

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

Fall 2025

Fellow WSCA Members,

School is back in session, fall sports are underway, everyone is undefeated and believing they can win their conference championship. What a great time of the year. Everybody is refreshed, everything is new. Those of you that are new head coaches or new to the coaching profession, you are jazzed and ready for your 1st season to get under way.

This is the time of year when WSCA membership renewal is well underway. If you are a coach registering as an individual, log onto our website (washcoach.net) and get your registration completed. If you are part of a district that covers your cost of membership, log onto our website and get your registration completed. A reminder to ALL WSCA MEMBERS: your WSCA membership card allows you entrance into post season District Tournaments. This is not a ticket for regular season athletic events. Your AD should remind you of this. In your online registration, coaches will be able to select the multiple sports you are coaching. **Please be mindful that the #1 sport you select is where \$17 of your registration goes to support that individual sport with clinics, All Star games, and/or professional growth opportunities.** Your professional association is here for you.

A reminder to ALL coaches of the 2025-'26 school year: ALL paid high school and middle school head and assistant coaches are required to complete the online WIAA and sport specific rules clinics. It is believed that all coaches should know the WIAA rules and the rules of the sport they are coaching. ALL coaches must complete their rules clinics before the first day of practice. Failure to complete these rules clinics will result in a WIAA violation. Whether we like it or not, completing this requirement is part of the professionalism of being a coach. Get it done.

By the time you read this, the deadline for submitting an amendment proposal to the WIAA, for the 26- '27 school year, will have passed. This is an important step if you are looking to initiate change in your sport. You are the change agent for your individual sports. If you have an idea that you think will improve your sport, sit down with your AD and/or principal and share your thoughts and idea's. Get them on board then download the appropriate form from the WIAA website and start the process for getting your amendment proposal rolling. It takes time! It is a slow process. Understand it takes months and multiple readings to get it to a position to be voted on.....but it is worth it.

I want to personally encourage all coaches to get involved and get off the sidelines. Make a contribution to your sport specific organization in 2025- '26. Ask how you can help.

The Executive Board is always open to suggestions to better improve our WSCA. The Exec Board is a strong group of coaches with depth of 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.

Here's to a successful fall sports season for everyone.

Darrell Olson
President





Executive Director/ Treasurer Report

Rob Friese, Executive Director/Treasurer
robfriese@gmail.com



Be in the Know

Welcome the 2025-2026 membership year! As of this writing on September 17th, we have 2,767 members to start the Fall sports seasons. There are over 60 groups that have signed up to pay for the coaches in their district, which shows how much they value their coaching staffs.

I often get asked, "What do my dues pay for", which is a fair question. We know what it says on the Member Benefits page, but specifically how much goes where? I'll address some of the major expenses.

Last year the WSCA gave out \$18,000 dollars in scholarships to graduating seniors whose parents were members, or to college students who were entering the student teaching portion of their college education. Over \$21,000 went to insurance coverage for members which provides one million dollars coverage, and three million aggregate per member. Over \$68,000 was reimbursed to individual sport groups that are representatives to the WSCA, to be used for

benefiting their coaches through clinics All Star games, and other projects.

This year we will work towards changes to the face of our membership management technology, which will be a one-time cost of around \$15,000. This will include a smoother process for registration, make the software mobile phone friendly and compatible, and generally more up to date with current code technology. This should all be complete by the end of the 2025-2026 membership year.

Membership in the Washington State Coaches Association shows your professional commitment to a supportive group. It is a way to stay involved and coordinate with coaches from all sports. Thank you for the support.

This is an exciting time to be a member of the Washington State Coaches Association. If you have any questions or concerns, feel free to contact me. ■

MEMBERSHIP

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?

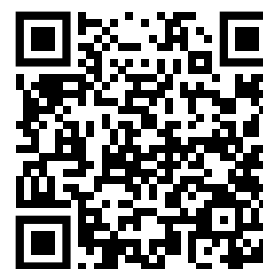
This \$50 question is asked by many coaches in our state. The first answer is that the WSCA is a professional organization for Washington State high school & middle level school coaches. ***We exist to support your efforts as a coach.***

- Professional education and training, to earn clock hours and coaching education hours.
- **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.

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.

SCAN HERE



FELLOW COACHES,

As this issue of “The Washington Coach” reaches your mailbox or your computer, a new school year is upon us. When I was still teaching and coaching, I had many sayings, phrases, pictures, quotes, and posters in my office placed there for my own amusement and as reminders that there is life beyond the walls of our junior high school building. They have become a reflection of my time in coaching. Perhaps you may find some helpful for you.

- ➔ **“Kids don’t make mistakes on purpose.”** - No one feels worse than the athlete who just dropped a touchdown pass or struck out to end the inning. Why would a coach yell at them? Perhaps we could ask if that was thier intended outcome. If not, coach ‘em up. If so, coach ‘em up.
- ➔ **“Attitude is the multiplier of talent.”** - Great talent and great attitudes help make great athletes. I think great coaches can develop both.
- ➔ **“Discipline is not to punish, it is to correct.”** - John Wooden was a wise man. We should know what we wish to accomplish when we need to discipline our athletes.
- ➔ **“Growth is limited by that necessity which is present in the least amount.”** - As coaches, occasionally we spend too much time expecting athletes to do what we have not taught them to do. We think they should know it from the start. Sometimes yes, sometimes no.
- ➔ **“Repurpose in a collaborative model.”** - I have no idea what this means. I wrote it down at one of the learning improvement days at the beginning of the school year. It sounded functional at the time.
- ➔ **“Mistakes are only as serious as the results they cause.”** - See dropped touchdown pass above... If he was open once, he will be open again.
- ➔ **“Good judgment comes from experience and experience comes from bad judgment.”** - This saying is close to “If I only knew then what I know now.” Most of us are much better coaches the next morning.
- ➔ **“We’re not the best, but we’re not afraid to play the best.”** - Some of the best moments in coaching may come when student-athletes discover that there was much more inside of them then they ever knew after participating in your program.
- ➔ **“There is no such thing as a free kick. It’s just a question of who pays.”** - Cause and effect, action and reaction. The concept that everything affects and is affected by everything else is difficult.
- ➔ **“They won’t always remember what you taught them, but they will never forget how you treated them.”** - Say this one to yourself every morning and just before practice.
- ➔ **“The trouble with having a sense of humor is that usually the people you use it on aren’t in a very good mood.”** - Lou Holtz said this many years ago. It made me smile and think. I hope I have done the same.



Mike Schick, Editor, “The Washington Coach” ■



2025 Washington State Athletic Trainers’ Association Annual Meeting and Clinical Symposium

The WSATA held their annual meeting and clinical symposium in June. They had sessions covering topics such as Collaborate to Dominate: Building an Integrated Health & Performance Team, Beyond the Surface: Dermatology Essentials in Sports Medicine, Advanced Orthopedic Care: X-Ray Insights, Post-Op Management & Cutting-Edge Tendinopathy Treatments, Spine Boarding: Where are we headed?, Potential Effects of GLP-1 Drugs on Athletic Performance, Applying EBP with Industrial Athletes, Left, Right and Ready: The Magic of Contralateral Exercises.

They also held their Hall of Fame Ceremony. ■

Does the Consumption of Energy Drinks Have Unintended Consequences?

by Steve Bridge,
Clear Risk



In the past few years the number of Sudden Cardiac Arrest (SCA) events occurring within middle level and high school level have increased. The reasons are several and it is not the intent of this article to put the blame on a single issue but as professionals who are in the “kid business” I feel it is duty to work with the medical community to look at a few reasons why this may be occurring. In May of 2023 a young girl collapsed at the end of her anchor leg of the 4x1 relay at the State High School Championship. The quick work of the training staff was quickly on site to treat her and potentially saved her life. Another incident just a couple years ago had a 16-year-old student collapse during PE class while jogging the track. Because of the school district’s Emergency Action Team, they quickly provided lifesaving action and again. Saved the young man’s life. These are just a couple of incidents in what seems to be a growing trend of cardiac issues with young kids who apparently had no warnings prior to the SCA event,

Recently, one State is attempting to be proactive in identifying potential risks- **“New Florida law requires heart screenings for high school athletes.”** The CDC reported between 1500- and 2000 deaths have occurred in young people age 25 and under from SCA or other cardiac related issues. In a recent California study 90% of all catastrophic injuries

were related to “Cardiac arrest, heat/neck injuries, exertional heat stroke and exertional sickling (a potential life-threatening condition resulting from the sickling of red blood cells during intense exercise).

As mentioned, there are several causes that can be attributed to these incidents with family history possibly the most significant. The Covid epidemic may have played a part not only as a potential side effect but most certainly from the lack of physical activity. One question is did kids develop a pattern of in-activity during the Covid era and did those habits become a trend? Again, only one potential cause.

This article will narrow its focus on the increasing use of energy drinks (not to be confused with sport drinks) and possible evidence of potential harm being caused by these energy boosters. A great deal of scrutiny has been given to the energy drink boom in our country and some schools are taking a more, hard line stance towards their use. I’m aware of several middle level schools that have banned their use (like cell phones, pretty hard to enforce) and I’m aware of at least one coach who has shared “if I see a player with an energy drink, they don’t practice that day.”

A recent study showed nearly 40% of middle school and high school kids use energy drinks (may be a low number) on a regular basis. Reviewing the

ingredients in these beverages should raise a red flag for parents and school personnel. It is clear the amount of caffeine and other stimulant (ginseng, guarana, taurine and sugar) may have effects other than just a energy boost.

Energy drink products range from 80 to 400 MLG of caffeine per serving, a cup of coffee has about 80. Let’s look at an example of potential risk! A middle school wrestler (13-14-15) drinks a energy drink prior to practice and lets assume he/she drank a more common and easy to find brand with 200 MLG of caffeine- what is happening to the heart rate? Obviously, it is increasing and because there is no physical effort, oxygen levels are not increasing only the heart rate. Now he/she goes to practice and what is being asked of the heart and respiratory system? First thing is to exert the body, increasing the heart rate even though the student has already done that artificially with the energy drink. Adults do the same thing but because coffee or soda or other caffeine products, like other drugs, develop a tolerance or adjustment to additional number of stimulants. Most kids don’t do that and as a result the added stimulants in the energy drinks have a far greater impact on kids than it may have on adults. The FDA reported parents have sued a California based energy beverage company claiming the drinks led to caffeine toxicity that

killed their 14-year-old daughter. Recently a great deal of attention has been given to the “Charged Lemonade” provided by the Panera Bread restaurants. It contained 390 MLG of caffeine and a number of deaths have been attributed to the consumption of the beverage (it is no longer available).

Martha Gulati, a cardiologist at Cedars-Sinai Heart Institute states “one of the biggest concerns with energy drinks is the irregular heart rhythms, known as arrhythmias, that can occur due to “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 alcohol and energy drinks were more likely to binge drink than those who did not use these substances.

In conclusion, energy drinks are being consumed at a very high rate and popular sites such as TikTok are constantly promoting their use. Unfortunately, because the government has classified these as “dietary supplements” little government regulations have been placed upon their use. Young athletes, especially more susceptible younger or smaller kids may be more impacted by the intake of high caffeine levels. While most healthy adults can consume levels of caffeine up to 400 MLG a day, this is not the case with most adolescents. Unfortunately, the long-term effects of chronic consumption have not been very well studied, but evidence is gaining interest from researchers. ■

Participating in Multiple Sports, Activities Continues to be Best Route to Success

BY DR. KARISSA NIEHOFF ON JULY 23, 2025
PRESS RELEASE, NFHS NEWS, NFHS VOICE



There has been an ongoing debate for many years regarding the advantages or disadvantages of focusing on one sport during teenage and high school years vs. playing a number of different sports.

