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Check out our website at www.washcoach.org

From The President

September 1, 2005

As our fall sports season gets into full swing, I would like to welcome all of you back for another sports year. Each year seems to present new challenges and rewards for each of us in the coaching profession.

There are a couple of important issues that the WIAA is facing this school year. One of these is the issue of reclassification. The WIAA has passed an amendment that will move classifications in the direction of a percentage allotment. There have been discussions and meetings about this amendment and the possibility for some changes to the amendment could be made this school year. I have served on committees and been involved with the classification issue for several years. This experience has taught me that there are realistic concerns that affect our member schools differently. This is definitely an issue that doesn't have a one size fits all solution. I believe the goal of reclassification should be to give athletes throughout our state a more equitable competitive opportunity. There may need to be give and take by different groups to achieve this goal, however, through cooperation and effort we can make changes that are best for the whole.

Another issue that the WIAA is involved with is the out of season activities, specifically during the summer. A task force was formed and serious discussions have begun on modifications to out of season guidelines during the summer. This is early in the process but at this point there seems to be support for some period during the summer that would be a closed period. No date has been agreed upon, but there is interest in creating a period during the summer when organized team activities by high school coaches would not be allowed. The committee was aware that out of season pressures on athletes often come from non-school programs and coaches. The school system may not be able to directly control those programs but the committee is concerned with lessening the pressure on athletes and coaches in our school programs. I am often told that burn-out is a major cause of coaches leaving our profession. The discussion within the committee was not to place more restrictions on our coaches but to provide some relief and give coaches time in the summer when they didn't feel pressured to be involved in out of season programs. This issue is in early discussions but there is interest at the state level of getting feedback and ideas for possible changes in this area.



I encourage each of you as coaches to become informed on these issues and communicate your ideas. There are channels open to you through your school district, leagues, and professional organizations. If you have ideas, please let them be heard.

Have a great year.

Sincerely,

Jerry Koester
President WSCA

FROM THE SIDELINES

by Jerry Parrish



From

ORCHIDS

- To the WSCA Burnett-Ennis Scholarship committee headed by Norm Lowery (Everett), Rick Giampietri (Central Valley), Kyle Rydell (East Valley-Spokane) and Susan Doering (Colfax). These people do a great job. Each year the selection process becomes more challenging as there many strong candidates. The 2005 Burnett-Ennis Scholarship winners are posted on the WSCA web site. www.washcoach.org.
- To the Mary Walker School District in Springdale the first 2005-2006 school district to enroll their coaching staff as WSCA members.
- To the All-Star game coordinators for the good work they did this year: Volleyball—Jan Kirk (Fife)—Girl's Basketball—Mike Grady (Thomas Jefferson)—2A-1A-B Football—Bill Alexander (Quincy)—3A-4A Football—Rick Giampietri (Central Valley). Each of these coordinators had good “gofer” help. The athletes and coaches did a good job in their respective all star games.
- To the WSCA Executive Board for voting to increase the amount of 2006 Burnett-Ennis Scholarship recipients.
- The WSCA Executive Board also voted to increase the amount of reimbursement each ISA gets if criteria met. The criteria discussed were: 1) Completed budget form (blank form can be down loaded from WSCA web site) in prior to August 1 of each year. 2) Hall of Fame information submitted—criteria for selection—event location. 3) Must submit an authorized Board of Officers. 4) ISA reps (or a sport representative) must attend the meetings in order to get reimbursement.
- The WSCA Executive Board will discuss this proposal at the December meeting.

- Orchids to the career coaches.....those who return each fall with enthusiasm, plans, commitment, love of their sport.....for years and years.....15, 20, 25 and more. We need more of you.

