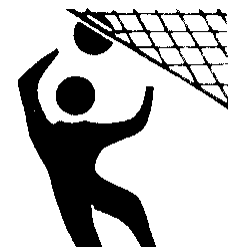
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WHAT'S INSIDE

From The President	2
From The Sidelines	3-4
Why Should I Become a Member	4
Scholarship for Student Teachers	5
WSFCA Mid Winter Clinic	6-8
Where Are They Now? Form	8
WA State Track and Field/Cross Country Conv.	9
Wrestling Hall of Fame	10-12
Ed Laulainen Stadium	12
Cross Country Hall of Fame	13-15
To Climb the Ladder or Not... Part II	16-17
Volleyball Hall of Fame	18-19
On The Sideline Nomination Form	19
Strength and the Female Athlete	20-22
Hawkes Squawks	24-25
In The Spotlight... ..	26-29
Remaining Optimistic	30
Deadlines for the <i>Washington Coach</i>	30
Burnett-Ennis Scholarship Application	31-32



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

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

Spring deadline is February 14.

From The President

“The true value of a man is not how he stands during comfort and convenience; rather controversy and challenge” - Dr. Martin Luther King

I hope that this letter finds you doing well after a restful Thanksgiving break and before the upcoming Christmas Holiday season. For me personally, well, this is as busy as it gets! A couple weeks into the winter basketball season, WSCA meetings coming up, the usual WIBCA responsibilities and my role as president of the Edmonds Coaches Association are keeping me on the go and making the days go by fast. It is at times like this I remind myself that the daily challenges and stresses that test me are the ones that I am going to miss the most when I someday step away from the profession of education and coaching. Staying up late to watch tape, dealing with that challenging student athlete, another practice plan, getting in the car for a scouting trip, countless meetings with players and coaches. It is ironic how it is tough and mentally taxing but don't forget many of the most challenging parts of our profession are what shape us and makes us who we are; and for a lot of us, what we will miss when it is all said and done!



Since my last message to you, WIBCA had our bi-annual coaches meeting in October. At this meeting one of our main priorities was to increase our coaching membership in WSCA-WIBCA. I say this because:

- All the benefits to members of the WSCA.
- Supporting your professional organization.
- Younger coaches becoming more educated about resources and collaboration opportunities with fellow coaches and
- Support and promote the great work of our WSCA Executive Board and Jerry Parrish.

I must commend these people for their foresight and willingness to step out and utilize technology to better promote WSCA and our registration process over the past few years. Coach Parrish has spent countless hours researching ways to effectively mainstream our registration process for potential members. We are not in the dark ages with this; rather we are making constant progress to continue to be one of the top coaching associations in the United States. If we were to use last year's membership numbers as a comparison, our registered members for most sports one month into this current school year is close to what they were **AT THE END OF LAST SCHOOL YEAR!** We at WSCA are excited about this. We are excited that so many coaches believe in WSCA and realize that we are the main voice for coaches in the state and we are strong and unified. Next weekend we will have our ISA meeting and then the WSCA Executive Board meeting the following day. It is a time I always look forward to since I glean so much from coaches who are really at the top of their craft yet knowledgeable and simply-GOOD people. They are what WSCA is all about.....just like you. I wish you the best this upcoming holiday season. You have heard this before but make sure you get away, take time for your family, don't check your email, watch a good holiday movie, and enjoy your food and beverage of choice. Everything you leave at work or on the computer will be there when you get back, in the same shape and form. You however will come back more recharged and motivated to continue the great work you do!

Nalin Sood

From The Sidelines

by Jerry Parrish

ORCHIDS

- to the 43 schools, school districts and high school coaching staffs who enrolled their coaches in the WSCA taking advantage of the WSCA benefits.
- to the ISA representatives who have helped WSCA create a financial safety net helping the association over some financial bumps in the road with a reduction in reimbursement.
- to the parents of past Burnett-Ennis Scholarship winners who have kept WSCA informed with “Where Are They Now”. It is rewarding to see the progress of these young men and women after high school.
- to the wrestling coaches who had a very successful clinic in October under the capable direction of Brett Lucas, coach at Todd Beamer High School.
- to Tom Harmon, Athletic Director, Nooksack Valley High School, and WSCA Executive Board member for doing an outstanding job on the Career Recognition Award. This report can be read on WSCA website in the Awards section. Well done Coach Harmon!
- to the WIAA District Directors for their very appreciated cooperation in permitting the use of the WSCA membership card for district selected post-season contests. The WSCA is hoping to continue this partnership.
- to the WIAA staff for fostering the excellent coverage of high school football games from the Tacoma Dome on television and the WIAA web site.



great liability insurance program, cooperation with WIAA for entrance at the pass gate for all state post season contests and limited entry to WIAA District events, continuing education hours, salary benefits, scholarships, Career Recognition Awards, Hall of Fame eligibility and opportunities for Coach of the Year Awards.

News from the WSCA Executive Board

ISA payments will be reduced to \$8.00 per registered member. The Board is working to secure a financial “safety net” for the entire year.

The WSCA Operating Manual can be found on our web site.

Soccer representatives, Aaron Radford (Kentwood) and Tom Turner (Quincy), are working with officials groups to make sure there is unity in the various officiating associations. They are working for consistency in high school rules for soccer.

Fast Pitch is concerned with the “overuse of pitchers” and are studying a regulation to govern the number of innings and required rest time for pitchers. There is a possible shoulder injury concern. Baseball has an innings rule and Fast Pitch may be well served with a similar situation.

Football discussion was aimed at the Spring/Summer Safety proposal. WSFCA is preparing an amendment for this spring and basically the proposal is to limit the

ONIONS

- I wish to send a truck load of onions to schools in our state who have absolutely no members of their coaching staffs with WSCA membership. A



Continued on page 4

Continued from page 3 - From The Sidelines

amount of contact time coaches may have with their team during the summer. One of the areas of concern is 8th grade students coming to high school.

Membership cards—much discussion regarding use of WSCA membership cards for entrance to all state and selected WIAA District post-season contests.

WSCA Board wants to keep the good will with WIAA District Directors and continue our partnership.

WSCA web site—There will be some adjustments made to the WSCA website to make it more “user friendly”. There were several modifications suggested to provide a more useful web site for our members. ■

Why Should I Become a Member of the WASHINGTON STATE COACHES ASSOCIATION?

This \$40 question is asked by many coaches in our state.

The first answer is the WSCA is a professional organization for Washington state high school & junior high/middle school coaches.

The WSCA exists to support your efforts as a coach.

OUR MAIN GOALS ARE:

- ✱ to offer Liability Insurance coverage of \$2,000,000. for our membership while working a scheduled, sanctioned and supervised WIAA sport or event
- ✱ to offer your son or daughter an opportunity to apply for WSCA scholarships (Burnett-Ennis, Terry Ennis-Adrenaline, Student Teaching)
- ✱ to be eligible for recognition in sport specific Hall of Fame Awards
- ✱ to be eligible for recognition in sport specific Coach of the Year Awards
- ✱ to be eligible for recognition for Career Coaching Achievement Award
- ✱ to be eligible to coach in WSCA sanctioned Senior All State Games
- ✱ to offer entry with current membership into WIAA state tournaments and district level contests
- ✱ to receive discounted fees at WSCA sponsored coaches clinics and provide clock hours valid toward coaching education certification and/or salary placement
- ✱ to provide reimbursement to the Individual Sport Associations of the WSCA

Check out our website, washcoach.org for more information and registration.

Contact your Individual Sport Association representative and offer your thoughts and concerns and get involved with your colleagues.

By becoming a member of the WSCA, you are taking a proactive approach to improving your coaching profession.

Scholarship for Student Teachers

BURNETT-ENNIS STUDENT TEACHER SCHOLARSHIP

Deadline: April 15th

By completing the information required in this application, you will enable us to determine your eligibility to receive funds provided specifically to help students whose parent(s) are members of WSCA. This application becomes valid only when the following has been submitted. This scholarship is open to any member's son or daughter planning on student teaching during the next year.

To be eligible for the scholarship:

- Your mother or father must be a member of the Washington State Coaches Association.
- Submit the below application.
- Submit one letter of recommendation from your College Education Department.
- Submit your College Transcripts.
- Submit a short essay (250 words or less) that would include the answers to the following questions.
 - a. Why do you want to teach?
 - b. Previous experience coaching and teaching kids?
 - c. What do you want kids to say about you?
- After being awarded the scholarship, you must submit a letter from your college student teacher advisor as to verification of your placement.

Personal Information (please print clearly)

Name _____
Last First M.I.

College Attended _____ Date of Birth _____

Permanent Address _____
Street City Zip Code

Permanent Home Telephone number (_____) _____

Parent/Guardian _____ Years Member of WSCA _____

Address of Parent/Guardian if different from applicant:

Street City Zip Code

Check list: Application Letter of Recommendation College Transcript Short Essay

Your application must be received before April 15th.

Mail To: WSCA Scholarship, 708 S. Lake, Colfax, Wa 99111

Selected winners must submit a picture of themselves with their member parent to the WSCA by June 30th.

