

THE WASHINGTON COACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



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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.

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From the Editor

The articles in *The Washington Coach* do not necessarily represent the views of the Washington State Coaches Association. We publish articles of varied opinions and perspectives to encourage thought and discussion. If you read an article in our magazine with which you do not agree, we encourage you to write an article presenting your ideas and insights.

Presidents Message

Darrell Olson

February 2024

Fellow WSCA Members,

As you read this edition of *The Washington COACH* magazine, winter sports will be entering their post season play. Do get out to a game in your area and support our young people. Your presence in the stands or on the sidelines encourages all of our athletes and coaches. Each community in the state needs to see their tax money at work with extracurricular programs offered through the schools, that the all-important levy money supports. State tournament sites are: boys & girls wrestling in the Tacoma Dome, boys swim/dive at the King County Aquatics Center in Federal Way, girls & boys basketball tournament in Tacoma/Yakima/Spokane, gymnastics at Sammamish HS, and girls bowling at Bowlero in Tukwila. No matter what the sport, there is always drama and excitement at each of our state tournament venues. Students are cheering and fans are yelling! It is great to feel the energy at every venue. Thanks to all the coaches and game management staff for working together to pull off quality District, Regional, and State Tournaments. High school state tournaments are still the best show in town and the 'best bang for your buck'.



Ahead, we prepare for our spring sports season and the unpredictable spring weather that awaits us all!

The WIAA Amendment process is well underway. There are a total of **28 amendments** being voted on for the 2024-'25 school year!! Be informed on what amendments are up for a vote and what amendments directly affect your sport. No coach likes surprises when it comes to rules changes in your sport. Talk to your AD. Talk to your principal. Talk to your coaching constituents. Be informed. Get involved. Voting on the proposed Amendments takes place April 24-May 3,

Don't forget to complete the WIAA Spring sports rules clinics for your particular sport. This is a requirement from the WIAA that each 'paid' coach must complete the short 'sports specific' rules clinic. Failure to complete these rules clinics could result in a WIAA violation. I know this can be a pain in the neck because we think we know all the rules of our sport and because we don't have the time. You may be a little humbled while taking the test at the number of rules you don't know in your sport. Be professional about it and get it done.

This is the time of year that WSCA ISA's are planning summer clinic opportunities. Each sport specific clinic is designed for professional growth in each coach. You will grow deeper in the knowledge of your sport, have the opportunity to network with other coaches, and take advantage of the educational clock hours that are available. Check the COACH magazine or WSCA website for clinic opportunities in your sport. Get involved with your sport association!

As an active member of the WSCA, I encourage you to promote the WSCA to your coaching colleagues that are not members. Our membership continues to grow and grow. Coaches are finding that when you add up all the benefits of membership, it is well worth the \$40 nominal membership dues. The \$2 million Liability Insurance coverage you receive as a membership benefit could be a career saver for you! Check out page 4, in our COACH magazine, titled "**Why Should I Become A Member of the WSCA?**"

I encourage all WSCA coaches to get involved in your association and get off the sidelines. Make a contribution to your 'sport specific' professional organization this year. Contact your sports Individual Sport Association (ISA) rep and ask how you can help. ISA's are listed in the front of the COACH magazine and on page 44.

The WSCA Executive Board is made up of a strong group of coaches with extensive coaching 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. If you have an idea you'd like to share with us, contact one of the Executive Board members listed in the front part of the magazine.

Good luck with your spring sports seasons. All spring sport coaches look forward to the beauty and variety of spring weather in the Northwest!

Keep the head down,

Darrell Olson, WSCA President ■



Executive Director/ Treasurer Report

Rob Friese, Executive Director, Treasurer



Be in the Know

Thank you for being a member of the WSCA for the 2023-2024 year.

The WSCA is the umbrella organization for all interscholastic athletics in Washington State. Under that umbrella currently, there are 15 Individual Sport Associations that represent their sport interests at our board meetings. Contact information for the ISA representatives can be found at <https://washcoach.net/rebs.php>.

The Executive Board continues to work on our budget to best benefit members. The WSCA will provide \$16,000 in scholarships to graduating children of our current members in support of their future education. We anticipate over \$60,000 dollars will be reimbursed to the Individual Sport Associations for their clinics, all-star games, and other programs benefiting coaches. Along with that, we are evaluating a "Mini Grant" program for individual sports that may have special events needing extra funding. It is our goal to provide as much support as possible to our member coaches and their programs in our state.

As of January 11, 2024, the WSCA has 4,102 registered members. Of those, 2,977 are group members who have their membership paid for by their districts. There are 1,125 individual members. This tells us that 73% of our membership is supported by school districts that obviously value the coaches in their district. Paying for the coaches in your district is a great thank you for the amount of time we all know is put in for student athletes. It is always good to

become a member early to take full advantage of the entire year of membership from June 1, 2023 to May 31, 2024.

The frequently asked question we get have not changed much:

"I signed up, but have not received my card yet, why?"

If you are a member of a group, coaches in the district register but their card is not sent electronically until the district creates an invoice. If you sign up as an individual coach, your card should arrive immediately unless the credit card transaction is not approved.

Group administrators sometimes ask, "Why can't I log in to my last year's account?"

Because of the large turnover in group administrators, the WSCA clears all previous years' accounts and starts new every year. So, you simply need to create a new group with your information.

Finally, if you have input incorrect information, your group administrator can go in and correct that information. Or, if you contact robfriese@gmail.com, I can also do that for you.

It is a pleasure to watch the WSCA evolve with the changing times. The future of high school athletics is dependent on coaches who coach for the right reasons. Being a member of the WSCA demonstrates your commitment.

This is an exciting time for Washington State activities. If you have any questions or concerns, feel free to contact me. ■

QUESTIONS OR CONCERNS?

Contact - robfriese@gmail.com or
contact@washcoach

Washington State Coaches Association

- Eligible to coach in sanctioned WSCA all-state games. WIAA will only authorize WSCA sanctioned All-State events.
- Receive reduced fees at WSCA sponsored coaches clinics and WIAA clock hours toward coaches education certification and/or salary placement.
- Honor member coaches for their coaching achievements through our Career Recognition and Lifetime Achievement programs.
- Provide reimbursement to each Individual Sport Association for enrollment in the WSCA.

For registration information please visit:
washcoach.net

Why Should I Become A Member?

This \$40 question is asked by many coaches in our state. The first answer is that the WSCA is a professional organization for Washington State high school & middle level school coaches. *We exist to support your efforts as a coach.*

- Professional education and training, to earn clock hours and coaching education hours.
- Availability of a pass, using your membership card, for entry into **ALL** WIAA state tournaments, **ALL** regional tournaments, and **ALL** district tournament games, state wide!
- **Liability Insurance coverage of \$2 million** for our membership while working a scheduled, sanctioned and supervised WIAA sport or event.
- An opportunity for your son or daughter to apply for WSCA scholarships. (i.e. **Burnett-Ennis, Terry Ennis, Student Teaching**).
- Eligibility for your sports' **Hall of Fame and Coach of the Year** recognition.

SCAN HERE



OTHER BENEFITS:

- Coordination with the state governing association (WIAA).
- Input through the Individual Sport Association Representatives into the WSCA.
- By becoming a member of the WSCA, you are taking a proactive approach to working on issues facing our coaching profession.

Addison's Story:

Squalicum Freshman Inspires Others

December 8, 2023 by [Jim Carberry](#)

Like most high school freshmen, Addison Kettman doesn't want to be different. But she is and not just because she plays basketball with an artificial limb.

The 15-year-old Squalicum student not only made the varsity team but is among the first players off the bench for the Storm. She's played in all but one quarter in the team's first four contests and is averaging 5 points a game.

"It's hard to imagine even running on that," Squalicum coach Jenalyn Brown said of Kettman's prosthetic limb. "Basketball is a high-impact sport. You're sprinting, you're jumping, you're flinging yourself on the ground, which she had no problem doing. She does an incredible job with it."

Although she also played soccer growing up, basketball is definitely Kettman's sport.

"I like the competitiveness of it," she said. "You have to be very locked in all the time. It's a serious sport. I grew up playing sports, and it became part of my life."

And while her athletic ability despite the physical challenge will put her in the public spotlight, that is not what makes her special according to those who know her best.

"She's always been mentally tough," said fellow Squalicum freshman Carli Kiesau, who has played and been friends with Kettman since they were in second grade. "She just gets right back up, it doesn't matter how hard she fell."

Mari Binning, Kettman's first cousin and a senior standout for Squalicum, said what makes Kettman different has nothing to do with her physical traits.

"She's probably one of the (mentally) strongest people I know and the most hard working," said Binning. "When she wants something she'll get it. She wants to be the best that she can be."

Lest you get the impression that the stern-faced guard who isn't afraid to play in-your-face defense against girls three years older is who Kettman is off the court, listen to her teammates describe her personality.

"She's funny and fun to be around," said Kiesau. "She's got a lot of friends and makes friends easily."

"She's sweet and very caring," said Binning. "She has a very good heart and is inspirational."

Her coach tried to sum up the real Addison Kettman. "She's smart, beautiful, funny, and a good athlete," said Brown. "But that (being an athlete) is probably how she wants to be identified."

But Addison's story isn't like those of most high school athletes. In fact, it might be unique in Washington state.



Squalicum freshman Addison Kettman (Photo courtesy of Bellingham School District)



The Kettmans (from left) Ryan, Avery, Shannon, and Addison

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“Something wasn’t right”

The same day Ryan and Shannon Kettman found out their first child was going to be a little girl, the doctor said the ultrasound showed something else.

“The doctor told us something wasn’t right,” said Addison’s father. “We found out at 20 weeks that she had fibular hemimelia.”

The birth defect is rare and while not genetic, the cause is unknown. What is known is that it affects usually one limb and foot; in Addison’s case her right fibula bone was missing, the tibia was bent, and several toes were missing.

Unfortunately, there were only two options: ongoing reconstructive surgeries during her youth — perhaps as many as 20 — or amputation below the right knee and a prosthetic leg. After doing research and hearing from adults who had gone through both, they choose the second option.

“That was a big decision and there were a lot of scary thoughts,” said Ryan.

Fortunately, the Kettmans had access to Seattle Children’s Hospital and one of the top limb-difference specialists in the country. And at 11 months, tiny Addison began her new journey.

“After some recovery period, she learned to walk with a little cast,” said Ryan, who was quickly corrected by Shannon who said the cast wasn’t so little. “That’s all she’s ever known.”

The Kettmans still return to Children’s Hospital several times a year. Because



Some of Addison’s “legs” over the years (Photo courtesy of Kettman family)

the disease continues to affect her leg, she has had five surgeries over the years and her prosthesis needs to be constantly repaired or renewed as she grows. Her parents estimated that she had about 15 “legs” over her lifetime.

“Each time she’s had (a surgery), she has to relearn how to walk,” said Shannon. “There have been some tough recoveries.”

The Kettmans praised the medical staff at Children’s Hospital and especially a program where families going through similar experiences would be able to meet.

“When she was a baby, we met with a family and saw their (5-year-old) girl running down the hallway getting her leg adjusted, and it was so comforting,” said Shannon.

“(The last time) we went back there, there was a family that was going to be going through the same thing, and I think their child was 2. They had a lot of questions about mostly peers and concerns about school and what

will she experience. Then seeing her (Addison) ... and we exchanged Facebook and they could see videos of her doing sports; it was really helpful for the family.”

“I wanted to prove people wrong”

While Addison might have looked different, right from the beginning her parents made sure that her difference didn’t define her.

“We’ve never parented in a way that allowed her to use it as an excuse,” said Ryan. “Ever since (she was little) it’s not been anything that we’ve really ever dwelled on, because she’s turned out to be who she is. Even as a kid it never held her back.”

“We never ever use the word ‘disabled.’ Everyone has their own challenges and this just happens to be a challenge that people can see. We talked to her about how there are people

that have challenges that you can’t see.”

It turned out that a challenge is something Addison wasn’t afraid of. In fact, it motivated her, especially in the athletic arena.

“I remember starting soccer,” she said. “I loved soccer and wanted to be a professional soccer player. The main thing is I just wanted to beat people and prove people wrong. I’ve always had it (competitiveness).”

That little Addison was competitive and interested in sports isn’t much of a surprise considering her bloodline.



Addison in action (Photo courtesy of Bellingham School District)



Addison showing off her favorite sport

Ryan was a star on Sehome's 1996 basketball state championship team — which many consider the best in state history — and would go on to be a three-year starter at Western Washington University. And Shannon (nee Binning) was a standout on Sehome's state teams in the mid-1990s.

But it was little Addison's drive and determination that pointed her to soccer and eventually basketball.