Notes from Washington State Coaches

Executive Board meeting:

- ✓ Motion was made and seconded that individual sport reimbursement would be raised from \$7.00 to \$10.00 provided established criteria were completed.
- ✓ National Football Foundation is discussing the possibility of have an all-star football game in December, 2005.
- ✓ Much discussion about the classification amendment and what the added classification was to be named.
- ✓ **Summer activity restrictions**—the board thoroughly discussed the proposal and would like to see the July 1st cutoff date be moved to July 15th. It would allow a better timeline for those schools that end in late June.
- ✓ On the Sideline editor Mike Schick has updated on our web site (www.washcoach.org) the application forms. Please take a look at the web site for up dated information.
- ✓ **Career Milestone Awards**—ISA reps need to formulate a plan for presenting awards. In the past fall and winter issues of *Washington Coach* are the guidelines for career awards. Recent winners are in the magazine.
- ✓ WSCA Executive Board and ISA reps will meet Sunday, December 4, 2005 at the Holiday Inn in Renton. Meeting time will be 10:00AM

2005 WSCA Senior Fastpitch Classic

“FUN IN THE SUN”

Our 6th annual Senior invite once again featured high school players (2A / 1A / B) from all around our state. Fourteen different schools were represented in the Double-header event. As customary, Wenatchee Valley Community College and Coach Shelly Pflugrath hosted the games at their beautiful facility. The classic is sponsored by not only the by WSCA, but also Ringor, and Prostock Athletic Supply. It provides most of these athletes one more time on the fastpitch diamond before they hang up the cleats, or make the move to adult slowpitch. In an effort to keep teammates together, the “Purple” team consisted individual players from various schools, while schools with several athletes comprised the “White”. With the usual warm and sunny atmosphere we are accustomed to in Wenatchee, players, coaches, parents, relatives, and friends were treated to some enjoyable performances. Game #1 was highlighted by the pitching of Meridians’ Karla Johnson, and Wardens’ Karla Kottong, both with the Purple squad. The two kept the opposition off balance with their pitch variety, and contrasting styles, scattering 5 hits by the Team White. The Purple defense was just as solid, as they did not give up any miscues with their gloves. The White pitching staff was equally as stingy with the hits, allowing only 3. Walks, and several errors proved to be the unraveling for the White group. Karla Johnson scored twice for the “Purple”, and was joined by Sierra Kisler (Warden), Lauren Brem (Friday Harbor), and Holly Burlingame (Onalaska), as they outscored their counterparts for a 6-2 final. Tara Dunn (Lakewood) scored twice for the “White”.

	1	2	3	4	5	6	7	R	H	E
WHITE	1	0	0	0	1	0	0	2	5	3
PURPLE	0	1	1	0	4	0	X	6	3	0

The second tilt proved much closer. Johnson and Kottong again switched back and forth for the “Purple”, with Delila Franco (Othello), Hannah Mohs (Othello), and Carly DeGroot (Sunnyside Chr.) again combining for the “White”. Purple scored first in this contest when Holly Burlingame single in the second. She advanced on a steal, and then scored on an RBI single by Ashley Smith (Odessa). The White came back right away in their half of the frame, scoring three. Franco, Heidi Barbgabos (Lakewood), and Susie Strickler (Lakewood) all scored, as the “White” used a walk and four hits to tally the runs. The “Purple” pushed back ahead with two runs in the fourth and two more in the fifth, using a successful combination of the short game, and line drive hitting. Burlingame and Smith scored in the fourth, with Johnson and Melissa Triber (Freeman) in the fifth. As the “Purple” defense put clamp on any offense by the “White” they again prevailed in the nightcap. This time 5-3.

	1	2	3	4	5	6	7	R	H	E
PURPLE	0	1	0	2	2	0	0	5	10	1
WHITE	0	3	0	0	0	0	0	3	8	4



The awards were presented at the postgame pizza feed. All participants received t-shirts and a commemorative “DVD” showcasing the days action. Six Allstars were selected. They were as follows. For the “White”, Tyra Dunn, Hannah Mohs, and Sonja Kelsey (Touchet). The “Purple”, Sierra Kisler, Jennifer Kottong, and Melissa Triber. Holly Burlingame was the recipient of a pair of Ringor cleats for total bases. Lauren Brem garnered the

MVP Defense, and the Glovesmith infielders glove that went with it. Karla Johnson was MVP Offense, and will be swinging a brand new Easton “Stealth” next time she is on the diamond. The organizers of this event would like to give a huge thank you to all the sponsors, WVCC staff, parents, coaches, and most of all the players for taking part in this event.