Some people have argued that to be successful in a particular sport at the college level requires a person to devote all energy to that sport throughout high school. While this approach may work for some, an ever-increasing majority of athletes believe playing multiple sports leads to more success – on the athletic front and careers outside sports as well.

And recent events would substantiate that viewpoint regardless of age. Athletes who competed in high school sports many years ago, as well as current and recent participants, have similar views.

All four former high school athletes who were inducted into the NFHS National High School Hall of Fame this summer played multiple sports in high school.

Anna Maria Lopez participated in volleyball, basketball, and track and field at St. Mary’s Academy in Portland, Oregon, before excelling at volleyball at the University of Southern California. Caryn Schoff-Kovatch, the leading scorer in New York high school girls basketball history at St. Johnsville High School, also was all-league in soccer and softball.

Tim Dwight was a standout football and track athlete at City High School in Iowa City, Iowa, before his stellar college and professional careers. And Prince Amukamara played football,

basketball, and track and field at Apollo High School in Glendale, Arizona, before his 11-year NFL career.

“I think it is truly beneficial to play multiple sports,” Amukamara said. “I was just a natural-born competitor, and I felt like I was good at a lot of things, so I never thought the one-sport mindset was for me. Growing up, I was so thankful for a program out here in Arizona called GRASP (Glendale Recreation After School Program). They really encouraged us to do a lot of sports. I was pretty good at a lot of sports, and I loved competing, so I tried them all.”

In the recent NFL Draft, 222 of the 253 athletes (88 percent) who were drafted participated in multiple sports in high school. Miami quarterback Cam Ward, the No. 1 selection, played basketball and football at Columbia High School in Texas. Other first-rounders who excelled at multiple sports included Tyler Warren, tight end from Penn State who played football, basketball and baseball at Atlee High School in Mechanicsville, Virginia, and Jaxson Dart, University of Mississippi quarterback who played football and baseball in Draper, Utah.

Emeka Egbuka, wide receiver from Ohio State, played football and baseball at Steilacoom High School in Washington and credits baseball as a contributing factor to his athleticism.

More recently, similar stories of playing multiple sports were shared at the NFHS National Student Leadership Summit held last week in Indianapolis.

continued on page 8

continued from page 7

During one of the general sessions, more than 90 percent of the 211 attendees, all of whom were junior or seniors currently involved in high school sports or other activity programs, indicated they currently were participating in multiple sports.

Playing multiple sports in high school is truly a winning formula. In addition to enhancing chances for a college scholarship and playing a sport at the highest level, there are innumerable benefits for the 95 percent of high school athletes who will not play at higher levels.

Multiple-sport participants have a reduced risk of overuse injuries, are able to learn from multiple coaches, participate in cross-training which leads to better athleticism, have better mental development and teamwork skills, and have a reduced chance of burnout in sports. Further, students can enjoy multiple activities concurrently, such as participation on a sports team while also belonging to a performing arts group.

It is incumbent on coaches, administrators and state associations to

pave the way for students to be involved in multiple sports – and other activity programs. Many have done a great job at opening these doors, including Jane Berry-Eddings, longtime speech and debate coach at Sprague High School in Salem, Oregon, who was inducted into the National High School Hall of Fame earlier this summer.

“I’ve had students who were drum majors and students who were on the track and cross country teams, and I’ve had football players and basketball players who were involved in speech and debate,” said Berry-Eddings. “I’ve always encouraged them to look at their schedule and pick what they wanted to do. I wanted students to explore all the wonderful opportunities out there because if they didn’t take a chance and try one, they might miss something they would love. I tried to never put a student in a position where they had to choose between one activity they loved and another activity they loved. We can make it work.”

NFHS member state associations continue to add more sport offerings, which make it possible for more students to be involved in a sport or activity of their choosing. Most recently, the

Hawaii High School Athletic Association added its 21st sport – surfing – to its offerings of state championships.

According to the most recent data from the NFHS Handbook, the New Hampshire Interscholastic Athletic Association leads the way with 23 sports, followed by the California Interscholastic Federation and Vermont Principals’ Association with 22. In addition to Hawaii, state associations in Illinois, Connecticut and Massachusetts also offer 21 sports.

Whether the goal is to participate in high school sports and activities to have fun with their peers, or to achieve a college athletic scholarship, or to be a lifelong participant, the best route to achieving a successful, healthy balance in life is to participate in multiple sports and other activities.

National Federation of State High School Associations

PO Box 690 Indianapolis, IN 46206
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Coaching With Confidence

Coaching with Confidence by Suzanne Marble uncovers the key strategies for leading your team to success in sports and life. Whether new to coaching or a seasoned veteran, ***Coaching with Confidence*** is the ultimate guide to developing a program rooted in trust, resilience, and peak performance.

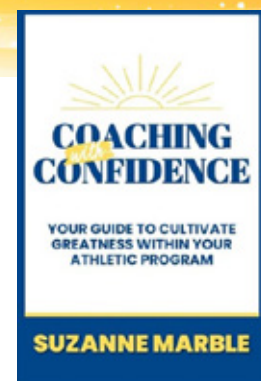
Suzanne Marble draws on 30 years of coaching experience to deliver actionable insights and practical tools to help transform your leadership and elevate your team.

Coaching with Confidence is the ultimate guide to developing a program rooted in trust, resilience, and peak performance.

This comprehensive guide explores 11 foundational pillars designed to build confidence, foster self-reflection, and inspire growth—equipping you to elevate your athletes in all aspects of life, not just athletics.

Take your coaching to the next level. Get your copy of ***Coaching with Confidence*** today and start building a championship culture!

Available on Amazon <https://a.co/d/4pzlXdL> ■



WSVBCA Coaches Clinic 2025 **Building Connections and Elevating the Game**



The Washington State Volleyball Coaches Association (WSVBCA) hosted its annual clinic this year, bringing together coaches from across the state for a weekend of professional development, connection, and inspiration. The clinic emphasized collaboration and shared learning, offering coaches at every level a chance to strengthen their skills and grow the game of volleyball in Washington.

This year's clinic featured two dynamic keynote speakers: Mario Andaya, longtime head coach at Central Washington University, and James Suh, a respected leader and coach in the sport and advocate for player development. Both shared powerful insights into leadership, team culture, and skill development, leaving coaches with fresh strategies to take back to their programs.

In addition to the keynotes, breakout sessions offered hands-on drills, program management tips, and mental training approaches. Coaches walked away with not only practical tools but also renewed passion and perspective to bring to their athletes.

The WSVBCA continues to serve as a vital hub for Washington volleyball coaches, reminding us that the power of the sport lies not just in competition but in the community we create through it. ■



Progress Over Perfection ***“Perfection is the enemy of progress.”***

Winston Churchill

According to Merriam-Webster, perfection is complete, without faults or weaknesses, and it is a perfect state. Conversely, progress is described as moving forward, advancing, or developing to a higher, better, or more advanced stage. Progress over perfection is more important in high school sports because it fosters continuous improvement, resilience, and personal growth. High school athletes are in a critical stage of development, and focusing on progress helps them build confidence and learn from their mistakes without the pressure of perfection. This approach creates a positive environment where athletes can enjoy the sport, stay motivated, and develop the skills and mindset necessary for success in sports and life.

Prioritizing progress over perfection in high school athletics creates a positive, growth-oriented atmosphere, encouraging athletes to view mistakes as opportunities for development. Focusing on continuous improvement boosts athletic performance, fosters a lifelong passion for sports, and promotes personal growth. By valuing progress, you and your athletes can fully appreciate the journey of your season. ■



EARL BARDEN 2A-1A-B

WEST VS. EAST

ALL-STAR CLASSIC

The 2025 Earl Barden Classic saw the East prevailing 28-6 over the West. Blaze Underhill from Onalaska High School started the scoring with a 2 yard run to put the West in the lead but the East scored the next 4 touchdowns with Royal High School's

Santana Luna scoring 2, one rushing and one receiving (from his high school teammate Lance Allred), Tucker Land from WF West catching a pass from HIS high school teammate Gage Brumfield and a defensive pick 6 was had by TraMaye Jenkins from RA Long.

Awards:

- ◆ West Offensive MVP- Blaze Underhill- Onalaska High School
- ◆ West Defensive MVP- Cody Strozyk- Pe Ell/ Willapa Valley
- ◆ East Offensive MVP- Gage Brumfield- WF West High School
- ◆ East Defensive MVP- TraMayne Jenkins- RA Long High School
- ◆ West Coach Lynch Most Inspiational- Garrett Goade- Bainbridge High School
- ◆ East Coach Lynch Most Inspiational- Quilan Hyatt- West Valley- Spokane
- ◆ West Outstanding Teammate in Honor of Coach Alex (comes with a \$500 scholarship sponsored by Washington State Coaches Association)- Matthias Posini- Columbia High School- White Salmon
- ◆ East Outstanding Teammate in Honor of Coach Alex(comes with a \$500 scholarship sponsored by Washington State Coaches Association)- Aiden Ford- Zillah High School

The West coaching staff was made up of Head Coach Mazen Sadde (Onalaska), Wayne Nelson (Onalaska), Kenny Ulery (Onalaska) and Shawn Friese (White Salmon). The East sideline was headed up by Head Coach Cody Lamb (La Salle), Jason Smith (Toppenish), Wiley Allred (Royal) and Dan Hill (WF West). Coach Friese and Coach Hill are sons of Hall of Fame and former Earl Barden Classic coaches- enjoy getting to know them a bit.

Next year's Earl Barden Classic is scheduled for Saturday, June 20 and being played at East Valley High School in Yakima. As the season progresses, the Earl Barden administration will keep a close eye on players for 2026. Make plans to join us in Yakima!



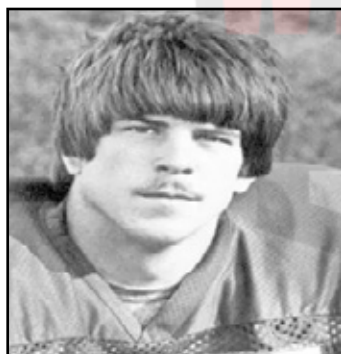
Flanked by Rob Friese, WSCA Executive Secretary/Treasurer on the left and Tom Sanchez, Earl Barden West Coordinator on the right, is Bob Merkel a huge Willapa Valley fan. His family is a long-standing fixture on Willapa Harbor. He drives from Raymond to Yakima on the morning of the Earl Barden East-West game, watches the game, and drives home afterward, whether PWV has a player in the game or not; has done so for many years. Thank you for all your support Bob!

EARL BARDEN 2A-1A-B ★ ★ **WEST** **VS.** **EAST** **ALL-STAR CLASSIC**

Washington State Coaches Association Hall of Fame Members Jim Hill and Rob Friese have coached in the Earl Barden 2A-1A-B All Star Classic and are now followed by their sons! Enjoy getting to know these 4 All Stars!



**Jim Hill
and son
Dan Hill**



**Rob Friese
and son
Shawn Friese**



Coaching Biography

Jim- 1988 Federal Way, 1989 McCleary Middle School, 1991-1994 Elma Asst Coach, 1995-2016 Elma Head Coach

Dan- LaCrosse-Washtucna 2 years, Rochester 1 year, Centralia 4 years, WF West Head Coach 7 years

Rob- 1985 Ocosta, 1990 Willapa Valley, 1993-2011 Willapa Valley Head Coach

Shawn- 2009 South Bend, 2015 Stevenson, 2016 Columbia, 2023-present Columbia Head Coach

Coached in the Earl Barden Classic

Jim- 2003- Coached the East, the East lost

Dan- Played in 2003, the East lost, 1st year coaching in the Classic

Rob- 1997- Coached the West to a win, West Team coordinator for several years

Shawn- 1st year coaching in the Classic

EARL BARDEN 2A-1A-B

★ ★

WEST VS. EAST

ALL-STAR CLASSIC

What do you do with your time now?

