

# THE WASHINGTON GOACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



# **DWAYNE LANE'S** **FAMILY OF AUTO CENTERS**



**DODGE**

**Jeep**



*Remember, We'll Take Care of You!*



- In business since 1954
- Huge used inventory
- Service most vehicles
- Car Finder Program
- Like Us on Facebook!



**Locations in Everett and Arlington**



# WASHINGTON STATE

## COACHES ASSOCIATION

A WASHINGTON STATE NON-PROFIT ORGANIZATION

### Our Mission

The mission of the Washington State Coaches association is to support its membership by creating educational opportunities through sport specific clinics, provide resources which enhance the highest possible knowledge, standards and ethics in the coaching profession and to recognize and celebrate excellence of our membership, their families, teams and players.

#### Executive Board

- |   |                                   |
|---|-----------------------------------|
| <b>Past President</b><br>Nalin Sood   | <b>President</b><br>Darrell Olson |
| <b>1st Vice President</b><br>Daunte Gouge                                       | <b>2nd Vice President</b>         |
| <b>Board Member Position 1 (2 years)</b><br>Tony Batinovich, Sue Doering        |                                   |
| <b>Board Member Position 2 (4 years)</b><br>Tom Harmon, Rob Friese, Brett Lucas |                                   |
| <b>Executive Secretary-Treasurer</b> ..... Jerry Parrish                        |                                   |
| <b>Assistant Secretary</b> ..... Bill Alexander                                 |                                   |
| <b>Clinic Director/Coordinator</b> ..... Ed Laulainen                           |                                   |
| <b>WIAA Liaisons</b> ..... Ed Laulainen, Rob Friese                             |                                   |
| <b>A.D. Liaison West</b> ..... Bob Bourgette                                    |                                   |
| <b>East</b> ..... Bill Alexander  |                                   |
| <b>MS Liaison</b> ..... Mike Schick   |                                   |
| <b>Magazine Editor</b> ..... Mike Schick  |                                   |
| <b>Scholarship Committee</b> ..... Rick Giampetri, Sue Doering, Pat Fitterer    |                                   |
| <b>All State Game Liaisons</b> ..... Bill Alexander, Pat Fitterer               |                                   |
| <b>WSCA Operating Manual</b> ..... Darrell Olson, Daunte Gouge                  |                                   |
| <b>Career Recognition</b> ..... Brett Lucas                                     |                                   |
| <b>Lifetime Achievement</b> ..... Tom Harmon                                    |                                   |
| <b>Executive Board Emeritus</b> ..... Rick Stubrud                              |                                   |
| <b>Sport Associations Board Representatives</b>                                 |                                   |
| <b>Athletic Trainers</b> ..... Open   |                                   |
| <b>Baseball - Jesse Benedetti</b> .... E. Valley (Yakima)                       |                                   |
| <b>Basketball (B) - Nalin Sood</b> .....Mt. Lake Terrace                        |                                   |
| <b>Basketball (G) - Dan Taylor</b> ..... Kings                                  |                                   |
| <b>Cheerleading -</b> ..... Open  |                                   |
| <b>Cross Country - Joe Clark</b> ..... Lakes                                    |                                   |
| <b>Fastpitch - Tom Harmon</b> ..... Nooksack Valley                             |                                   |
| <b>Football - Adam Fisher</b> .....East Valley Spokane                          |                                   |
| <b>Golf - Jim Anderson</b> ..... Jackson  |                                   |
| <b>Gymnastics -</b> ..... Open  |                                   |
| <b>Soccer - Aaron Radford</b> ..... Kentwood                                    |                                   |
| <b>Tennis -</b> ..... Open  |                                   |
| <b>Track &amp; Field - Dawn Geiser</b> ..... Skyline                            |                                   |
| <b>Volleyball - Tawnya Brewer</b> ... Burlington-Edison                         |                                   |
| <b>Wrestling - Brett Lucas</b> ..... Todd Beamer                                |                                   |

For more information contact the below:  
Secretary-Treasurer

Jerry Parrish  
18468 8th Ave NE, Poulsbo, WA 98370  
360-271-1377, [washcoach@gmail.com](mailto:washcoach@gmail.com)

Magazine Editor  
Mike Schick, 2110 Richardson Drive  
Puyallup, WA 98371; 253-848-9321  
[WSCA-Editor@comcast.net](mailto:WSCA-Editor@comcast.net)

Associate Editor  
Barb Johnston, 421 E. Davies Loop Road  
Lake Stevens, WA 98258; 425-870-3679  
[Johnston.barbcliff@gmail.com](mailto:Johnston.barbcliff@gmail.com)

## WHAT'S INSIDE

|  |       |
|--|-------|
| From The President .....                           | 2     |
| From The Sidelines .....                           | 3     |
| Explosivelyfit.com .....                           | 4-5   |
| <i>Washington Coach</i> Deadline .....             | 5     |
| Sports Nutrition for the High School Athlete ..... | 6-9   |
| Hey! Coach .....                                   | 10    |
| WSVCA Hall of Fame .....                           | 11    |
| WSCCA News .....                                   | 12    |
| WIBCA General Meeting .....                        | 13-14 |
| When I Want Your Opinion... ..                     | 16-17 |
| Football Mid-Winter Conference .....               | 18-20 |

Do you have photos you want to submit for our cover?

Send to [wscs-editor@comcast.net](mailto:wscs-editor@comcast.net)

# Presidents Message

Darrell Olson

Winter 2016

Fellow WSCA Coaches,

The fall sports season is behind us, and it's 'full speed ahead' into the busy winter sports season. And what a great fall sports season it was. Great games, great competition, great kids, and great coaches make all the state championships 'must see' events. As a dad of a former cross country runner, the craziest and most intense start of a state championship has to be at the state cross country championships in Pasco. The start of the race is the most insane, thrilling, and craziest thing I've ever witnessed. With well over 100 participants competing at each level, the start is a 200 yard mad dash to get to the point where runners begin funneling themselves in to where the course is set. It's awesome.



We have finished one sports season, and with it the usual frustrations from coaches that didn't properly renew their WSCA membership in time to receive their membership cards to gain entrance into ALL state tournament games. Again, you can make life easier on yourself and our Executive Secretary, Jerry Parrish, if when you complete your online registration, you send in your \$40 dues. Upon receipt, Jerry will then send your card. With state basketball, state wrestling, and state boys swimming the next big state championships coming up, coaches, don't think your cards will be sent to you overnight the day before state games begin. Get your WSCA membership renewed online and payment sent in.

This is the year of 'classification counts' for the next four year cycle. This is a new cycle that is being implemented by the WIAA, four years instead of two. Classifications will be announced late January, then there will be a period where schools can consider whether to 'opt up' or remain at the level where the numbers fall. Be involved with your school on this, especially if you are one of the 'bubble schools'.

Winter is the time where the WIAA Amendment process begins, with potential administrative and rules changes to various sports. Get involved in this process. Don't be an outsider and get sideswiped by some rule change that you were not informed about. Every year there are a number of rule changes to how our sports are governed. These changes are a result of various bodies in our state thinking their proposed rule changes will benefit the sport. Sometimes they are right....sometimes they are wrong. This is why we, you, us as coaches need to be informed on what changes are being talked about state wide and proposed through the amendment process.

I want to personally encourage all coaches to get involved and get off the sidelines. Make a contribution to your professional organization this year. Ask how you can help.