2005 SENIOR CLASSIC ROSTERS

WHITE

HEIDI BARGABOS
 SUSIE STRICKLER
 TAYRA DUNN
 TYSSNA VANWINGERDEN

 CARLY DEGROOT

 SADIE SHORT
 LACEY MAYBERRY
 SONJA KELSEY
 DELILA FRANCO
 HANNAH MOHS

LAKWOOD
 LAKWOOD
 LAKWOOD
 SUNNYSIDE
 CHRISTIAN
 SUNNYSIDE
 CHRISTIAN
 TOUCHET
 TOUCHET
 TOUCHET
 OTHELLO
 OTHELLO

PURPLE

HOLLY BURLINGAME
 KARLA JOHNSON
 JENNIFER KOTTONG
 SIERRA KISLER
 LIZ KENNEDY

 LISA THOMAS
 MELISSA TRIBER
 LAUREN BREM
 ASHLEY SMITH
 MEGHAN MONAGHAN
 GIIFORD WELCH

ONALASKA
 MERIDIAN
 WARDEN
 WARDEN
 ARCHBISHOP
 MURPHY
 ORTING
 FREEMAN
 FRIDAY HARBOR
 ODESSA
 MT. BAKER
 MT. BAKER



Congratulations Burnett-Ennis Scholarship Winners!



Kyle Rogers and Dad Mike
South Bend High School



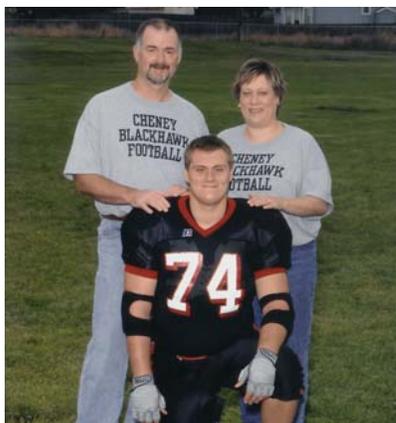
Brody Faire and Dad Craig
Ellensburg High School



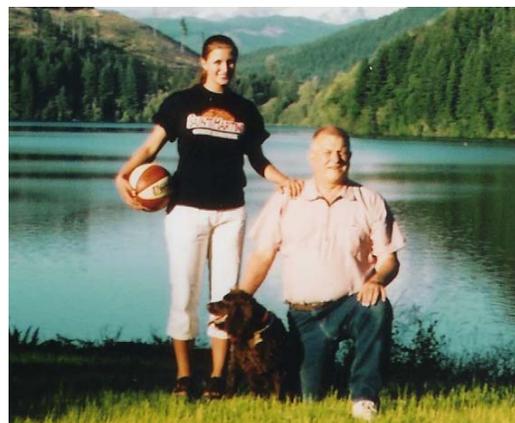
Alexa Betrozoff and Dad Tom
Willapa Valley High School



Laura Friese and Dad Rob
Willapa Valley High School



Austin Hobbs and Mom and Dad
Cheney High School



Sunshine Nilson and Dad
Morton High School



Kyle Doering and Mom Sue
Colfax High School



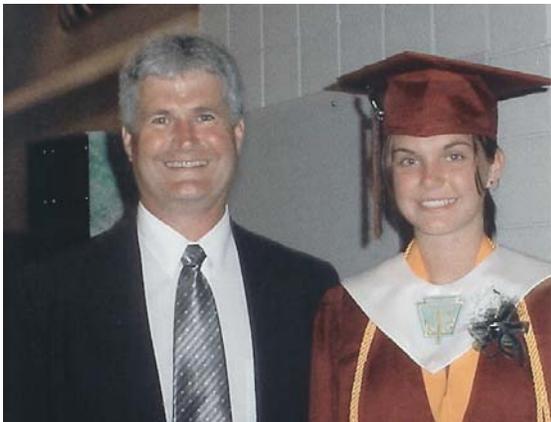
Kelly Hennessy and Dad Dan
White River High School



Matt Hanson and Dad Craig
East Valley High School



Andy Largent and Dad Dean
Shadle Park High School



Stephanie King and Dad Mike
Ocosta High School



Cort Carpenter and Dad Dave and Mom Elana
Kelso High School

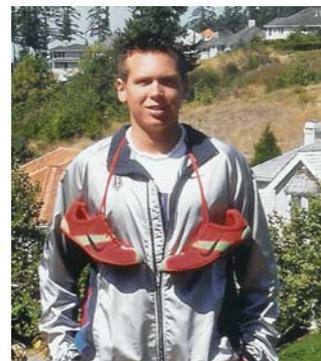
Picture Not Available:

Felicity Ottis, Wilson Creek High School
Katie Pitts, Okanogan High School

STUDENT OF THE SPORT

Jackson's Jeff Helmer Does His Homework

by Steve K. Bertrand



Jackson High School's Jeff Helmer is a fine student. He carries a 3.88 cumulative grade point average. Not bad for a jock. A guy could be quite pleased with those marks. However, when he's not cracking the books academically, Helmer is studying for a different exam. A test with an undetermined deadline. But, it's looming. It's looming somewhere in the not-so-distant future. And, when it comes, you'd best be ready. Grab opportunity when it knocks. Helmer is preparing. Quietly... Patiently... Determinedly...

You see, Jeff Helmer is not just a fine student academically. He's also a student of the sport of distance running. A sport that favors intelligence. And, Helmer is learning. As a matter of fact, he's an encyclopedia on the subject. If I had to give him a grade, I'd say when it comes to the subject of distance running, Helmer gets an A+.

Distance running hasn't always been Helmer's primary passion. As a youngster, he loved basketball. Helmer enjoyed it so much, he played on three teams. That year, he also turned out for the Heatherwood Middle School cross-country team. In his first meet, Helmer won the 7th grade race by 43 seconds. Afterwards, his father suggested he focus his talents on distance running.

When not driving for lay-ins, Helmer also ran track. He enjoyed the longer distances. His eighth grade year, Helmer won the District 1600 meter title. He clocked 4:45. Not bad for a kid training seven miles a week!

Helmer's freshman year at Jackson High School, he qualified for Pasco's State Cross Country Championship. He nabbed the last qualifying spot (15th) at the District meet. At state, Helmer finished 53rd. His time was 16:53. It was the fastest freshman time in the state. It proved a positive omen. Steve Prefontaine, one of Helmer's idols, had finished 53rd his freshman year.

That spring, Helmer missed qualifying for the state Track & Field Championships by one spot. The disappointment proved beneficial. "I didn't get serious about

running until I missed going to state," he said. Still, Helmer traveled to Pasco to watch. When the meet was over, he'd experienced an epiphany. "I came back determined to win a state title."

Helmer's first goal was to increase his mileage. Secondly, he wanted consistent training. In the process, he went from 35-40 miles per week to 45-60. Along the way, there were bumps and bruises; but, Helmer persevered. Unfortunately, fall of his sophomore year, he came down with bronchitis.

By the league cross-country championship, he'd begun to mend. Helmer went on to win the District title. At state, he was sixth (15:38). This earned him a trip to the Nike Border Clash in Beaverton, Oregon. Helmer finished eighth. Following Border Clash, it was off to the FootLocker West Regional Championships at Mount San Antonio College in Walnut, California. Helmer finished 28th. It was the second best sophomore performance in the region.

Despite no running over the winter, Helmer had a fine spring track & field season. While training, he'd developed a bone spur in his heel. "I had to wear sandals all winter," stated Helmer. After a cortisone shot, he recovered quickly. Helmer claimed League and District records in the 1600 (4:18) and 3200 (9:19) that spring. At state, he was fifth in both the 1600 (4:18) and 3200 (9:18). The highlight of the season was Oregon's Meet of Champions where he ran an impressive 8:35 in the 3,000 (9:12 - 3200). This broke Laef Barnes' (Mead High School) All-Time 3K State Record for sophomores.

Going into the summer of his junior year, Helmer had his sights set on winning the state cross-country title. He was consistently logging 60-65 miles a week. Adding Sunday to his training schedule helped. But, three days into the season, he was injured. The diagnosis - a strained hip flexor. Helmer started physical therapy. He didn't recover until three days prior to the League meet.

Helmer's doctor advised him to take the season off,

heal, and focus on the spring track season. Jeff Helmer couldn't do that. "I was pretty close to some of the seniors on the team," he said. "They hadn't been to state. I wanted to help them qualify." Behind Helmer's fourth place finish, the Jackson squad finished third. They went on to claim ninth at state (230 points). Helmer was tenth overall (15:49). "That's not bad when you consider I only logged 32 miles on three weeks training," laughed Helmer.