"If she had a different personality, we would have suggested her trying other things that wouldn't be impacted by that," Ryan said. "But as she became who she is, it was obvious to us she wanted to compete and she wanted to be doing things with all these other kids. And she was able to compete with them at every level."

Shannon remembered how in elementary school, Addison would beat the older girls in PE running tests.

"He was so proud of her," Shannon said of the PE teacher, Jerry Prather. "That competitiveness of hers is like no other. You have to tell her to take it easy; she's always been like that."

It didn't take long for peo-

ple to recognize her ability rather than her "disability."

"I stopped noticing it after the first week or two," Kiesau said of when they were young. "Addison competed with all of us equally or better."

Ryan said any snide remarks from other children never lasted long. "The equalizer has always been when you're out on the playground ... and she's doing everything they can do so that went away," he said.

Brown, who took over the Storm program only last year, didn't know anything about Addison when Ryan invited her to come out to a practice to see his AAU team practice since several on the squad were eighth-graders headed for Squalicum.



Addison with Piggy, who has been with her through all her surgeries

"I didn't even notice she had a prosthetic leg," said Brown. "Not only is she working with that but she's diving for a loose ball and sinking her free throws after being knocked to the ground. She's tough ... it's really remarkable."

In all her years of coaching and playing, had Brown ever seen anyone like Addison?

"I looked it up today and there's like two examples (in the nation). So, no, I've never seen this and I don't know if anyone else has," the coach said.

"She can move people and inspire people"

Despite the smiles, the family's sense of humor — they enjoy sharing how Addison once told some kids

she lost her leg in a shark attack — and the positiveness that pervades the Kettmans' home as much as the bright Christmas decor, it hasn't been easy for Addison.

Both the family and Brown remember the knee injury Addison sustained last summer. For anyone else, a torn MCL might mean missing several months of sports. For Addison, it might mean ending her athletic career and preventing her from doing day-to-day activities.

"It really hurt (Addison)," Brown said of the episode. "I was choked up. I didn't want to have to tell her that she couldn't play the rest of the team camp. We had to think long-term ... we had to be sure the leg was safe at the high school level. It turns out we're fine."

Brown helped Addison work through the official process with the WIAA, which governs high school sports in Washington state. Some states don't allow athletes to compete with any prosthetic limbs, but that also turned out fine.

Now Squalicum has another outstanding freshman — one of five on its varsity roster. And Addison definitely has a role among her peers.

"She's so kind," said Brown. "Her service-based mindset lends itself to be a quiet presence. She smiles on the bench, which is reassuring to the players. She'll carry the balls, ask if I need anything, definitely cheers the other kids on. Adds is the leader ... every team needs that."

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But there is an emotional toll. As Brown reminded, “she’s still just 15.”

“I can vividly remember talking to my Mom, not liking it and wanting to have two normal legs,” Addison said. “You see people on Instagram that have two normal ones ... that was probably my biggest insecurity, the toughest thing growing up.

“It’s just the appearance, (but) I want that (two legs). I’m able to do everything but I don’t want to be the one person to stand out. I’d rather blend in.”

But Addison Kettman won’t blend in, even after she finishes growing and she’ll be able to wear a “cosmetic” leg that looks real rather than just the “robotic” limb she needs for intense physical activity.

She won’t blend in because she is special.

“A lot of people look at her and (underestimate) her,” said Mari. “Then she completely balls out and destroys. In that aspect, she can move people and inspire people to do things they want to do even if there’s struggles in it.”

Good friend Carli summed it up best: “She’s a good role model for a lot of people.”

No matter how different they are.



Addison sharing a laugh with younger sister Avery

Author Jim Carberry is a former Bellingham Herald sports editor and author of several books on Whatcom County prep basketball. Follow him on [Twitter @whatcomhoops](#) and visit the [Whatcom Hoops Facebook page](#). ■



Share a Coaching Tip

Do you have a coaching tip to share with the readers of "The Washington Coach"?

Send your tip or tidbit to wsca-editor@comcast.net



Seven Honored at WSWCA Hall of Fame Ceremony



Matt Jorgensen, Bob Freund, LeeAnn Johnson (representing Karen Ebel, Babbitt Award recipient), Kevin Kalal, Craig Iversen, Bryan Bartelson, Randy Tomaras (Tomaras Award recipient).



Bryan Bartelson

*Puyallup H.S. 2002-2008, 2012-2021
Orting High School 1990-2002
Edgemont JH 1989-91, 1993, 2008-2012
Orting Middle School 1988-1990*

Bryan Bartelson competed at Puyallup High School for Hall of Fame coach George Wilfong (Class of 1997) where he placed

third in his senior year. After high school he jumped right into coaching at Puyallup and Edgemont Junior High. His first head coaching position was at Orting MS before he returned to Edgemont as the head coach.

Bartelson took over at Orting High School in 1990 where he spent twelve years guiding the Cardinals to seven league titles and a fifth-place state finish in 1994 along with two state champions. Twice he was named as the Nisqually League Coach of the Year and in 2000 Bartelson was selected as the Regional Coach of the Year and the State Coach of the Year for the AA classification. He was honored as the 2002 AA Sportsman Coach of the Year at Mat Classic.

The opportunity to return to his alma mater brought him back to PHS. During this first stint as head coach six Vikings

placed at state, including Whitney Conder who was one of only a few females to place in the boys division, which she did twice. After four years back at Edgemont, Bartelson returned to Puyallup to guide the girls program and was one of the coaches to lead the charge for more opportunities for female wrestlers. Their two daughters earned eight top-3 state medals while wrestling for the Vikings as Jordyn was the state's second female 4-time state champion and Brooklyn placed 2nd, 3rd, 2nd and 1st.

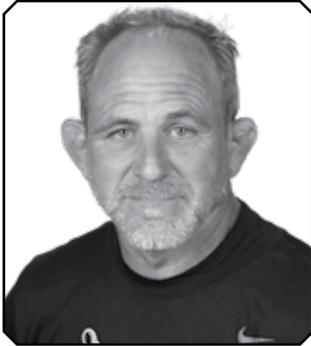
In 2017 Bryan transitioned to coach the boys squad again as the Vikings earned eight state medals with one state champion. Their son Chance was a state competitor for PHS. For many years Bartelson also coached youth wrestling programs in Puyallup and Fife.

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Wrestling Hall of Fame 2023

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For 30+ years Bryan and Jenny built a successful trucking company while raising their children. They are now "semi-retired" and enjoying their world travels.



Bob Freund

*Kelso High School 1991- present
Lower Columbia CC 1991-1995
Pacific Lutheran University 1989-1991*

Bob Freund has been part of the Kelso wrestling program for almost 40 years. First as a wrestler where he placed in the state tournament twice. He was coached by Jim Schall (Hall of Fame Class of 1985) through his junior year. Freund continued his wrestling career at Washington State University, and when the program was dropped, he transferred to Pacific Lutheran University where he was coached by Jim Meyerhoff (Class of 1989) and Chris Wolfe (Class of 2014) where he earned two All-American finishes. He was an assistant coach at PLU for two years.

In 1991 Freund returned to Kelso as the head wrestling coach where he still teaches and coaches after 32 years. From 1991-1995 he also coached at Lower Columbia College as an assistant and head coach. During his career at Kelso, the Hilanders have had considerable success winning 21 district championships and 14 state tournament trophies along with 23 top-10 finishes. Kelso boys and girls teams have won seven academic team state championships. 159 Kelso wrestlers earned state tournament medals including 28 state champions and 15

runner-up finishes. 43 wrestlers were honored with individual weight class academic state championships. 17 Kelso wrestlers have moved on to wrestle in college.

He was heavily involved in the free-style and Greco state programs as a national team coach and the women's director. There are 18 Fargo All-Americans from Kelso including five runners-up and six national champions. Freund led the first girls teams to compete at Fargo that included 2nd and 3rd place national finishes.

The WSWCA benefitted from Freund's service as president and vice-president for many years, and he has helped organize the annual coaches clinics. Bob has twice been selected as the NWCA Regional Coach of the Year.

Bob and Denise have four children; Averie, Christian, Ellie and Ethan. Each competed at state and between them earned four state championships and seven total medals.



Craig Iversen

*Marysville-Pilchuck HS 1999-present
Burlington-Edison HS 1994-1999*

While wrestling at Marysville-Pilchuck for his father Rick (Hall of Fame Class of 1999) Craig Iversen was a four-time state competitor and won two state championships. He competed at Central Washington where he placed fifth in the 1991 NAIA national tournament.

Following college Craig assisted for the Sedro Woolley wrestling program

and was the head coach at Burlington-Edison HS from 1994 to 1999. When his father retired in 1999 Craig moved to Marysville-Pilchuck High School as a social studies teacher and head wrestling coach. Iversen remained in that role until stepping down in 2019, and he currently contributes to the program as an assistant coach.

During his twenty-year stint as head coach of the Tomahawks, Iversen's teams had a record of 212-82 (72%). This record made him the winningest head coach in MPHS history previously held by Rick Iversen. MP teams won five district titles. Craig has coached two state champions in the boys division and as the current girls assistant coach he has coached Tomahawk wrestlers to two state championships. Iversen was instrumental in getting the girls program started at Marysville-Pilchuck.

Iversen continues to teach and coach at MPHS, is a department head and senior class adviser. He has served on the executive board of the Marysville Education Association and as president of the Marysville Coaches Association. Craig and Colleen have one daughter, Taylor.



Matt Jorgensen

*Deer Park High School 2004-2021
Deer Park Middle School 2001-2003*

Matt Jorgensen has been involved with wrestling in the Deer Park community since 1995 when he started working with the Loon Lake Little Guy wrestling program. From 2001-2003 he coached

Wrestling Hall of Fame 2023

at the middle school, and in 2004 Matt became the head coach at Deer Park High School where he would remain until his coaching retirement in 2021.

During his tenure at DPHS, the Stags compiled at dual meet record of 171-51 (77%), won seven league championships and four district titles, and six regional tournament titles. Deer Park has twice been selected as the Inland Northwest Team of the Year.

The Stags were a dominant force in the Tacoma Dome winning eight state championships - six in the 2A division and two in 1A - which included a run of five straight titles. For thirteen straight years Jorgensen's teams earned a state trophy by placing in the top-four. He coached 25 individual state champions that were part of 110 individual medalists. He has twice been selected as the State Coach of the Year. He served as one of the national team coaches in Fargo for two years.

Jorgensen is a Battalion Chief in the Spokane Valley Fire Department. He and his wife Shannon have four children; Ryan, Jason, Tysen and Matthew.



Kevin Kalal

Bellarmino Prep 1992-present

Growing up in Longview, Kevin Kalal attended RA Long High School where he wrestled for his father Fred (Hall of Fame Class of 1996) and played football and golf. He attended Washington State University where he was the student manager for the Cougar baseball team,

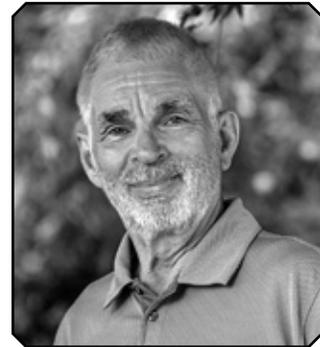
and graduated in 1991 with a degree in Sport Management.

Kalal's long-time role as an assistant coach at Bellarmine Prep in 1992, and he continues to coach for the Lions. Over that span he helped coach two state champions and 16 medalists. He was named as the Assistant Coach of the Year multiple times in the Narrows League and South Puget Sound League and was selected as the Regional Assistant Coach of the Year four times. Kalal's contributions to both leagues over the last 32 seasons have included managing the seeding meetings and running Narrows league tournaments as well as regional tournaments and local events. He is a number-cruncher and enjoys compiling statistics that are valuable to the seeding and coaching process.

Washington state has benefitted from his efforts as Kalal served as the WSWCA Public Relations Manager in the early 90's, and for the past 8 years he has helped manage the media at Mat Classic, serving as Media Manager for the past three tournaments. Kevin is also the treasurer for the Washington Chapter of the National Wrestling Hall of Fame.

Baseball continues to be a large part of Kalal's life as he was the assistant general manager of the Tacoma Rainiers for 17 years, and still serves as an official scorekeeper for the club along with working for the Seattle Mariners in the visiting clubhouse. For his service to baseball Kalal was inducted into the Tacoma-Pierce County Baseball/Softball Hall of Fame. Kalal, a past president of the Tacoma Athletic Commission and Secretary/Treasurer for the Narrows League, was the Facilities Director at Bellarmine for 12 years and currently works in the facilities department at Highline College. He has a son, Jensen (19) and a daughter, Leah (16).