Jim- Retired. Golf, exercise, grandkids and home projects

Dan- When not in football season, I coach my own kids in basketball and baseball.

Rob- Semi-retired. I am the Executive Director/Treasurer for the Washington State Coaches Association. Spend time with my 6 grandkids and chase my wife, Lisa.

Shawn- Along with being the Head Coach at Columbia I am also the Drama Director and prepping for shows. I have 2 daughters and coach them in basketball and softball.

Favorite Earl Barden Classic Memory

Jim- Respect for the coordinators, coaches and players. Admiration for those who build 1 last HS football memory for the players- something very special!

Dan- I got to play one final game with my HS teammates and have my dad as coach!

Rob- Lifelong memories with players and coaches alike. Been coming back for 20+ years as a gofer going to baseball games, monster trucks, go carts, belly flop contests and movies sponsored by Earl Barden himself!

Shawn- Beginning to build memories this year!

Favorite Father/Son football memory

Jim- Coached 2 sons. I loved the grind with them; the journey. Winning a state title was pretty cool too!

Dan- Winning a state title with dad my junior year. The next year we played for the Gold Ball but finished 2nd. The 2-year run was really special.

Rob- 1997- When I was inducted in the Hall of Fame, I asked Shawn to speak. After some humor, Shawn said what I had done had made a huge impact on him- it was truly a heartfelt tribute.

Shawn- Getting to introduce dad at the HOF banquet. Now as a head coach, I

love spending time with him, talking football and taking his years of knowledge about the game and applying that to my own program.

Anything else?

Jim- I enjoy game week, the players and the coaches you get to meet. The sport of football is an amazing game- It parallels many of life's journeys. Dorothy in the Wizard of Oz said "There's no place like home!" For a football coach there is no place like being in the locker room with your team before battle!

Dan- My dad has been one of the main inspirations for the career and life I lead.

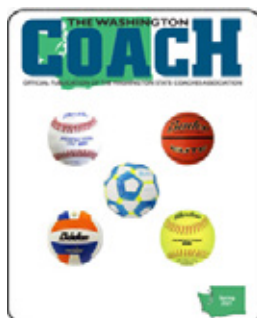
Rob- I have been involved with the Earl Barden Classic since it's inception. Guys like Earl Barden, Coach Bill Alexander and Mark Mochel and all of the coordinators and gofers make a great experience for players- many of whom are playing their final football game.

Shawn- It is an honor to be selected to coach in this year's Earl Barden Classic. The legacy of the game is far reaching and I am excited to be a part of it! ■



ADVERTISE

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.



Rates for 3 issues:

- Full Page (7"x 9") \$500
- Half Page (7"x4.5") \$320
- Quarter Page (3.5"x4.5") \$200

Rates for 1, 2 issues are also available.

Contact Michael H. Schick, Editor
 "The Washington Coach"
wscs-editor@comcast.net
 Cell phone: 253-318-9432 ■



Washington State Coaches Association

Membership Benefit

GENERAL LIABILITY INSURANCE

Who is covered?

- Member scholastic school coaches.

What is covered?

- Claims made by negligent acts, accidentally committed resulting in bodily injury, personal and advertising injury or property damage to others.

When are you covered?

- During your coaching activities and in the classroom.

What are the limits of liability?

- 1M per occurrence.
- 2M general aggregate per coach.

Additional policy coverages

- Participant Legal Liability.
- Defense costs outside of the limits of liability.

Exclusions

- The transportation of athletes.
- All Star games that are not approved by your state coaches association.
- The loss, cost or expense arising out of infectious or communicable disease.
- Assault & Battery



CAMP INSURANCE COVERAGE

Participant/Accident coverage is required for all participants attending camps.

What is Participant/Accident coverage and why is it required?

- Secondary medical insurance with a \$25,000 limit.
- The policy becomes primary should the injured party not have Primary Medical insurance.
- Pays out-of-pocket expenses such as co-pays and deductibles.
- Protects coaches and their schools from potential liability claims.

What is the premium for Participant/Accident camp coverage?

- \$300 minimum premium.
- Coaches also have the option of adding multiple camps.

Certificates of Insurance

- Most schools today require a certificate of insurance from coaches using school facilities. Certificates of insurance can be issued showing proof of insurance or naming an additional insured.

For more information: Visit www.loomislapann.com and click on camps.

Contact us at: 518-792-6561 or sports@loomislapann.com

Hearing their final whistle...



Coach Dean Ratliff



A vital part of high school gymnastics in Washington for many years was lost with the unexpected passing of beloved judge, Dean Ratliff. Dean started coaching right out of high school for USAG clubs and high school for Ingraham and Ballard's combined program, after coaching for a few years judging fit better into his family's schedule. In 1990 he judged his first high school state meet, he has been at every State meet as a judge, coach, or meet referee/technical director since then... that's 35 years being a part of the high school gymnastics State meet. Dean judged club

gymnastics as well as NCAA for most, if not all, of his career. He started on the WSGCA board in 1993 and became the Technical Director/state meet referee in 1994 and held that position until his passing. In that position he worked closely with WIAA and WOA. He was also the USAG State Judging director and assignor for a few years. Dean has been recognized for his many contributions in several ways over the years. Dean was Official of the Year 1999, NFHS Official of the Year 2000, was inducted into the WSGCA Hall of Fame in 2017 and is being inducted into the WOA

Hall of Fame this year. Along with high school gymnastics in this state Dean was also active Nationally, in 2007 he was a founding member of NHSGA and has been their technical director since. He has also judged, was meet director or technical director at every High School Senior National meet since 1999. Outside of gymnastics Dean loved to travel. When he was inducted into the WSGCA Hall of Fame he wrote "Since those days of cassette tapes, vaulting horse and competing on wrestling mats at State my passion for high school gymnastics has not changed. I

continue to feel greatly honored to be able to work with so many others that share my passion for high school gymnastics and providing an outlet for these young ladies in our amazing sport...Know that all I do is in support of this program, our coaches and judges and most of all our athletes" I think that sums up Dean. There will be a huge hole in our community without him. He will be missed by so many.

Dean is survived by his wife Mari, children Elizabeth (husband Jackson), Amalie and Andrew. Please keep them in your thoughts and prayers as they grieve in this difficult time. ■

Hearing their final whistle...



Coach Bertha Koplitz



Bertha Adelia Koplitz passed away peacefully on January 31, 2025 at the age of 93. She graduated from Washington State University, where she played field hockey and was secretary of the student body. Her first teaching job was at Elma High School where she met and married Don Koplitz.

Mrs. K taught physical education, typing, shorthand and other subjects as needed, but her true professional passion was establishing opportunities

for girls to participate in sports. As a driving force in the area, she founded all programs and coached junior high and high school teams in volleyball, basketball, track and field, and badminton. Amazingly her badminton teams never lost a match. In 2009, she was elected to the Washington State Volleyball Coaches Hall of Fame. In addition to coaching sports, she was the letter club advisor and director of the drill team that performed during halftime

of the basketball games. Mrs. K also opened the gym (now the Koplitz Fieldhouse) to women of the community for Ladies' Night on Mondays, and on Wednesday nights it was open gym for the intramural Girls Athletic Association (GAA). Remarkably, until Title IX was passed in 1972, her only compensation for running this multitude of programs was the joy that her goal was being realized - girls could finally play sports in South Bend.

Above all, Bertha Koplitz loved her family. She went by many names: Wife, Mom, Grandma, Auntie Bert, and Cousin Bertha. She is survived by daughter Monica (Bo, deceased), son Brent (Lynn), and daughter-in-law Marla as well as grandchildren and great-grandchildren. ■



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.

CARRIER

HDI Global Specialty (A Rated)

POLICY PERIOD

August 1, 2025 – August 1, 2026

LIMITS OF INSURANCE

\$1,000,000	Each Occurrence
\$2,000,000	General Aggregate (per Member)
\$1,000,000	Products/Completed Operations
\$1,000,000	Personal & Advertising Injury
\$ 300,000	Fire Damage
\$ 50,000	Sexual Abuse (per Member)
Excluded	Medical Payments

COVERAGES

- ❖ Educator Professional Liability
- ❖ Participant Legal Liability for insured members
- ❖ Liability assumed under written contract
- ❖ Defense Cost outside limits

EXCLUSIONS

- ❖ The use of automobiles, buses, watercraft and aircraft
- ❖ Property of others in the care, custody, and control of the insured.
- ❖ 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.

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.

PURCHASE INSURANCE

- ❖ Camp Insurance Request form is available on our website: <https://www.loomislapann.com/page/camp-insurance-2.html>

INSURANCE ADMINISTRATOR



www.loomislapann.com

(P) 800-566-6479 | (F) 518-792-3426

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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.



Cross Country

Congratulations to our 2025 Hall of Fame Inductees



Jon Knight

Jon didn't plan on being a coach, but after his first year of teaching, the cross country position at North Central opened up and the rest is history. Jon got his start as a high school athlete where he had a lot of success. He was on the podium all three years in cross country, finishing 4th as a sophomore, and then 2nd as a junior and senior when his teams won the state title, coached by hall of Fame member Herm Caviness. Jon was also on the US junior World team that finished 3rd in xc. His track career was equally notable, including state titles in the 1600 and 3200 at the first Star Track at Lincoln Bowl. After high school Jon ran for Montana before moving to run for Coach Jon Chaplin at WSU for three years. After college he went to work as a teacher at North Central

High School where he has coached and taught his entire career.

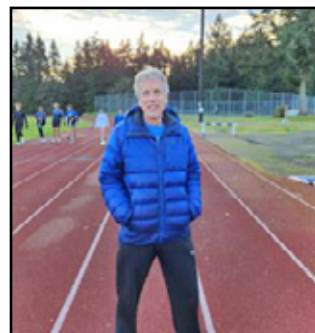
While at North Central Jon had an amazing run. His boys teams were dominant. Jon wants to thank an amazingly supportive spouse and equally amazing staff of coaches and volunteers for what they were able to accomplish at North Central. From 2006-2016 they won 11 3A state titles. In addition, they finished 2nd in 2004, 2005, and 2018, and 3rd in 2017 and 2019. During those years they had 3 individual winners. Ben Johnston won in 2009, Tanner Anderson took the title in 2013 and 2014 and then Justin Janke won in 2015. North Central also won the always tough Greater Spokane League Champions 10 years during that span. Jon is quick to note that he was surrounded by a number of outstanding assistants, particularly his core group of Len Long, Lori Wordell, JC Hodgson, Dick Baker.

North Central was also very successful on the regional and national stage. During these years, North Central (running in the post-season as North Spokane) won 7 Nike Northwest Re-

gional titles during the years 2007-2014, 1 Nike National title in 2008, and finished 3rd at Nike Nationals twice in 2012 & 2014. In addition, they had two individual Nike National Champions, Kai Wilmot in 2023 and Tanner Anderson in 2014. In 2008 Jon received the National Federation of State High School Associations Sectional Coaches Award.

One of the things Jon is most proud of is his team's commitment to service. From 2000 to 2020 North CentralXC volunteered about 300 hours each year thinning trees at Riverside State Park where they frequently trained, with the annual Spokane River Cleanup, and with the Women's and Children's Free Restaurant, a local food pantry.

Jon would also like to thank his wife Janet and children Katie and Henry for their love and support.



Doug Fulton

Doug started his cross-country journey prior to his junior year at Seattle's Roosevelt High School after much encouragement from my older brother Jon. Those two years of running were transformative and led him to a career as a high school science teacher and coach after graduating from the University of Washington.