The Washington State Football Coaches Association's



2013 Mid Winter Clinic

January 25,26,27 Holiday Inn, Everett
*Clinic and registration information can be found
on the WSCA website, washcoach.org*

FRIDAY – JANUARY 25

- 9:00 – 11:00 Registration
- 11:00 – 11:45 Sponsor Presentations
- 12:00 – 12:45 Steve Bridge – Risk Management
Hot Topics and Liabilities
- 12:50 – 1:30 John Miller and John Olson
WIAA Report
- 1:30 – 2:20 Video on NCAA/NAIA Academic
Eligibility
- 2:30 – 3:20 Chris Tormey – Defensive Coordinator
University of Wyoming
"Wyoming Run Defense"
Pete Kaligis – Assistant Coach –
University of Wyoming
"Cowboy Run Offense"
- 3:30 – 4:20 Chris Tormey
"Cowboy Pass Defense"
Pete Kaligis
"Wyoming Pass Offense"
- 4:30 – 6:00 East/West Selection Meetings
- 6:00 – 7:00 Small School Roundtable – 1B – 2B – 1A
Rob Freise, Willipa Valley –
Facilitator
- 7:00 – 7:30 Coach of the Year & Gold/Silver Helmet
Awards
- 7:30 – 8:30 Dinner & Refreshments
- 8:30 Dave Christianson – Head Coach,
University of Wyoming
"Building Cowboy Football"

SATURDAY, JANUARY 26

- 8:00 – 8:30 Registration
- 8:30 – 9:20 "Central Washington University Single
Back Run Game"
Blaine Bennett – Head Coach, Central
Washington University
- "Central Washington University
Principles of an Aggressive
Defense"
Malik Roberson – Defensive
Coordinator – Central Washington
University
- "PLU Special Teams – Punt & Kick
Coverage System: Short Time, High
Value"
Judd Kein – Assistant Head Coach –
Pacific Lutheran University
- 9:30 – 10:20 "Central Washington University Passing
Game" Blaine Bennett – Central
Washington University
- "Central Washington University Press
Man Technique for Corners"
Malik Roberson – Central
Washington University
- "PLU 3-Headed Monster – LOS Running
Game" Judd Kein – Pacific Lutheran
University
- 10:30 – 11:20 "Pressure Blitzes in the University of
Puget Sound 30-Stack Defense"
Brant McAdams – Defensive
Coordinator, University of Puget
Sound
- "Linfield Secondary Play vs. Spread
Offense" Brandon Hazenberg –
Assistant Coach – Linfield University

	<p>"Key Ingredients to Building a Successful Program" Greg Lawrence – Head Coach, Sherwood High School, Sherwood, Oregon</p>		<p>Dan Teeter – Head Coach, Lakewood High School, North Lakewood</p>
11:30 – 12:20	<p>"Stimulus Response for 30-Stack Defensive Linemen" Brant McAdams – UPS</p> <p>"Linfield Passing Game vs. 4-3 Based Defense" Brandon Hazenberg – Linfield University</p> <p>"Sherwood's Supernova Wing-T Run Game" Jason Travnicek – Co- Offensive Coordinator, Sherwood High School</p>		<p>"How to Build a Winning Program On and Off the Field" Jim Shapiro – Head Coach, Kings High School, Seattle</p> <p>"Inside Linebacker Drills, Fits & Pressures for a 4-3 and 3-4 Defense" Greg Stenbrotten – Inside Linebacker Coach, University of Wisconsin, Oshkosh</p>
		4:10 – 5:00	<p>"Team Building for Success" John Meagher – Head Coach, Federal Way High School</p>
12:20 – 1:00	Lunch and Visit Exhibits		<p>"Glacier Peak Pistol Run Game Out of the Spread" Rory Rosenbach – Head Coach, Glacier Peak High School, Snohomish</p>
1:00 – 1:50	<p>"Sherwood's Supernova Wing-T Passing Game" Greg Lawrence – Head Coach, Sherwood High School</p> <p>"Lynden's Version of the Spread Offense" Curt Kramme – Head Coach, Lynden High School</p> <p>"East Valley 4-3 Defense 4/5/6/7 Man Pressure" Adam Fisher – Head Coach, East Valley High School, Spokane</p>		<p>"Drills For Improving Any Pass Offense" Jeremy Plaa – Head Coach, Thomas Downey High School, Modesto, CA</p>
		7:00 p.m.	<p>Dinner and Hall of Fame Inductions (dinner included in registration fee)</p>
		8:30 – 9:30	Social
			SUNDAY, JANUARY 27
2:00 – 2:50	<p>"Davis Pirates Eagle Defense vs. All Personnel Groups" Rick Clark – Head Coach, Davis High School, Yakima</p> <p>"Central Valley Line Blocking, Power and Counter Same as Theory" Rick Giampietri – Head Coach, Central Valley High School, Spokane</p> <p>"Ferndale High School – Changes in Defenses the Past 4-5 Years" Jamie Plenkovich – Head Coach, Ferndale High School</p>		<p>8:30 – 9:00 Registration</p> <p>9:00 – 9:50 "Developing a Flow Chart (Fits) for the 4-2-5 Defense" Patrick Cerroni – Head Coach, University of Wisconsin-Oshkosh</p> <p>"Pistol Concepts, Formation Basic Installation" C. Ray Gregory – Offensive Coordinator, Coronado HS, Lubbock, Texas Former Head Coach at Southern Utah University</p>
2:50 – 3:10	Visit Vendors and Sponsors		<p>"Up-Tempo Your Practice Plan" Jeremy Plaa – Head Coach, Thomas Downey HS, Modesto, CA</p>
3:10 – 4:00	"Lakewood Multispread Offense"		

Continued on page 8

Continued from page 7

10:00 – 10:50 "Coaching the Triangle and Defensive Back Drills for the 4-2-5 Defense"
Patrick Cerroni – University of Wisconsin-Oshkosh

"Pistol Mid-Line and Triple Option against Even and Odd Fronts"
C. Ray Gregory – Coronado HS, Lubbock, Texas

"Championship Off-Season"
Jeremy Plaa – Thomas Downey HS, Modesto, CA

11:00 – 11:50 "Transitioning to a 3-4 Defense Using 4-2-5 Principles"
Patrick Cerroni – University of Wisconsin-Oshkosh



"Pistol Stretch and Power Plays and Play Action Pass against Even and Odd Fronts" C. Ray Gregory – Coronado HS, Lubbock, Texas

"Merging No-Huddle Offense with Special Teams Philosophy"
Jeremy Plaa – Thomas Downey HS, Modesto, CA

12:00 – 12:30 Drawings for Give-Aways – Over \$2,000 in prizes – must be present to win!! ■

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 _____

2013 WASHINGTON STATE TRACK AND FIELD/CROSS COUNTRY CONVENTION

The 2013 Washington State Track & Field/Cross-Country Convention will be held January 18-19 in Everett, WA at the Holiday Inn.

Registration is open at www.wstfca.com/convention.php.

We have updated the process so one person can sign up their whole coaching staff and pay with Visa, MasterCard, PayPal or school purchasing CARD.

The WSTFCA and WSCCCA are committed to Coaches coaching Coaches. Our goal is to provide a convention where attendees walk away with applicable training theories, drills, and information useful in their upcoming track & field season. Each clinic session will have five rooms covering throws, sprints, hurdles or jumps, distance and general education (nutrition, core conditioning, technology in track & field).

The Washington State Track & Field Association is a non-profit extension of the Washington State Coaches Association. The money raised at the Washington State Track & Field/Cross-Country Convention goes back to putting on the convention, honoring Hall of Fame inductees and Coaches of the Year. It is our goal in the next few years to purchase traveling state track & field championship trophies (similar to football). The only way we can raise money for projects like this is by your attendance at the Washington State Track & Field/Cross-Country Convention. We look forward to your attendance and support as we make track & field even better in the state of Washington.

The \$100 convention fee provides:

1. 16 clock hours (at \$2/hour — payable to the WIAA)
2. 2012 Washington Track & Field Annual
3. Notebook with clinic notes from all sessions
4. Admission to Track & Field Hall of Fame luncheon on Saturday
5. Admission to Cross Country Hall of Fame ceremony on Friday night
6. Food/Drink at the Brooks Running Company coaches social on Friday night

We look forward to hosting you in Everett for a great convention! ■

WRESTLING HALL OF FAME

The Washington State Wrestling Coaches Association honored five coaches as they were inducted into the WSWCA Hall of Fame on October 27, 2012. The ceremony was held as part of the annual WSWCA Coaches Clinic in Pasco at the Red Lion Hotel and celebrated the 29th class of inductees.

Bob Bodnar (Pasco HS), Kevin Corbett (Everett HS and Inglemoor HS), Joey Johnson (Port Townsend HS), Kevin Judkins (Lynnwood HS and Snohomish HS) and Manny Ybarra (Quincy HS) have been elected to the Hall of Fame as the Class of 2012. With the induction of these five coaches, the WSWCA Hall of Fame has 121 members.

The WSWCA also honored two individuals for their contributions to the sport of wrestling; Norm Friehauf (Vancouver, WA) was honored with the Dr. Williams Tomaras Award, and Dave Jedlicka (Mill Creek, WA), received the Joe Babbitt Contributor's Award.



Joey Johnson

Port Townsend HS 1992-2011
Walla Walla HS 1981-92
Thomas Jefferson HS 1980-82
South Kitsap HS 1978-79

Joey Johnson has spent 31 years coaching wrestlers in our state and the last 20 of those at Port Townsend HS. Port Townsend is an 1A division school that has participated in the 2A/3A Olympic League for many years. During that time, Johnson has helped produce many outstanding wrestlers. Prior to his tenure in Port Townsend, Johnson spent nine years at Walla Walla HS where his team won the 1984 3A state title.

Johnson has coached 8 state champions. He has been selected as the 2002 Regional Coach of the Year and in 2006 he was awarded the US Marines State Sportsmanship Award at Mat Classic. He has served as a Regional Representative, and was the Port Townsend Athletic Director for five years. In 2006, Johnson was awarded the Port Townsend Community Award for Service to Youth Athletics.

Nominated by Ed Amick, Hall of Fame Member.



Kevin Corbett

Inglemoor HS 2006 – 2011
Inglemoor HS 2002 – 2005
Kamiakin JH 1997
Everett HS 1989 – 1996
Blanchet HS 1986 – 1988
Meadowdale HS 1982 – 1985
Meadowdale JH 1980 – 1981

Kevin Corbett started his coaching career at Meadowdale Junior High in 1980 and then spent four years as an assistant to HOF member Bruce Cook at Meadowdale HS. He assisted on the back-to-back state championship teams of 1984 and 1985 with five state champs. Corbett spent the next three years as the head coach of Blanchet HS and worked with HOF member Bill Herber. He coached the Metro League's first regional champion and freshman state participant, won three league titles, and had two state placers along the way. Corbett was recruited to Everett HS by USA Everett's Ron Bessemer where he spent eight years as the head coach. In those years, he coached three-time state champion and Michigan University legend Otto Olson and two-time state champion and Greco-roman world team captain James Stephens. His team placed in the top ten at state in 1996.

After four years of being a wrestling dad, Corbett returned to coaching as an assistant for HOF member Tom Sewell at Inglemoor HS. In 2006, Corbett took over the head coaching duties for the Vikings. Corbett has coached 14 state champions and 33 placers. His teams have won four league championships with one undefeated season. Corbett has twice served as regional representative and was selected as the Region Coach of the Year three times.

Nominated by Bruce Cook, Hall of Fame Member.