The Executive Board is always open to suggestions to better improve our coaches association. It is a strong group of coaches with extensive experience and a wide variety of coaching backgrounds. They serve as advocates for all middle school and high school athletic programs and support all coaches working with our young athletes.

Good luck this winter sports season. Spring is right around the corner.

Keep the head down,

Darrell Olson  
President



# From The Sidelines

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

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

The first answer is that the WSCA is a professional organization for Washington State high school & middle level school coaches. **It exists to support your efforts as a coach.**

### **THE MAIN PURPOSES ARE:**

- To offer top quality, affordable places to member coaches in the area's of professional education and training, to earn clock hours and coaching education hours.
- To offer a pass, using your membership card, for entry into **ALL** WIAA state tournaments, **ALL** regional tournaments, and **ALL** district tournament games, state wide!
- To offer **Liability Insurance coverage of \$3.5 million** for our membership while working a scheduled, sanctioned and supervised WIAA sport or event and or in the classroom.
- To offer your son or daughter, who are eligible, an opportunity to apply for WSCA scholarships. (i.e. Burnett-Ennis, Terry Ennis-Varsity Gold)
- To be eligible for your sports' **Hall of Fame** recognition
- To be eligible for your sports' **Coach of the Year** recognition
- To be eligible to coach in sanctioned WSCA all star games. WIAA will only authorize WSCA sanctioned All-Star events.
- To receive reduced fee's at WSCA sponsored coaches clinics and WIAA clock hours toward coaches education certification and/or salary placement.
- To honor member coaches for their coaching achievements through our **Career Awards** program
- To receive quarterly issues of **The Washington Coach** magazine. Magazine is now online at [www.washcoach.net](http://www.washcoach.net) or, upon request, coach can receive a hard copy of the magazine mailed to them by making your request to Jerry Parrish.
- To provide reimbursement to each sport group for enrollment in WSCA.

### **OTHER BENEFITS:**

- Check our WEB page for up to date information - [www.washcoach.net](http://www.washcoach.net)
- **Membership registration is online at [www.washcoach.net](http://www.washcoach.net)**
- Coordination with the state governing association (WIAA)
- Input through the Individual Sport Association Reps into the WSCA
- **By becoming a member of the WSCA, you are taking a proactive approach to avoid problems in the future ■**



# Considerations when developing a youth resistance-training program- Part 1

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

## Brief introduction

The peer reviewed, scientific research documenting resistance training programs clearly shows the benefits of resistance training for our youthful participants. The literature also makes it clear that giving them a dumbbell or barbell, piling on the weight and letting them lift unsupervised is certainly not the answer to helping them become stronger.

Ideally, there is a three-step process before a child begins to strength train.

1. They must be mentally and emotionally ready to follow the coaches' directions.
2. Sports physical. If the physical comes back from the doctor giving the clearance, then it is time to proceed with the resistance training.
3. Once in the training phase, be able to withstand the stress of exercise.

## Are they mentally and emotionally ready to participate in a resistance training program?

They must have a certain amount of psychological maturity to understand what they are doing and why it is important to improving their physical abilities. Along with this, they must also have the desire to take part in this activity. Both of these nonphysical aspects are observable

traits, making an observation of them in action beneficial.

During these observations, take time to talk to them, their coaches, their fellow athletes, parents, and others on the sidelines. Find out how they practice; are they constant in their approach to hard work, do they support their teammates with their effort, are they encouraging, are they ready to go at it each session, are they prepared with all of their gear (if gear is necessary). If so then they may have the maturity to do well in a strength program. However, if the following takes place...

Ask the coaches, do they storm off if they don't get their way? If they make a mistake, do they throw things? Are they too hard on themselves, always seeking perfection?

What about the child's parents?<sup>1</sup> Are they always yelling at the child to do better or berating them when they make an error? Can the kid do nothing right?

If any of the above take place in front of you, they are strong signals the child is not ready for your program and if you take them in be prepared for the same disruptive behavior in the gym.

The young athlete must understand why strength training is important to making them a better player. If they do not understand this or have the maturity to take part in the program then their success and by extension yours

as well will suffer. Despite the parent's possible pressure to have their child lift, if the child does not want to, or is forced to lift by the parent, disaster is just around the corner.

## Sports physical

Have them examined by a physician who understands the rigors of strength training, a sports physical will normally be sufficient for an older youth.

## Once in the training phase, are they able to withstand the stress of exercise?

Do they have the physiological maturity to participate? Not all young players hold up to or tolerate a strenuous strength training regimen. It is up to you as their coach to help them and their parents out in this respect. Once they become more mature, their productive efforts in the gym begin to shine. How they arrive at this point is part of the many decisions you must make in helping them get there.

Burnout in young athletes is a common occurrence in the youth sports arena, especially if they are participating in a single sport year round. Natural athleticism does not fully develop when playing a single sport and not every single sport child will be the next superstar.

More often than not, these young athletes will be playing two or more sports at the same time. This adds additional mental and physical stress

into their lives that you have to take into consideration when planning a program for them. There is only so much time in a day and not all of it can be devoted to training. There need to be rest periods factored in for them to grow and rebuild their body after training.

If your program does not have the appropriate intensity then it will be difficult to determine if it is working or if their natural growth and development is the reason for their increased strength and endurance.

Fortunately, there is enough evidence demonstrating that properly deliberate programs will enable strength gains above what is already naturally occurring from the aging process.

Youngsters as young as 6 will see benefits of strength training...if they stick with it. Some studies, 9 months long, have shown the positive effects of strength training these younger athletes. Boys and girls in this age group show no discernible differences in strength between the genders. This drastically changes during puberty.

**(Footnotes)**

<sup>1</sup> *The parents are another part of youth training. In my experience, very few of the parents know much about strength training. Many (of the males) only know what their football coaches taught them ages ago. Most of that is now totally outdated and essentially nonproductive in producing strength gains.*

*Things change and the strength training field is no exception, it too is constantly changing with new developments and scientific research. But getting this through the heads of a know it all parent, despite full explanations and examples, is time consuming and in my opinion not worth the time—if you are operating a private strength training gym. Because we work in a school setting, we have to make adjustments and this means directly addressing the parental issues involved.*

*Forcing a child to partake in training that is beyond both their physical and emotional capabilities does not, in most cases, result in a successful outcome over the long term.*

*Behind many of these children, are parents pushing and not letting the child be a child. Sports should be fun. Plain. Pure and simple. The fact that physical exercise is an important factor in their lives can only be achieved when it is not associated with negative side effects. ■*



## Scholarship Applications for

- Burnett-Ennis
- Terry Ennis
- Student Teacher

may all be found on the WSCA website - [www.washcoach.net](http://www.washcoach.net)



### WASHINGTON COACH Magazine

**Next Issue - Spring: February 14**

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

#### SUBMISSION PROCESS

Submit via email as an attachment to Mike Schick at [WSCA-EDITOR@comcast.net](mailto:WSCA-EDITOR@comcast.net)

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

# Sports Nutrition for the High School Athlete: Athletes On the Move

This article originally appeared in *Training & Conditioning* magazine, which can be accessed at: [www.Training-Conditioning.com](http://www.Training-Conditioning.com).