Dr. William Tomaras Award



Randy Tomaras, Sequim

Randy Tomaras has dedicated his life to the promotion of wrestling in Washington and around the world. His unwavering commitment to the sport was deeply influenced by his father, Bill, known as the "Father of Washington Wrestling"

Randy's involvement in wrestling spans every aspect of the sport. He started as a wrestler himself, both in high school and college. Later, he transitioned into coaching, dedicating nearly two decades to shaping young athletes and nurturing their love for the sport. His contributions extended to the management of tournaments and camps, and he played a pivotal role in creating wrestling publications and reports. He didn't stop at the local level; his influence reached the national stage, where he served as a cultural exchange director, delegate to the US Olympic Committee, and contributed to prestigious events like the Goodwill Games and World Cup.

Randy's involvement in cultural exchange led to the development of a robust program that continues to thrive today. Under his guidance, over 125 teams embarked on journeys abroad, fostering international friendships. He was a key figure in organizing the first-ever wrestling team to China in 1984 that included delegations from Washington and California.

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Wrestling Hall of Fame 2023

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Wrestling became a bridge to international relations. He spent six years deeply involved in various aspects of global diplomacy. He played an active role in the historic opening of religious services in Russia, organized the first telethon and advertising on Soviet television, and championed the marketing of the "500 Days Plan." He even had the honor of participating in White House meetings and twice marched with the American flag down Red Square during the Peace Victory Day Parade in 1991 and 1992.

More recently, Tomaras tirelessly lobbied in the legislature to pass the Chad Cate Act, securing funds for the development of college wrestling programs in our state.

Randy's passion for wrestling extends beyond the ring; he's also a celebrated photographer, capturing the essence of wrestling events, including Mat Classic, USA Wrestling events, and multiple World Championships. His current project involves publishing a guidebook for the 2024 Olympics in Paris.

In May, Tomaras will be inducted into the Washington Chapter of the National Wrestling Hall of Fame, recognizing his lifetime of service and dedication to the sport.

Joe Babbitt Contributors Award



Karen Ebel, Everett

When her son was competing in youth wrestling Karen Ebel began working in 1989 as a USA Wrestling pairing official throughout the state. She quickly worked her way up the pairing category rankings starting as a P3 in 1991 and by 2001 she had attained the status of P1E, the highest ranking in the USA Wrestling system.

In 1992 Ebel expanded her role to help run tournaments in the western states, and she began working national tournaments in the pairing room in 1995. During her career she was responsible for several national events including the Armed Forces events, Cadet/Junior Nationals in Fargo, the US Open in Las Vegas, the Pan American Games, Junior Worlds and the Senior World Championships.

Ebel has been recognized for her contributions as a pairings official through many prestigious awards; the Ivan Olson Award (2000) presented to a pairing official who has dedicated years of service at the local, state and national levels; the Lifetime Achievement Award (2009) from the United States Wrestling Officials Association; the Bernie Norris Pairer of the Year Award (2010) by the Pairings Advisory Board in recognition of outstanding accomplishment and contributions to the field of pairings and to USA Wrestling.

Mariner High School has been her home since 1999 where she worked as the secretary to the athletic director for most of that time. This role put her right in the middle of the action where she helped manage league wrestling events. The Mariner Holiday Classic has been a successful tournament since 2000 due to Karen's organization. She has also been an important member of the 2A Mat Classic staff since 2000. Ebel retired from her role at Mariner HS at the end of August, 2023.

Ebal has two children, Russel and LeeAnn. Together Karen and LeeAnn have been responsible for training most of the pairings officials in Washington over many years. ■

WASHINGTON STATE
COACHES ASSOCIATION



WSCA Coaches Card

We have had some questions from coaches about when and where their WSCA card is valid as an event pass. As a reminder, and as it says on the card, WSCA cards are valid for entrance into post season games...District, Regional, and State. They are not valid for regular season events, as this would be against ASB rules and regulations.

If you have questions about this, feel free to contact me.

Rob Friese, Executive Director/Treasurer
robfriese@gmail.com or contact@washcoach.net

Washington State Coaches Association
PO Box 205
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Introducing your 2023-24 WSCA Individual Sports Association Representatives



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Introducing your 2023-24 WSCA Individual Sports Association Representatives



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Scholarship Recipients - Tell us your story

One of the most significant benefits of WSCA membership is the opportunity for your son or daughter to apply for the Burnett-Ennis Scholarship and/or the Jerry Parrish Scholarship for student teachers. These scholarships are awarded in the spring through the great work by our scholarship committee. The applications may be found on our website, washcoach.net, under General Forms.

This column, **On the Journey to Success**, written by the recipients highlights how the scholarships have assisted them in obtaining their degrees or certifications and where they are now on their journey to success.

If your son or daughter has received a WSCA scholarship or you know someone who has, please encourage them to contact me as we would like to honor them again by sharing their experience in "The Washington Coach".

Mike Schick
Editor, "The Washington Coach"
wsca-editor@comcast.net ■



Les Eathorne and East High - Where Legends were Made

by Lane C Dowell, Longtime correspondent for [The Washington Coach](#)
with help from the East High Basketball alumni & numerous articles from
The Bremerton/Kitsap Sun



There was only one Head Basketball Coach at East High of Bremerton - a high school that was established in 1956 and merged back into its former high school in 1978. That coach was Les Eathorne - If you hadn't met him, you must have heard about him in the Washington prep basketball system.

Coach Les Eathorne, Bremerton's winningest and most influential basketball coach earned the respect of his players and motivated them by giving his word and keeping it. He took 8 teams to the state tournament during his 22 seasons with East. He created a team-first mentality in the locker room, turning it into a success on the court.

I saw him coach. I operated the clock at competitive games. I announced his games. I had his athletes in class after East and West merged into Bremerton High School. I interviewed him many times on my local TV Sports Pass program. On the court he preached an up-tempo style of play, encouraging aggressive, relentless defense that forced the opponent into running and making hasty decisions.

Eathorne was an example of what a Hall of Fame Coach should be. He actually coached for 41 years - first in Camas



before moving back to Bremerton for the East job, then at Bremerton High School after East and West High merged. Even after he retired in 1988, he went back to coach at two other area schools, North Kitsap and Olympic High.

He pushed his athletes to be the best they could be. If they didn't strive for that, he let them know. Les would repeat until it was right. Similarly, he treated the game referees the same way. There were many times when the refs - some who were past players for him - would hear the 'corrections' needed...loud and clear. He had 36" to walk the floor and the teams helped him keep within the rules, but a technical or two seemed to always slip through.

He ran an open gym on Sundays, sometimes Tuesdays and Thursdays in the off-season - a way to attract kids to his program, and he would give his athletes the opportunity to play a game they loved during the season...the 'College Games', and he would watch and plan.

Wednesdays were the "College Games" practices. He would pick two captains and they would select their teams. They would play two 20-minute games with a running clock and the managers as referees. Coach Eathorne would watch - watch who each captain picked and how they played with the team they selected. Chemistry was developed between the athletes and many times those practice games were more intense than the regular season games.

What Les Eathorne hoped of his players, he also promised in return. Dedication. Hard work. A Winning Attitude. Loyalty. Above all: Trust. He summarized all that by always pulling his team off the floor prior to contests with exactly 3:33

left on the pregame clock. Les Eathorne is the legend that put Bremerton Basketball on the map.



1941 photo of Bremerton State Champions - Eathorne in middle with ball.

Early years -

Les grew up in Bremerton, graduating from Bremerton High School in 1942. He excelled in basketball, coached by HOFer Ken Wills, and, as an All-State selectee, led the 1941 Bremerton Wildcats to a State Championship against St John (now known as St John-Endicott) 30-29.

Bremerton was again a state contender his senior year but lost the title game to Hoquiam on a misguided play. A Hoquiam athlete (under Coach Elmer Huhta) missed a shot when it hit off a girder hanging down at UW's Hec Edmundson Pavilion. The ball fell to the floor and Eathorne and teammate, Art McCarty, both hesitated going for the rebound thinking the other was going to grab it. That hesitation was fatal as Grizzly Walt Haney grabbed the ball and scored on a layup at the buzzer to give Hoquiam the 36-34 victory and the 1942 State Championship. (I was actually at that game - not in a capacity where I was able to cheer - my pregnant mom and dad had driven up from Hoquiam to watch and cheer on the Grizzly team.) The 1943 state tournament was canceled due to WWII.

Eathorne earned a basketball scholarship to the University of Washington where he played for one year before joining the United States Army. After serving his country, Les returned to the UW to fulfill his scholarship and education playing 3 years as a Husky Guard, even turning down a couple offers to play professionally. He graduated from UW in 1948. He later received his MA from Central Washington University.



He started his teaching and coaching career at Camas where he worked from 1949 until 1956. Camas was one of the smallest institutions in the Clark-Cowlitz league, dominated by populous Longview and Vancouver. His outmanned Papermakers were in district tournament contention regularly as first-division finishers in league play.

East & West -

Then an interesting turn of events happened. Bremerton High School divided its prep population into two schools in the fall of 1956. Both became 4-year high schools instead of the former 3. West High occupied the old building with Eathorne's mentor, Ken Wills remaining as Head Basketball Coach. The new flat-roofed East High was built on the northeast side of Bremerton across Port Washington Narrows. West and East were less than 2 miles apart but were truly divided geographically by the major waterway until the Warren Avenue Bridge was opened two years later in November 1958.

Headlines in the April 1956 newspaper stated, "East High Teams Will be 'Knights'". The students from the current Bremerton High School and those from the junior high who would be attending the new east side school researched, recommended, and voted on the mascot along with the school colors of Black & White. A few years after the school opened, the first East High Knight, Alex Bennett, modeled the new mascot armor with all its authenticity. Students had sold magazine subscriptions for a year to get an 80-pound 400 year-old suit of

English armor for \$750 from a California firm.

Of course, the Bremerton community became very involved with the choices of football and basketball coaches between the two schools. West stayed with the current coaches, Football/Semancik and Basketball/Wills - the new East had to find coaches who could compete with those two. One headline in the local paper stated, "Local Sports Heroes Applying for Positions", noting at least 14 top applicants were stiving to make sure East was on the map.

Eathorne was 32 years old and ready to come back to his hometown. He had the most coaching experience of others applying, and there was obviously a 'good ole boys' group pushing his name to the top.



The administration and the community welcomed him as the new East High Head Basketball Coach.

The competition immediately became fierce in both Music and Sports...and continued until the schools merged back again into one school in 1978. There is no doubt, the alumni have kept their histories alive to this day. Fun fact: the official names for these schools were West High and East High....all because the powers to be found they could save the taxpayers \$467 by eliminating the word, "Bremerton" in the bronze letters on the new East High building.

East High - the Legacy

Les Eathorne coached the first game of his storied East High years on December 4, 1956. He took 8 teams to the state tournaments during his years at East. The first was in 1958 with the incredible Lyle Bakken, labeled as the original Knight of East High, a 6'1" tornado with arms and legs who never graciously relinquished the ball. Bakken's unpredictable actions gave birth to the wild run-and-gun style of play that became the characteristic feature of Eathorne's teams.

The '58 2A Washington State High School Basketball Tournament included both East High (regular season -19-1/Bainbridge) and West High (regular season - 18-2/both to East). Richland

won the 2A tournament with East placing 5th and West at 6th. Lyle Bakken was named the MVP of the entire tournament. Though the trophy declared 5th, Coach Eathorne had soundly beat his old high school coach and his mentor.

Again in 1963, the last of the sixteen team tournaments, and in 1964, East tasted state. In 1963, they were beaten by Ballard and Roosevelt. In 1964, they again became state contenders, beating Curtis, but lost to Sumner.

East High's home pre-games became a performance. The gym lights were turned off, the drums rolled - a spotlight was positioned on the Knight as he moved slowly across the floor to dub the introduced players for another win.

Then it started with the 1971 post-season and East beating Foster but losing to Curtis. The '72 season was the beginning of a reign that is still not forgotten. The team had only one Senior coming back from the previous year, but there was great potential in the juniors and one good sophomore. They were invited to the state playoffs with a regular season record of 13-7. The state honor wasn't there for them yet - They beat Anacortes, Curtis, Marysville, but Ellensburg was the title winner 67-59.



1973 Washington State Champions

'73 Season - They'd been there, and they were hungry. There were five returning starters: Guards/Clif McKenzie and Dan Hegland, Forwards/Richard Arena and Mike Walthall, and Center/Rick Walker.

They soon became known as a "Sixth Starter" team, adding Kevin Olson to the starting lineup. They were fast paced, and they were tough. Everyone knew it. I, a West High teacher, worked the clock during one of the East/West games and had been given prior knowledge that West was going to stall forcing East to play at a much slower pace than normal.

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I even told my wife to move away from the score-table because there could be trouble. The first half it worked, but by the second half, East had caught onto the style and dominated the Wildcats.