Kevin Judkins

Woodway HS 1982-1983,
1985-1987

Ferndale HS 1983-1985

Alderwood MS 1985-1987

Lynnwood HS 1987-2002

Snohomish HS 2002-2008

Valley View MS 2010-present

Kevin Judkins has been involved in the Washington wrestling community for more than 30 years. He wrestled at Woodway HS for Hall of Fame coach Bryce Cook, where he returned right out of high school to begin coaching, first as a volunteer and then as an assistant. After graduating college, Judkins landed his first teaching job at Ferndale HS where he assisted Hall of Fame coach Lee Andersen for two years. In 1985, Judkins got his first head coaching job at Alderwood MS. In 1989, Judkins was recognized as High School Assistant Coach of the Year by Wrestling USA magazine for his work under Blaine Gilchrist-Smith at Lynnwood HS. The following year he became the head coach at Lynnwood where he would spend the next thirteen years. In 2002, Judkins moved to Snohomish HS and served as head coach for six seasons. In addition to wrestling, Judkins is also involved in student activities and leadership and was inducted into the Washington Activity Coordinators Hall of Fame in 2007.

As a head coach, Judkins has compiled a 217-82-1 record while coach-

ing 10 state champions and 44 state placers. He has coached three High School All Americans, including a HS collegiate national champion. Judkins was named WESCO Coach of the Year seven times and Regional Coach of the Year three times. In 2008, he was selected as 4A State Coach of the Year. Judkins also received the Darrell Whitmore Sportsmanship Award from the Pacific NW Officials Association, and was twice named Coach of the Year by the Snohomish County Wrestling Officials Association.

Judkins has served as the WSWCA Cultural Exchange Director for thirteen years, hosting numerous teams from Japan and helping send teams to Japan, China and Poland. He served on the wrestling planning team for the 1990 Goodwill Games and the 1999 World Team Trials in Seattle. He continues to direct numerous invitational tournaments each year as well as district and regional events. Judkins currently teaches at Glacier Peak HS in the Snohomish School District where he also coaches wrestling at Valley View Middle School.

Nominated in Mark Perry, Hall of Fame Member and Rob Zabel, Snohomish HS.



Manuel "Manny" Ybarra

Quincy HS 1983-2009

While wrestling for Quincy High School, Manny Ybarra earned two

trips to the state tournament highlighted by a fifth place finish his senior year. After graduating in 1979, coach Manny went on to wrestle for Eastern Washington University. EWU was the 1977

NAIA National Champions under coach Stan Opp, Hall of Fame Member. After earning his degree, Ybarra returned to the Quincy area and in 1983 and began coaching with the Quincy HS wrestling team. In 1986, Ybarra took over as the head wrestling coach of Quincy HS. In 1987, he helped start and coach the Quincy Youth Wrestling program which is still going strong today.

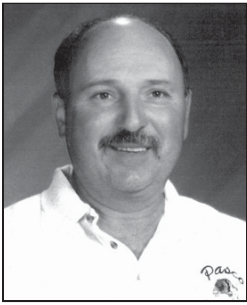
In Ybarra's 23 years as the head coach, the Quincy wrestling program had 45 state placers, 13 finalists and 4 state champions. Coach Manny has also had wrestlers that have moved on to wrestle in collegiate programs. His teams have three top-four finishes at Mat Classic (3rd, 4th, 4th) along with two undefeated league championship seasons. Ybarra was named three-times as the CTL/CWAC Coach of the Year.

Since retiring, coach Manny has continued to be a presence in the Quincy wrestling program. He is still one of the main board members for the youth program and also continues to be a paid coach at the junior high, volunteer coach at the high school, and also volunteers his time with the Quincy Regulators freestyle/greco club.

Nominated by Greg Martinez, Quincy HS.

Continued on page 12

Continued from page 11



Robert Bodnar

Chiawana HS 2009-2011
Pasco HS 1990-2007
McLoughlin JH 1977-1990
Kootenai HS 1972-1973

After growing up in the wrestling community of Houston, Pennsylvania, Robert Bodnar wrestled on Base Wrestling Teams while serving in the

United States Marine Corps at Camp Lejeune, N.C. and Arlington Virginia while training to be a Marine Security Guard.

Upon his Honorable Discharge from the U.S.M.C., he came out West to enter college at Eastern Washington State College. Bodnar had a brief stint in college wrestling at EWSC while also playing baseball there. He did his apprenticeship training in coaching under coach Sam Indorff at Cheney High School while doing his student teaching.

Bodnar started the program at Idaho's Kootenai HS while he was football coach from 1972-73, then moved to McLoughlin JH where he coached wrestling, football and baseball. Over 13 years the Panthers won 12 championships. In 1990, Bodnar became co- head coach at Pasco HS

with Joe Sanford and in 1993 he took over the program where he would remain coach for 15 years. Pasco won the Big Nine title four times and had a dual meet record of 205-22 under coach Bodnar. In 2007, the Bulldogs won the league and regional titles on the way to a runner-up finish at state with nine placers.

Robert Bodnar was named Big Nine Coach of the Year three times. He started the Best of the West Dual Tournament in Pasco, one of the premier tournaments in the area. He published a booklet on leadership and wrestling, "On Team Leadership" and writes for other publications. Bodnar retired from teaching in 2007 and has continued coaching at Chiawana High School.

Nominated by Jack Anderson, Chiawana HS. ■

Welcome to **ED LAULAINEN STADIUM**

The Kelso School Board voted last September to honor Ed Laulainen, the winningest football coach in Kelso High School history, by naming the stadium at Schroeder Field after the long time coach. From 1971 to 1995, Ed lead the Scotties to the playoffs 11 times resulting in 9 league championships and a state football championship in 1983. The Kelso Downtown Quarterbacks Club was instrumental in having coach Laulainen recognized for his contributions, leadership and inspiration to Kelso High School and the Kelso community. Signage at the stadium was unveiled prior to the Kelso-Mark Morris football game with a ceremony marking the event made at halftime. ■

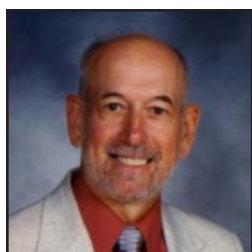


HALL OF FAME INDUCTION

NEW CLASS OF CROSS-COUNTRY COACHES SELECTED

by Steve K. Bertrand

The Washington State Cross-Country Coaches' Association, in conjunction with the Cross-Country Coaches' Hall of Fame Selection Committee, has chosen their annual Hall of Fame inductees. Honorees must be retired cross-country coaches from the state of Washington who have achieved a level of success &/or contributed significantly to the advancement of the sport. Here's a look at the recipients for 2012.



Ron Fleming

Ron Fleming grew up in Monroe, Washington. He graduated in 1965. While in high school, Ron participated in track & field. Primarily a distance runner, he focused on the mile and two mile.

Because his high school did not have a cross-country team, Ron spent his fall and winter seasons serving as a student trainer, football manager and basketball scorekeeper.

Following high school, Ron attended Everett Community College. While at Everett, he participated in the Trojan cross-country program. Shortly thereafter, Ron transferred to Eastern Washington University where he graduated in 1972. His degree was in mathematics. Ron planned a career in education.

Ron did his student teaching at Spokane's Lewis and Clark High School. Here he began helping with the track & field program. Under the tutelage of Steve Hansen, the Tigers track & field coach, Ron was inspired to pursue coaching. During the fall, he assisted Hansen with the cross-country program. Ron decided he would also like to coach cross-country, where he could further share his love for distance running.

From 1972 to 2002, Ron coached the Granger cross-country/track & field programs. During his thirty years in the Yakima Valley, Ron coached the Lancers to six league titles in cross-country. He also qualified eight teams for the State Cross-Country Championships. During this time, Lancer David Kobes claimed the individual state championship in the "A" classification.

Ron also directed a local track club for several years that involved children of all ages. He offered All-Comer's track & field meets in Granger for the Yakima Valley youth. Ron also hosted fun runs in Granger for several years in conjunction with the Granger Cherry Festival.

Ron summed up his coaching career in these words – "Even though I had a lot of success in sports, my most rewarding experience was the fact I had an opportunity to work with student/athletes. My first priority was to help kids be successful students. I believe that being part of a team helped many of my runners achieve success in the classroom. Furthermore, I believe I was able to help teach my athletes they could work hard and still have fun!"

Ron Fleming has been married to his wife, Pam, for the past forty-four years. They have two children, Stephanie and Tom. Fully retired after thirty years coaching and thirty-seven teaching, Ron just completed a year in Granger serving as Senior Class Advisor. Both Ron and Pam volunteered for this job.

Ron is currently serving his ninth year as a member of the Granger School Board. Still an active runner, Ron has completed twenty-seven marathons, including Boston, New York, San Diego, Seattle, Honolulu, and the original marathon course in Athens, Greece.



James McLachlan

James McLachlan grew up in Otis Orchards, Spokane Valley. He graduated from East Valley High School in 1966. While in high school, James participated in cross-country, basketball, and track & field. From

an athletic family, James' mother, Jessie, played on the state championship girls' basketball team at Otis Orchards High School in 1931.

Following high school, James attended Washington State University (1966 to 1970). He graduated with

Continued on page 14

Continued from page 13 - Cross Country

a BA in Speech and English. He also obtained a minor in physical education. While a Cougar, James competed in the hurdles and high jump for coaching legend, Jack Mooberry. He went on to earn a Masters in Education from the University of Idaho (1984).

From 1970 to 2000, James taught English, Speech and Physical Education at West Valley High School. Following retirement, he spent nine more years holding a .4 teaching contract while continuing as head cross-country coach.

James got his start in coaching from his future father-in-law, high school cross-country/track & field coach, Howard Dolphin. Dolphin phoned James, and said – “Jim, you better get down to West Valley High School. They’ve got a job opening in English. The cross-country positions open too.”

James had run cross-country in high school; but considered himself a sprinter/jumper in track & field. He used cross-country as a fall conditioner for basketball. “In retrospect, I should have been an 800-meter runner; but Coach Dolphin let me compete in the hurdles,” he said.

During his tenure at the helm of the Mustang cross-country program, James’ teams claimed twenty-five league titles (12 girls’ & 13 boys’). He also had twenty-one boys’ teams and eighteen girls’ teams qualify for the State Cross-Country Championships. Fourteen of these teams finished in the top four. James’ girls’ teams claimed state titles in ’77 and ’86. In addition, James had four individual state champions – Judy Weitz (’78), Tricia Hepton (’85), Amy Duryee (’86), and Jessica Riehle (’93).