By Emily Edison, MS.RD.CSSD\*\*  
[www.momentum4health.com](http://www.momentum4health.com)

**High •school •athlete | noun | \h+ \skül \ath-It**

Pertaining to the hard-to-get-out-of-bed, fast food-eating teenagers who spend their days learning calculus and American history and then tear up fields and courts after the final bell rings. These growing and developing creatures require nutrition above and beyond the offerings of most high school cafeterias, drive-through windows, or convenience store snack aisles, yet few are meeting their unique dietary needs.

High school athletes face similar fueling challenges as their collegiate counterparts, such as limited time, minimal motivation for meal prep, and frequent travel. However, they have a few more hurdles to consider. For instance, many inhabit bodies that are rapidly changing, and the population as a whole is generally less likely to take responsibility for food choices.

In addition, as high school athletes grow and change, they often struggle with their body image, self-esteem, and self-acceptance. To address these concerns, some look to lose fat, while others try to gain muscle. Attempting to meet either of these goals without a corresponding nutrition plan can be detrimental to performance and health.

The available research on nutrition for high school athletes supports a meal plan that incorporates eating multiple times a day and balancing macronutrients to maintain performance. This often requires fueling and hydrating in a creative manner.

For the past 10 years, the Washington Interscholastic Nutrition Forum (WINForum), a science-based sports nutrition resource geared toward high school athletes, coaches, athletic support staff, and parents, has supported high school athletes in creating fueling game plans to help them succeed in sport. In my experience, science-based education and a bit of planning up front can go a long way in meeting the fueling challenges for high school athletes.

## **BASIC NEEDS**

When it comes to macronutrients like carbohydrates, protein, and fat, it's important that high school athletes are getting adequate intake. To start, they should get

more than half of their daily calories from high-quality carbohydrates, such as grains, fruits, and dairy.

Unfortunately, this does not always happen because many high school athletes misunderstand carbohydrates. They are quick to adopt fad diets that restrict carbohydrates or cut out whole food groups, such as dairy or grains. Of course, athletes with medically diagnosed conditions, for example, Celiac disease, should follow their prescribed diet. But for all athletes, carbohydrates play a valuable role in their growth and performance.

Protein is also a crucial part of a high school athlete's diet to maximize muscle growth and repair. Generally, teenage athletes require between .7 and .9 grams of protein per pound of bodyweight each day. Because the body can only utilize approximately 25 grams of protein per feeding interval, athletes should focus on consuming small, high-quality doses throughout the day. Dairy, eggs, meat, chicken, fish, tofu, edamame, and soy milk are all high-quality sources.

Additionally, new research suggests that a pre-bed snack consisting of 20 to 25 grams of high-quality protein can help the body assimilate muscle tissue during sleep. Acquiring muscle while they sleep? This should be an easy sell to high school athletes.

It can be hard for teenagers to figure out how to consume protein throughout the day, so I find it helpful to provide them with ideas and examples. Here's a sample eating plan I drew up for Sara, a 16-year-old, 5'11", 150-pound basketball player. She needed 120 grams of protein per day to maintain stamina and gain muscle during her offseason training.

**Breakfast:** Two-egg scramble on two pieces of toast with avocado and tomato and eight ounces of milk=24 grams of protein

**Snack:** Six ounces of Greek yogurt and fruit=12 grams

**Lunch:** Three ounces of tuna on two slices of bread, granola bar, carrots and hummus, and fruit=24 grams

**Pre-practice snack:** Half of a peanut butter and jelly sandwich and a fruit leather=7 grams

**Post-practice snack:** 12 ounces of chocolate milk=12 grams

**Dinner:** Three-ounce portion of grilled pork tenderloin, baked sweet potato, steamed broccoli, and fruit salad with yogurt=25 grams

**Pre-bed snack:** Cottage cheese and fruit=15 grams.

Finally, high school athletes need fat—the heart-healthy kind. Be sure to educate them on the importance of consuming fats from fish, nuts, vegetable oils (e.g., olive and canola) and avocados. These support energy, muscle growth, immune function, and recovery.

### **TAILORED TO TEENS**

In my years of working with high school athletes, I've learned to conquer the three main roadblocks of getting them to fuel properly. The first is convincing them to eat a quality breakfast.

I've yet to meet a teenager who willingly wakes up earlier than they absolutely have to, so it can be difficult to convince high school athletes that consuming a morning meal is more important than a few extra minutes of sleep. It helps to explain that those who skip breakfast won't have enough gas in the tank for a focused afternoon practice. This missing fuel can lead to muscle loss—not to mention the potential loss of a starting spot on a team.

Two other ways I've had success getting athlete buy-in are through visual aids and by organizing team breakfasts. I use Pinterest to create visual boards that I share with athletes, so they can see how easy it is to make a microwave egg sandwich or toaster waffle "Big Mac" (layer toaster waffles with peanut butter and banana). For team breakfasts, I suggest making oatmeal in a large slow cooker and assigning players to bring their favorite toppings, such as nuts, granola, milk, and fruit.

Just because breakfast is the most important meal of the day, doesn't mean it has to be the most complicated. There are tons of quick, high-carbohydrate, moderate-protein options that will keep athletes energized and their muscle tissue intact. Some I recommend are a bagel with eggs, banana, and milk; yogurt, oatmeal, and an orange; and whole grain waffles with peanut butter and strawberries.

You'll notice that none of my go-to options include a bowl of cereal. This common breakfast item for high schoolers is often loaded with sugar and rarely provides long-lasting energy. Advise athletes to ditch their corn flakes and honey-nut O's for something more substantial. If they must have cereal in the mornings,

remind them that it should serve as an appetizer to a heartier breakfast.

The second challenge is getting high school athletes to snack throughout the day. Approximately 25 to 30 percent of their total calories should come prior to lunch. For the athlete who needs 3,000 calories per day, this means 750 to 1,000 calories should come in the form of breakfast and a morning snack.

Snacks for the rest of the day should contain carbohydrates for energy and protein for repairing muscles and keeping athletes satisfied. Since time between classes is short and many schools limit eating and drinking, good snack options should be nonperishable and easy to store in lockers or book bags. (See "Snack Time" following.)

One of my clients, Luke, a freshman cross country runner, recently learned the benefits of all-day fueling. When we started working together, Luke complained of fatigue and felt his performance was lacking. His eating habits reflected, well, a typical high schooler's. His breakfast consisted of one bowl of cereal ("if there was time"). Lunch was finely crafted cafeteria pizza or chicken nuggets, chips, fruit snacks, and a carbonated drink, and he capped off the day with a home-cooked dinner after practice.

Together, Luke and I developed a performance nutrition game plan that better suited his dietary needs. Here's what it looked like:

**Breakfast:** Waffles with peanut butter and bananas, yogurt, and coffee

**Snack:** Trail mix

**Lunch:** Sandwich, veggies, fruit, goldfish crackers, and a granola bar

**Pre-practice snack:** Dried fruit and peanut butter pretzels

**Post-practice snack:** Chocolate milk and an energy bar

**Dinner:** Grilled fish, veggies, salad, bread, and milk

**Pre-bed snack:** Peanut butter and jelly sandwich with fruit.

After a short time practicing his new meal plan, Luke reported significant improvements in his performance.

*Continued on page 8*



*Continued from page 7*

He broke two freshman school records, made first team all-freshman in his conference, competed in the state championship meet, and is now ranked nationally.