The '73 State Tournament matched East with Timberline at the University of Puget Sound Fieldhouse. The game was all a state championship game should be....tied at 52 with a minute and a half to play. At the 10-second mark, East was known to make that winning move, and that they did, but the eighteen-foot jumper was missed. Arena banked the shot off the board and the game was won 54-52. The first State Basketball Championship in Bremerton since 1941, Coach Eathorne's junior year in high school.



1974 Washington State Champions

1974: Five players from the 1973 championship team and some very talented athletes from the junior varsity began the season. Kevin Olson, '73's 'Sixth Starter' suffered a knee injury in the first game and was lost for the season. The starting lineup included Walker/Center, Henri Campbell and Bryan Garinger/Forwards, Mark Eathorne and Ray Hackett/Guards. Though four of these athletes had no starter exposure, they had spent the prior year practicing every day against a state championship team gaining significant game experience.

The played their guards in tandems. If the opponent played a zone defense, Eathorne used Eathorne and Hackett. If the opponent chose a man-to-man, Oza Langston and Larry Lindberg were quicker. Leonard Barnes guarded Walker in practices and spent plenty of action spelling Walker. All players were able to dribble, pass, move without the ball, and read the flow of the game. To run the press effectively, all five players needed to run the floor on a fast break to make that strategy work. Eathorne had only

four set plays and usually ran only one play during a game.

It was a 10-1 Season – The Knights carried a 30 game winning streak until North Kitsap surprised the lackadaisical team and were taught a lesson. The O'Dea game was the best of the regular season. There was a remarkable talent between Rick Walker and Clint Richardson – Walker scored 42 points and Richardson had 40 – East won in overtime. Richardson was drafted to the NBA by the Philadelphia 76ers and played nine NBA seasons.

East's balanced team became their strength entering the tournaments with an 18-1 regular season. They beat Foster for the District 62-60, and then played Timberline for the Regional Championship 83-78. The state champion-

ship would be a rematch of the district championship with East playing Foster. By comparison to the '73 season, this championship game was a bit easier as Eathorne's

team never let Foster get into their game winning it 77-52. The East High Knights were state champions again winning back-to-back and having a decisive win-loss record of 51-2 over that 2 year period.

The 1975 season was still good, but there wasn't much depth. Three losses to O'Dea and Clint Richardson. They made it to the playoffs for the fifth year in a row. Times were changing in the mid/late '70's – The Vietnam War was over, more individuals, more challenges to the system, and short hair was not as strict as the years before.

The enrollment of East and West were dropping to the outlying areas of Kitsap, and in the fall of 1978, East and West merged back into Bremerton High. The community competitiveness was real. The school colors...the mascot...the fight song – all had to be re-determined. Finally, and it is still bitter to some today, the fight song, 'Anchors Away', was accepted from the old Bremerton and West high schools along with the Blue & Gold colors, but East made their foothold with the

Knights becoming the new mascot from the long-ago years of the old Bremerton/West High Wildcats.

Eathorne continued to coach at Bremerton High and stayed in his Athletic Directors position until his retirement. When the new building was built in 1988, the first home game was a surprise. It was the traditional introductory of the Bremerton High athletes - the darkness of the gym and the Knight mascot, displayed under the earned spotlight, assisting the introductions of the players to the audience. When the game was ready to start, the lights wouldn't return to normal. The contractors for the new building had installed power-saving lights in the gymnasium, and it took 20 minutes to re-light the gym. Another tradition gone.

Les Eathorne Honors

There was never again that cherished spark of East High. Eathorne had been recognized as the National High School Athletic Director of the Year in 1976 and continued doing a great job for the next 12 years at Bremerton. In 1988 he retired but came back to coach with his



longtime competitor, North Kitsap's Jim Harney, and then at Olympic High. At the time of his retirement, Eathorne's 502 wins was ranked 8th all-time in Washington State High School Basketball history. The 3-point shots in high school started during the 1987 season.

Only two other coaches in the state of Washington have coached longer than Les Eathorne's 41 years; Centralia's Ron Brown: 56 years with 722 wins – retired in 2017, and Mercer Island's Ed Pepple: 49 years with 952 wins – retired in 2009.

In 1993, Les was inducted into the Washington Interscholastic Basketball Coaches Association Hall of Fame. In 2005, the Kitsap County BAR Sports Hall of Fame inducted Les as a coach and as a player. In 2008, he was given the Bremerton Heroes Award at Bremerton High School along with then Congressman Norm Dicks.

In December 2009, Bremerton's high school gym was dedicated as the Les Eathorne Gymnasium with the gym-

nasium floor being recognized as Ken Wills Court. It was long overdue. My wife and I had been attending school board meetings to recommend naming the gym for Eathorne, but it had fallen on deaf ears. Then, at one meeting, a simple question was asked by the newly hired superintendent, Flip Herndon....."Why not?" The East High alumni immediately finished details of the recommendation and started planning and fundraising.... The gym was getting its rightful name.

An alumni basketball game was organized to mark the induction of the newly named gym. It was a sold-out crowd with 2,276 spectators. A definite faux pas occurred when Superintendent Herndon (remember...newly hired) came to the door with his two sons and was turned away - gym was full. Players from 1956 to 1978 (ages 50-70) donned their uniforms. Alumni cheerleaders cheered on the crowds. The Drill Team performed. The fight songs were played over and over by the band. Coach Eathorne coached the East alumni with the same passion as he had done for four decades, pacing the sidelines, 'correcting' the refs, even pumping that signature fist and throwing his clipboard in protest of a second-half foul call.



Bremerton H.S.- 13th & High, Bremerton

During halftime, Eathorne walked to mid-court for the gym-naming ceremony flanked by 30 former players. It was an emotional moment covering 53 years of memories for much of the crowd, and even more for a couple of teammates and friends from the 1941 high school team. Coach Eathorne accepted a plaque bearing his name on the gymnasium. Louie Soriano (retired evaluator of NBA officials) accepted the award for his former HOFer coach and fellow legend, the late Ken Wills - 'Ken Wills Court' had



been prominently painted in black on the gymnasium's floor. And then, it was back to the game.

East beat West 69-45 as expected. No one was hurt - a defibrillator had been placed near the score table for safety measurements. A former 3-sport athlete who had just graduated from Bremerton walked over to my wife and said, "You know how I was in school....I was competitive....I was focused, but I've never seen this much energy and competitiveness as these men are showing in all my years of playing ball, and these guys are OLD!!"

Sports Beyond, a non-profit organization created by All-American Rick Walker of the '72-'74 East teams, continued the alumni basketball games for 3 more years - always full, always fun, always competitive. Monies went to the Les Eathorne Scholarship fund presenting college scholarships to a male and female basketball athlete. After the alumni basketball games were retired, the Les Eathorne Golf Classic took over the scholarship fundraising and continues to this day. There is little debate that Eathorne has had a lasting impact on his players, coaches, officials, and the community. Walker also created a website/www.easthighbasketball.com -

"East High Basketball - Les Eathorne Legacy" where you can find pages and pages of the East basketball history.

After Coach Les Eathorne retired, he was told by his old East High Principal that he wasn't the first choice for the head basketball position. That wasn't expected and Les was taken back



East High alumni from '73-'74 stop by the BHS Knight before enjoying a winter 2023 BHS basketball game. Bryan & Laura Sanchez Garinger, Rick Walker, Vance Lobe (wore the armor), Richard Arena, and Kevin Olson.)

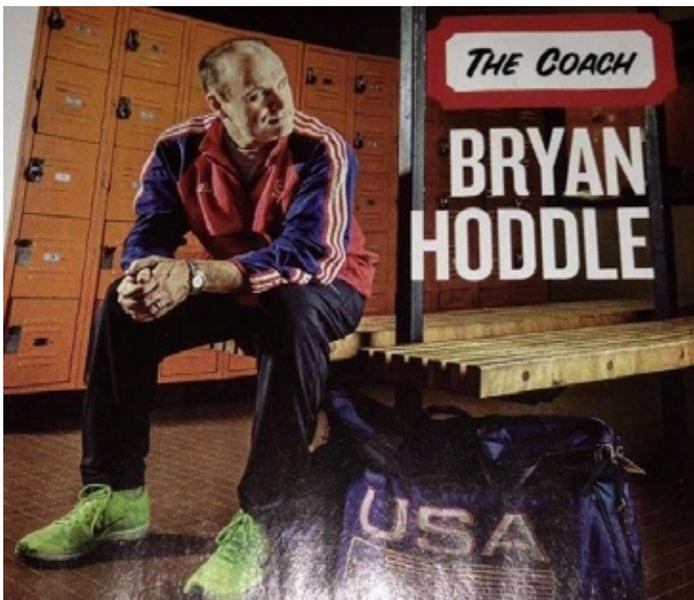
with the information. The job had been offered to another person who turned it down to become a school administrator. Wouldn't that scenario have been sad for East High...for its students and athletes...for the parents...for Bremerton... and for the state of Washington.

Coach Les Eathorne - A Knight in Shining Armor. (1924-2010)

Bio:

Lane C Dowell,
Correspondent for *The Washington Coach*
Ass't Football West High & Olympic,
Bremerton
Lifetime Member WSCA ■





Bryan was featured in Runner’s World Magazine in this picture as one of their “person’s of the year.”

Photo Credit: Runners World Magazine

*Iron is sharpened by iron; one person sharpens another.
-Proverbs 27: 17*

Many people have written about him in the past. His story is widely circulated in the running and military communities. The combination of his work with non-disabled athletes and disabled athletes is unparalleled in the United States.

Few have done what this man has done to cross over and help both populations in a world-class manner. His life is like a majestic stone shining brightly in summer. Hope fills the air for a good reason when this man walks into the room. He helps others come alive after many challenges in their lives.

This story about coach Bryan Hoddle is a bit different than most.

I am coming at this story from someone who grew up with Bryan. We have known each other since our junior high school days.

Bryan and I spent almost every day together during those long summer days and cold winter nights so long ago, working out together and chasing our dreams as young men on and off the track.

Bryan was the best man at my wedding and my best friend.

I know Bryan’s story well, seeing it up close and personal. I saw how he overcame adversity at a young age to become one of the greatest coaches in the world, especially for our disabled veterans and Paralympians. This is not to say what Bryan did for non- disabled runners was not excellent; it was.

Bryan has coached countless high school state champions in the sprints, helped pro football players improve

their speed, and quietly helped able-bodied Olympians strengthen their craft.

This man also had over 300 kids on his middle school track team when he started his coaching career as a young man! Who does that? The world-renowned magazine *Runner's World* selected him as one of their heroes of the year for a reason.

Challenging The Status Quo

Bryan was also a pioneer in many ways during his career. Like most pioneers, he had those who wanted him to succeed and those who tried to protect their status quo way of doing things.

Making positive, life-giving change is the work of courageous men and women willing to pay the price and stand alone. You are guaranteed to have some critics along your journey when you want to make a better life for those you serve. From a young age, Bryan could push through the status quo and do the right things regardless of the critics who stood in his way.

Let's back up momentarily and look at Bryan's life during his teenage years.

Bryan was among the hardest-working people I've ever met, even in Junior High and High School. He flipped burgers at a local restaurant for many years, ran track and cross-country, got his schoolwork done, played basketball, and found time to work hard at everything he attempted. He had an incredible work ethic.

Nearly every hard practice in junior high and high school track and field was a race between us. Bryan was state champion in the 440 (400 meters now), and I was state champion in the 880 (800 meters now).

Iron sharpening iron was a daily event in our lives when we were young. We pushed each other daily to be the best we could be with the gifts we were given. Pushing each other to be better carried over to

our adult years in our joint ventures together.

Looking back, we pushed each other to be the best we could be in more important things as young men, including breaking some long-standing societal barriers in the disabled sports world.

Challenging the status quo together as young men is something I will always cherish because of the long-term obstacles we were attempting to change.

There was not a day I can remember that we did not leave it all on the track when we had a hard workout day during our track days as young men. We constantly pushed each other.

There was not a day that we did not push each other as young adults either, as we tried to break through the status quo of inequities in the Paralympic Movement and other areas that we worked together in over the years.

Becoming Head Coach of The United States Paralympic Track and Field Team

I remember going to Oklahoma City, Oklahoma, and other locations with Bryan to watch future Paralympians run with their prosthetists. Bryan would watch Paralympic athletes run in their prostheses and suggest improving their prosthetics so disabled athletes and others could run faster. I would throw my two cents in, but Bryan was the primary observer. I was more on the marketing and business side of our work together.

There were few road maps for Paralympic athletes back when we worked together. Bryan's astute biomechanical eye would forever help change the face of the lives of disabled athletes and also help veterans.

New technology came out of the sessions he attended that would forever change the capabilities of disabled athletes and others who wanted to stay physically active af-

ter going through physical trauma.