Doug's career began under the guidance of Hall of Fame coach Cliff Nixon at Interlake high school in 1990 where he served as an assistant coach during his student teaching assignment. Doug then spent six years at Hoquiam High School before settling down at South Whidbey High School in 1997. Doug's experience in Hoquiam was highlighted by teaching and coaching many talented athletes. Two of note were Miguel Galeana, a five-time state champion in



Cross Country

cross country and track and field and an All-American in the steeplechase at Montana State as well as Dameon Marlow who has led the White River program for the past twenty years with great success.

At South Whidbey, Doug took over a girls' program founded by Hall of Fame coach Carl Westling and very successful boys coach, Tim Gordon. Those coaches along with longtime middle school coach Jack Terhar laid the foundation which enabled the South Whidbey program to have the success that Doug continued to build on.

During the past 34 years, Doug has been a part of many great cross country and track and field teams and worked with a number of outstanding assistant coaches, including Steve Siders, Dean Hatt, Rosie Donnelly, Shauna Davies, Mark Eager, Kathy Rodgers, Scott Warwick and Joe Humrickhouse. Twenty-five of our teams qualified for the state cross country championships, with 6 top 4 podium finishes in cross country and 6 podium finishes in track and field including the 2003 State title. These teams also earned 32 league/district XC and TF titles and numerous individual titles.

Doug also served on the WSCC executive board for the past thirty years

working with a dedicated group of coaches including: Tom Campbell, Steve Bertrand, Mark Cullen, Joe Clark, Bruce McDowell, Phil English, Kevin Ryan and Jeff Hashimoto among others.

Doug states that "Cross Country teaches young athletes, like myself all those years ago, many important life lessons which help guide us throughout life. I am grateful I chose this path all those years ago. Since retiring from teaching, I have returned to competitive masters running and still feel the same excitement of racing as I did in my youth."



Gene Blankenship

Gene spent most of his time as the head coach at two schools--Hart High School in Santa Clarita, CA (11 years), and Medical Lake HS in WA (15 years). He was a volunteer or an assistant coach part of the time at West Valley, University, and Central Valley high schools as well.

In 1981 Gene started

coaching cross country, and distance runners in track, at Canyon High School in California. He had been working as a Park Director in the L.A. Parks & Rec department for about 20 years at that time and he was asked to help out during the summer by three high school athletes because their coach was retiring.

Gene ran track and cross country for Leuzinger High School in Lawndale, CA. where he set a school record on their cross country course. In 1960 he also broke the school half mile and mile records. Ironically, the mile record had been set before he was born and had lasted 18 years but his 4:35.1 record was broken the very next year. That was back when tracks were covered with loose dirt or cinder. Gene then ran at El Camino Jr. College and his team were the XC team State Champs in 1961.

At Hart H.S. in California, the boys won 11 League Championships, 3 Sectional Championships and were the California State Champions three years in a row. They also received a #1 National ranking from Harrier Magazine. The girls also had 11 League Championships. During his time at Medical Lake, the boys had 5 League Championships and also had 3 State Championships. In 2022 they had the individual state champion, Reid

Headrick. The girls' best team performances at State were 2nd in 2021 and 3rd in 2022. At the time of his induction, his boys' teams qualified for State for the last 13 years with podium finishes 9 times and three more for the girls.

Gene has received a number of awards including The Great Northern League 2006. The NEA League Coach of the Year for 2012, 2014, 2017, 2019, 2021, and 2022 and The WSCC Coach of the Year in 2013 & 2017. USTFCCA recognized him in 2014. He was also inducted into the Mt. SAC Cross Country Invitational Hall of Fame in 2008. His happiest memories are from the 2013 and 2014 State meets. He thanks all of his assistant coaches over the years for their hard work and dedication as well as all of the runners. He considers himself to have been fortunate to have had so many talented and dedicated runners!

Another favorite all-time running memory happened in Los Angeles in 1984 when he was asked to organize and provide aid stations for the first Women's Olympic Marathon. Gene was in the entry tunnel to the track on the stadium floor when our American runner Joan Benoit ran by him and won. ■

SPORTS

Individual Sport Representatives

These are the coaches you need on your staff!

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!

ATHLETIC TRAINERS

Ciara Ashworth
Kamiakin
president@wsata.org

BASEBALL

Brian Jackson
Graham-Kapowsin
bjackson@bethelsd.org

BASKETBALL - BOYS

Nalin Sood
Mountlake Terrace
wibca2010@gmail.com

BASKETBALL - GIRLS

Dan Taylor
King's
knights.in.gods.armor@gmail.com

CROSS COUNTRY

Kevin Ryan
Sehome
kevin.ryan@bellingshamschools.org

DANCE AND DRILL

Arianna Schultz
Puyallup
wsddca@gmail.com
Lori Stephens
Meridian-Mattson MS
wsddcapastpresident@gmail.com

FOOTBALL

Mark Keel
Central Kitsap
MarkK@ckschools.org

GOLF

Darrell Olson
Everett
abcdolson@frontier.com

GYMNASTICS

Ryan Fleisher
Issaquah
wsgca@outlook.com

SOCCER

Jens Jensen
Royal
jjensen@royalsd.org

SOFTBALL

Corey Davis
College Place
cdavis@cpps.org

TENNIS

Harrison Lee
Curtis
hlee@upsd83.org

TRACK & FIELD

Kevin Eager
Gig Harbor
wstfcaprez@gmail.com

VOLLEYBALL

Suzanne Marble
LaConner
suzannemarblevb@gmail.com

WRESTLING

Brett Lucas
Todd Beamer
blucas@fwps.org ■

Hearing their final whistle...



Coach Sam Giampietri



Samuel "Sam" Giampietri, 78, passed away peacefully, while surrounded by loved ones on July 1, 2025. Sam was a Spokane native and leaves behind his beloved wife of 50 years, Mary Ellen; cherished children, Jenny (K.C.) Scott and David (Sarah) Giampietri; three adored grandsons: Matthew, Tristen, and Bodie; brother, Rick (Priscilla) Giampietri; sister, Dianna (Terry) Arrington; and several nephews and nieces.

Sam was born in the fall of 1946, and was preceded in death by his parents, David and Anna (Naccarato) Giampietri. In his often quiet, yet meaningful way, Sam impacted every life he touched – whether on the field, in the classroom, or around the dining room table. He is remembered for his servant's heart, his wise counsel, loyalty, and goodness.

Sam attended St. Anthony's Catholic School K-8th grades and graduated from

North Central High School in 1965. He received his bachelor's degree from EWU and master's degree in education from Whitworth and spent his career teaching high school and coaching football and wrestling. His early career was in Republic, followed by Pomeroy, and then Chewelah. Once he retired from teaching, he continued coaching football at Central Valley assisting his brother, Rick, for several years. Coaching together with his brother was one of his greatest joys, along with coaching his son, nephew, and two great-nephews.

In his early years, Sam treasured his childhood summers on his grandpar-

ent's farm in Priest River. In early family years, fishing and boating were favorites, and in retirement, Sam was an avid golfer (making a few holes-in-one!). Sam was also an excellent cook and master griller of steaks. His meatballs were legendary, and he carried on his mom's tradition of making Turdilli, Italian Christmas cookies. Above all, what filled his heart most was family gatherings: while Sam didn't always have a lot to say, what he said was a lot.

A funeral Mass was held Saturday, July 12, at 11:00 a.m., at St. Thomas More Catholic Church, followed by a reception in the parish hall. Sam's ashes were privately interred at Fairmount Memorial Park. ■



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 wsc-editor@comcast.net. ■



Recognizing the Coaches Who Help Shape Tomorrow

Each week during the high school football season, the Seahawks and the Washington State Football Coaches Association select two high school football coaches as our Coach of the Week winners. Each recipient receives a \$500 donation to the school's football program and will be honored at a Seahawks Home Game with their fellow recipients. Read more about this year's winners below. Ready? Break!

Week #1: Head Coach

Dave Hajek - Washougal (2A)



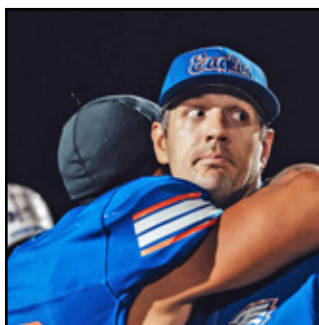
Coach Dave Hajek has been a football and track & field coach impacting student-athletes lives for more than 3 decades including 20 years as the head football coach and 30 years as the head track & field coach at Washougal High School. Coach Hajek also graduated from Washougal in 1987

where he then attended and walked on the football team at Eastern Washington University. Washougal, a small but mighty program had a dominate kickoff win for the season against a bigger 3A Mountain View team 56-33.

Coach Hajek had this to say in response to his Coach of the Week honors "I am honored that I would be selected for this award and truly feel blessed that anyone recognizes the hard work that the coaches and the athletes have done here at Washougal High School. I will accept this honor for the Kids and the other coaches I have the pleasure to work with. Thank you for this honor and GO Hawks!"

Week #1: Head Coach

Jeff Logan - Graham-Kapowsin (4A)



Jeff Logan has been with the GK program for over 12 years now. He enters his 4th season as the head coach after taking over for legendary head coach Eric Kurle. GK kicked off the year with an incredible 40-38 thriller of a win against reigning 3A state champions O'Dea. Coach Logan grew up in Gra-

ham and played for GK, he then went on to play at Montana Western in college where his love of the game continued. He has an amazing wife Abby who is very supportive of the program and has his dad and brother on the coaching staff as well, so it is safe to say they are a football family!

"Beating Odea was a huge steppingstone for our young athletes in their maturation process. They were forced into a situation that made them grow up as young men, I am extremely proud of their resiliency and toughness. Our team motto is E.A.T. and I thought out effort, attitude and toughness were on full display last Friday night. Our offense tallied 375 total yards and scored 40 points while our defense was tasked with stopping a physical football team that runs the ball well. They created two turnovers when it mattered most to help propel us to a victory." Said coach Logan! ■



Danny M. O'Dell, Explosivelyfit
Strength Training

Introduction/refresher to fitness/exercise

This subject may be old hat to many coaches and physical education instructors, but it may be of interest to those just starting out with their new teacher's degree in their eager hands.

The students deserve to have the most up-to-date training information as well as the latest, field-tested schedules and techniques. To be otherwise is wasting their time because they will expect you to know what you're doing, and if you don't know, then own up to it and find the answer.

Keep in mind that you are a role model for each one of your students. Look professional, dress the part, always be presentable, choose your words carefully, don't swear or say inappropriate things, and stay away from commenting on the political atmosphere.

They will watch your every move and notice your character whenever they see you either in or out of school.

Goal setting

Your students will often benefit by using mental strategies by first setting their goals, both short-term and long-term, and then learning to use visualization to be discussed later on.

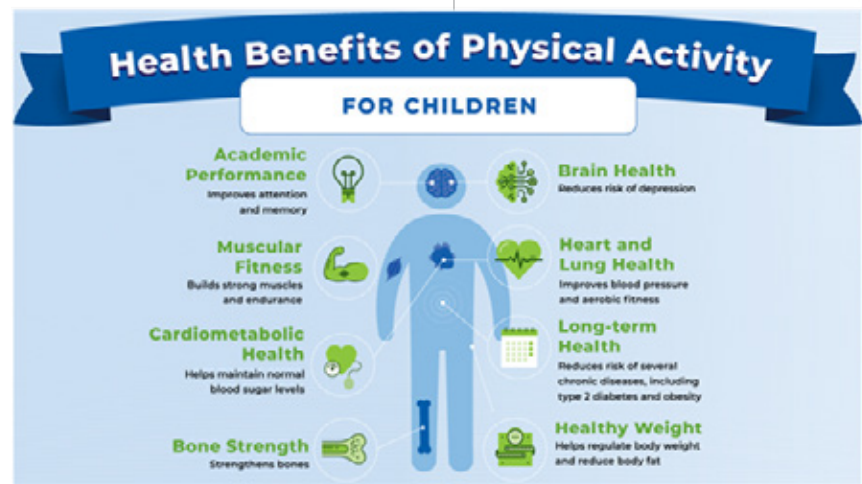
SMART

Setting up a pathway to a goal involves using the following cues, which help establish a solid foundation for achieving a higher potential of reaching a goal. I don't believe more explanation is necessary for each of these.