Finally, the third challenge of working with teenage athletes is accepting that they won't always make healthy choices. Remember, good nutrition doesn't have to be all or nothing. Creating rules like "no sweets" or "no fries" sets high school athletes up for failure and increases the likelihood of binge eating and secretive eating behavior.

Instead, try to balance high-performance fueling with realistic expectations. I recommend high school athletes follow the 80-20 rule. If they focus on high-performance foods 80 percent of the time, 20 percent is left for eating "cheat" foods.

I also tell athletes to use some of their favorite treats to fuel performance. For example, if an athlete loves his mom's chocolate chip cookies, I suggest including them as a pre-practice snack with milk. This way, his body can use the carbohydrates and protein for energy and muscle growth, and he feels guilt-free about his choice.

### **LOSING AND GAINING**

High school athletes do a lot of looking in the mirror, and they aren't always happy with what they see. Like most teenagers, high school athletes can struggle with self-esteem, and some may want to make their bodies look a certain way through fat loss or muscle gain. It's important that they pursue either option in a healthy manner.

Athletes' weight and body composition desires are influenced by coaches, athletic trainers, media, teammates, parents, and their own athletic and aesthetic goals. These influences and pressures can tempt young athletes to restrict calories and eliminate food groups in order to lose weight.

I recently worked with a high school swimmer, Ciera, who wanted to lose weight after she heard her coach say that dropping a "few pounds" can help athletes swim faster. She quickly put his blanket statement of, "Stop eating sweets to lose weight," into action.

Ciera removed all things with sugar in them from her diet, including her pre-practice snacks, which cut about 800 calories from her daily intake. The frequent praise she received on her appearance once she started losing weight encouraged her to continue with her calorie restriction.

She created a new rule, "No White at Night," and cut out all carbohydrates that were white, such as bread, pasta, and rice.

For an athlete with extremely high carbohydrate needs like Ciera, restricting these foods can lead to low energy availability, amenorrhea, fear of eating with friends and teammates, and the potential for developing an eating disorder. With a starting body composition of 19 percent body fat (already low for a teen swimmer), Ciera did not need to lose a few pounds, and the calorie restriction was too great for her to maintain muscle and bone mass, as well as energy.

While I worked alongside Ciera's physician and therapist to adjust her eating habits, she took a break from training and competition. After six months, she was able to face her fears around eating, get back to a healthy, strong weight, and gradually return to the pool. Ciera also regained her menstrual cycle and is now swimming faster than ever.

To prevent a frustrating and potentially damaging battle against the scale, encourage athletes to ask themselves three important questions before they start a weight-loss plan:

**Why do I want to lose weight?** There are many reasons athletes think they need to lose weight, and improving their overall health is not typically one of them. Some think it will increase their athletic performance, but many are fueled by a desire to look "better." As Ciera's case shows, calorie restriction for the wrong reason can be dangerous.

**Do I need to lose weight?** Athletes frequently hear losing weight improves sports performance, but that is not always the case. In many circumstances, cutting



**Inglemoor High School Cross Country Team**

calories can lead to nutrient deficiencies, muscle loss, and performance declines if energy needs are not met.

Communicating best practices and choices for an athlete's health and performance should be a "team" effort that includes coaches, athletic trainers, parents, nutritionists, and family physicians. This will help ensure athletes reach their goals without compromising well-being.

**Is this the right time to lose weight?** Optimal timing for weight loss is in the offseason to ensure it has minimal effects on performance. In addition, periods of high stress (e.g., finals weeks, family conflicts) and times of growth (puberty) can make weight loss more difficult to attain.

If athletes want to lose weight for the right reasons and the timing is right, recommend they fuel every three to four hours, as research on nutrient timing says eating smaller meals more frequently minimizes excessive caloric over-feeding (fat storage) and excessive caloric deficit (muscle loss). Learning to be self-aware of hunger and satiety can help athletes stick to this fueling schedule. Remind them to listen to their bodies for true hunger cues, such as a growling stomach, rather than eating because they are bored, lonely, or sad. Some may benefit from keeping a hunger and fullness chart (rating hunger and fullness on a scale of one to 10 throughout the day) or setting an alarm on their watches or phones to eat every few hours.

High school athletes looking to gain weight may think their road has to be paved with muscle-building supplements. Contrary to popular belief, simply consuming extra protein in the form of powders and pills and hitting the gym on occasion is not enough to gain muscle. To see results, high-quality protein must be consumed in multiple small portions (20 to 25 grams) throughout the day and combined with a well-planned strength program.

I advise a three-step "Ready, Set, Go" approach when working with athletes who are looking to increase muscle mass:

**Ready:** Have athletes start a strength-based, sport-specific lifting program designed to maximize muscle gain. Then, create an eating plan to support growth that includes a meal-snack-meal-snack pattern and caloric distribution spread around practices and games.

**Set:** Be realistic when helping athletes set goals for muscle gain. A good target is to add 400 to 500 calories per day, which will build half a pound to a pound of muscle per week when following their strength program.

**Go:** Provide consistent support for athletes to fuel

and train. Remind them to fuel during training by consuming extra energy sources.

It is vital to remind high school athletes about the importance of recovery and repetition in a muscle-gaining program. Encourage a recovery snack after each training session that includes carbohydrate and protein. Good options are chocolate milk, yogurt and cereal, banana and peanut butter wrap, frozen yogurt, or a protein/fruit smoothie. Stress that staying consistent with eating and training habits will ultimately help them reach their goals.

High school is the perfect time and place to engage athletes in sports nutrition. Building a solid nutrition game plan in their teens will help them continue to enhance performance as they move along in sport.

*\*\*Since 2005, Emily Edison, MS, RD, CSSD, has coordinated the Washington Interscholastic Nutrition Forum (WINForum.org), a sport nutrition resource and educational program geared toward high school athletes. She is also the owner and founder of Momentum Nutrition in Seattle and spent seven years as the consulting Sports Dietitian for the University of Washington athletic department. She can be reached at: [emily@momentum4health.com](mailto:emily@momentum4health.com). ■*

## SNACK TIME

To build a winning snack that combines carbohydrate and protein, high school athletes should pick one item from each column.

### CARBOHYDRATE

Fresh fruit  
Bagel  
Bread

Crackers  
Granola bar  
Energy bar  
Tortilla  
Fig Newtons  
Applesauce  
Oatmeal  
Cereal

### PROTEIN

Yogurt  
Turkey  
Almond butter  
and jelly  
Cheese sticks  
Milk  
Peanut butter  
Smoothie  
Nuts  
Greek yogurt  
Shredded cheese

# hey! COACH

Since I have graduated high school there is one phrase that I miss saying more than I ever thought I would. “Hey Coach” left my lips at least once a day. Anyone who has ever had a coach knows just how important they are. I’m sure everyone will say that their coach is the best. But this post is not about the coaches you’ve had. This is about mine. If I wrote just how much one person has changed my life, this post would be unreasonably long. But it is crazy to me that one person can do so much.

What makes a good coach? Well, don’t ask me! I’m a little too picky, grumpy, and “my way or the highway”.

What makes a good coach? My coach. My coach has pushed me to success, and pushed me to tears. My coach has been a parent figure when times got tough, my best friend when we could celebrate our wins, and a shoulder to literally cry on. When we succeeded my coach succeeded. When we failed we knew we let coach down. But that never stopped coach from loving us.

What makes a good coach? Compassion. I never doubted the love coach had for me. Not one day went by without my coach showing, or telling me how much I was appreciated.