Bryan was willing to look hard and fast at changes needed to make the world better for Paralympic athletes.

Bryan was the pioneer of the sprint coaching movement in the Paralympics. The results spoke for themselves and included gold medals and world records for those he coached.

Due to his success and innovations in coaching Paralympians, Bryan was selected as the head USA Paralympic Track and Field Coach in Athens, Greece. He helped bring many medals back to America, many of them gold.

During our time together in the Paralympic Movement, I remember talking with Bryan for countless hours about breaking down the barriers that stood in the way of Paralympic athletes and the Paralympic Movement.

We had no roadmap and relied on each other to improve things in our unique roles. It was a fantastic and meaningful time of life for us as young men, trying to make things better for the people we served.

Working With Wounded Warriors And Veterans

You can read many stories online and elsewhere about how Bryan started helping wounded warriors during his coaching career. His work in this area is well-documented. Bryan wanted to help the wounded warriors' community in all areas of their lives, not just the physical aspects, after completing his head coaching responsibilities in Paralympic Track and Field.

Bryan's work at Walter Reed Hospital and other military hospitals is well known. His compassion and heart for helping wounded veterans are one of the ages. He has done much for our disabled veteran community to help them improve their physical, mental, and spiritual conditions. His love for

continued on page 22

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veterans and their journey is unquestionable and steadfast.

Bryan is most proud of helping over 1000 injured veterans in his career. His impact on veterans is remarkable to me.

Bryan also cites speaking nationwide at clinics to sprint coaches across the United States as a high point of his career. He took what he learned and selflessly trained other aspiring coaches nationwide for years.

The Present

Today, Bryan is enjoying retirement in the great State of Arizona.

Our discussions these days focus more on Bryan's and Sherri's beautiful granddaughter, whom they both adore, his wife Sherri, who was also his high school sweetheart, his family in general, Church life, and, of course, all those great professional sports teams in Arizona, especially the Diamondbacks. Bryan and his wife Sherri love baseball and go to many games each year.

Even though we live in different states now, we still contact each other several times weekly. Bryan occasionally volunteers to help runners and wounded warriors and speaks at large coaches' clinics across America.

There is something very settling about having a long-time friend from your childhood. Bryan and I went through good

times together and challenging times when trying to break longstanding barriers, and we have those memories of growing up that we can and do share. Having a lifetime friend is a gift from God.

You, young coaches, never give up on your dreams, push ahead with all you have, serve others along the way, and find someone you know who will challenge you, make you a better person, and help you to become your very best.

Iron sharpening iron, yes, it's been a wonderful and meaningful friendship, my friend. Thanks for pushing me to go after my God-given potential like many others you've touched along your journey.

You can read more about Bryan's story on his website, [Bryan Hoddle](#).

Blessings,
Coach Weber
Philippians 4:13 ■

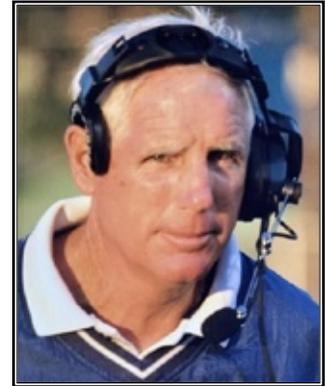


Two old friends meeting up in Arizona.



We have known each other since the 7th grade.

Hearing their final whistle...



Coach David Carson

David Thomas Carson (75) loving husband, father, Papa, and Coach, passed away in Spokane, WA, on October 22, 2023. Born on July 7, 1948, to George and Cecilia Carson, in San Francisco, California, he was the youngest of 4 siblings. He graduated from Sacred Heart High School in 1966, and enlisted in the US Marine Corps. He served with the 1st Marine Recon Battalion in Da Nang, Vietnam, from February 1968 - March 1969. Returning home, he attended San Francisco State where he played left tackle on the Gator Football Team. He was recently inducted into the 2023 Gridiron Gator Hall of Fame.

Graduating in 1974 with his bachelor's and master's from SF State, he coached at Long Beach State, CSUN, Crispi High School, and Burbank High School where he met Sherry, his wife of 36 years. After their daughter Ann was born the family relocated to Spokane Washington where David coached and taught at Rogers High School and then Gonzaga Prep.

He was an assistant coach for football and track at Rogers from 1990-98. Carson replaced legendary coach Don Anderson at Gonzaga Prep and guided the Bullpups to a 69-36 record over 10 seasons. He led four teams to GSL titles (2001, 2003,

2004, 2006) and reached the state semifinals in 2004 and 2006.

David was the head football and track and field coach at Gonzaga Prep from 1998-2007. He retired from teaching in 2011. "Coach" was his identity, and people continued to call him this until the day he died.

David lived a life of service, always seeking to help, lead, teach, mentor and donate. He served his God through his ministries with St. John Vianney. He served his country in uniform and his players and students in the lessons he taught them about integrity, honor, and humility. He was a man of deep loyalty, the value he treasured above all others, and he aimed to embody it on a daily basis. He was loyal to his God, his country, his family, his Marine Battalion, his teammates, and his players, students, and friends.

David was preceded in death by his parents George and Cecilia Carson, and his sister Marianne Levy. He is survived by his wife, Sherry, his daughter, Ann, son-in-law Stefan Muntwyler, his

grandchildren Joshua and Elise Muntwyler, his brother Mike, sister Donna, and numerous nieces, nephews, cousins, former players and treasured friends.

A rosary was held at St. John Vianney Catholic Church in Spokane Valley on November 17, at 6:00pm. A Funeral Mass was celebrated there on Saturday, November 18, at 11:00 am. A reception followed at Gonzaga Prep's Barbieri Center. He was laid to rest at Washington State Veterans Cemetery in Medical Lake, Washington.

Published by Spokesman-Review on Oct. 29, 2023. ■



Does the Consumption of Energy Drinks have unexpected consequences?

by Steve Bridge

The past few years I have begun to wonder about the overall health issues with our young adults and specifically the number of Sudden Cardiac Arrest events (SCA) occurring with this group of people. This belief has been confirmed with not only statistics from organizations like the CDC and the American Heart Association but by a couple of recent events that have had local ties.

A few years ago, a 16-year-old PE student suffers a SCA while jogging on the track. He collapses and has no pulse. Because the school district has an Emergency Action Team, they were able to respond with CPR and an AED, saving the students life.

More recently, May of 2023, a high school student collapses at the finish line at the State Track Meet and she is revived by the quick action of trainers on site. In both of these incidents, students' lives were saved due to the quick actions of trained professionals who happen to be on site.

Again, the question is why are we seeing young, athletic and appearing healthy young people suffering

these catastrophic events? CDC report between 1500 and 2000 deaths occur in young people age 25 and under from SCA or other cardiac related issues. In a California Study- (5 years- old). Nearly 300 sport-related high school catastrophic injuries and more than 80 sport-related high school deaths have occurred in the past five years, with **90 percent of these deaths occurring due to cardiac arrest, heat/neck injuries, exertional heat stroke and exertional sickling.** 88 percent were due to three injuries: Cardiac (69 percent), head/neck (13 percent) and heat stroke (6 percent).

Several causes can be associated with probably the biggest being family history. But because school physicals may not include information pertaining to family history or any EKG or other measuring tools used to

diagnose potential early warning signs. Also, Covid may have played a role in decreasing activity and with all the attention being paid to the Emotional Wellness of our students, maybe our kids suffered from the lack of Physical Wellness as well. We are

seeing (NFHS numbers) participation numbers increasing again to pre-covid numbers but that has taken almost three years to get there.

This article will focus on the increasing use of energy drinks, (not to be confused with sport drinks) and is there any evidence that may direct us to potential harm being caused by these energy boosters? In a recent study it was shared that nearly 40% of MS and HS kids have used energy drinks and there are school districts who are banning energy drinks on campus. By reviewing the ingredients in these beverages, it is clear the amount of caffeine and other stimulants (ginseng, guarana, taurine and sugar) may be having an effect other than just a boost in energy. An example is the much-advertised product 5 Hour Energy has approximately 2.5 times as much caffeine as does a cup of coffee. Coffee has about 70 milligrams of caffeine where 5-hour energy has 250. A can of Red Bull has approximately 80 milligrams (nearly the same as a cup of coffee) but is that a good idea to take just prior to participating in an event where the heart rate of a 14- or 15-year-old is about to go to 200 (or more). Another thing we know is that Caffeine like many other drugs have a tolerance build up, meaning a 30- or 40-year-old who has been drinking coffee for several years can tolerate a higher level of caffeine- also in most

In a recent study it was shared that nearly 40% of MS and HS kids have used energy drinks and there are school districts who are banning energy drinks on campus.

cases they are not about to perform a physical feat that increases heart rate like that of a student athlete prior to an athletic event. There is limited evidence that is linking energy drinks to cardiac issues but there have been accusations and litigation centering around the use of energy drinks. Monster Beverage Corp. (MNST)'s energy drinks have been cited in the deaths of five people in the past few years, according to incident reports that doctors and companies submit to the U.S. Food and Drug Administration.

The FDA reports claim parents have sued the California-based "Monster Energy Drink recently claiming the drink led to caffeine toxicity that killed their 14-year-old daughter. "Over the past 16 years, Monster has sold more than 8 billion energy drinks, which have been safely consumed worldwide," the company said in an e-mailed statement sent through an outside spokesman. Monster is unaware of any fatality anywhere that has been caused by its drinks." Monster and competitors such as Red Bull aren't bound by the

FDA guidelines for caffeine in sodas, because energy drinks are often sold as dietary supplements. Monster doesn't list the amount of caffeine in its proprietary formula, only that the ingredient along with the plant extract guarana and the amino acid taurine are in the drink, according to the lawsuit. (Bloomberg News).

In another recent story, the family of a 21-year-old Ivy League student died after consuming Panera Bread's [Charged Lemonade](#) – a powerfully caffeinated soda. The family is suing the food chain, claiming that it failed to appropriately warn customers about what they claim is a "danger-

ous energy drink" (390 mg of caffeine and 30 teaspoons of sugar)

Here are a few examples of caffeine levels in available energy drinks.

- 16 oz can of **NOS** contains 200mg of caffeine.
- One 16 oz can of **BANG** energy drink contains 300mg
- **SPIKE** contains 350 mg of caffeine in one 16 oz can
- **MONSTER** 160 mg per can
- **C4** approximately 200 mg per serving.

Martha Gulati, MS, a cardiologist at Cedars-Sinai Heart Institute, states one of the biggest concerns with energy drinks are the irregular heart rhythms, known as arrhythmias that can occur

and energy drinks together were more likely to binge drink than those who did not mix these substances.

In conclusion, energy drinks are being consumed at a high rate and popular sites such as TikTok are constantly promoting them. Young athletes, especially those susceptible younger or smaller kids may be more impacted by the intake of high caffeine levels. While most healthy adults can consume levels of up to 400 mg of caffeine a day, this may not be the case for our middle level and high school athletes and unfortunately the long-term effects of chronic consumption have not been very well studied. ■

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and cause "hyperstimulation of the heart." The problem only multiplies if the young person has an existing condition that has gone undetected.

Furthermore, the combination of alcohol and energy drinks can be potentially lethal. The high amount of caffeine contained in these drinks hinders the body's ability to rid itself of the alcohol (usually about one oz per hour) and as a result the alcohol stays in the body longer and multiplies as more alcohol is consumed. One research study states "nearly 11% of high school students and 32% of college age students mix the two. The CDC reports that young adults who consumed alco-



by Danny M. O'Dell,
Explosivelyfit Strength
Training, LLC

Sleep and your Athlete

Introduction

Most people would agree that sufficient sleep is a necessary ingredient to athletic and educational success. And they would be right.

"Numerous studies have shown that sleep improves the motor skills of junior, amateur, and elite athletes across sports as diverse as tennis, basketball, football, soccer, and rowing. So much so, that in 2015, the International Olympic Committee published a consensus statement highlighting the critical importance of, an essential need for, sleep, in athletic development across all sports for men and women".¹

The old term "practice makes perfect" would, perhaps, be more accurate if altered to practice, with sleep, makes perfect.²

Over the past 40 years of training individuals, and helping them to become mentally and physically stronger, an emphasis has been on keeping logbooks of training, nutrition, and in some cases, keeping track of their sleep.

I wish I had placed a greater amount of importance on getting enough sleep to perform at their peak physically and mentally to help them reach their goals. But that did not always happen except in the latter preparation stages of our powerlifting meets.

As a side note, numerous student-athletes have told me they occasionally stayed up and pulled an all-nighter for a coming exam the next day. According to the literature, this may enable them to do better on their

next day's exam, however, this knowledge does not stay with them. It quickly disappears over the coming weeks.