A 1986 State Cross-Country “Coach of the Year”, James has also been selected by his peers for Frontier League and Great Northern League “Coach of the Year” accolades. He has also been director for local track & field meets, as well as the originator of the “Runner’s Soul/Erik Anderson Cross-Country Invitational for the past eleven years. James plans to continue these involvements.

James has been married to his wife, Leslee, for the past forty years. They have four children – Geoff, Brook, Sean and Mary. Though retired, James is still coaching cross-country/track and field as an assistant at the Community Colleges of Spokane. He says he’s the “gopher” for his son, Sean, who is the head cross-country coach. In his free time, James enjoys gardening, trying to fly fish, and his four grandchildren.



Sam Ring

Sam Ring grew up in Tacoma, Washington. He graduated from Mount Tahoma High School in 1966. While in high school, Sam was a cross-country/track & field athlete. Following high school, Sam attended Central Washing-

ton University. He also continued his athletics.

During his competitive years for the Wildcats, Sam was a two-time All-American in track & field (’68 & ’69). A three-time National cross-country competitor, Sam competed in the 1968 Olympic Trials. He also claimed eight league/district championships. Sam graduated in 1970 with degrees in Physical Education/Health.

Sam began his teaching career at Mason Junior High School in 1970. He got his start coaching when he created Mason’s cross-country program. Large numbers of students flocked to his program. He remained at the helm for the next two years. Then, a coaching position opened at the University of Puget Sound. In 1974, Sam started the women’s program. His men’s team qualified for Nationals.

In 1977, Sam found himself at Bellarmine Prep High School. Taking the reigns of the cross-country program, Sam coached the girls’ to four league titles, a fourth place state finish, and three state titles. His boys’ won three league titles and had one 3rd place finish at state. The boys’ and girls’ dual meet record was 50 wins and 0 losses. Sam resigned in 1980 to take a job at Wilson High School.

While at Wilson, Sam’s girls’ claimed three league titles and had two 3rd place finishes at state. His boys’ added another league title. The boys’ and girls’ finished with a dual meet record of 45 wins and 1 loss. He remained at Wilson until 1986.

In 1987, Sam returned to the University of Puget Sound where he coached the women to four National titles. They also claimed eight District Championships. Sam had twenty-seven All-Americans. His men had one 3rd place finish at Nationals. They also added seven District Championships. Nine men were All-Americans.

In all, Sam’s teams claimed twelve high school and fifteen collegiate league titles. His teams made twelve state meet appearances. Three Bellarmine Prep teams and four UPS teams claimed state titles.

President of the Tacoma Coaches’ Association, Sam has three children – Alisa, Andrea and Staci. Andrea coaches cross-country at Skyline High School. Sam and his significant other, Linda, have been living in Tacoma

for the past twelve years. As a result of Sam's coaching achievements, he has been a Washington State "Coach of the Year" (1978) and NAIA National Women's "Coach of the Year" (1993). These days Sam is back at Wilson coaching boys' cross-country (2001-Present).



Gwen Robertson

Gwen Robertson grew up in Philadelphia, Pennsylvania, Saint Paul, Minnesota, and Saint Louis, Missouri. She graduated from Lutheran High School North in Saint Louis in 1974. From the age of twelve through high school,

Gwen competed for the Ozark Track Club in Saint Louis. This was prior to Title IX, and therefore, her high school did not offer girls' track & field.

Gwen came from a very athletic family. Her mother was a state champion in tennis. Later, she became a Masters World Champion in race-walking. Her three brothers competed in football, basketball and track & field. Two brothers went to college as quarterbacks (West Point and Dartmouth); then, switched to rugby.

Following high school, Gwen attended Kearney State College (now the University of Nebraska at Kearney). While at Kearney, Gwen competed in cross-country/track & field (800/1500 meters). While in college, Gwen majored in physical education with an endorsement in coaching. Following college, she competed in race-walking on the US team ('83-'86).

In 1983, Gwen talked with Issaquah track & field coach, Terry Kirkpatrick. They knew each other through officiating track & field meets at the University of Washington. He asked if she'd help with the track & field program. Thus began Gwen's coaching career at Issaquah High School. Ken Ruud, who was an assistant track coach and head cross-country coach, also asked Gwen

to help in the fall.

For the past twenty-nine years, Gwen has been an assistant and head boys' and girls' cross-country coach at Issaquah High School. Her boys' teams have claimed five league titles and her girls' teams nine. The boys' have made thirteen state meet appearances and the girls' sixteen. The boys' have achieved five top four finishes at state. The girls' have claimed three state titles. In addition, Gwen has had five boys finish in the Top Twelve in the State Championship and seven girls.

Following Gwen's retirement from competitive race-walking, she was appointed the National Team Coordinator for USA Race-walking. This included communicating and advocating for the athletes on the national team. Gwen was an administrator for training and testing camps, educational camps, and coach/manager for numerous World Cup competitions.

Looking back on her esteemed coaching career, Gwen is most proud to have a staff of three assistant coaches who all ran cross-country while she coached at Issaquah High School. "The fact that they want to give back to the sport that meant so much to them is inspirational to the athletes in our program," said Gwen. "Their enthusiasm, knowledge and desire to help today's athletes makes for a good experience for every athlete in our program."

Today Gwen is still coaching cross-country/track & field at Issaquah High School. She has been married to Lawrie Robertson for the past thirty-six years. They both continue to volunteer as officials at various meets throughout Western Washington. They also enjoy traveling different places around the world.

The Cross-Country Coaches' Association will induct these individuals into the Coaches' Hall of Fame during a ceremony at the Everett Holiday Inn, during the 2013 Washington State Track & Field/Cross-Country Coaches' Convention, Friday evening, January 18th. ■

Attention Members!

Remember to send in your money after registering for WSCA membership. There are several coaches who have registered on line



and have not paid dues. You do not have liability insurance coverage through the WSCA if you have not paid.

TO CLIMB THE LADDER OR NOT TO CLIMB THE LADDER -ADVICE TO YOUNG COACHES FROM A YOUNG COACH- PART II

By Jared Van Acker, Head Coach, Grafton High School, Yorktown, Va.
Article reprinted with permission from American Football Monthly/Gridiron Strategies

Finances/Fundraisers/Booster Clubs

“Money makes the world go around” is a quote that I remember learning at a very young age. Nothing is different in football. A program that has money can buy things that can help win football games. I am a true believer that there is a lot of “free money” out in communities that people are more than willing to give to support your program.

The hardest part is going out to the community and getting the financial support. Will you be able to fundraise for your football program or will it be frowned upon by your administration or school board? Do you have a separate football account in the school system where you can keep money earned from fundraisers? Who has access to your account? Are you required to give a certain percentage to the athletic budget?

A school’s booster club is also very important, if run effectively. What will they provide for your football program? What will you have to do for the booster club? What is the philosophy of the booster club? A booster club should do exactly what their name implies - boost the program. They should provide extra funds to help the school’s athletic programs be more successful. With dwindling athletic budgets and lower gate receipts, there is only so much the athletic department can provide each of its sports. This is where the booster club should step in and help. Does the booster club have influence on the football program? Do you have a strong or weak booster club at your school? Does the booster club play politics or is it run by a certain sport, group, family, or individual that looks to their own interests?

Success

When you’re hired as a head coach, are there high expectations placed on you due to your prior success? Are you replacing a coach who had a lot of success or failure? Are the administration, community, parents, and student-athletes expecting instant success or are they willing to give you time to build your program?

I would make sure that you understand the expectations that are going to be placed on your shoulders before you even get started at your new school. You may be

coming from a very successful program or had a successful career as an assistant and are expected to bring that success with you and make an immediate impact on the program. How are the administration, community, parents, and student-athletes going to react if you do not meet those expectations? Will your authority, coaching-style, offensive/defensive philosophy, and coaching ability be questioned? Through my short coaching career, I have learned that you need to coach each year like it’s your first year and understand that it could be your last year, as well. Be yourself and coach the way that you coach because, in the end, you can say that you did it your way - successful or not. Be able to put your head on the pillow at night and sleep in peace knowing you did **your** very best.

Scenario

Another piece of advice would be to evaluate and assess if this is the right opportunity and decision to make for your career, family, etc. There are many different factors that need to be assessed when making this very important decision. Where are you in your coaching career? Do you have to take any job or can you look around and try to find the best opportunity? Are you married and how does your spouse feel about the decision? Do you have children and what do they think about the decision? Where are you financially? Do you have to re-locate or move for the new position? Is the move a lateral move or a promotion?

Through my experiences, the hardest aspect of making the new move is an honest personal assessment. You have probably made new friends and settled down to some degree. Do you really want to leave for this new position? Do you own or rent? Will you be able to sell your house or get out of your rental agreement? As you can see, there are tons of questions that need to be answered before making such a critical decision.

Staff/Personnel

I am a believer that a great coach is only as good as the people around him. If you are a young coach looking to climb the ladder, to help you achieve success you will

want to surround yourself with good assistant coaches and personnel. Do you have the power to interview, hire, and fire assistant coaches? Will you get to bring coaches with you to this new school? Will you be given a staff that has already been established? Do you get to make the personnel decisions for your program? Will you be able to post available positions or does the human resources department handle this process?

You will want to surround yourself with individuals who are willing to put forth all the hard work necessary to put your team in position to win games. You will want these individuals to be loyal to your philosophy, teaching/coaching methods, and vision for the football program. Your staff must understand the chain of command and that the head coach runs the entire football program. I would advise all young coaches to surround themselves with assistants with good character that can be positive role models for your student-athletes. In my opinion, a loyal and positive coaching staff that is working in the same direction, and understands that they are coaching for the kids, builds a strong foundation for success.

The New Beginnings

After you have assessed all of these areas and determined that this is an opportunity that cannot be passed up, you need to put a lot of effort into building the foundations of your football program. You want to take the positive aura that surrounds your hire and really set the tone from the beginning.

You have to do four very important things before you can get started at your new school. You have to “change your colors” and have a team meeting with all of the players at your old school to announce your decision that you are leaving before it is made public. You have developed lasting relationships with your young players, you have mentored them, and you have laughed with them, cried

with them, celebrated with them, disciplined them, and hopefully, impacted each of their lives.