What makes a good coach? Coaches leave their family, and dedicate their time to the people and the sport they love, even if sometimes it doesn’t feel worth it. Missing vacations, birthdays, and so much more, to give their time and love to us, even when we are ungrateful.

What makes a good coach? Everything my coach was, and everything I will be because of it. One single person can change your life. And I know my coach changed my life for the best.

I’m trying to be like my coach. Hard, yet soft, harsh but loving, a rock, a shoulder to cry on.

I don’t know how to even thank someone, who has done what they have done for me. I know I will never be able to repay coach for the things done.

If you had a coach who changed you, please, go thank them. If you have a coach now, go now, and thank them.

You don’t know how much they sacrifice for you, and for your team. I love you coach. I love you for pushing me, I love you for accepting me, I love you for caring about me without fail. I love you for still caring even when new team mates have taken my place. I love you for being you. Thank you. ■



# WASHINGTON STATE VOLLEYBALL COACHES ASSOCIATION HALL OF FAME

## SUZANNE MARBLE | LA CONNER HIGH SCHOOL



Suzanne Marble was the coach of the La Conner High School Volleyball Team for 24 years. During her tenure, she was named the Northwest A/B League Coach of the Year 12 times and was the State Coach of the Year on three different occasions. A native of Spokane, Wash., Marble has also coached three All-State Teams. With 15 league championships, 11 district championships and three State Championships, Marble put together one of the best volleyball resumes the state has seen.

A stand-out volleyball player at Mead High School, Marble graduated in 1987. She continued her volleyball playing career at Westmont College. After her playing days were complete, Marble began coaching and has only coached for the La Conner Braves. She finished her coaching career with a record of 422-87 with 11 placings at State.

### Marbles by the Numbers

#### Northwest A/B League Coach of the Year:

1994, 1996, 1998, 2002, 2003, 2005, 2006, 2007, 2009, 2010, 2012, 2014

State Coach of the Year: 2002 1A, 2006 2B, 2007 2B

All State Team Coach: 1997, 2007, 2012,

Academic State Champions: 2004, 2005, 2008

Number of league Championships: 15

Number of District Championships: 11

Number of State Championships: 3

Number of State Appearances: 20

#### State Finishes

State Champions: 2002, 2006, 2007

State Tournament Second Place: 2004, 2005, and 2008, 2010

State Tournament Third Place: 2014

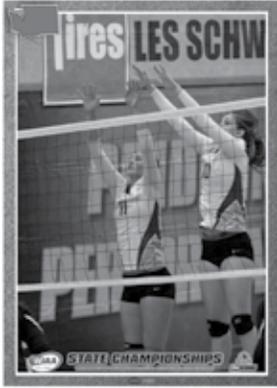
State Tournament Fourth Place: 2009

State Tournament Fifth Place: 2013

State Tournament Seventh Place: 2011

Career Win/Loss Record: 422-87

  
**STATE VOLLEYBALL**  
**ACTION & AWARD PICTURES**  
**VISIT ONSITE BOOTH FOR HARD COPY PRINTS**



Will Be Available For Viewing & Purchase at

**[www.4nsp.com](http://www.4nsp.com)**

**“OFFICIAL PHOTOGRAPHER OF THE WIAA”**

**1-800-446-5758**

Submitted By: Joe Clark, WSCCCA President



This year we saw several new changes in the state meet that were brought about through collaboration between the WIAA and the WSCA. These were particularly evident at the State meet where we saw the following changes:

- ❑ One coach from each school was allowed access onto the course in a rather large coaches' box where they were able to coach their athletes away from the crowds. Overall it was a huge success.
- ❑ This year the state moved to a new timer/system after some issues in the past. The system is one used by several major meets and leagues.
- ❑ An "alley start" was used to prevent collisions/congestion at the start of the race. Due to the nature of the start, teams tended to squeeze to the left hand side as that "appeared" to be the shorter

distance. In years past this led to several recalls when athletes went down in the first 100 meters. The alley start reduced that problem and also gave officials a better view.

- ❑ This year one coach was allowed to stay back in the start area in case there was a recall.

In November, we met with the WIAA along with representatives of the other sports that qualify for state as individuals. The concern was that there are often top level athletes who are left behind with the current qualifying process. This is most evident in districts with 1-2 allocations to state. The WSCCCA proposed using a "factor of 7" for individual qualifiers instead of a "factor of 5". In basic terms, this is how it works. If a district gets 2 team allocations to state, then any athlete finishing in the top 14 (2 times 7) is a qualifier. In simplified terms, this virtu-

ally guarantees that no individual who has a chance to be a podium finisher will fail to qualify for the state meet. This was not the case in the past. No action or recommendation was proposed to address the team aspect of qualifying.

New WSCCCA executive board member Denis Villeneuve has taken on the role of scholarship donations. He has been reaching out to the various invitational meets across the state and has increased our available funds significantly, with over a half dozen new supporters coming on board.

Our Hall of Fame inductees will be Ron Huntington, Bill Kehoe, and John Robertson. They will be inducted at the Track and Cross Country Coach's convention in January.

Our All-State team is posted on-line at [watfxc.com](http://watfxc.com). The Hall of Fame members as well as coach of the year winners will be there as well. Scholarship information will be posted in January. ■



## WIBCA GENERAL MEETING

OCTOBER 11, 2015, HOWARD JOHNSON MOTEL, YAKIMA, WASHINGTON

Respectively submitted by: Bruce Siebol, WIBCA Secretary

Attendee's: Nalin Sood, Pat Fitterer, Tim Kelly, Bill Bakamus, Gary Wusterbarth, Joe Harris, Dave Dickson, Tim Gaebe, Bruce Siebol, Doug Burge, Kyle Templeton, Roger De Boer, Roger O'Neill, Dennis Bower, Brian Roper, Shane Stacy, Dave Jamison, Greg Wirtz, Jon Schroeder, Justin Prohn, Loren Tillman.

Before the start of the WIBCA meeting we had a meeting with members of the Girls Basketball Association regarding the status of bringing back the 16-team tournament. WIBCA president Nalin Sood told the group that a short fall of \$180,000-\$200,000 was what the WIAA has said separates the current tournament format and the 16 team tournament. There was discussion on a financial solution that we could present to Kevin McKay before his next meeting in January.

President Sood also brought up the possibility of taking a Boys and Girls teams to the NHSBCA tournament next summer in Wisconsin.

### WELCOME

President Nalin Sood called to the meeting to order and welcomed all attendees. Gary Wusterbarth moved that the February WIBCA meeting minutes be approved. Greg Wirtz seconded. It was voted on and passed.

### NHSBCA

President Sood handed out a copy of WIBCA finances. A motion by Doug Burge was made to pay our NHSBCA annual dues of \$250.00. Pat Fitterer seconded. It was voted on and passed.

### WIBCA vs. CANCER

Chairman Gary Wusterbarth said that WIBCA vs. Cancer has raised over \$500,000 since 2000. Gary would like to receive pictures and stories from the various coaching staff's regarding the night of their benefit. Please let Gary know of which cancer affiliate you sent the funds to.

### WIBCA WEBSITE

President Sood showed us our new WIBCA website. Our main sponsor is Cloud 9 Sportswear. Cloud 9 owner Roger De Boer has put a coach's poll ranking the top 9 teams in each classification on the website. De Boer asked that coaches will be contacted every Monday during the season for an open tabulation of the rankings. A press release with the rankings will be sent to all newspapers. A team of the week and player of the week will also be named on the WIBCA website.