The effects of sleep

Sleep is **absolutely essential** for both mental and physical tasks. Mathew Walker, Ph.D. a sleep specialist, writes in his book, *Why We Sleep*. explains the importance of sound sleep for both mental and athletic success.

According to Walker sleep is "about one of the most sophisticated, potent, and the powerful-not to mention legal-performance enhancers that have real game-winning potential: sleep." He backs up this claim, which was based on over 750 scientific studies. Each of these studies "investigated the relationship between sleep and human performance."

The results of these found that poor sleep showed "marked impairments in cardiovascular, metabolic, and respiratory capabilities that hamper an underslept body including faster rates of lactic acid buildup, reductions in blood oxygen saturation, and conversely increases blood carbon dioxide, due in part to a reduction in the amount of air that the lungs can expire."³

"Even the ability of the body to cool itself during physical exertion through sweating, a critical part of peak performance, is impaired by sleep loss."⁴

According to the CDC⁵, insufficient sleep also contributes to a variety of health problems.

Students should get the proper amount of sleep at night to help

stay focused, improve concentration, and improve academic performance. Children and adolescents who do not get enough sleep have a higher risk for many health problems, including obesity, type 2 diabetes, poor mental health, and injuries.

Whereas the effects of sound sleep produce a variety of healthy results.

The benefits of sleep⁶

The benefits of sleep for an athlete are many, including⁷:

- ▶ Nine to 10 hours of continuous sleep helps with muscle memory. Without it, the sport-specific muscle techniques athletes spend hours training for won't stick as well. Increased sleep results in better reaction times, coordination, and split-second decision-making.

The overall health benefits of getting enough sleep include:

- ▶ Get sick less often.
- ▶ Stay at a healthy weight.
- ▶ Lowers the risk for serious health problems, like diabetes and heart disease.
- ▶ Reduce stress and improve your mood.
- ▶ Think more clearly and do better in school and at work.
- ▶ Get along better with people.
- ▶ For your older student-athletes.
 - Make good decisions and avoid injuries — for example, drowsy drivers cause thousands of car accidents every year.

The science behind sleep

Sleep cycles⁸ the importance of NREM sleep

Explaining the sleep cycles and the importance of each part may encourage your athletes and students to pay closer attention to their sleep time. So, in that vein is the graphic explaining the four parts of the sleep cycle, which last about ninety minutes between four to six times each time we enter them each night.



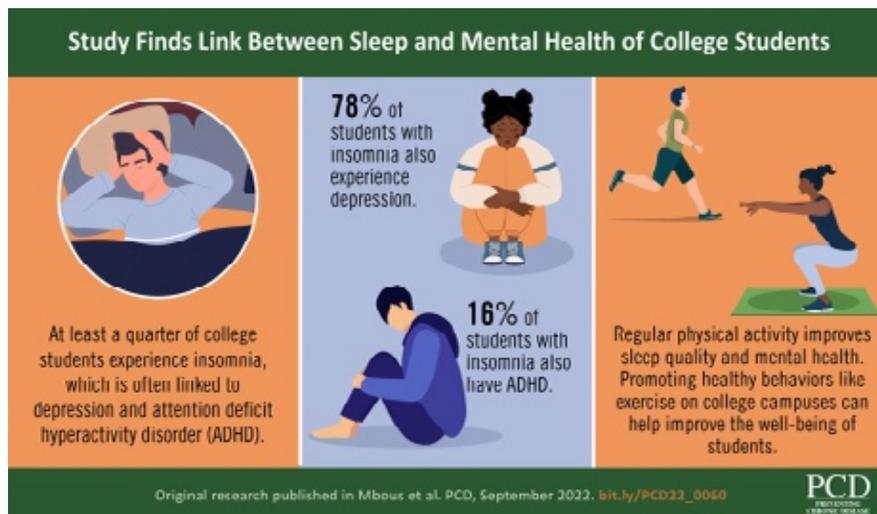
Three non-rapid eye movement stages and one rapid eye movement stage make up one sleep cycle.

- ▶ A person will typically go through four to six sleep cycles per night.
- ▶ The sleep stages allow the brain to recuperate from the day and support multiple functions.
- ▶ The duration of stages can vary based on age, sleep patterns, alcohol, and sleep disorders.
- ▶ Improved sleep hygiene can encourage healthy transitions through the sleep stages.⁹

Included in this post-performance sleep recovery periodic is the importance of non-rapid eye movement NREM.¹⁰ Which is sometimes referred to as Stage 1 of 4.

NREM sleep is considered the most important of the four stages and it is also the most restful of them as well because:

- ▶ The most important sleep stage is Stage 3, Non-REM, or Delta (Slow Wave) Sleep, it takes up 25% of our total sleep cycle, and it's known as the 'deepest' period of sleep.



https://www.cdc.gov/pcd/images/visual_abstracts/VA-21_0060

- ▶ It's in Stage 3 that sleep is at its most restorative, helping bodies heal themselves and our minds rest.¹¹

Recommended hours of sleep

The following statement may be difficult to get across to your athletes and students because the recommendation is no less than eight hours of sleep a night.

I suspect if you ask your students and athletes and students about how much time they sleep each night they are going to give you a wide range of time.

The CDC states that students between the ages of thirteen and eighteen need 8-10 hours every twenty-four hours during this time. These sites provide sound advice for getting better sleep through an alteration of their sleep routine. For additional information see these web sites.¹²

Some, if not the majority, believe they can be just as effective with 5 to 6 hours of sleep.

However, "anything less than six hours a night decreases their time to physical exhaustion, which drops by 10 to 30%, and aerobic output is significantly reduced".

The CDC sleep recommendations, which make sense, are based on the rapid growth of their young bodies and minds.

After hard physical and mental efforts, sleep plays a predominant role in replenishing and renewing energy levels as well as assisting in its growth and development.

These sleep recommendations, which make sense, are based on the rapid growth of their young bodies and minds.

Tips for better sleep

If they are having problems sleeping, perhaps a change in habits would improve this vital function of their young lives.

Potential remedies include this non-inclusive list of good sleep habits (sometimes referred to as "sleep hygiene").¹³

Try following these tips to establish healthy sleep habits:

- ▶ Keep a consistent sleep schedule. Get up at the same time every day, even on weekends or during vacations.
- ▶ Set a bedtime that is early enough for you to get at least 7-8 hours of sleep.
- ▶ Don't go to bed unless you are sleepy. This recommendation is in direct conflict with the first one, consistency.
- ▶ If you don't fall asleep after 20 minutes, get out of bed. Go do a

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https://www.cdc.gov/healthyschools/images/sleep/sk_visual_abstract-large

quiet activity without a lot of light exposure. It is especially important to not get on electronics. The VA therapists recommend doing something that is NOT fun.

- ▶ Establish a relaxing bedtime routine.
- ▶ Use your bed only for sleep.
- ▶ Make your bedroom quiet and relaxing. Keep the room at a comfortable, cool temperature.
 - The best room temperature for sleep is approximately 65 degrees Fahrenheit (18.3 degrees Celsius). This may vary by a few degrees from person to person, but most doctors recommend keeping the thermostat set between 60 to 68 degrees Fahrenheit (15.6 to 20 degrees Celsius) for the most comfortable sleep.¹⁴

- ▶ Limit exposure to bright light in the evenings.
- ▶ Turn off electronic devices at least 30 minutes before bedtime.
- ▶ Don't eat a large meal before bedtime. If you are hungry at night, eat a light, healthy snack.
- ▶ Avoid consuming caffeine in the afternoon or evening.
- ▶ Reduce your fluid intake before bedtime.
- ▶ Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.
- ▶ Remove electronic devices, such as TVs, computers, and smartphones, (good luck on this one) from the bedroom.
- ▶ Get some exercise. Being physically active during the day can help you fall asleep more easily at night.

There is a vast amount of information on these government sites by entering sleep and the athlete:

- <https://www.cdc.gov/index.htm>
- <https://pubmed.ncbi.nlm.nih.gov/>
- <https://www.nih.gov/>

Conclusion:

Restful, productive sleep produces extremely favorable results for your athletes and students. ■

Endnotes

- 1 *Why we sleep. Unlocking the power of sleep and dreams.* Page 128
- 2 *Why we sleep. Unlocking the power of sleep and dreams.* Page 124
- 3 M. D. Milewski et al., "Chronic lack of sleep is associated with increased sports injuries in adolescent athletics", *Journal of Paediatric Orthopedics*, 34, no. 2 (2014):129 – 33
- 4 *ibid*
- 5 [cdc.gov](https://www.cdc.gov), benefits of sleep
- 6 <https://health.gov/myhealthfinder/healthy-living/mental-health-and-relationships/get-enough-sleep>
- 7 https://www.google.com/search?q=importance+of+sleep+for+student+athletes&scas_esv=558765920&rlz=1C1GCEA_enUS947US947&sxsrf=AB5stBjdfP9gmP-CbdeceC1CluVvmpxKsw%3A1692627984881&ei=EHTjZPSwNeGx0PEP96KJgA8&sq=the+benefits+of+sleep+for+student+athe&gs_lp=Egxd3Mtd2l6LXNlcnAi-JnRoZSBiZW5lZml0cyBvZiBzbGVlcCBmb3Igc3R1ZGVudCBhdGhlKgIIATIFEAAAYogQyBRAAGKIEMgUQABiiBDIFEAAAYogQyBRAAGKIESP6aAVCcFis-dHABeAGQAQCYAeUDoAHmLaoBCjAuMTUuNy4wLjS4AQHIAQD4AQHCAGoQABhHGNYEGLADwgIEECMYJ8ICChAAGIoFGLLEDGEPcAggQABiK-BRiRAslCBRAAGIAEwgIGEAAyBxgewgIGEAAyFhgewgIIEAAyFhgeGA_CAaggQABiKBRiGA8ICBRAhGKABwgIFECEYqwLCAggQIRgWGB4YHeIDBB-gAIEGIBgQBgg&scient=gws-wiz-serp
- 8 <https://www.sleepfoundation.org/stages-of-sleep>
- 9 https://www.cdc.gov/pcd/images/visual_abstracts/VA-22_0344_Sliwa.jpg
- 10
- 11 <https://en.getmoona.com/blogs/mission-sleep/sleep-cycles-and-their-importance-to-sleep-quality#:~:text=The%20most%20important%20sleep%20stage%20is%20Stage%203%2C%20Non%20DREM,themselves%20and%20our%20minds%20rest.>
- 12 <https://sleepeducation.org/healthy-sleep/healthy-sleep-habits/>
- 13 https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html
- 14 <https://www.sleepfoundation.org/bedroom-environment/best-temperature-for-sleep#:~:text=The%20best%20room%20temperature%20for,for%20the%20most%20comfortable%20sleep.>

The LEAP Student Blog



YOUNG FEMALE ATHLETES DESERVE FEMALE COACHES!

by Rylee Aloisio Franklin Pierce HS
Class of 2024

Almost all male athletes have male coaches, so why don't all female athletes have female coaches? I believe that young female athletes deserve female coaches because having a strong female role model and someone who believes in you means the world to a female athlete. Female coaches understand female athletes, while male coaches might not understand the mental and physical struggles that female athletes experience.



I grew up having male coaches, but then switched to Sundodgers. I have been in the Sundodgers organization for four years now, and it has changed

my life immensely. I am not only a better softball player, but a better



person, and I think this is because I have female coaches to look up to. In our organization, we focus on playing at the next level and we are coached

by females who have been through the college process. This causes us players to have great role models and someone to help guide us through the recruiting process to hopefully achieve our goals of playing in college.

I am lucky enough to be coached by Carli Rasmussen and Shawna Wright. Carli played soccer and softball at Pacific Lutheran University, and Shawna, who is the director of Sundodgers, played at The University of Washington and for Team USA. Having the both of them as mentors has made my softball experience amazing and I will forever be grateful for them. Carli and Shawna aren't the only mentors I've had — Kennedy Robillard and the rest of the Softball University staff have also been through college athletics and are constantly pushing us to be the best we can be and helping us achieve our goals.

Former LEAP member Joh 'nell Clark told me that she met Carli and Shawna when she was thirteen, and at that time she didn't really take softball seriously and was just having fun. Carli and Shawna showed her how to take the game seriously and also have fun,

but she said that they didn't only affect her softball-wise. She grew up wanting

to be a strong, empowered woman like her coaches, and Carli and Shawna are what drove her to start coaching. Now, Joh 'nell and her sister, Rhyme, coach the Sundodgers



first 10U team! Female coaches inspire female athletes to also be coaches. In such a male-dominated position, it's good to see more and more women step into that role.