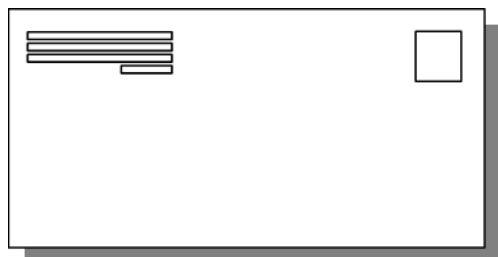
Secondly, you need to have a “meet’n’greet” with all interested players/staff at your new school as soon as possible after the announcement of your hiring. They want to meet you, get to know you, and listen to your vision about the football program. I would even get all of their phone numbers/contact information and call everyone in attendance personally to find out more about each of them, get their input on the program, and share your vision with them one-on-one. Third, you need to set up another “meet’n’greet” with the parents and community in order to meet everyone and get involved with the program as soon as possible.

Fourth, you need to get the program in motion as soon as possible and begin to set the foundation for your first season. I even took vacation days/personal leave days to go to my new school to get involved with my new kids. I sometimes drove six hours three days a week to and from my old school to my new school. You need to get the weight room up and running, start a 7-on-7 program, schedule team and staff meetings and start building new relationships with your kids. You only get a “honeymoon” once when you start a program and you want to build a foundation of success during the early months.

Hopefully, I have given young coaches looking to climb the ladder a insight into the complex and crucial decisions that you will have to make in the future.

About the Author:

Jared Van Acker starts his third season this fall as head coach at Grafton High School in Yorktown, Virginia. He has led Grafton to back-to-back Division 4 playoff appearances and last year was named Coach of the Year for the Bay Rivers District. Van Acker previously coached at Galax High School where he was the head coach for three years. ■



Drop us a note...

We would love to hear from you.

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Volleyball Coaches Association Hall of Fame Inductees

The Washington State Volleyball Coaches Association has established a High School Coaches Hall of Fame and new inductees were honored at the 2012 State Volleyball Championships.

These individuals were inducted into their respective classifications before the championship matches.

Listed below are the 2012 WSVCA Hall of Fame inductees:

Tony Batinovich

Tony is a teacher and coach at Puyallup HS. He began his career at Henry Foss HS in 1987 staying until 1991. He began coaching at Puyallup in 1992. Tony graduated from Washington State University with a degree in English and a minor in Social Studies. He also attended Green River CC and the University of Puget Sound. Tony was an intercollegiate wrestler at all three schools.

Tony has been selected the Narrows League and SPSL South Coach of the Year nine times. Tony's teams have won 9 league championships, appeared in 21 district tournaments and won 3 district titles. He has coached at 16 state tournaments and his teams have placed in the top eight 8 times. His career record is 558-210.

Tony has been married for 26 years to Whispi who is a huge part of his success. They have three grown children, sons Alexander J. 25, Christopher Kiraly 23 and daughter Makayla Colleen 18.

Gordy Bushaw

Gordy graduated from the University of Washington in 1971 with a Bachelor of Science in Mathematics. He played volleyball there in 1967-68, back in the pre-Title IX days when the UW athletic department still offered a men's volleyball team.

Gordy has been the head coach at Central Kitsap in Silverdale since 1982 to present. That is 31 season as the head coach. He taught Mathematics at Central Kitsap HS for 31 years before retiring from teaching in 2004. During that time, he spent twelve years as the Mathematics department chairman, followed by another twelve years as the district Mathematics coordinator.

He has been married to his wife Bonnie for 40 years. Bonnie is also a retired teacher and Mathematics specialist who spent most of her career in the Central Kitsap School District. Their son Neal is a 2002 graduate of

CKHS. He was awarded his Ph.D. in Mathematics from the University of Memphis last May.

Gordy has been selected Narrows League Bridge Division Coach of the Year three times and the Narrows League Coach of the Year in 2005. His teams have won 7 league championships, been to numerous district tournaments and have qualified for the state tournament twice and placed 5th at the 4A level in 2006. His career record is 453-288.

Missy Bennett

Missy is a 1975 graduate of McCall-Donnelly HS in Idaho. She attended Boise State University and played volleyball there until graduating with a Physical Education major and French minor in 1979. She began teaching in 1979 and taught for five years at Plummer HS in Idaho where she coached volleyball, basketball and track while teaching Physical Education, Health and French.

Missy joined the volleyball staff at Eastern Washington University in 1984 and worked as an assistant to Barb Moe and then Pamela Parks for two seasons. She earned her Master's in Education from EWU during those years. She has also coached Spokane Juniors under the tutelage of coach Parks and Irene Matlock.

The next step of the journey brought her to Colville HS in 1986 which was intended as a short stop before she got back into college coaching. Missy has been coaching at Colville HS ever since.

Missy has been selected as the Great Northern Coach of the Year four different times. She has led her teams to 12 league championships, 12 district championships, and 11 state appearances placing in the top eight 7 times. Her career record is 608-236.

Judy Kight

Judy attended Whitworth University and played volleyball and softball there. She graduated with an English major and later completed a Master's degree in Physical Education. Presently, Judy teaches Health and Fitness at Mead HS. She has been the head coach at Mead for 23 years and is one of the most successful and winning coaches of all time in the state.

Judy has been honored as GSL Coach of the Year five times, AP Coach of the Year six times, and was a finalist for Prep Volleyball National Coach of the Year. She has

won 9 league championships, 10 district championships, and 10 regional titles. Judy's teams have made 16 state appearances, placed in the top eight 14 times, including the fantastic 7 state championships. Her career record is 573-149.

She has been married to her wonderful husband, Kelly, for 24 years. They have two beautiful daughters, Chelsea, who is graduating with an Education degree from Eastern Washington University, and Kaelyn, who is playing volleyball at Central Washington University. Mead volleyball has been an integral part of the Kight family, and they have loved the journey.

Greg Powell

Greg graduated from WSU with a BA in History, and City University with a MA in Education. He currently teaches World History, Pacific Northwest History, US History and Current World Problems at Darrington HS.

Greg is in his 24th season as the head coach of the Darrington Loggers. He is a consummate student of the game and he is always looking to improve his knowledge of the game. He has worked to build cohesive teams that represent the community of Darrington at the highest of levels.

Greg has been selected as Coach of the Year five times while coaching at Darrington. He has won 4 league titles, 4 district championships and made 14 state appearances. Darrington has placed in the top eight at state 7 times

under coach Powell. His career record is 386-204.

Greg has been married to Margo for 23 years and they have four children: Marty, Heather, Evan and Mandy.

John Reopelle

John graduated from Western Washington University in 1984 with a degree in Anthropology and another in Secondary Social Studies Education. He received his Master's Degree from City University in 1996. While at Western, he played a season of basketball in Mexico through an exchange program with the University of Michuechan in Morelia. He is currently in his 25th year of teaching in the Bethel School District, the last 21 at Bethel HS.

He has been a major part of the Bethel program for 24 seasons. The Braves have qualified for the state tournament 11 straight seasons. John has been the head coach for the last 17 seasons.

John has been selected as SPSL South Coach of the Year five times, coached in the All-State game twice and was State 3A Coach of the Year in 1996 when Bethel won the 3A state title without a player taller than 5" 9". "It's all about the ball control." He has won 4 league championships, 1 district title and has taken seven teams to the state tournament. His career record is 320-140.

John has been married to his wife Cynthia for 22 years and they have three children, Kayla 20, Connor 17, and Collette 15, all of whom John thanks for being patient and supportive of him all these seasons. ■

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 wscs-editor@comcast.net

Thank you for your efforts



STRENGTH AND THE FEMALE ATHLETE

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

Introduction

In the not too distant past, the majority of the population did not accept the beneficial aspects of a strength-training program for the female athlete. As a point of fact, it was and still is for the uninformed quite common to hear people saying:

- Don't use heavy weights, you'll start looking like a man,
- tone those muscles with light weights and high repetitions,
- don't squat, it is bad for your knees, and if you do squat, you should never go below parallel because it's bad for you.
- Do only cardio; it is the only thing that will help you lose weight.
- You will become muscle bound
- and lose your flexibility.

In this age of fitness enlightenment, we now know that strength training is advantageous to both men and women. It can develop and increase their self-image, significantly improve their overall health, decrease their risk of developing later life degenerative diseases such as osteoporosis, diabetes, heart problems and boost their sports performance.

The commonalities of the training regimens completely overshadow the minor training differences between the two genders. Having said that, it is obvious there are apparent sex related differences in a woman's structure, the composition ratio of muscle to fat and physiological responses to strength training.

Understanding these differences enables their coach to design a program that is efficient and effective in elevating their sports performance while simultaneously lowering their risk of injury.

Composition and body size differences

Prior to puberty, there are essentially no differences

between a boy and girl in body size, height and weight. Once puberty begins these differences are almost immediately apparent due to hormonal changes.

When comparing changes brought about by strength training it is essential to differentiate between absolute and relative measures of strength. The female will generally have about two-thirds the strength of a man. However, the absolute lower torso body strength of women is generally much closer to a man's, especially in a comparison between the upper and lower torso of the male and female. The upper torso of a male is bigger and stronger than that of the female because the females have less muscle mass above the waist than a male.

In this age of fitness enlightenment, we now know that strength training is advantageous to both men and women.

When comparing relative measures of strength between female and male, the lower body strength of a female is similar to a man's where comparisons of strength between the fat free mass of a male and female are

a virtual tie. There is some research indicating that eccentric strength may be even more similar between a male and female in fat free muscle mass strength comparisons.

The last comparison, of the muscle cross sectional area between the two genders shows there are no significant differences found between them. This simply means that the peak force generated in same sized cross sectional areas of the muscle fibers is not specific to the sex of the individual. Both generate the same amount of force.

In generating power, which is the ability to move an object a specified distance in the shortest amount of time, the female's power, relative to their total body weight was approximately 63% of a man's ability. When comparing fat-free mass in the vertical jump and standing long jump scores, the gap between male and female is narrow.

Strength training the female athlete

Even though there are differences between the two

genders, the response to a properly designed strength-training program will be similar for each. In some cases, females actually increase their strength faster than their male counterparts do on the same program. This is due in part to hypertrophy and the adaptations of their nervous system to the strength-training program.

When computer tomography or ultrasound are used to measure the differences in pre-training and after training cross sectional areas of their muscles, the changes are similar between the two genders up to about 16 weeks. Program designs utilizing high volume and high intensity training programs encourage the hypertrophy and strength development of the female muscle.