Specific, Measurable, Achievable, Relevant, and Time-limited.

Having said this let's move on to the topic at hand.

The health benefits of physical activity are displayed in this CDC graphic.



<https://www.cdc.gov/physical-activity-basics/media/images/healthbenefitsofPAchildren16x9.jpg>

At the beginning of the session, make time for a warm-up. For the best results, consider incorporating the warm-up exercises in this sequence.

Beginning with an overall warm up like slipping rope, jogging in place, or similar activities to get the heart rate up, breathing a bit harder, and a slight sweat starts, then moving on to the physical activity.

Start from the distant joints and work toward the center or proximal portion of the body, from one end to the other or from top to bottom or vice versa. The exercises move from one into another so that the end of one movement floats directly into the

start of the next movement. This is also how to set up a regular strength training session.

The commonly accepted elements of fitness include these five parts:

Body composition

Body composition, for our purposes, means the amount of fat in relation to the muscle mass of the body. In essence, it is the percentage of fat contained within the total body weight.

Keep in mind that the scale weight does not discriminate between muscle and fat. Only a body analysis can identify/separate the difference between the two.

Students with an optimal ratio are generally healthier and more fluid and efficient in their movements. In general, they feel better physically and mentally about themselves.

continued on page 24

continued from page 23

Observation of the students may indicate those who are overweight. BUT it is not our position to bring this to their attention. It is more than likely that they are already aware of the issue. And if they aren't, it is a sure bet that some of their classmates have pointed it out to them and probably not in a gentle or kind manner.

Cardiovascular

"The primary function of the respiratory system is the basic exchange of oxygen and carbon dioxide." Aerobic training, intelligently designed, guides coaches in helping the students reach their self-determined goal.

"The primary of function of the cardiovascular system" ... "is to deliver nutrients and oxygen to the muscles^[1]." The main objective of cardio, aerobic training is to reach an enhanced level of delivering oxygen and nutrients to the body in the most efficient manner.

Before beginning their aerobic training, students need to know their maximum heart rate.

The most frequently used method of checking what level of exercise is the most beneficial to the student athlete by subtracting their age from 220, with the result being the maximum heart rate. Bear in mind this number may vary by +/- 10 beats per minute; however, it is close enough for entry-level training purposes.

"Acute aerobic exercise results in increased cardiac output, stroke volume, heart rate, oxygen uptake, systolic

blood pressure, and blood flow to active muscles and a decrease in dystonic blood pressure."^[2]

Aerobic fitness: Target heart rate zone^[3]

The target heart rate zone is a heart rate range that gives your heart and lungs a good workout. This zone ranges from 50% to 85% of the maximum heart rate (MHR) for your age. Aim for 50% to 70% of MHR when you do moderately intense activities and 70% to 85% of MHR when you do vigorous activities.

You can use the target heart rate zone as a guide to see how hard you're exercising. It's okay if you don't reach your target zone. Any activity is good for your health. If you're on the lower end of your target heart rate zone, you can try to increase your effort little by little to get more from your workout.

If you exercise regularly, you can stop briefly to check your heart rate at times during an aerobic workout. If you don't exercise regularly, you can do a simple test by checking your heart rate after a brisk 10-minute walk.

Flexibility

Flexibility and stretching are related but are not the same.

- Flexibility is "the range of motion "(ROM) "about a body joint"^[4]
- Stretching means to expand the ROM by gently applying force at the end of the range of motion. This is NOT a jerky, harmful, overly aggressive applied

force. It is a smooth application of force. If using an assistant, this individual absolutely must pay strict attention to the body language of the person being stretched. Otherwise, an injury may or will happen.

Muscular endurance

- " M u s c u l a r endurance is the ability of a certain muscle or muscle group to perform repeated c o n t r a c t i o n s a g a i n s t a s u b m a x i m a l resistance."^[5]

Muscular strength

Maximum strength, tested with 1 rep max efforts, is an issue that must be constantly monitored in the weight room. More than likely, it will be the males trying these.

When you notice this going on, put an immediate stop to it and then turn it into a teachable moment. Let them know this is not a team effort; it is a solo lift, with the spotter's sole responsibility being to protect the lifter in case they cannot finish the lift safely because the load is too great or their form is leading to an injury.

My advice/suggestion is not to let them do these until you feel comfortable with their technique; otherwise, some of the students will be seeing how much they can do.

This most frequently happens with the bench

press, which is often accompanied by one or two spotters who are commonly seen struggling with the bar as they are yelling, "you got this!" Every one of us has seen spotters straining to help move the bar during the concentric phase as they keep yelling, "you got this," "nice job," "that looked easy," "one more rep," "keep going," and other such comments.

After finishing the exercise, the lifter and spotter both look like they have both been lifting the weight for several repetitions."^[6]

Instill in your students that technique must precede heavier loads. Too much, too soon is an expressway to an injury.^[7]

Remind the spotters their job is NOT to lift the weight, but to assist in, as is the case with the bench press, giving a lift off, and re-racking the bar when necessary.

Maximum strength is low-speed strength; no one is going to push a 1 rep max fast. If the rep is fast, the load is too low. Follow precise strength-building protocols to safely arrive at a solid 1 repetition maximum.^[8]

Cardio and strength are most often the focus in our fitness classes. Work on incorporating the others in as well. Be creative with your course syllabus and day-to-day schedule. For more details, go to the National Library of Medicine.

The five most important subparts included in the main objective of reaching a higher level of fitness/exercise, all of which are trainable, are as follows.

1. **Agility:** The ability to move easily and quickly while still in control of your body.

2. **Balance:** The ability to be in control of your body implies being able to keep your equilibrium during movement, however fast it may be.

3. **Coordination:** The ability to keep your movement patterns efficient and smooth and keep them technically correct throughout the full range of motion in the exercise.

4. **Speed:** Being able to move efficiently and rapidly by moving smoothly.

5. **Power:** is the ability to exert maximum force against an object, human or otherwise.

Every one of these 5 physical fitness topics is important for improving your students' overall physical fitness. Just as important but rarely given much importance in the physical education classes, is the mental aspect of fitness.

The mental aspects of fitness

https://www.mentalhealth.va.gov/coe/cih-visn2/Documents/Patient_Education_Handouts/Visualization_Guided_Imagery_2013.pdf

"Michael Phelps, the most decorated Olympian, meticulously prepared for every race using both visualization and imagery. He mentally rehearsed every detail, including the feel of the water and the sounds of the crowd, creating a vivid mental picture of his performance. Jan 16, 2024"^[9]

At this time, the most acknowledged five senses are hearing, sight, smell, taste, and touch, recognized by the sensory organs—ears, eyes, nose, skin, and tongue, which then send this information to our brain.

Some believe there is a sixth sense, proprioception, which I strongly agree with, based on my own use of it during my competitive days and with a select few of my more advanced student athletes.

The sixth sense is proprioception, which, when developed, enables us to be aware of the position of our various body parts, such as our legs, arms, and head, in space.

For example, in the squat, without looking at the ubiquitous commercial gym mirrors on all the walls, knowing how deep the squat is, how the back is positioned, and how the head is held, and not looking at the ceiling.

Or in a light bench press, when keeping your eyes closed (with a spotter in close attendance), knowing where the bar is in its path.

Visualization^[10]

Visualization, in its basic form, is the mental process of practicing the specific task, movement, or sport activity in your mind by applying as many of the five senses as possible during the visualization. This helps connect the neural/muscular systems in practicing the skill or task.

This mental activity is helpful with both an internal "first-person imagery" and/or a "third-person imagery."^[11]

"Visualization is powerful because it activates the same brain areas and neural pathways used for physical action and decision-making, effectively practicing a skill or goal in the mind to build confidence, improve focus, and create opportunities for desired outcomes.

This mental rehearsal strengthens neural connections, improves performance, and helps the brain filter for relevant opportunities, making it easier to achieve goals by influencing behavior and mindset.

- **Enhanced Focus:**
- **By repeatedly visualizing desired outcomes, you train your mind to stay focused on your goals. Increased Motivation and Confidence:**
- **Visualizing success can boost belief in your abilities and inspire action towards achieving your goals.**
- **Improved Performance:**
- **Visualization is used by athletes and performers to mentally rehearse and improve their skills.**
- **Psychological Factors in Physical Education and Sport**

Conclusion

Using visualization techniques can significantly enhance your ability to achieve your goals. By clearly defining your objectives, regularly practicing visualization, and engaging in your

emotions, you can create a powerful mental framework that guides your actions and keeps you focused on success. Start incorporating these techniques today to see positive changes in your goal achievement journey!"

^[1] Baechle and Earle, "Essentials of Strength Training and Conditioning" 123

^[2] Baechle and Earle, "Essentials of Strength Training and Conditioning" 126.

^[3] <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/fitness/art-20046433#:~:text=Aerobic%20fitness:%20Target%20heart%20rate%20zone&text=This%20zone%20ranges%20from%2050,when%20you%20do%20vigorous%20activities.>

^[4] ^[4] Baechle and Earle, "Essentials of Strength Training and Conditioning" 290

^[5] Ibid 289

^[6] WSCA magazine

^[7] See https://www.washcoach.net/Archives/WSCA_Fall2004.pdf

^[8] See https://www.washcoach.net/Archives/WSCA_Spring2008.pdf

^[9] This was copied directly from the internet, but to my embarrassment, I neglected to copy down the URL. For this, I sincerely apologize.

^[10] Ibid

^[11] The World Sports Science Training Workbook, editor Brian MacKenzie, Module 7, Psychology page 129

Danny M. O'Dell, M.A.,
1 509 991 6833 ■

Hearing their final whistle...



Coach Carl Dean Wenham February 3, 1952 - June 27, 2025



It is with great sadness that we announce the passing of our beloved brother, uncle, and friend to many, Carl Dean Wenham, who died on June 27, 2025, in Walla Walla, Washington, at the age of 73.

Carl was born on February 3, 1952, in Walla Walla, Washington, to Dr. George and Rosemary Wenham. He was raised in Walla Walla alongside his siblings Theodore, Ramon, Kenneth, Rita, Anthony, and William Wenham.

Carl Wenham graduated from DeSales High School in Walla Walla, Washington,

and attended Central Washington University, where he graduated in 1976. Carl's first teaching and coaching jobs were at Forks High School, where, without any previous wrestling experience, he became the assistant wrestling coach. Wenham became the head wrestling coach at Forks High School before moving to Quincy High School as their Head wrestling coach. Coach Wenham became involved in wrestling at the local, state, and national levels when he started working in the state cultural exchange program. In recognition of

his dedication to the sport of Wrestling, he was presented the Joe Babbitt Contributors Award by the Washington State Wrestling Coaches Association in 1998.

In Carl's "retirement" years, he could be found working in the local wine industry and at The Hungate Hotel. In his downtime, he could also be found enjoying the mountains on his 4-wheeler-type vehicles.

He is preceded in death by his father, George Wenham, and Mother, Rosemary Wenham.