### NHSBCA COACH OF THE YEAR

Rick Skeen, Head Boy's Coach at King's High School is WIBCA's nomination for NHSBCA Coach of the Year.

### INTERNATIONAL GAMES

Tim Kelly, basketball coach at Curtis High School, reminded us that each individual school or coaches should not schedule an international contest on their own accord. A game can be played as your 21st game, twice every six years. An international contest must be approved by the Washington State Coach's Association, WIAA and the National Federation of State High School As-

sociation. The fee per school is \$70.00 for the game.

### WIBCA FALL CLINIC

President Sood recognized the fantastic job Pat Fitterer did organizing this year's clinic. He also thanked Roger De Boer on the sponsorship and Joe Harris for working the clock hour paperwork for the coach's.

### LAKE CHELAN BASKETBALL CLINIC

Chelan coach Joe Harris let us know his annual coach's clinic will be May 14th in Chelan. He said that the Lakeside Lodge and Campbell's Resort will be providing special rates for coach's who plan to stay the night.

### NORTHWEST SPRING SHOWCASE

Shadle Park coach Tim Gaebe reported that the 14th annual Showcase will be April 30th and May 1st at Bellevue Community College. The WIBCA/WIAA showcase has helped many players get noticed by Division 2 and Division 3, NAIA and junior college coach's.

### NORTHWEST SHOOTOUT

The Northwest Shootout will be on April 16th. The Washington vs. Oregon game coordinator is Mark Morris Boys Coach Bill Bakamus.

### WIBCA ALL-STATE GAMES

Discussion was held regarding the location of the 2016 All-State Games. A motion was made by Greg Wirtz that the 2016 game be held at Mt. Lake Terrace High School and the 2017 & 2018 games be located at

*Continued on page 14*

Continued from page 13

Curtis High School. It was seconded by Gary Wusterbarth. It was voted on and passed.

### HALL OF FAME

Dave Dickson, chairman of the Hall of Fame committee, announced the WIBCA board nominees for the 2016 inductions. Coaches are: Darcy Weisner, former coach at Brewster and Shadle Park; Mike Hull, former coach at Pateros; Mike Thacker, coach at Liberty (Spangle); Roger De Boer, Lynden Christian; Brian Roper, Lynden; and Dave Dickson,

Squalicum. The board also nominated Spokane's Bill Pierce, who worked for the Spokesman Review and The Yakima-Herald Republic's Tourneytown, for the Ed Pepple Service Award. A motion by Doug Burge to approve the nominations was made and seconded by Pat Fitterer. It was voted on and passed. Coach Dickson announced that the Eastside banquet will be in Spokane on Tuesday, July 26th. The Westside banquet will be on Thursday July 28th in Ferndale. He reminded us that all WIBCA members are invited without paying.

Please contact Coach Dickson in advance if you plan to attend one of the banquets.

### CAPITAL DEVELOPMENT

President Sood thanked Capital Development chairman Tim Gaebe for the fantastic job he has done raising funds for WIBCA.

### SPRING MEETING

The WIBCA spring meeting will be at Seattle Christian School on February 21, 2016 at 11:00 am. ■

**PROTECTING**  
your investment,  
property,  
and athletes

**RESILITE™**  
SPORTS PRODUCTS, INC.

**Wrestling**  
WRESTLING MATS, HOME USE MATS,  
USED WRESTLING MATS, REPAIR KITS  
and MAT STORAGE SYSTEMS.  
Exclusive Supplier of NCAA Champions since 1963

**Gymnastics & Cheerleading**  
TUMBLING MATS, LANDING MATS, PITS,  
ROLLABLE FLOORS and TRAINING AIDS.

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

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

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

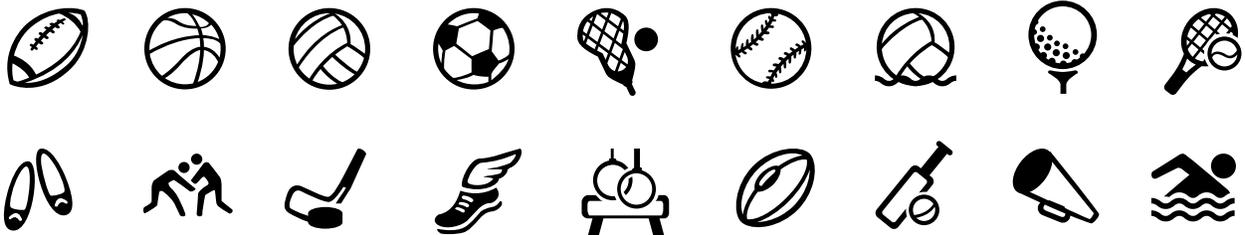
PO Box 657  
Elma, WA 98541-0657  
**877-427-4400**

 Washington State Coaches Association  
[www.washcoach.net](http://www.washcoach.net)  
Please add this address to your favorites!



# HELPING WASHINGTON COACHES WIN.

PROUD PARTNER OF THE WSCA



GET EVERYONE ON BOARD AT [HUDL.COM/GETHUDL.](https://www.hudl.com/gethudl)

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

by Coach Don Papasedero

*Writers, experts, fans or.....*

By the time this goes to press, the freshness of my commentary about our pro football team may have faded. At the time of this writing, the Seahawks are 2-3 and just lost a game to Cincinnati. Looking at the papers this week, I have seen 4 articles authored by “experts” about the team. One guy says the defense is “selfish and tired” another guy explains that the Seahawks MUST hire the recently fired USC coach, Sarkisian, to call the offense, another says that the league has “finally figured out” how to defend a run-threat QB, and another says that it must be time to start looking at the draft to get “some offensive linemen that can really play on this level.”

The Washington football community must be reaching for their airsick bags reading all of this “expert” writing. What is the intent? Inspiring the pro athlete? Needling the coaches? Trying to self-promote themselves to some sorts of “wizard” status? Selling newspapers? As with any football team that is possibly underperforming... ONLY THE TEAM AND THE STAFF REALLY KNOW THE ANSWERS!!! All of the writers and lukewarm, expert “fans” certainly have a right to spout off their ignorance.... but to actually attribute any modicum of truth to the situation belongs to the ball club. Let’s all be smart about lending analysis with authority to the public ears... we are **coaches** and we all KNOW that only the TEAM KNOWS THE TRUTH. I encourage you to be professional about this at every juncture.

### At great risk perhaps....

I have had occasion to watch a fair amount of volleyball and soccer games this fall here in District 2. It struck me that at each match I observed some positive and efficient officiating. I do not EVEN PRETEND to understand the intricacies or nuances of these games. I do however recognize good game management by officials as well as good communication to the coaches. As I am in my 40<sup>th</sup> season as a football coach, I have known and worked with a number of football officials. Many of them are memorable and “in it” for the right reasons. In addition I see a correlation between the older officials and

willingness to communicate to the coaches. I am sadly observing younger officials who seem to be aloof, righteous, and seemingly unapproachable. This saddens me and eventually affects the game. I AM NOT saying that these guys are illegal, inept, or even immoral....only that football requires some explanations of decisions so we CAN HELP our players. Please talk to us on the sidelines.