There are many talented male coaches, but I definitely feel like there are benefits to having female coaches who know the sport. I hope that one day I can coach and inspire female athletes to do so as well! ■





Clinic Registration Link below with Hotel Info, Speakers Schedule, and Social Info:

<https://www.glazierclinics.com/coaching-clinics/seattle-2024-march>

New Northwest Clinic Pass Link:

<https://www.glazierclinics.com/northwest-pass>

If you have any questions, please contact Joe Cronin at jccronin52@gmail.com or jcronin@am-hs.org. ■



EARL BARDEN 2A-1A-B ALL STAR CLASSIC

Yakima, June 22, 2024

The East and the West will be selecting their squads on Saturday February 3. The West will again be selecting at the Capitol City Coaches Clinic while the East selects their squad at East Valley High School in Yakima. Those seniors who were selected First Team All-League have been identified and are included for consideration to be selected as one of the 40 players to be selected by the West and the East teams.

The Head Coach this summer for the West will be Craig Bartl from Nooksack Valley High School. He will bring 2 of his assistants in Jessy Dykstra and TJ Ackerman and they will be joined by Tyler Dubuque from State Champion Anacortes High School.

For the East, Nick Sackman from Omak High School will head up the team. His staff will be Kyle Richter from Omak High School, Eddie Ashworth from Omak High School and Eric Berg from East Valley- Yakima High School.

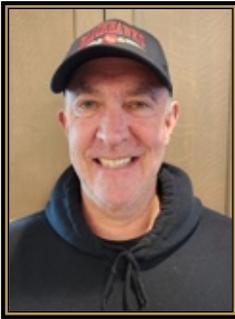


This summer marks the 31st year of the Earl Barden Classic and we can't wait to see the talent that arrives in Yakima for the June 22nd contest at East Valley High School. ■



Cross Country Hall of Fame

Jay Martin



Jay spent his entire coaching career at Cheney high school, starting in 1983. He coached both Cross Country and Track and Field, stepping away from Cross Country after the 2014 season. He coached Track & Field for 7 years. While at Cheney, Jay had tremendous success, winning a boys state title in 1989 and a girls title in 2011. During his coaching career Jay had six league championship teams and seven that were district or regional champions.

Jay started out as an assistant coach to Randy Hazeltine in 1983 and 1984 before taking over as the head coach in 1985. One year later, in 1986, Jay had his first team at the state meet. Ultimately Jay took 12 boys teams and 5 girls teams to the state championships. The amazing thing about those teams was that 14 of those 17 teams were in the top ten. Jay had five boys teams on the podium, culminating with a 2A championship in 1989. The girls success occurred later in his career, with three podium teams in 2000's. In 2009 his girls were 4th, they moved up to 2nd in 2010, and won the 2A state title in 2010.

Among the numerous athletes, Jay coached at the state meet were 7 athletes who combined for 11 trips to the podium. Jeannette Zimmer won it all in

1994, and Isaiah Rodrigo won the state title in the wheelchair division from 2013 to 2016. Jay coached him the first two years, and then his successor and current head coach Derek Slaughter coached Isiah to two more titles.

Jay met his wife Julie while they were both high school cross country athletes and they have been married for 43 years. They have four married children and 10 grandchildren. Jay's passion for cross country has extended to his children. Of those children and their spouses, five of them have coached cross country and four have coached track and field, with several still coaching. Jay states "I am grateful for the nominators, the Coaches Association, and the

Hall of Fame Committee who have helped make our sport one among the best in the nation." The Washington State Cross Country Coaches Association is honored to recognize his service and success.

Laurie Porter



Laurie Porter started her career in 2004 at Hockinson High School. She didn't start out to be a coach or runner. She started running to make sure her daughter Sarah would be safe preparing for her first cross-country season. All four of Laurie's children competed

in both high school and college, with her daughters becoming professional runners. Her son went on to serve as an officer in the United States Marine Corps.

When Laurie started running with her daughter, she became hooked herself. At the age of 47 Laurie was competing as an elite masters runner. She has raced in everything from the 1600 on the track to 50K races. As a master, she just missed qualifying for the Olympic Trials Marathon.

As a high school coach, Laurie had numerous state competitors. She had perhaps her greatest success at Camas High School where she had 9 teams on the podium. Three teams took 1st place, four took second, and two took third. Her boys won the state title in 2019 with the girls finishing 2nd. In 2014 and 2015 her girls were state champions. The 2014 team also were the Nike Regional Champions.

Among her numerous athletes that finished on the podium were two state champions, Alexa Efraimson and Yacine Guermali. The Washington State Cross Country Coaches Association recognized her as the Girls Coach of the Year in 2015 and the Boys Coach of the Year in 2019.

Since retiring from high school coaching, Laurie continues to teach fitness classes and is a Team Run coach. She and her husband live in the forest in Washougal where she enjoys reading, traveling, gardening, and family time.

Paul Ruston



Paul Ruston was the accomplished cross country and track & field coach at Thomas Jefferson High School in Auburn from 2000-2023. During this time, he helped develop TJ's running sports into some of the strongest in Washington State. These programs fostered life-long athletes and successful young adults, including those recruited to top universities for their sport. Paul taught and coached over 3,000 students and athletes, and was legendary for his ability to motivate young people, grow their character, and do so with good humor and kindness.

In Coach Ruston's career, the TJ girl's teams were league champions 11 times and competed in the Washington State Meet 12 times. Paul was proud of how, as he built the TJXC program, his girl's teams gradually inched toward the podium with a 14th place finish their first year at the state meet, then 11th, 9th, 7th, 4th, 3rd, and eventually 2nd place (in consecutive years). He coached the girl's state champion, Kenna Patrick, in 2006. Under Paul's leadership, the TJ boy's teams were league champions four times and competed in the state meet twice (their first appearances in TJ history).

In 2007, Paul was named 4A Girls Coach of the Year by the Washington Cross Country Coaches Association (WSCCCA). Paul founded the Ruston Family Foundation in 2023, a charity that works to promote high school cross country in Washington state. Beyond coaching, Paul taught photography, earned his National Boards Certification, mentored many teachers, and represented fellow teachers on union boards.

Paul was born and raised in Syracuse, New York. While earning his bachelor's degree in photo management from Rochester Institute of Technology (RIT), Paul was a four-time All-American, earning honors in cross country, indoor, and outdoor track & field. He finished in 2nd place nationally in the 5,000-meter run and held ten RIT track records. He was inducted into the RIT Athletic Hall of Fame in 1991. Paul earned a master's degree in education from Fordham University. After college, he competed in the Pan American Games, the Macabiah Games, and narrowly missed qualifying for the Olympic Trials in the marathon. For eight years, Paul taught and coached cross country and track in Alaska and ran competitively with Team Alaska Track Club. ■



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Your opportunity to make contact with over 4,000 coaches throughout the state comes by choosing to advertise in "The Washington Coach." Published online three times a year on the Washington State Coaches Association website, washcoach.net, "The Washington Coach" provides information and a forum to our membership with the intent to enhance the highest possible knowledge, standards and ethics in the coaching profession.

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Contact Michael H. Schick, Editor "The Washington Coach"
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GENERAL LIABILITY INSURANCE PROGRAM

As a membership benefit, coverage is provided by the Commercial General Liability Policy issued to the National Organization of Coaches Association Directors. This policy will provide general liability coverage to Washington State Coaches Association and its members.

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- ❖ This insurance does not apply to members that coach at an All-Star game that is not approved by your state coaches association.
- ❖ This insurance does not apply to any loss, cost or expense arising out of infectious or communicable disease.

CAMP INSURANCE

Today, most Coaches are involved in some type of sports camp. Please note that our General Liability Program follows insured members while working at camps and/or conducting their own personal camp.

In addition, Participant/Accident Coverage is required for coaches and/or participants. Should an accident occur during a camp, clinic or event, this secondary coverage helps offset the loss suffered by families affected by such accidents.

NEW PROCEDURE FOR CAMP INSURANCE

As a member benefit of your state coaches association, all members in good standing have a \$1,000,000 per occurrence General Liability policy limit that provides coverage for their coaching activities. In order to protect the General Liability policy from potential claims, the insurance company has mandated that all coaches must obtain signed waivers and provide Participant/Accident insurance for their participants.

In order to obtain a certificate of insurance showing proof of insurance or naming an additional insured, the following must be in place:

- ❖ Waivers: Signed waivers showing indemnification language
- ❖ Participant/Accident Insurance: You must have Participant/Accident coverage in place for all participants attending sports camps.

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- ❖ Camp Insurance Request form is available on our website: www.loomislapann.com

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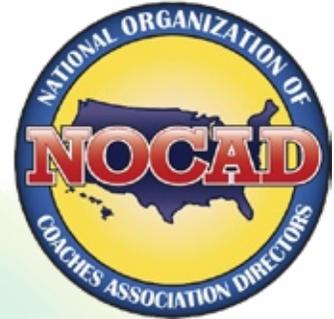
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Disclaimer: This is an insurance overview for summary purposes only; for complete policy terms and conditions please refer to the NOCAD Master Policy.

Youth Suicide Statistical Impact

According to the latest CDC's WISQARS National Data Reporting (2021):

- Suicide is the 2nd leading cause of death for ages 10-14 in the US.
- Suicide is the 2nd leading cause of death for ages 12-18 (middle and high school ages) in the US.
- Suicide is the 3rd leading cause of death for college-age youth ages 18-22 in the US.



US 2021 Youth Risk Behavioral Survey (CDC): (Most Recent Released Report)

When young people were asked in the US:

- ***“Have you experienced the feeling of hopelessness and sadness for a constant period of two weeks or greater during the past twelve months (possible beginning of clinical depression)?”***
42.3% or almost 1 out of every 2 young people (depression is a leading cause of suicide) answered YES.
- ***“Have you made a plan to attempt suicide in the past twelve months?”***
17.6% answered YES or over 1 out of every 6 young people.
- ***“Have you attempted suicide in the past twelve months?”***
10.2% answered YES or over 1 out of every 10 young people.



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Emergency Action Plans Should be Reviewed, Rehearsed Annually

by Karl Weening, M.D. on December 16, 2023

Karl Weening, M.D., is a primary care sports physician at Revere Health Orthopedics and Sports Medicine in Provo, Utah. He is chair of the Utah High School Activities Association Sports Medicine Advisory Committee and he is a member of the NFHS Sports Medicine Advisory Committee.

The revered basketball coach, John Wooden (UCLA, 1948-1975), had as one of his favorite quotes: “Failing to prepare is preparing to fail.” This principle is at the heart of creating and maintaining emergency action plans (EAPs) specific for each activity venue in which our high school students participate. Over the past several years, much has been presented regarding the professional and legal responsibility incumbent upon those who oversee and safeguard the wellbeing of student-athletes.

The Scout motto “Be Prepared” is something to strive for in providing an appropriate response in emergency situations. The venue-specific EAP is a written document that outlines the appropriate procedures to be followed and individual contact information for those responsible when an emergency occurs. Components of the EAP include:

- Awareness of potential safety issues, such as sudden cardiac arrest, exertional heat stroke, head and neck injuries, exertional sickling, adverse weather conditions such as lightning, etc.
- Trained onsite personnel
- EMS contact information and access to the venue
- Timely access to emergency equipment (AED, cooling tub, etc.)
- Annually reviewed and rehearsed

The venue-specific EAP should be reviewed as part of a pre-event administrative meeting (referred to as a

‘Medical Time-Out’) by the covering medical team, which may include athletic trainer, athletic director, officials, emergency medical services personnel, attending physician, and event administrator.

This brief pre-event meeting identifies personnel, communication, equipment, transportation and environmental conditions (such as heat, lightning, etc.), and the appropriate outlined response for each member of the medical team. A simple, pre-event informational card⁸ distributed to officials, coaches, administrators and other emergency team members would be helpful to guide and outline the EAP for that event. Look for more information about the Medical Time-Out in next month’s HST.

Implementation of an effective emergency action plan includes three basic steps³:

1. A venue-specific EAP must be written and posted to communicate a clear response mechanism and allow for continuity among emergency team members.
2. Educate all members of the emergency team regarding the EAP and their specific roles. Training would include activation of emergency medical service (EMS); recognition of sudden cardiac arrest (SCA) with appropriate cardiopulmonary resuscitation (CPR) and automated external defibrillator (AED) practice; cooling techniques in situations involving heat stroke, management of head and neck injuries, along with basic first aid, and prevention of disease transmission.

3. The EAP is reviewed and rehearsed annually. While an annual review of the EAP is important, a live rehearsal of the EAP at an annual in-service training will be far more effective when an emergency situation occurs.