Regarding the program design, it is theorized that more complex exercise movements also contribute a training influence on the amount of muscle hypertrophy. This is because of the longer neural adaptation times required for mastery of these complex movements. There is also a genetic component in the ability to develop large muscle mass. However, most athletes training under an intense program will develop larger stronger more powerful muscles than those who are not participating in such a program.

Thoughts on the design of a strength program

Since we now know the physiological aspects of muscle tissue are the same, regardless of the gender of the athlete, there really isn't any reason why a resistance training program for female should be different from a male. In order to prepare a female for the sport, the same muscle groups need to be improved as would be improved for a male. The biggest and most obvious difference is going to be the amount of resistance used in each of the exercises.

Two especially important areas of concern for the coach are to increase the upper body strength and lower the risk of anterior cruciate ligament damage in their female athletes.

In sports where the upper body strength is important, the focus of the training should be on the upper body. Ideally, this program should begin when they are in junior high with overall body conditioning programs consisting of learning the techniques of resistance training and developing good flexibility and endurance.

Once in high school, introduce these athletes to hypertrophy training programs along with a continued emphasis on proper form and technique for all exercises. Hypertrophy training helps build muscle mass and ligament strength which in turn increases the cross sectional area

Continued on pg 22



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of the muscle fibers leading to increased strength and power output.

When compared to a male athletes strength training program you may want to consider adding 1 or 2 more upper body exercises or adding 2 to 3 extra upper body sets to your current program for the females. This will help them eliminate any potential upper body strength deficit. Some of the best exercises are the military press, deltoid raises, pulldowns, chin-ups, bench presses, barbell rows, triceps extensions, and barbell curls.

With more females competing in sports, the incidence of knee injury has increased. Due to the physical makeup of the females, there is a strong possibility that joint laxity, hormonal changes, notch dimensions, ligaments size, muscle strength and size, and their limb alignment may predispose them to a potential ACL injury.

Therefore, it is the coach's duty to increase the ligament and muscular strength of their female athletes via hypertrophy training programs. These programs use:

- 3-6 sets of ten to twenty repetitions with fifty to seventy five percent of their tested one repetition maximum (1RM). OR
- 4-5 sets of twelve reps at fifty to sixty percent of a 1RM OR
- 1 set of 150 reps at ten to fifteen percent of a 1RM.

All of these suggestions come with a short work to rest ratio, some even as short as 1:1, which forces the muscles to deplete their fuel supply and make them recruit more fibers to complete the repetitions.

Some trainers recommend a slow eccentric followed by an immediate concentric of half the eccentric speed. For example, if this was written down it would look like this: 8:0:4, meaning an 8 second eccentric with a transition of zero seconds followed by a 4 second concentric phase.

I am not a practitioner of this pace because most sports do not have slow eccentric/concentric movements. In addition, a fast eccentric contributes to greater strength and power output for each rep. However, this does not mean the load should be crashing on the athlete's body in an effort to move greater weights.

Another effective method of increasing the size of muscle is with this training program from Thomas Kurz:

1. 3 sets of 3 reps at 60% 1RM
2. 1 set of 3 reps at 80% of 1RM
3. 1 set of 2 reps at 90% of 1RM
4. 1 set of 2 reps at 95% of 1RM
5. 2 sets of 1 rep at 100% of 1RM
6. 2 sets of 2 reps at 90% of 1RM

This one always works and is a continuing challenge for your athletes.

After hypertrophy, it is time to increase their strength and power with programs that specifically address these goals.

Increasing the strength of your athlete means working them with percentages of their one-repetition maximums between 75 and 100%. Working within these percentage ranges is going to require a minimum of 2 to 5 minutes rest of between 3 to 6 sets of 1 to 6 repetitions. In my gym and at school, we generally follow Prilepin's table of recommendations when we are at eighty-five percent and above.

Thus, if you are working above 90% 1RM, you do one repetition for 2 to 10 sets with an optimum total of 7 within a range of 4 to 10 total repetitions.

At 80 to 85%, the optimum total is 15 repetitions, within a range of 10 to 20 total repetitions, arrived at by doing 2 repetitions for 6 to 8 sets.

In every instance, the ultimate goals are to increase their strength, decrease their risk of injury and help them to become a better athlete. ■

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Sports Nutrition Navigator

Coaches' FAQs: Sports Drinks vs Energy Drinks.

Plus: How to make energy drinks at home for pennies

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

What is the difference between a sports drink and an energy drink?

The important ingredients in sports drinks are carbohydrates and electrolytes. The main ingredient of importance in an energy drink is usually caffeine. While each has an effect on energy levels, sports and energy drinks provide this energy in different ways. Carbohydrates in sports drinks feed your muscles, and electrolytes supply essential nutrients (sodium and potassium) you lose through sweat. This type of energy enables you to sustain physical activity for longer periods of time. In contrast, caffeine affects your central nervous system and therefore, your brain. In this way, caffeine provides a type of short-term pseudo-energy, as your mind tells your body to "go" regardless if you have the physical capability to do so or not. When the effects of the energy drink begin to wear off, so does your energy level.

Why should your athletes have sports drinks available?

A sports drink is designed to help athletes rehydrate when fluids are lost and electrolytes are depleted after training or competition. Electrolyte replacement promotes proper rehydration, which is important in delaying the onset of fatigue during exercise.

When should athletes use sports drinks?

Anyone working out for less than 60 minutes can usually get by on water. For longer workouts, a sports drink may come in handy depending on the athlete's goals, the intensity of the exercise, and weather conditions. Glucose from carbohydrates gets stored as glycogen, which then becomes ready-to-use

fuel for later. Longer, very-high intensity exercise with substantial aerobic activity (whether workout or competition) will need to replenish glycogen stores. Walking usually is not intense enough to require more than water, but a 90-minute hike in the heat may make a sports drink necessary.

Are sports drinks the same as recovery drinks?

No. Recovery drinks are geared toward muscle recovery and repair after intense or long (more than 60 minutes) duration activity. After strength training you need protein; after a bout of endurance your body needs fluid and carbohydrates. By consuming protein after a strength training workout your muscles have the proper fuel to recover and rebuild. Add sugar to the mix and your body starts to recover sooner, meaning your muscles bounce back—bigger and stronger than ever. Studies have found chocolate milk to have an ideal balance (of protein and carbohydrates) for recovery.

How you can make sports drinks for the whole team for a few pennies.

Homemade Sports Drink*
(makes 1 quart; x4 makes 1 gallon))

1/4 cup sugar
1/4 teaspoon salt
1/4 cup hot water
1/4 cup orange juice (not concentrate)
3-1/2 cups cold water

1. In the bottom of a pitcher, dissolve the sugar and salt in the hot water.
2. Add the juice and the remaining water; chill.

Per 8-ounce serving: 50 calories, 12 grams carbohydrate, 110 mg sodium.

*From "Nancy Clark's Sports Nutrition Guidebook."



Hawkes Squawks

Spilling the beans for this old timer is a lot of fun. While writing the squawks, it is my aim to engage your curiosity and interest in what's happening in prep sports. At times, we'll jump ship to the colleges, but talking about professional sports is not my cup of tea.

TIME TO TAKE ACTION

Clearly, there is one hot topic that has developed some resentment among coaches who feel they coach at a disadvantage. When it comes to the influence and power of a Booster Club, it is time now for a reality check. My sense of fair play calls for all high school booster clubs to be held in check by school officials. In this way, everything done for the program is simple, straight forward, and answerable. By-laws should be followed and accounting practices observed. Obviously, nothing should be hidden, in other to avoid deception. Problems will only worsen if discretionary money is made available. The disturbing news is that there is nothing now in place that requires clubs to disclose either their funding or the dispersal of their funding.

PLAIN AND SIMPLE

Prep sports have changed drastically since my playing days! If we look back a couple of decades, sports were organized by seasons and were not played year round. When we look back, strength training was what a player did on his/her own. Looking back, school coaches would help each other by assisting each other. In this way, each sport was connected.

When we look back to the past, the playing conditions for outside sports were horrible. When we look back, parents understood their role. Although some of them were vocal, but they certainly were not like the pushy parents of today. When we look back, the hype surrounding a sport was held in check, and athletes were encouraged to play in multiple sports.

OUTSIDE LOOKING IN

Under his leadership, Stephen Wallace, Quincy football coach, used peer recruiting and off season encouragement to increase player turnout in this 1A school. The numbers speaks volumes about his success: first there

were 17, then 43, then in the high 50's, then 63 and now this season, 87 kids played Jackrabbit football. . . . Two recently retired football coaches set an agenda for making the game a great experience for their players. Jack McMillan did it at Cascade of Leavenworth and at LaSalle High School in Yakima. Frank Naish did the same at O'Dea and then at Inglemoor High School. Say this much for these two men, they will be missed.

IT CAN BE MENDED

WIAA needs to step up to the starting line and require that all football playoff games be played on turf fields with field time clocks. The back judge's timing responsibility would be better served by the help of field clocks. The days of playing on grass during playoff games should be stopped. Under the twenty year leadership of Mike Colbrese, the playoff systems in all sports run perfectly under the WIAA's guidance. It takes a lot of hard work for Mike and has staff to keep up support with sponsors and locations running smoothly. How about a brief round of applause for the WIAA, which must deal with the athletes of today, who are unfortunately imbedded with conflict and controversy? They have their hands full.

SHORT SQUAWKS

Offense is the exciting part of football, and the eight man game where everyone is eligible does it best. Linemen running pass routes as a receiver who can catch and score a touchdown becomes really exciting. . . . It is absurd that an Arkansas high school girls' basketball coach would have his team defeat an opponent 88-0. You would think after 50 points, this overmatched game would be over. . . . In case no one noticed, the Girls' Swimming State Championships teams were within a stone throw from a body called Lake Washington. Newport captured the 4A title while their neighbor Mercer Island took the 3A honors, and nearby Lake Washington was handed the 2A trophy. It may turn out it has something to do with the water! . . . It's a social issue more than a sports issue, but Indianapolis head football coach Chuck Pagano, who is suffering from leukemia, received over twenty thousand dollars when two Colts cheerleaders had their heads shaved to raise money for research. The Colts' mascot

issued the challenge, and the ladies accepted. It takes no stretch to imagine the sacrifice that they made, along with those players who shaved their heads too. . . . Scanning the horizon, there were two state high school sport feats in October that take your breath away. They happened in the same football game! While Austin Rehkow, Central Valley senior kicker, made a record breaking 67-yard field goal, Shadle Park's, sophomore QB Brett Rypien passed for 577 yards. No doubt, everyone at the game, participating or watching, were flying high while witnessing history in the making. . . . It's hard to believe that a girl soccer player in New Mexico scored 80 goals this season, which gave her a career total of 235! The four-time all-state athlete must have held a clinic every time she played. . . . In Redmond, Overlake, a private school with a no cut athletic policy, has over 80 percent of its students participating in sports. Kudos should be given to the school for holding on to that philosophy.