Carl is survived by his siblings, Theodore, Ramon,

Kenneth, Rita, Anthony, and William Wenham; his sisters-in-law, Melody and Karen; his brother-in-law, Mike; his nieces and nephews, Anna, Peter, Shannon, Justin, and Morgan; and many beloved cousins, great-nieces, and great-nephews.

Celebration of life for Carl will be held at a later date.

Memorial contributions may be made to the Washington State Wrestling Association through the Herring Groseclose Funeral Home, 315 W Alder St, Walla Walla, WA 99362. ■



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



Hearing their final whistle...



Coach Jack deKubber

Jack Vernon deKubber, a Lynden High School basketball standout, and longtime teacher and basketball coach at Snohomish, died on May 25 at 89 years old due to an unfortunate fall a week earlier that resulted in an ultimately fatal brain injury. Up until the injury, Jack was active and had just returned from a trip to Arizona, was putting together his fishing gear for a trip to Rufus Woods, where he fished with his brother Denny often over the last decade (and who passed away 12 days earlier on May 13). And had a scheduled trip to the Badlands and Mount Rushmore in June.

Jack was born on February 26, 1936 in Lynden Washington. His father, William deKubber was born in Terneuzen, Netherlands and immigrated in 1907 as a child. His mother, Winnifred Gunst, was born in McCloud, Alberta Canada. He was the third child of four. He attended Lynden High School 1950-1954 during which time he proved to be one of the all-time great basketball players at Lynden. Nicknamed "Jumpin' Jack deKubber", he dominated the boards while winning the league scoring title as a Senior. Jack was selected to play on the All-

State Basketball Non-Tournament team that year. He also played softball at Lynden and made the all-league team. He played against the barnstorming Eddy Feigner and his Kings Court.

These basketball accolades led to a scholarship offer from the University of Washington. As a Husky, deKubber played for three years as a guard before transferring to Western Washington State College and getting his teaching degree in 1959. He made the traveling squad at the UW playing against Wilt Chamberlain at the University of Kansas, scoring 6 points.

Jack married his high school sweetheart, Peggy Knudsen on July 20, 1957 and the two were married for 66 years, until Peggy's death in 2023. Jack and Peggy moved to Snohomish in 1963 and raised 4 daughters, Lisa, Lori, Wendy and Teri.

After graduation, Coach deKubber started his career coaching and teaching at Granite Falls High School for the 1959-60 school year. He then got hired to coach and teach at Arlington for two years, during which time he took his team to the state tournament for the first times in that school's history.



From there Jack moved to Snohomish, where he taught and coached for fifteen years. During his time at Snohomish, Coach deKubber's teams were Northwest League champs four years (1967, 1968, 1969, 1970) and went to the State Tournament at Hec Ed Pavilion all 4 years. In 1970, Snohomish Panthers squad took home the AAA State Championship Trophy much to the excitement of the Snohomish Community. Panthers again went to the State Tourney in 1977, his final year of coaching high school basketball. After leaving coaching he became a Junior High Vice Principal for ten years until his retirement in 1989.

He was inducted into the Washington Interscholastic Basketball Coaches Association Hall of Fame in 2008, the Lynden High School Hall of Fame as an athlete in 2011, the Snohomish High School Hall of Fame in 2015, the Snohomish County Sports Hall of Fame, once as a coach in 2015 (with daughter Lori who was also inducted for playing basketball at WWU) and once with the 1970 championship squad in 2017. He was also Winner of the Northwest legends Lifetime Achievement Award in 2023. Although he

had much success with over his 18 years of coaching with 236 wins and 155 losses, Coach deKubber would tell you, his favorite part of coaching was the camaraderie with his players, who he continued to see socially for many years after his retirement.

Jack enjoyed life to the fullest and had many interests. He loved fishing, with his dad as a child, at Lake Ki with longtime camping friends, as well as fishing at Rufus Woods with brother Denny and cousins. He and Peggy also enjoyed taking family/friends vacations on Kauai. He grew potatoes that were originally brought over from the Netherlands with his parents. He was a member of the Lion's Club. He loved helping out neighbors, friends, and family. He was always dropping in on his daughters to visit or take them to lunch. He was an avid golfer playing one of the first rounds at newly opened Snohomish Golf Course in 1967. He got his earliest hole in one at Cedarcrest Golf Course in 1964 as reported in the Everett Herald at the time. He played his last round in April, in which he again scored better than his age, with an 87. A feat he would achieve over 70 times in his life.

Jack is survived by daughter's Lisa Schneider (Mark), Lori deKubber (Sarah), Wendy deKubber (Ted), Teri deKubber Danner (Larry) and granddaughter Quinn deKubber (Ryan). And many wonderful cousins, nieces and nephews. ■

WIBCA JULY HALL OF FAME INDUCTIONS



Washington Interscholastic Basketball Coaches Association (WIBCA) inducted the Hall of Fame Class 2025 at their July banquet. The ceremony was held at the Nile Shrine Golf Course in Mountlake Terrace, WA on July 15th, 2025.

Head coaches Steve Johnson of Jackson High School and Scott Orness of North Kitsap High School were inducted into the Hall of Fame. Also, John Felton of Eisenhower High School, Johnny Phillips, Mountlake Terrace High School, Dave Pickering, Lake Stevens High School, and Kent Victor of Lynden High School, were honored with induction into the Assistant Coaches Hall of Fame.

The late Jim Marsh received the "Ed & Shirley Pepple Award". Meridian High School Coach Shane Stacy was presented the "Pat Fitterer You Gotta Love It Award".

The 2025 Washington State "John Wooden Award" was presented to Kellen Drake of Entiat High School.

Steve Johnson



Coach Steve Johnson has dedicated over a quarter-century to shaping young athletes and building a powerhouse basketball program at Jackson High School and beyond. Completing his 23rd season as Jackson's Head Coach this past year, Coach Johnson has guided the Timberwolves to an extraordinary 20 consecutive winning seasons and 20 straight playoff appearances, amassing 400 career victories during his remarkable 26+ years as a high school head coach.

Under his leadership, Jackson has made 11 state

playoff appearances in 23 years, earning 8 Wesco/District 1 titles, including an impressive run of five consecutive district titles from 2011 to 2015 and six straight state playoff berths from 2010 to 2015. His teams have brought home state hardware multiple times, finishing as state runners-up in 2010 and 2013, fourth place in 2014, and fifth in 2006. His dedication and success have earned him Wesco 4A Coach of the Year honors in 2014, 2024, and 2025.

A proud graduate of Palo Alto High School, coach Johnson was a standout athlete himself, excelling in basketball and baseball. He began his coaching journey during his senior year at the University of Washington, later putting his passion on hold while working in sales and marketing before returning to pursue his true calling. Starting at Woodinville High School as

a assistant coach in 1994, he quickly rose through the ranks, becoming varsity head coach in 1999 and later moving to Jackson High School, where his legacy take root.

In addition to coaching, Steve is a dedicated educator, teaching U.S. and World History at Jackson High School, where he also serves as Co-Department Chair for Social Studies. He holds a master's degree and an Educational Administration certificate from Western Washington University.

Beyond the court and classroom, Steve cherishes time with his family: his wife, Karen, a teacher at Woodside Elementary; twins Emily and Hunter, both 2017 JHS graduates and college alumni; and daughter Rebecca, a JHS and UW graduate. Their loyal golden retriever, Wilson, remains the family's biggest fan. When not coaching, Steve enjoys Traveling, reading, cheering for the Huskies, golfing, and,

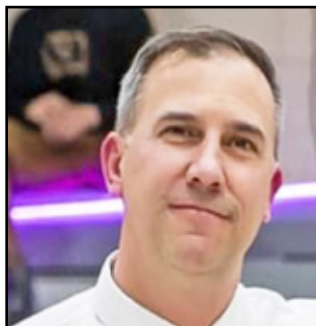
above all, spending time with loved ones.

Coach
Steve
Johnson's

commitment, passion, and enduring impact on generations of student-athletes have left an indelible mark on Jackson High School and the Washington high school basketball community. His induction into the Coaches Hall of Fame is a testament to a career defined by excellence, integrity, and unwavering dedication to the game and his players.



Scott Orness



Coaching Experience: 26 years (23 at the high school level with 20 as Head Coach, 3 at middle school)

Coaching Record: 338-164

In the spring of 2025, Scott Orness was welcomed back as the boys basketball head coach at Bainbridge High School.

Coach Orness was most recently the Head Boys Basketball Coach at North Kitsap High School for 9 seasons after coaching at Bainbridge High School from 2001-2015. In his 9 years (2015-2024) at North Kitsap, the Vikings have won

9 straight Olympic League Championships, 4 District Titles, and qualified for the State Tournament all 9 years placing 6th in 2017, 2019, and 2023, 3rd in 2022 and 2024, and winning the State Championship in 2020. During those years, his Vikings won 65 straight home games which is the longest home winning streak in Kitsap County history.

During his last four seasons at North Kitsap, Orness had the honor and privilege to coach his son, Cade, who went on to break both the scoring (1,821 points) and assist (635) records at NKHS. The Orness duo amassed a 49-3 record in the Olympic League together. Currently, Cade is playing for Gonzaga.

Coach Orness and his 2007 Bainbridge team, powered by Steven Gray (Gonzaga/Overseas Pro) and Coby Gibler (Central WA Univ), brought the island into hoops-hysteria with their 24-5 run to the State

Title Game, but lost to ODea after beating them 3 times during the season.

Coach Orness has had 30+ former players go on to play college basketball from his time at Bainbridge and North Kitsap HS.

Coach Orness has been the recipient of the following awards: WIBCA 3A Washington State Coach of the Year, WIBCA 2A Coach of the Year, Comcast Washington State Coach of the Year, Metro League Coach of the Year, and Kitsap Sun Basketball Coach of the Year (5X), Kitsap Sun Coach of the Year (twice), and Olympic League Coach of the Year (3X). He was also awarded the NFHS Regional Coach of the Year in 2020 which includes WA, OR, ID, MT, WY, and AK. Before Bainbridge, Coach Orness spent two seasons with Franklin Pierce High School as a Varsity Assistant and then Associate Head Coach under the tutelage of his father, Bruce Orness, and one season as a Varsity

Assistant with Puyallup High School. During those three years, his

teams won two league titles and earned three berths into the WIAA State Tournament.

Coach Orness also serves as the Owner/Director of Orness Basketball Camps and was the Executive Director and one of the founders of Bainbridge Roots Basketball and DRIVE Basketball.

Coach Orness played for Washington high school basketball hall of fame coach, Rod Iverson, at Rogers High School (Puyallup). He was a varsity contributor for three years and started his junior and senior year seasons. During his senior year, Rogers won the SPSL South Division Title, earned a trip to the State Tournament, and Orness broke the school single season assist record. Orness was selected as Team Captain during both his junior and senior seasons.



John Felton



John was born in Seattle then moved to Yakima in 2nd grade. He played many sports while growing up but his passion was for basketball which he developed on the "asphalt courts of

Nob Hill Elementary" and became the primary focus in high school where he was a 3-year letterman and named All-League Big 8 Conference and team captain his senior year. In 1971 he graduated from Eisenhower High School. Following graduation, John had some interest from colleges to continue basketball but that was interrupted by the military draft lottery. His love of basketball led to pursuing a degree in education. After earning an Associates Degree from Yakima Valley Community College in 1973, he transferred to Central

Washington University attaining a BA in Physical Ed. with minors in History and Business Ed. During senior year at CWU John started his high school coaching career with the boys sophomore basketball team at Selah High School.