With regard to the importance of live rehearsal of EAPs as part of being prepared for an emergency, a thoughtful article by Stephanie Kuzydym provides some perspective:

“Schools drill for fires and tornadoes because one day they could happen. In the last 10 years, seven students have died from a tornado on school property in the United States. In the last 10 years, no student has died from a fire at a school. In the last 10 years, at least 200 students have died playing high school sports.”(Louisville Courier Journal, April 18, 2023, updated Nov. 1, 2023, <https://www.courier-journal.com/in-depth/news/investigations/2023/04/18/safer-sidelines-the-courier-journals-methodology-and-how-wedid-it/69862146007/>)

An informative article by Samuel T. Johnson, et al., compared the adoption of EAPs and associated best practices in Oregon high schools before and after a policy requiring an EAP and if they did, was the EAP venue-specific, available at the venue, distributed to personnel, and annually reviewed and rehearsed. There was a significant increase of the schools that reported having an EAP after the policy went into effect and venue-specific EAPs also significantly increased. However, no best practice recommendations related to EAP availability, distribution, review or rehearsal changed after the policy; and, while schools met the minimum requirements of the policy, other related best practices did not significantly improve. (The Effect of a Statewide Policy on High School Emergency Action Plans, Sports, Oct. 2022; <https://www.mdpi.com/2075-4663/10/10/161>)

This would encourage state high school associations to engage in how to assist their affiliated schools in effectively implementing best practices into their EAPs. The NFHS strives to assist state associations and their member schools to be prepared when medical emergencies occur by providing online course training through the NFHS Learning Center⁴⁻⁶ (<https://nfhslearn.com/>).

In addition, the NFHS Foundation distributed 1,147 AED units in 2018-19, with the goal of ensuring that every member school of a state association had at least one AED on campus. In 2022, the NFHS Foundation distributed 5,400 wet bulb globe temperature (WBGT) monitors to high schools across the country as a tool for minimizing heat-related illness. Also, the NFHS has promoted the “Anyone Can Save a Life”⁷ program for the

past 11 years. This program is essentially a toolkit for schools to use in establishing emergency action plans in response to a collapsed individual. It has been well-received around the country and has helped save lives.

The majority of causes for catastrophic injuries in high school athletes involves Heart, Heat, Head and Hemoglobin (exertional sickling) related injuries, with more than 60 percent caused by SCA (National Center for Catastrophic Sport Injury Research data). It has been well-documented that as part of CPR training, the access to and use of an AED is essential when responding to a cardiac event, with an 85 percent survival rate when an AED is applied within three minutes of a collapse.

In an impactful and instructional two-minute video⁹, Dr. Jonathan Drezner discusses the recognition of sudden cardiac arrest and the importance of engaging EMS, beginning CPR and applying an AED as part of a well-rehearsed EAP. It is strongly recommended that all individuals involved in the emergency response are trained in CPR and AED application.

While it is important to be prepared to appropriately respond in an emergency, it would be instructive to keep in perspective the wisdom of the saying: “An ounce of prevention is worth a pound of cure” as it is applied to EAPs. For example, while it is appropriate to have an onsite cooling tub and rectal thermometer available to treat and monitor exertional heat stroke (EHS), adherence to well-established heat acclimatization guidelines and the use of WBGT in making modifications to team practice or events, should reduce the incidence of EHS. Likewise, knowing which athletes are susceptible to exertional sickling and making appropriate modifications in their conditioning and training, should reduce the incidence of athletes that experience exertional sickling collapse.

When evaluating what will move the needle in a positive direction with regard to accomplishing what is understood to be best practices of an effective EAP, significant effort ought to be in how to best implement and ensure that the EAPs are in place, reviewed and rehearsed annually. The NFHS strives to assist state high school associations in this effort through various online training, articles, position statements and support from the NFHS Foundation, all in an effort to “be prepared.”

continued on page 38



continued from page 37

Resource material:

1. Emergency Planning, AED, Saving Lives in Nations High Schools, Dr. Karissa Niehoff, HST, March 2023 <https://www.nfhs.org/articles/emergency-planning-aeds-saving-lives-in-nation-s-high-schools/>
2. Emergency Action Plans: Practice Makes Perfect, Lynne Young, Mark D’Anza, HST, January 2022 <https://www.nfhs.org/articles/emergency-action-plans-practice-makes-perfect/>
3. National Athletic Trainer’s Association Position Statement: Emergency Planning in Athletics, J.C. Andersen, et al., Journal of Athletic Training, 2002;37(1):99-104 <https://www.nata.org/sites/default/files/emergencyplanninginathletics.pdf>
4. NFHS “The Collapsed Athlete” Online course from NFHSLearn <https://nfhslearn.com/courses/the-collapsed-athlete>
5. NFHS “CPR and AED Training” Online course from NFHSLearn <https://nfhslearn.com/courses/cpr-aed>
6. NFHS “Sudden Cardiac Arrest” Online course from NFHSLearn.com <https://nfhslearn.com/courses/sudden-cardiac-arrest>
7. Anyone Can Save a Life <http://www.anyonecansavealife.org/>
8. Medical Time Out – Korey Stringer Institute, University of Connecticut, update July, 2023 https://ksi.uconn.edu/wp-content/uploads/sites/1222/2019/07/ksi_mto_checklist_2019.pdf
9. How to Save a Life - Recognize Sudden Cardiac Arrest in Athletes, UW Medicine Center for Sports Cardiology, Jonathan Drezner, M.D. <https://www.youtube.com/watch?v=i-N9o-cKu0>
10. Preventing Sudden Death in Sport and Physical Activity, 2nd ed.; Douglas J. Casa, et al., 2017.

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The Washington Coach Magazine

DEADLINES

Fall Issue - September 14

Winter Issue - January 14

Spring Issue - May 14

A huge thank you to all those who have contributed to our magazine by submitting articles, sending pictures or offering suggestions. Our magazine is a work by and for our membership and we are committed to creating a publication which serves the best interests of the WSCA.

Please consider writing for your magazine by submitting your work to Mike Schick at wscs-editor@comcast.net. ■



WSCBCA HALL of Fame

The Washington State Girls Basketball Coaches Association selected five new members to their Hall of Fame. This year, at the Columbia Basin Technical Skills Center, 900 East Yonezawa Boulevard, Moses Lake, the WSGBCA will honor the following coaches into its fifth class of our Hall of Fame on Saturday, March 23 at 6:00pm. The banquet begins with a dinner social followed by the induction ceremony.

The cost is \$40 beforehand or \$50 at the door. For RSVP or questions, contact Dan Taylor at knights.in.gods.armor@gmail.com

Below are this year's inductees of the Washington State Girls Basketball Coaches Association:

Mike Arte, Gonzaga Prep

Steve Davis, Pasco, Chiawana

Dale Poffenroth, Central Valley

Robi Raab, East Valley

Jim Redmon, Lewis and Clark

The WSGBCA would like to congratulate this year's inductees and we look forward to honoring many more in the future. ■





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- 15 Time League Coach of the Year
- 7 Time State Coach of the Year
- 2015 WSCA Hall of Fame
- Two time Skagit Valley Herald Coach of the Year 2019 and 2023
- 2022 AVCA Victory Club 500 plus wins
- 2022 Regional Coach of the Year
- 2022 AVCA National HS Coach of the Year
- 2023 Inducted into WIAA Hall of Fame

Who is your Emma?

by Suzanne Marble
Individual Sport Representative for the WSVCA



As coaches, we aim to instill in our athletes the desire to develop to their full potential. We are responsible for instructing, providing encouragement, and guiding our athletes in not only their chosen sport but in life as well.

What if we allowed our players to coach us? What if they helped us to unlock our potential and performance? What if they provided us with encouragement and guidance in life?

One of the things I have discovered is that we can learn more from our players than we realize. They can help us reach our potential, and provide us with encouragement that can last a lifetime.

If you are lucky enough to have had an athlete or athletes who have taught you about who you are and who you want to be as a coach—and who make you want to be a better version of yourself, then you are among the most fortunate.

Over the past 30 years of my coaching career, I have been blessed to mentor some of the most incredible

athletes and people. I have had many players who have made me want to be a better coach, but some have also made me want to be a better person. I had a player who, 17 years ago, taught me so much about coaching, life, and simply finding joy in



everything and everyone. Emma Hedbom was that athlete.

Emma was diagnosed with stage four colon cancer during pre-season volleyball in August of her sophomore year and passed away the following summer on July 29, 2008 at only sixteen years old. Emma taught me and countless others that life is about so much more than just sports. It is about living life to the fullest and finding joy every day, no matter what the circumstances or obstacles may be.

Emma continues to inspire me and so many others to this day.

Coaching is such a huge responsibility! We get the opportunity to teach, guide, and encourage our athletes. As we begin a new year, take time to learn from and find joy in your athletes; they have so much to teach us!

This story is about joy and encouragement, not sadness and pain. Even when Emma knew that her cancer was terminal, she still thought of others. Emma's words are inscribed on a plaque on a wooden bench that was built

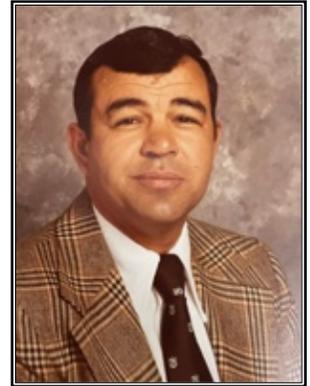
in her honor. It sits outside our high school and reads:

"Scary moments happen, but they also have an ending. An ending that replaces fear with happiness and satisfaction."

Ask yourself -- Who is your Emma? Where is your joy? ■

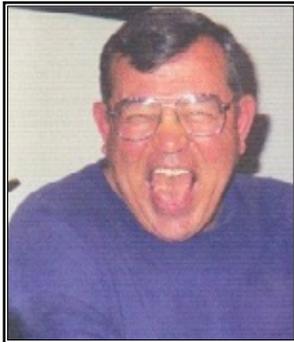


Hearing their final whistle...



Coach James F. Tevis

Formerly of Merrill, Iowa Coach Tevis passed away Aug. 21, 2023, in Puyallup, WA. Born September 25, 1937, Jim was a multiple sport competitor at and graduate of Merrill Public Schools (1954) and West-



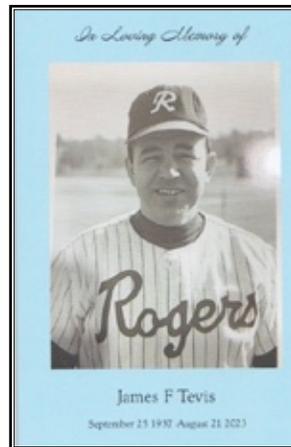
mar College (1959). He moved to Puyallup in 1959.

Jim will be remembered by student athletes, their parents, and his peers for his hard work, discipline, and competitiveness during his 36-year career in teaching and coaching. He taught at Puyallup High school and when Rogers High School was built, he moved up there. He coached at PHS, Rogers and later in his career at Manson High School in Chelan. While teaching social studies, and driver's ed, he coached both men and women at the high

school and community college levels.

Jim was predeceased by his parents, sister Colene and brother-in-law Darrell

Berner, brother Gaylon and sister-in-law Waneta, brother John, and brother-in-law Edwin Erpelding. Survivors are daughters Julie (Eric) Dickmann, Jackie (Doug) Shelton, and their mother, Jan Ingalls, grandchildren Vanessa, Lorna, and Douglas Shelton. Also surviving are his sister Judy, sister Mary (Harold) Weeks, brother Rich (Janet), sister-in-law Renee, and numerous nieces and nephews. A celebration of life was held on October 28, 2023 at Rogers High School in Puyallup. ■



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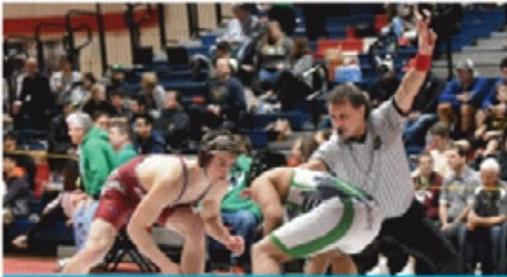
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Do you have questions, concerns or thoughts about the sport you coach? Do you have ideas about how the game or contest could be improved, rule changes or practice regulations? Below are listed the Individual Sport Association representatives to the WSCA and their contact information. Please consider reaching out to your sport representative and share your ideas. We are stronger working together!

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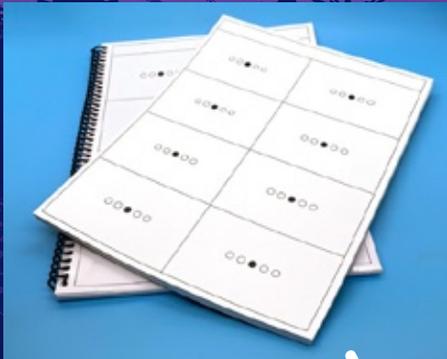
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