### “.....another one bites the dust”

Guys, join me in thanking, praising and congratulating Coach Bob Bourgette as he slips away into retirement. He has been a treasure and a credit to our profession. I want to share a powerful memory with you about Coach Bourgette. Sometime in the late 70’s, Coach Tom Merrill and Coach Bourgette were hosting the “Kennedy Clinic” at JFK. These were memorable days for those of us that attended. At one particular clinic, I attended with my mentor, boss, and head coach Mick Naish. I was a young, brash punk coach sitting around “talking some ball” with coaches. I was apparently getting a little loud and assertive within the circle...out of nowhere, I felt a firm squeeze on my arm and a fervent voice in my ear....”son, you NEED TO TALK LESS



Coach Don Papasedero

and LISTEN MORE!.... it seems that I was interrupting UW LB Coach, Skip Hall, with my stupid commentary. Coach Bourgette was RIGHT ON in redirecting me. I have found myself repeating this to many young coaches over my career and I remain grateful for this moment in

my development. Coach Bourgette, thank you for your awesome contributions to the game, your school, our faith, and generations of coaches and athletes.

### **“...just when you thought it was safe to go back into the water”**

We as coaches have a brand new challenge. As you know, I am always in favor of progressive, positive change in all of our sports. Most of us greeted the WIAA's tremendous role in instructing coaches about concussions with open arms. The intent is pure and aimed squarely at protecting kids. Yea!

Sadly, out of the “concussion protocols” has sprung a big problem for coaches that none of us saw coming.... and, it is negatively effecting our teams, the relationships with our players and more importantly, the relationships that players have with each other. Allow me to elucidate here...

At the outset of every season, each kid is given great information about concussions. The material covers everything from causes-to symptoms-to effects-to treatment. Armed with this information, the kid “signs off” and is allowed to participate.

Now, the big challenge for coaches springs up. Some players from time immemorial have been creative about ways to remove themselves from play. This is usually aimed at “a few days off”. As we all know, the intense rigors of preparation, competition, training, and physical accountability are often overwhelming for young athletes. This is especially true for kids that are just beginning, physically unfit, “soft”, lazy, weak in character, challenged with veracity issues, and unsure about EVEN PLAYING THE SPORT! These seem to be the players on our teams that with light-speed quickness now say: “Concussion.”

As professionals, once this is said, it is like asking for a lawyer....the bell can not be un-rung and the player is sent for evaluation, protocol, MD release, etc. usually 4-8 days away from the sport. It is out of the coach's hands!!! Personally, I am in 100% support of this process IF THE PLAYER IS REALLY CONCUSSED. As I said, this card is being played by an inordinate amount of kids to keep them selves out of the sport. It is here where coaches are really challenged. I saw this sooooo many times this fall on my own team and with many opponents....7-10 kids standing on sidelines...“I am concussed”. Again, if the symptoms warrant the treatment, coaches are not the experts.... BUT NEITHER ARE THE KIDS!! Players that are “hurt” and not participating always prompts depression for coaches.... doubly so if you hear a quiet

voice in your mind wondering about the truthfulness of the injury.

Solution? I offer that we address this preseason with our players AND our medical personnel in order to be positive and proactive. I would treat this as an old fashioned, teachable moment that calls for TELLING THE TRUTH and being a great teammate. (By the way, the non-affected players have ears...they know if a teammate is playing the “concussion” card and it really breaks down team chemistry) Let me be clear here.... if a kid needs the time off to recover, encourage him! Finding the right balance of challenging the kid's veracity and recognizing his actual needs should fall upon medical personnel AND the coach. ■

## **ATTENTION HIGH SCHOOL AND COLLEGE COACHES**

Interested in living and coaching in Italy for a season?

You will not need to miss our traditional fall season!

I have 2 teams that are looking to hire experienced, hard working, professional and positive coaches.

Contact me for details and to set up an interview.

Don Papasedero 206 719 0492



# 2016 W S F C A FOOTBALL MID-WINTER CONFERENCE

**January 29-31, 2016 - Holiday Inn Hotel, Everett, WA**

*A total of 20 WIAA Clock Hours (\$2/hour) are available for entire Clinic attendance*

**A CLINIC SPONSORED BY HIGH SCHOOL COACHES FOR  
HIGH SCHOOL AND MIDDLE SCHOOL/JUNIOR HIGH COACHES**



## JANUARY 29, 2016

- |             |  |             |   |
|-------------|--|-------------|---|
| 11:30       | Registration   | 4:15 – 5:00 | <b>Benny Boyd</b> – Central Washington University<br>“ <b>ST Circuits the CWU Way</b> ”   |
| 2:00 – 2:40 | <b>Ian Shoemaker</b> – Head Coach, Central Washington University<br>“ <b>Step Boot Passing Game</b> ”<br><br><b>Cherokee Valeria</b> – Secondary Coach, Eastern Washington University<br>“ <b>4-2-5 Secondary Techniques</b> ”<br><br><b>Rod Sandberg</b> – Head Coach, Whitworth University<br>“ <b>Developing the Program and Philosophy</b> ”   | 5:00 – 5:45 | <b>Small School Symposium</b><br><b>Tom Sanchez</b> – South Bend, Facilitator   |
| 2:45 – 3:25 | <b>Ian Shoemaker</b> – Central Washington University<br>“ <b>Sprint Out Passing Game and Answers</b> ”<br><br><b>Cherokee Valeria</b> – Eastern Washington University<br>“ <b>4-2-5 Coverage Concepts</b> ”<br><br><b>Adam Richbart</b> – Defensive Coordinator, Whitworth University<br>“ <b>Pirates Kick-Off Return</b> ”  | 6:00 – 6:30 | <b>Washington State Football Coaches Association Organizational Meeting</b>   |
| 3:30 – 4:10 | <b>Benny Boyd</b> – Special Teams Coach, Central Washington University<br>“ <b>Kick-Off Coverage, Specifically Principles and Drills</b> ”<br><br><b>Nicholas Edwards</b> – Wide Receiver Coach, Eastern Washington University<br>“ <b>How to Get Off Press Coverage</b> ”<br><br><b>Jay Tully</b> – Assistant Coach, Whitworth University<br>“ <b>The Pirates Strength and Conditioning Program: Part 1</b> ” | 6:30 – 7:00 | <b>Coach of the Year and Gold/Silver Helmet Awards</b>  |
|             |  | 7:15        | <b>Dinner</b> – Included in Registration Fee  |
|             |  | 8:00        | <b>Master Coaches Panel – Featuring:</b><br><br><b>Rick Giampietri</b> – Central Valley High School, Spokane<br>“ <b>Retiring after 46 Years</b> ”<br><br><b>Bob Bourgette</b> – Kennedy Catholic High School, Burien<br>“ <b>Retiring after 44 Years</b> ”<br><br><b>Sid Otton</b> – Tumwater High School, Tumwater<br>“ <b>48 Years – Not Quite Ready!</b> ”<br><br><b>Pat Alexander</b> – Tumwater Assistant Coach/Defensive Coordinator<br><br><b>Moderated by: Rick Stubrud</b> – former Coach, A. D., and Principal - Retired |