Following CWU graduation in 1975 John eventually received his first teaching/coaching job at Carroll High School in Yakima after a 10 minute interview 1 WEEK before school started interestingly replacing HOF Coach Hal Dodeward. John spent 10 years & 2 months from 1975-1985 at Car-

roll. After coaching the N team 2 years, he started an 8 year run as head coach often going head-to-head against HOF Coach Pat Fitterer and his Highland HS teams! As a 2nd year head coach, he guided the "Patriots" to the 1978-79 1A State Tournament. The 1982-83 team returned to the State 1A Tournament placing 5th. Before leaving Carroll, John helped to develop the 1985-86 team that also qualified

continued on page 30



continued from page 29 - Felton for IA State; the last year of the school. Honors: Valley A League Coach of the Year in 1979, 1983 and 1984; WIBCA "IA" Coach of the Year in 1984. Record: Head Coach 119-72, JV 30-9. Overall: 149-81 with a 6478% Winning Percentage. Assistant: Track (1976); Football (1976-1980).

John taught for 8 months at Barge-Lincoln Elementary in Yakima from 11/85-6/86 which served as a "Stepping Stone to Eisenhower." After leaving Carroll on a Friday, he started at Barge Monday morning with Kindergartners! John was terrified of those "little ones" after 10 years of teaching high school. The pop song titles "Manic Monday" & "Welcome to the Jungle" were how he felt going into this experience!!

John then went to his alma mater and spent 20 years at Eisenhower High School from 1986-2006 teaching PE, History and Bus. Ed. He coached Boys Basketball for 13 years: 8 as Head Coach, 5 as an Assistant. He's very proud of 4 State 3A appearances (1991, 1993, 1995, 1996) which are still the most in school history. Ike had only been to State twice in the 32 previous years!! Honors: Big 9 Coach of the Year in 1991, 1995; WIBCA Coach-State Team in 1993; Herald-Republic AU-Region Boys Coach in 1995. Following the 1995-96 basketball season, John resigned as Head Coach so

he could spend time watching and coaching his 3 children's AAU teams as well as assisting Eisenhower and Davis programs. Record: Head Coach 116-85, JV/Frosh 55-24. Overall: 171-109 with a .6107% Winning Percentage. Assistant: Girls Varsity Basketball Assistant (1998-2001); Boys JV Tennis (2001-2005).

John's journey continued across town to Davis High School. What the heck is an Ike Grad and 20 year Ike teacher doing there?? John taught 9 wonderful years from 2005-2014. Elvis's song "My Way" & "Magic Carpet Ride" summed up the conclusion of a 39+ teaching career and time as "A Pirate!" Accomplishments: Boys Varsity Basketball Assistant (2005-07, 2009-12). Part of 3 League Championships, 3 State 4A appearances (2010-2012) with a 5th Place in 2010-11 and a "STATE CHAMPIONSHIP" in 2011-12.

John's final coaching job was at West Valley HS (Yakima) as a Girls Varsity Basketball Assistant (2016-2019).

John concluded 34 years coaching—16 years as Head Coach (235-152; a .6072% Winning Percentage), 6 years as JV/Frosh Coach (87-33; a .7250% Winning Percentage) and 12 years as a Varsity Assistant Coach (152-125; a .5448% Winning Percentage) at the 4 schools for an overall career record of 474-312; a .6031% Winning Percentage along with being part of 6 league

titles and 10 State tournament appearances.

John is a 49 Year Member of WSCA, 38 Year Member of WIBCA and a 41 Year Member of the NABC. John especially thanks his last Eisenhower Coaching Staff of Jon Schroeder, Gil Hiles, Will Curley, Jeff Graf, Bill McAllister and John Low for their time and dedication. He also says "It's a huge honor and privilege to be inducted with 28 HOF members he has associated with professionally including Pat Fitterer and Eli Juarez. In addition, he thoroughly enjoyed coaching with Bill Pandiani (Ike), Jon Schroeder (Ike) and Tyson Whitfield (WV) who have been mentors as well as good friends. John's strengths and weaknesses complimented Pat, Eli, Bill, Jon and Tyson. John is organized, detail-oriented and sometimes an outside-the-box thinker. Most of the time they listened but said, "If I don't take your suggestions that doesn't mean you weren't heard!" Their leadership, support, trust and encouragement allowed John the opportunity to have a voice, role and impact in their programs successes and he can't thank them enough!

John is absolutely indebted to his high school coach Keith Farnam. He taught John to value the fundamentals of the game and the importance of basketball intelligence. While attending college, John was able to take classes from legendary HOF coaches Elwood Crosier

and Dean Nicholson. He was also fortunate enough to work at CWU and Gonzaga Basketball Camps obtaining valuable tips from many coaches to help in building a basketball coaching philosophy and career.

John is greatly appreciative of the personal relationships that he had with many fine players and families. Those relationships are built on and off the court and can last a lifetime. The sacrifices made were the difference that enabled his successes. A coach is only as great as his players; John was fortunate enough to have a lot of great players with many "having coached or still coaching including 5 Head Coaches in the Yakima Valley.

Last but certainly not least, John gives special thanks to his wife Paula of 51 years who made the most sacrifices of everyone. The saying "behind every good man, is an even better woman" is really true. After retiring in 2014 John and Paula continue living in Yakima and summer at Lake Roosevelt! He also thanks his adult children: Jodi, Karly and Brett for all the support they have given. It was special coaching them as they grew up then following their athletic careers in high school and college. John and Paula enjoy spending time with 7 grandkids (Brynn, Hayden, Blake, Reagan, Rylee, Elly and Jax) watching their events as much as possible and encouraging them to participate in whatever they love doing!

Johnny Phillips



We honor a man who has dedicated nearly three decades to shaping not only basketball players, but young men of character, discipline, and heart.

Coach Johnny Phillips – known to all as “Coach Philly” – has been a cornerstone of the Mountlake Terrace High School basketball program for 27 years. A proud 1990 graduate of MTHS himself, Coach Philly returned to his alma mater to pour his energy, passion, and wisdom

back into the community that supported him. He went on to become only the 4th head coach in the program’s storied 65 year history in 2024 – a role he earned not just through longevity, but through a relentless commitment to excellence and mentorship.

After playing college basketball at Skagit Valley Community College, Coach Philly came back home to MTHS – where he’s been the engine behind the scenes ever since. As the varsity assistant coach, he focused on developing younger players during the off-season, preparing them to step into the competitive world of varsity basketball with confidence. He coached summer league teams and led his squad to a notable victory at the Franklin Summer Tournament in 2000 – one of many proud moments that highlight his career.

But Coach Philly isn’t just

known for wins. He’s known for the work, the grind. The infamous offseason training sessions that pushed players past their limits – agility drills, hill sprints, “Candy Cane Park runs,” and more. Ask any player who’s come through his program, and they’ll tell you: Coach Philly demanded your best...and then some.

His motto? “Give 100% effort in everything you do.” That wasn’t just talk- it was how he lived, how he coached, and how he inspired. Whether it was breaking down life lessons in the locker room, motivating his team after a tough loss, or showing up on game day in his trademark

“swaggy” attire, Coach Philly always showed up – fully.

He worked under two WBCA Hall of Fame coaches and alongside a third, soaking in wisdom and building a legacy of his own. His unique

vocabulary and his postgame speeches became legendary, as did his surprising speed and competitiveness in open gym – yes, even in his fifties, he’s still giving the younger guys a run for their money.

Beyond basketball, Johnny is a proud fiance to Erica and a loving stepfather to two children. His life off the court reflects the same values he brings on it: loyalty, love, and integrity.

For 27 years – and counting – Coach Johnny Phillips has helped Terrace basketball players not just reach their potential, but redefine it. His Hall of Fame induction isn’t just about a career – it’s about a calling. And tonight, we celebrate a coach, a mentor, a legend: Coach Philly.



Dave Pickering



A graduate of Sammamish high school, Coach Dave Pickering has been an assistant coach in several programs for 40 years. After graduating and playing basketball at Central Washington University, Pickering was first hired as an assistant basketball coach in 1975 at Oroville High School.

Affectionately known as “Pick,” he known to have a heart of a servant. “He is willing to do the little things it takes for the program to be successful. He is loyal beyond reproach. Being a head coach, you are hoping that your assistants will be with you through the ups and downs that come in our profession,” said former Lake Stevens head coach Mark Hein, who Pickering assisted for 16 years.

As an on-floor coach and as a planner, Dave is first and foremost a teacher of the game. Dave is the first to admit that he is not at heart a strategist; but he takes immense pride in his attention to detail in terms of teaching the game. “I have had a chance to work as an assistant college coach at the NAIA and

NCAA, Division 1 levels and I have never worked with anyone as fine as teaching the fundamentals and finer points of the game”, said Hein.

Over his years in education for 40 years, Pickering has been an administrator, athletic director as well as a teacher and coach. “During the 9 years we coached together he was not just our top assistant, he was the heartbeat of our program. He never asked or sought attention,” says former Lake Washington head coach Mark Cashman. “He has had a tremendous impact and influence on the players he coached, and now as adults they still remember the life lessons that he helped instill in them beyond basketball.”

Former Junior Varsity coach at Lake Stevens and current head coach at East-

mont High School, Wayne Knowles has fond memories coaching with “Pick.” “He is the epitome of the “team” first concept and in today’s world and today’s athlete it is refreshing to know that Dave has not wavered in his principles as a teacher and coach. He has the utmost respect of his players and fellow staff members. Dave is a great teacher in details and fundamentals of the game and is always there to contribute in any fashion,” said Knowles.

Coach Pickering is currently retired from coaching and teaching and lives in Arlington, Washington.



Kent Victor



Kent Victor knew at an early age that he wanted to coach. He loved sports and all that competition entails. Growing up as a kid in Bellingham, Kent competed in football, basketball, and baseball. If you were to ask 10-year-old Kent what his favorite sport was, the answer would be, "Whatever season we are in." Kent is extremely thankful for all his own coaches, from youth sports to college baseball. Their influence has led to nearly 50 awesome years of continued sports involvement. Kent is known for his passion, love of defense and commitment to his players. In all "Coach Vic" has mentored, encouraged, and motivated middle school and high school athletes in over 80 different seasons and is still at it!

Kent began his coaching career at the age of 19, coaching middle-school age football at the Bellingham Boys and Girls Club. While attending college, Kent continued to coach youth football, basketball, and baseball for both the Boys and Girls Club and Bellingham Parks and Recreation.

During Kent's student teaching experience at Bellingham High School, he served as a volunteer assistant coach for both football and basketball. Kent is appreciative of the opportunities provided by his first basketball coaching mentors, Ken Crawford and the late LeRoy Galley. At the conclusion of his student teaching experience in March 1982, Kent was a last-minute hire by Fern- dale High School as varsity baseball coach. This was the first of four varsity coaching assignments.

With wife Cheryl and two-year-old daughter Brynn, Kent followed his coaching dream to Council, Idaho in the fall of 1982. He was hired as a business education teacher and head basketball coach at Council High School. After two memorable years at Council,

Kent and his family moved back to Washington where Kent taught junior high/high school and coached varsity basketball at Mt. Baker. During his time at Mt. Baker, Kent also coached middle school football and baseball. In 1989, Kent entered the administrative world and became Athletic Director at Mt. Baker.

With his four daughters attending school in Lynden, it became important to both Kent and Cheryl, for Kent to seek a position with the Lynden School District. He was hired to teach Business Education in 1993. Kent's first coaching assignment at Lynden was coaching junior varsity baseball, assisting Cory White. Kent spent more sports seasons with Cory than any other coach (high school baseball, middle school football and middle school basketball). Kent's final head coaching position occurred at Lynden, where he served as the girls' varsity basketball coach from 1998 – 2002. Kent has fond memories of all the assistants and former players who went to battle with him in his four head coaching ventures.