SOUND COACHING ADVICE

It is difficult to sympathize with coaches who are sore losers. It is best to know what you have learned from a loss. The first approach is to accept a loss as a teaching moment. Second, a loss is a delay, not a defeat or failure. Third, use it as a temporary setback, so pick yourself up, dust things off, and refocus on your destination. Your players deserve that from you. This applied to Battle Grounds' Kevin Haynes, whose team appeared to score a winning touchdown, although not considered so by the officials. However, before you could bat an eye, Haynes was shaking the hand of Jack Hathaway, the winning Heritage coach, who thought this was a classy act. This act was sportsmanship at its finest hour.

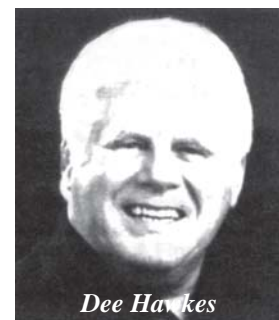
THERE'S NOTHING LIKE A GOOD BOOK

A book is in the works by Coach Steve Bertrand titled *Bleeding Crimson and Grey*. The book is not about Washington State, but is a 50-year sports history of Cascade High School. It includes a decade by decade review of the school's athletes and coaches, such as Pinky Erickson, Terry Ennis, Reg Scodette, Jerry Koester, Bob Smithson, and Birrell Ditzel. Bertrand is a former graduate and coach of Cascade.

IT'S HARD TO BELIEVE THIS BEHAVIOR

When bad things happen, it is important to remember to keep your guard up. It was reported in a California High School that some varsity team male athletes set up a 'Fantasy Slut League' in which girls were drafted for sexual favors. They sold it as part of a bonding technique during the season. Peer pressure drove the plan to be

popular. Given a choice, many guys did not play to avoid facing discipline, or to affect their chances for college. Finally, six years later, school officials got wind of it and told parents. They pointed out about how disrespectful and inappropriate this behavior was. As is often the case, the school does not plan to discipline the students involved. It used to be that this type of serious and disrespectful behavior would result in some form of punishment. Girls often were not aware of this sexual encounter game. What a sad commentary this is.



A NICE WAY TO CONNECT WITH HISTORY

On December 13th, a famous basketball game played on March 13, 1953, when the 14th ranked Seattle University Chieftains went toe to toe with the 2nd ranked University of Washington Huskies was honored at Key Arena. Players from both 1953 teams were presented to the crowd during the UW - SU game recently. The event started with a pre-game reception given by the Old Timers, a social club made up of former basketball players, coaches, officials, sports writers, and fans of the sports. Rod Belcher, a voice of radio past, was on hand, along with Roman Miller, to make a halftime tribute to players from the game. Bob Houbregs from the UW and SU's Johnny and Eddie O'Brien were on hand, along with their teammates. Behind the scenes to put on this special evening were Mike Hermann, Jim Coshow, and Frank Bosone. Well, hats off to the Old Timers. It's worth remembering that this historic game was played in Corvallis, Oregon, during the NCAA Tournament.

TILL THE SPRING

One of life's lessons to learn is which bridge to cross and which one to burn. Still, even in hindsight, it's fair to question, but once the decision is made, live with it. Whatever 2012 was, let's hope you learned something from it and it made you a better coach. The best place to start is with player relationships, because every person is different. As often as you can, go one-on-one with your athletes, to gain better insight as to what's happening in their life. Any coach or school official who has something to suggest or say can email this old coach at: hawkes32@comcast.net. Stay warm..

See you around, I hope. ■



IN THE SPOTLIGHT...

THESE COACHES WORK FOR YOU

Ed Laulainen

WIAA Liaison, Clinic Coordinator

Ed has been a member of Washington State Coaches Association for 47 years. He has served on the WSCA Executive Board for 35 consecutive years, including three years as president. Ed has represented the WSCA on the WIAA Executive Board for 30 years, and has served as the Clinic Coordinator for the WSFCA for 15 years. Coach Laulainen has been involved with the East/West All-State Game for 33 years. Ed was inducted into the Lower Columbia College Hall of Fame in 1990 for his contributions to high school athletics and into the WSFCA Hall of Fame in 1994.



Ed coached at Kelso High School for 34 years; 9 years as an assistant, and 25 years as the head coach. During his 25-year tenure, the Hilanders were 182-69-1, with one state championship and 13 playoff appearances. They won a total of 11 league championships, and Ed was selected as coach of the year on nine occasions. He also coached wrestling for 18 years and baseball for 8. He considers it an honor to serve the coaches in Washington and works to make it a better place to coach.

Ed has been married to his wife Bev for nearly 50 years. His son Dr. Edward Laulainen has an optometry practice and he and his wife Kristin, and children Jack and Quinn reside in Longview. Daughter Susan Erickson lives in Kihei, Maui with her husband Ron and son Brady. Ed and Bev split their time between the mainland and their property in Maui.

Bill Alexander

Assistant Secretary, All State Games Co-Liaison, Athletic Director Liaison (East)

Bill "Alex" Alexander has been a member of the WSCA for more than 20 years. Alex is a past president and his coaching career includes over 60 seasons of high school and junior high football, track and basketball.

He is the athletic director at Quincy High School and has taught in Twin Falls, ID, Sequim, Bridgeport and Quincy for a total of 38 years. He was a head football for 27 years winning a state title in '88 while at Bridgeport and coached track for 20 years. Coach Alexander has been happily married to his wife

Jan for 40 years and they have two sons, Mike (married to Andrea with grandson Paxton and second on the way) and Scotty. Alex is honored to be a member of the WSFCA Hall of Fame (2010) and has served as the president of the CTL, CWAC and the NCWAA (District 6). Alex graduated from CWSC in '75 and played football for "Black Tom" Parry, an NAIA football Hall of Fame member. He is the proud organizer of the WSCA Earl Barden All-State football game which will celebrate its' 19th year this summer in Yakima. Alex has one hobby and that is watching any and all football games anytime, anywhere and anyway that he can!!!! Alex truly enjoys the friendships that he has made while serving the WSCA.



IN THE SPOTLIGHT...



Bob Bourgette

Athletic Director Liaison (West), Football Rep.

Bob has been at Kennedy Catholic High School for 40 years serving the last 18 years as the head football coach. In that time, he has posted 17 championships losing just 4 league games. His teams have had 17 trips to the state tournament, reaching the semi finals 3 times and fell short to Bellevue in the championship game in overtime in 2006.



Coach Bourgette has been named the Seamount League Coach of the Year five times, Washington State Football Coach of the Year in 2006, and a semi finalist for the National Football Coach of the Year in 2004. Bob was inducted into the Washington State Football Coaches Hall of Fame in 2008, the Pacific Northwest Football Hall of Fame in 2009 and the 1968 Spokane Falls Football Team Hall of Fame Team in 2012.

Bob has been married to his wife Margaret for 42 years and they have three children and six grandchildren.

Pat Fitterer

All State Games Co-Liaison Scholarship Committee Member

Getting involved with the Washington State Coaches Association is one of the best decisions I have made in my teaching career. I volunteered to help my fellow coaches and I have received much more than I have given. Working with all the other sports reps has taught me to open my eyes and see much more than just boys' basketball. I have learned many ideas from coaches of other sports and have brought them back to boys' basketball making our sport better. This is my 38th year of teaching. After two years in Oregon, I was lucky enough to get



a coaching job in Washington and joined the WSCA having been a member for the past 36 years. I worked as a sport representative for many years for boys' basketball and was involved with other sports as I have coached football, baseball, track and horseshoes. I was lucky enough to be elected a board member and have served several positions for over a decade. I am currently helping with the scholarship committee and the All State Games after finishing my past president position. I currently am coaching boys' basketball at Ellensburg High School and teaching elementary physical education at Marcus Whitman in the Highland school district. Do yourself a favor and get involved with your coaches associations.

Daunte Gouge

Executive Board Member, Operating Manual Co-Director, Track & Field Representative

Daunte Gouge graduated from Port Angeles High School in 1988 and went on to run track & field at Seattle Pacific University under coach Dr. Foreman. A four year letterman at SPU, Daunte was named Most Valuable Male Athlete his freshman season. Daunte received his Master's Degree in 2009 in Sports Coaching from the United States Sports Academy in Daphne Alabama.



Daunte has coached and taught at King's High school for the last 21 years and became the head track coach in 2000 taking over for track Hall of Fame coach Dan Blackmer. Daunte has been the acting president of the Washington State Track & Field Coaches association since 2008.



IN THE SPOTLIGHT...

Sue Doering

Past President, Scholarship Committee Member

Sue Doering has been an active member of the WSCA for 28 years starting in 1984. She has been on the executive board and worked mostly on the scholarship committee. Sue was the first woman to serve as the president of the WSCA and is currently acting in the position of past president. She has taught K-12 Physical Education for the last 32 years and has coached all levels of volleyball for the last 33 years. Sue currently teaches Physical Education (K-8) in Colfax and coaches varsity volleyball and junior high volleyball. Sue has been active in all sports in her community and coached many levels of sports while she and her husband Eric raised their three children; Megan, Kinsey currently coaching at St. John-Endicott and Kyle. In 2007, Sue was named NFHS National Volleyball Coach of the Year



Rick Giampeitri

Scholarship Committee Member

Rick Giampietri has been coaching football for the past 43 years and he has been on the WSCA executive board for the past 24 years. He was president of the association in 1994-1996. He has been married to Priscilla for 44 years and they have 4 children, Sonja, Heidi, Amy, and Rick and 8 grandchildren, Tyler, Andy, Paul, Gabe, Jacob, Abby, Adalie, and Jack.