## SATURDAY – JANUARY 30

- 7:15 – 8:30 Registration
- 8:30 – 10:00 **East/West Selection Meetings – Pat Hymes, Coordinator**
- 8:30 – 9:10 **Tom Tri – Head Coach, Lake Stevens High School**  
**“Play Action and Rollout Concepts in the Spread Offense”**  
**Brett Manning – Head Coach, MacArthur High School, Lawton, Oklahoma – 6A State Champs**  
**“Philosophy and Program”**  
**Jeff Choate – University of Washington Assistant Coach**  
**“Washington Special Teams”**
- 9:15 – 10:00 **Mike Shea – Defensive Coordinator, Lake Stevens High School**  
**“4-3 Defensive Philosophy and Breakdown”**  
**Brett Manning – MacArthur HS, Lawton, Oklahoma**  
**“Passing Game and Screens”**  
**Jeff Choate - University of Washington**  
**“Techniques and Drills for Developing the Defensive Line”**
- 10:05 – 10:45 **Sid Otton – Head Coach, Tumwater High School**  
**“Building and Maintaining a High School Program”**  
**Brett Manning – MacArthur HS, Lawton, Oklahoma**  
**“Run Game from Spread Philosophy”**  
**Eric Kurle – Head Coach, Graham-Kapowsin**  
**“Multiple Pro Style System”**
- 10:50 – 11:30 **Pat Alexander – Defensive Coordinator, Tumwater High School**  
**“Tumwater Defensive Package”**  
**Dave McKenna – Head Coach, Gonzaga Prep High School, Spokane**  
**“Tackling and Turnover Circuits”**  
**Eric Kurle – Graham-Kapowsin High School**  
**“4-2-5 Coverages and Fronts”**
- 11:35 – 12:15 **Jon Eagle – Head Coach, Camas High School, with Camas Offensive Staff**  
**“The Papermaker Offense”**  
**Bob Cassano – Assistant Coach, Gonzaga Prep High School**  
**“Gonzaga Prep Offense”**  
**Wiley Allred, Head Coach and Jeremy Scroggins, Defensive Coordinator – Royal High School**  
**“Royal Knights Defensive Diversity”**
- 12:15 – 1:15 **Lunch and Visit Exhibits**
- 1:20 – 2:00 **Dan KIELTY – Defensive Coordinator, Camas High School, with Camas Defensive Staff**  
**“Camas High School Defense “**  
**Mike Neidhold – Head Coach, Richland High School**  
**“Game Time Play Scripts “**  
**Randy Affholter – Head Coach, Ellensburg High School**  
**“Beyond the X’s and O’s: The Development of a High School Player!”**
- 2:05 – 2:45 **Aaron Chantler – Head Coach, Gig Harbor High School**  
**“QB Development in the Pistol Spread Option Offense: How to get your QB to make multiple decisions quickly”**  
**Josh Jelinek – Offensive Coordinator, Richland High School**  
**“Run Pass Option Install and Practice Planning**  
**Steve Reeves – Defensive Coordinator, Ellensburg High School**  
**“Bulldog Defense and Our Philosophy”**
- 2:50 – 3:30 **Aaron Chantler – Gig Harbor High School**  
**“Gig Harbor Football Program Philosophy/Organization: We want to make better people, not just better players”**  
**Rick Giampietri – Head Coach, Central Valley High School, Spokane**  
Retiring after 46 years  
**“The 4-2-5 Blitz Package “**

*Continued on page 20*

## SATURDAY – JANUARY 30 (continued)

- 2:50 – 3:30 **Greg Whitmore** – Head Coach, Lind-Ritzville High School  
“**Saving our Sport—How We Coach the Game of Football**”
- 3:35 – 4:15 **John Peterson** – Assistant Head Coach, Pe Ell/Willapa Valley  
**Rob Friese** – Former Head Coach, Willapa Valley  
“**Straight T Formation**”
- Bob Bourgette** – Head Coach Kennedy Catholic High School  
Retiring after 44 years  
“**From the Wing T to the Pistol T to Utter Chaos in the Past**” “
- Greg Whitmore** – Lind-Ritzville High School  
“**Football Coaching for by Dummies**”  
“**Why the Pistol? Changing the Offense Yearly (or Weekly)**”
- 4:20 – 5:10 **Dave Ward and Pat Murphy** – Head Coach and Defensive Coordinator, Sedro Woolley HS  
“**The Sedro-Woolley System for Developing Football Savvy**”
- Jeremy Thielbahr** – Head Coach, Eastside Catholic High School  
“**Implementing a 4 Vertical Concept in High School**”
- Nick Lucey** – Head Coach, Squalicum High School  
“**Storm Power Up-Tempo Offense**”
- 6:00 p.m. **Social**
- 6:30 p.m. **Dinner and Hall of Fame Inductions**  
(dinner included in registration fee)
- Terry Ennis Scholarship Presentation**
- 8:00 – 9:00 **Reception**



## SUNDAY – JANUARY 31

- 8:00 – 8:30 Registration  
Certification Session **Included** for those registered for the Clinic (wear your badge)  
**Sunday Certification Session Only - \$20 fee - cash or check only**
- 8:30 – 11:30 **Mark Perry** – Athletic Director, Snohomish High School  
“**Safety Certification for Football Coaches**”

This WIAA approved session will provide coaches with training to be compliant with WIAA Rule 23.3.1 which is **required for all football coaches grades 6-12** effective the 2016 school year. The required components are concussion management, hydration, AED, helmet and equipment fitting, and proper tackling techniques.

**Register On-line** at [www.washcoach.net](http://www.washcoach.net) and pay with Credit Card or School issued Purchase Order.

### Costs

- WSCA Member \$100.00
- Non-Member \$120.00
- Late Registration add \$20 (after 01/16)  
*Late Fee applies to both Members and Non-members.*

### For more information:

Jerry Parrish  
[washcoach@gmail.com](mailto:washcoach@gmail.com)

### Holiday Inn Hotel

3105 Pine Street  
Everett, WA 98201  
Tel: 1-866-700-1188  
Dir: 425-339-2000  
[jzamora@hieverett.com](mailto:jzamora@hieverett.com)

Mention group code: WSC or the Washington State Coaches Association to Receive Clinic Rate before Jan 15, 2016: \$89+tax

A complimentary hot breakfast buffet is included in your room reservation.

Your Clinic Registration includes Friday night Spaghetti Feed and Saturday night Hall of Fame Dinner ■



***Proud sponsor of the Terry Ennis Scholarship***

# **Team Equipment & Uniforms**

**3102 SMITH AVE EVERETT, WA 98201**

**(425) 259-5515**

***WWW.HANDLSPORTS.COM***

# **ADRENALINE**

**FUNDRAISING**™

**PROUDLY SUPPORTING THE...**



**and the Terry Ennis Scholarship Award**  
*Visit [www.washcoach.net](http://www.washcoach.net) for details.*

For all your fundraising needs, please visit  
**[www.AdrenalineFundraising.com](http://www.AdrenalineFundraising.com)**  
*or contact your local sales representative listed below:*

**DAVID WRIGHT**  
david@afreps.com  
360-708-8247  
*Western Washington*

**MICHAEL BRAUNSTEIN**  
mb@afreps.com  
503-939-6030  
*Southwest Washington*

**STEVE SLESK**  
steve@afreps.com  
360-739-6889  
*Northwest Washington*

**BRENT BOE**  
brent@afreps.com  
503-449-8089  
*Southwest Washington*

**CHRIS HOLDEN**  
cholden@afreps.com  
425-260-2434  
*Eastern Washington*

**MATT STRIEBY**  
matt@afreps.com  
425-327-3863  
*Western Washington*