In the Spring of 2005, Coach Victor had breakfast with Brian Roper. That breakfast was the beginning of a great friendship. Kent has been an assistant to Brian for 20 years as part of a talented Lynden basketball staff that guided the Lions to seven state titles. Kent knows this honor would not be possible without Brian's leadership and Kent's fellow Lion assistants: Mike Elsner, Mike McKee, Blake Van-Dalen, Brian Heppner, Rod TenKley, Jeb Kratzig, Dan VanBeek, Payton Glasser, and Kobe Elsner. And to the many outstanding basketball players at Lynden, Kent says, "THANK YOU!! You are incredible!!"

The opportunity to stay involved in sports for nearly 50 years would not have been possible without the loving support of Kent's lovely wife Cheryl and their four beautiful daughters: Brynn, Kendra, Samantha, and Krisandra; truly Kent's number one team!!!!



Congratulations to the Hall of Fame Inductees



2025 Ed & Shirley Pepple Service Award

JIM MARSH

By Larry Stone The Seattle Times, Sept. 20, 2019



Seattle—When Jim Marsh passed away in 2019, the Seattle basketball world lost a big part of their heart, their soul, their conscience, and their funny bone.

No individual garnered more affection. No one was more respected. No one was more fun to be around. Diagnosed with Parkinson's in 2004, his body weakened over time but his mind and spirit remained strong.

Marsh's quips are legendary. An undersized 6'7" center for USC, he joked that he held Lew Alcindor (now Kareem Abdul-Jabbar) to 56 points in his first college game for UCLA. When he fizzled out of the NBA after one season in Portland, he told people that Bill Walton replaced him. That led eventually to a 12-year career as a Sonics television announcer.

"He was so witty and smart and funny," said Chuck Williams, who coached with Marsh in the fledging days of the seminal Friends of Hoop AAU program that helped put Seattle basketball in the forefront. "I remember him telling stories to our different teams, from the beginning of time, it seemed like. He had a story for every occasion."

It was an equal opportunity love affair. It didn't matter if you were an NBA star such as Isaiah Thomas or Jamal Crawford, or a kid

who just loved hoops with no chance of being anything more than a bench warmer. He had time for them all. Marsh gave his heart over to young people, both as a longtime coach with Friends of Hoop and as president of Mentoring Works Washington.

At the Jammin' Hoops camp he ran all over the country for more than a decade, with help of friends like Abdul-Jabbar, Walton, Marques Johnson, Gary Payton and scores of other NBA stars. Marsh instructed the coaches to say each player's name with a compliment and a smile. Why? "Because many of these kids have never had anyone say a good word."

"Jim worked without bias." Cleveland High School coach Jerry Petty said. "He created a lot of opportunity for inner city youth that may not have otherwise been awarded to them."

"There are many in our profession who say, 'I'm in it for the kids,' but they have their own agenda," said former Washington coach Lorenzo Romar, now at Pepperdine. "Not Jim. He was one that was truly, truly in it for the kids." "You knew that, and the kids sensed that. It was so genuine. They trusted him so much."

If Marsh heard about a player who couldn't afford a snack on a road trip, he'd

quietly provided one. If a youngster didn't have a ride, Jim would take him. He'd make sure everyone had a good pair of shoes.

"His American Express card was pretty beat up," Williams said with a rueful laugh, "He'd pull that out to pay for a meal or help a guy get a ticket or fly to a kid's graduation."

And he'd do it without fanfare, a thousand acts of kindness that, when looked at in their totality, were the measure of a selfless man. Williams has never forgotten how whenever someone asked if Marsh was the head coach at FOH, he'd unfailingly respond, "No, I'm the co-coach. Chuck is my co-coach. We're doing this together." That empowered Williams' successful coaching career, he said.

"You hear all these things, especially in today's game, about what's wrong with basketball," Rainier Beach coach Mike Bethea said. "You do not hear enough about what's right with basketball. Jim was a representative of what's right with basketball."

"He taught them about life, how to tip, to leave something for the maid, open doors for people," Williams said.

The legion of players who came out of Seattle and achieved fame at the college and pro level, they were



all fiercely loyal to Marsh. It's an amazing list of players, Isaiah Thomas, Jamal Crawford, Spencer Hawes, Jon Brockman, Mitch Johnson, Martell Webster, Zach Lavine, Nate Robinson, Joe Harris, Dejounte Murray and so many more. "Those guys would do anything for him," Romar said.

Seattle Basketball Community will never forget the legend, Jim Marsh.

Patrick Fitterer Positive Coaching Award 2025

SHANE STACY



It was during his years as a student at Meridian when Shane began to think about being a coach one day. It didn't matter the sport growing up, Shane played whatever was in season, and grew to love the competition, the camaraderie, and the respect his parents gave his coaches throughout his playing career. At Meridian High School, Shane got to play for HOF football coach Bob Ames and saw firsthand the impact Coach Ames had on the lives of his teammates as well as the players that came before him.

After high school, Shane played football at Western Washington University for Rob Smith for a couple of years before heading back to Meridian to volunteer as a football and basketball coach.

During Shane's student teaching experience at Sehome High School, he served as an assistant coach for football, basketball, and track at Meridian. It was

during this time that Shane had his biggest coaching regret; turning down an opportunity to be a volunteer coach under Pat Fitterer. The draw of \$450 a month for 3 months as a Meridian C-team coach was too much to pass up.

Shane is appreciative of the opportunities that Bob Ames, and his high school basketball coach, Don McMains gave him to get into the coaching profession.

At the conclusion of his student teaching experience in January 2002, Shane was hired as a PE teacher at Meridian High School. At this time, he was a varsity assistant for football and the JV coach for boys basketball. Upon getting hired to teach PE, Shane agreed to his first varsity coaching position with the Meridian girls basketball team.

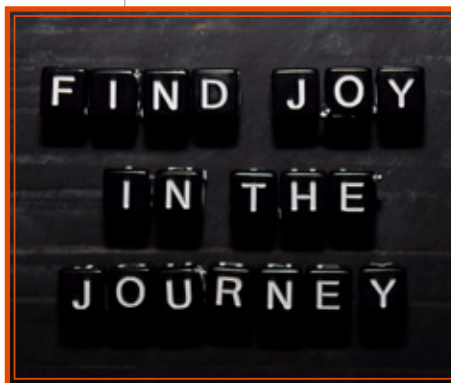
For three years, and one state appearance, Shane coached girls basketball at Meridian and still considers those girls the toughest competitors he has ever been around. When the boys coach at Meridian resigned after the 2005 season, Shane switched over to the boys program.

Shane knew early on that he needed to have people smarter than him on the bench if he were to have any form of success. Former assistants to Pat Fitterer at Sehome, Larry Larsh us and WIBCA Hall-of-Fame coach Monte Walton were instrumental in teaching Shane the ins and outs of being a head coach in those early days. When they left, Shane was able to get legendary Cashmere head coach, Bill Kelly, to be his assistant coach for two years. A couple years after Coach Kelly left the program, former

zel, Joel Small, Jeff Devries, Trevor Gardisky, Blake Briones, Jackson Short, Camden Burgess, Jordan Veenstra, Landon James, and Dane Beck who have all come back to coach with him at one time or another over the last 20 years.

After some early success as a head girls and boys coach, Shane thought that the job might be easy, and then the NWC was created. As a 1A head coach in the best 2A league in the state Shane needed to find a way to maintain the competitive drive that got him into coaching while balancing his desire to win with realistic expectations and a higher purpose.

The year the NWC was created, was the year that Brian Roper was hired at Lynden. He has been Shane's coaching mentor and good friend ever since, showing him how to teach life lessons to kids through basketball all while going 21-0 against Shane's teams. When you are a lifelong Meridian Trojan, it is ingrained in you to hate Lynden. Coach Roper has made this difficult.



Mt. Baker head coach Rob Gray joined the staff, and has taught Shane so much about kids and coaching. Shane owes everything to these veteran coaches and is also extremely proud of his former players, Bryce Froberg, Caleb Hazel, Andrei Lintz, Zach Slesk, Caleb Ha-

John Wooden Award 2025

KELLEN DRAKE



Kellen Drake is a passionate educator, coach, and leader who has dedicated his career to investing in the lives of student-athletes across Washington State. He currently serves as the MS/HS PE & Health Teacher and Athletic Director for the Entiat School District.

A 2008 graduate of Eastmont High School, Kellen was a multi-sport athlete—competing in football, basketball, baseball, and track. He went on to play two years

of collegiate basketball at Wenatchee Valley College and was inducted into the Eastmont Hall of Fame in 2021.

Kellen's coaching journey began while attending Washington State University, where he coached 4th and 5th grade boys for Pullman Parks and Recreation. He went on to serve in assistant roles at Eastmont High School, East Valley (Spokane) with their girls' program, and Lind-Ritzville High School. In 2018, he was hired as head coach at Entiat High School, where he led the program for seven seasons before being named the head boys basketball coach at Wenatchee High School this spring.

Throughout his career, Kellen has remained committed to building strong

relationships, developing character, and guiding young men both on and off the court. Known for his energy, integrity, and "team-first" approach, he has become a respected mentor within the basketball community. His teams are recognized not only for their competitive spirit but also for their unity, discipline, and sportsmanship.

Kellen's commitment to service extends beyond the court through his involvement with the Washington Interscholastic Basketball Coaches Association (WIBCA). For the past five years, he has served as the organization's Director of Membership—coordinating communication, organizing the 1B/2B All-State game, and managing the WIBCA Coaches Podcast. "My work

with WIBCA has been one of the most rewarding parts of my coaching career. I feel truly blessed to work alongside such an incredible staff and continue learning. I just hope I can contribute in a positive way among some of the greatest leaders in Washington State high school basketball."

Kellen is deeply honored to receive the 2025 John Wooden Award and to be recognized among the coaches he has long admired. He remains committed to carrying forward the Wooden legacy of character, leadership, and service.

He lives in Wenatchee with his girlfriend, Ellie, and continues to pour into his passion for teaching, coaching, and developing the next generation of leaders.

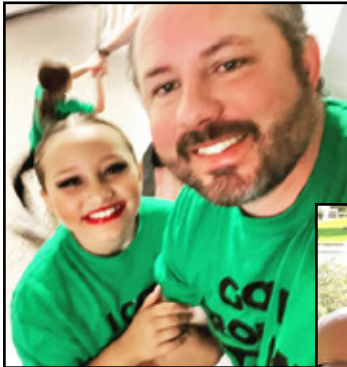


WIBCA Hall of Fame Inductees in July 15th 2025

Front Row: left, John Felton, Steve Johnson, Kent Victor, Dave Pickering, Scott Orness, Johnny Phillips, Kellen Drake, Shane Stacy. Back Row: Current Hall of Famers: Nalin Sood, Bill Bakamus, Dave Dickson, Roger Ottmar, Greg Wirtz, Larry Walker, Rod Iverson, Brian Roper, Pat Fitterer. ■

Gone too soon and will never be forgotten

It is with a heavy heart we share the passing of Michael Alexander who left us on June 27, 2025. He was a cherished husband to Andrea, father of their 12 year old daughter Alexa and 15 year old son Paxton. Michael was the older brother to Scott and the first born son to Bill "Alex" and Jan Alexander. Michael followed in the coaching footsteps of his father who is a WSFCA Hall of



Fame coach and who served for decades on the WSCA Executive Board. Michael was a friend and so much more to so many of us. We will miss his kindness, strength, and warmth. Rest easy coach, we got you. ■



The Washington Coach on the Road...

For the longest time Bárður Snæfellsás has been looked upon as the guardian spirit of the Snæfellsás Peninsula and its people. He is a mythic figure, a man and a Giant, a mortal who yet never died. Snæfellsás Peninsula, Iceland.

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