Tom Harmon

Executive Board Member, Career Recognition Coordinator, Fast Pitch/Softball Representative

Tom is a graduate of Spokane Falls CC and Western Washington University. He is an middle school assistant principal and district athletic director in the Nooksack Valley School District where he also has taught Physical Education for 31 years. Coach Harmon has coached football for 27 years at both the high school and middle school as well as JV baseball and "C" basketball. Tom is perhaps best known as being the head softball coach, a position he has had for 28 years. Tom and his wife of 26 years, Pam, have three children: Alison, Ben and John and two grandchildren, Jasmine and Natileah. Tom has been a member of the WSCA for 21 years serving on the Executive Board for 8 years and working as the Fast Pitch/Softball representative for 13 years.



Nalin Sood

WSCA President Boys' Basketball Representative

In his 13th season at the head coach at Mountlake Terrace High School and 26th season overall as a coach at the school, Nalin served under Hall of Fame basketball coach Roger Ottmar for 13 of those years. Nalin earned his B.A. in Business Technology from Central Washington and his Masters Degree from Grand Canyon University. Nalin has been teaching Business Technology at MTHS for fifteen years. Leadership wise, Nalin has been the president of the Washington Interscholastic Basketball Coaches Association (<http://>



www.wibca.com) for the past six years, president of the Edmonds School District Coaches Association for the past eight years and just began a two-year term as president of the Washington State Coaches Association (<http://www.washcoach.com/>). Lastly, Nalin has just been appointed to the National High School Basketball Coaches Executive Board (<http://nhsbca.org/>) for a two-year term.

Rob Friese

Executive Board Member, WIAA Liaison

Rob is currently the superintendent of the Willapa Valley School District as well as serving as the middle-high school principal. He is a graduate of Eastern Washington University and if you have plenty of time, ask him about the Eagle's football team. Rob was the head football coach at Willapa Valley HS from 1994 to 2011 and has been recognized by the WSFCA as the District Coach of The Year twice, the Seattle Seahawks Coach of the Week twice and he coached state championship teams in '96 and '01. Rob has also been the head coach in the East/West All State Football Game. He serves as a co-coordinator of the Earl Barden Classic All State Football game held in Yakima. Rob has been married to his wonderful wife Lisa for 27 years. They have three amazing children, Shawn, Laura, and Chelsi.



Mike Schick

Magazine Editor, Junior High/Middle School Representative

Mike teaches Health and Fitness and coaches track and basketball at Edgemont Junior High in the Puyallup School District. He is the building athletic coordinator at Edgemont and president of the coaches association in Puyallup, PECAAA. He has served as an Executive Board member and president during his time in the WSCA. ■



Brett Lucas

Executive Board Member



Darrell Olson

Executive Board Member, Scholarship Committee Member, Operating Manual Co-Director



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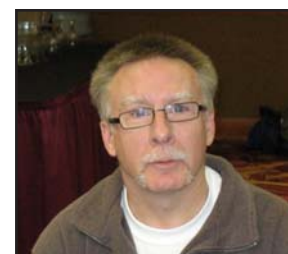
Pete Orgill

Executive Board Member, Baseball Representative



Tony Batinovich

Executive Board Member, Volleyball Representative



REMAINING OPTIMISTIC AFTER LOSING AN IMPORTANT SPORTING EVENT

By Stan Popovich

Some athletes who do not perform well at their event may have a difficult time in getting over their most recent loss. As a result, here are a list of techniques that an athlete can follow in staying optimistic for their next event.

First, do not make excuses or blame others for your defeat. Many athletes tend to make excuses on why they lost instead of looking at themselves and their performance. The fact is that the competition was better than you that day and the only way to get over it is to find ways to do better the next time around.

Evaluate your performance and learn from your mistakes. Regardless how good you may be you will always make mistakes in any given event. The key is to learn from your mistakes and not to repeat them again. This is the attitude you need to have in getting over your most recent loss and get ready for your next event.

Focus on the bigger picture. As an athlete, you will perform in many events. Do not focus on only that one event where you did not do that great. Instead look at the bigger picture in that you will be performing in many other events down the road. Use your loss as a measuring stick on what you need to improve on for your future events.

Try to have a more persistent attitude for your next event. Many athletes who lose or make mistakes in an important event tend to doubt themselves for awhile. Do not do this. Accept the fact that you lost and be determined that you will do things differently the next time around. Determination is the key in getting over any loss.

If you are not sure what you did wrong then ask. Talk to a coach or your friends on what they think you did wrong. Get their advice on how you did in your last event and then try to see if they are correct. There is nothing

wrong for asking for help. Even the best athletes get advice from others.

Finally, be patient in trying to improve your performance. Some athletes who get into a losing streak do not know how to get back to their winning ways. They start to doubt themselves and put more pressure on themselves to do better if the losing continues. It may take time to get back to your winning ways. Do not put pressure on yourself when things do not go right. Be patient and try to make small changes in your performance. The last thing you want to do is to panic.

Enjoy the fact that you are an athlete. You can't win all the time and there will always be somebody who is better. Do not compare yourself to others who may be better or worse off than you. Focus on your own performance and develop your own personal goals in achieving your maximum performance.

BIOGRAPHY

Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods" - an easy to read book that presents a general overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: <http://www.managingfear.com/> ■

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Deadline: April 15th

By completing the information required in this application, you will enable us to determine your eligibility to receive funds provided specifically to help students whose parent(s) are members of WSCA. This application becomes valid only when the following has been submitted. This scholarship is open to any member's son or daughter planning on attending an institution of higher learning.

To be eligible for the scholarship:

- Your mother or father must be a member of the Washington State Coaches Association.
- Submit the below application.
- Submit one letter of recommendation from your principal, counselor, or teacher.
- Submit your High School Transcripts.
- Submit a resume of your high school activities (including community, school, or church activities)

Personal Information (please print clearly)

Name _____
Last First M.I.

High School Attended _____ Date of Birth _____

Permanent Address _____
Street City Zip Code

Permanent Home Telephone number ____ (____) _____

Parent/Guardian _____ Years Member of WSCA _____

Address of Parent/Guardian if different from applicant:

Street City Zip Code

Academic Information GPA _____

Briefly describe any scholastic distinctions or honors you have won since the 9th grade

Athletic or Extracurricular Participation

Sport Years Letters Honors

Please continue with application on reverse side.

continued from previous page

BURNETT-ENNIS SCHOLARSHIP

Deadline: April 20th

College Goals College planning to attend _____

In order to formulate a better concept of who and what you are; we would like you to respond as you feel appropriate 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) have affected your high school life and your future plans.

Check list:

Application Letter of Recommendation Transcript Resume

Your application must be received before April 15th.
Mail To: WSCA Scholarship, 708 S. Lake, Colfax, Wa 99111

Selected winners must submit a picture of themselves with their member parent to the WSCA by June 30th.

Log on to www.washcoach.org

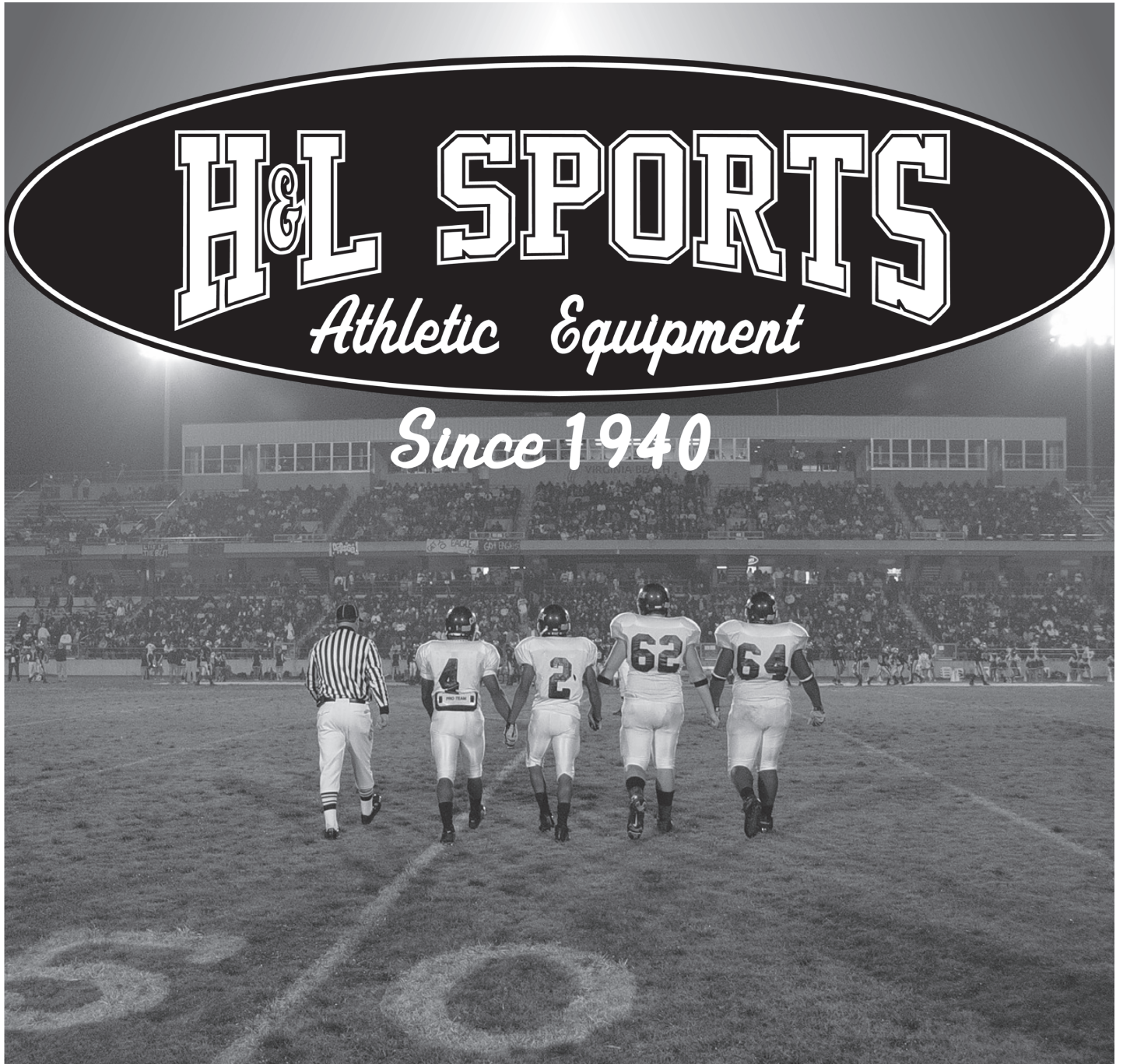
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