Following state, Helmer continued therapy four nights a week. "I trained to the extent I wouldn't worsen the injury," he said. Two weeks later, Helmer ran Border Clash. He finished eighth overall. After that, he ran the FootLocker West Regional meet. "I ran for the experience," he said. "I didn't expect to break the top 30." Helmer finished 18th on the challenging Mount Sac 5K course (16:25).

Though he did build his mileage to 55-70 miles over the winter, Helmer pretty much raced himself into shape. Last winter, at the University of Washington's Dempsey Center, Helmer ran an impressive 8:34 3K. It was a national leading time. This performance qualified him for the Gerry Lindgren Invitational. Offered in Salt Lake City, Utah, the meet was at altitude. Helmer finished seventh in this prestigious race featuring the nation's top high school hurriers. "I learned about altitude sickness," said Helmer, shaking his head. With the exception of altitude, Helmer had a very positive experience. "They treated me very well," he said. "I also got to spend time with Gerry Lindgren!"

Helmer came away from the meet motivated. "I knew I could do better," he said. The next week he ran 9:02 and claimed the 3200 meter title at Bellevue's Track & Field Invitational. Helmer went on to break his own League 1600 meter title (4:17) and win the 3200 (9:24). At the District meet, he broke both the 1600 (4:17) and 3200 (9:14) records. A healthy Jeff Helmer was finally ready to run for a state title!

The 3200 was scheduled for Friday night, June 3rd. Helmer lead most of the race. With 200 meters left, Gig Harbor's Tommy Betterbed took the lead. Momentum seemed to favor Betterbed. Helmer was fading. It was at that point, Helmer recalled the adversity Billy Mills had overcome to claim his '64 Olympic Gold medal in the Tokyo 10,000.

While on a speaking engagement, Helmer had met Mills in March at Everett's Civic Auditorium. It proved inspiring. With thoughts on Mills, Helmer started to kick. Slowly, he began reeling in Betterbed. Down the homestretch they raced. Neck and neck. At the tape, both athletes

leaned. Helmer was clocked in 9:11.08. Betterbed's time was 9:11.84. Helmer had achieved his goal – a state title!

The next day Helmer finished fourth in the 1600. His time was 4:17. "I felt tired," said Helmer. "When it was time to go... I couldn't respond." Still, he was happy with his 3200. "The 3200 mattered most," he said. "I relate better to longer distances!" Due to finals, Helmer didn't go to the Nike Outdoor Nationals. Instead, he focused on his academics.

Now, as a senior, Jeff Helmer is ready. His training has been going great. He feels very fit and fast. "I've been focusing on training versus racing," said Helmer. And what about goals? "I wouldn't mind taking a shot at Adam Tenforde's state cross country meet record," he humbly said. Hanford's Tenforde clocked 15:10 on the Pasco course his senior year (1998).

Helmer also has national ambitions. "I'd like to run Footlocker, Arcadia, Nike Outdoor Nationals, and a couple indoor meets at the University of Washington," he announced.

When asked about overcoming adversity, Helmer responded. "I have a very supportive family. They are amazing! My family is always behind me. Even my grandparents. They haven't missed a meet in three years. Even when I'm not running, they show up at the meets. They are my 'Guardian Angels'."

Though undecided about college, Helmer is keeping his options open. He does know he'd like to major in exercise physiology. He'd also like to be very focused on his running. "I'd like to run fast enough to get a full ride to whatever school fits my academic/athletic interests," he said.

Helmer has other ambitions. "I want to pursue running after college," he said. "Maybe become a college distance running coach." He'd also like a shot at the 2008 Olympic Trials in the 5,000.

Right now, Jeff Helmer is continuing his studies. He's like a sponge. Soaking up whatever he can on distance running. Absorbing all he can. There are races to be run. There is much reading, talking, learning...

And, as an athlete, Helmer recognizes a higher calling... He'd like to be a positive role model for others. He'd like to inspire through his example. Show people they can overcome adversity. "It's what gets me out of bed each morning to run," said Helmer. Like winning state titles, these are admirable goals. After getting a taste of Jeff Helmer's character and determination, I'd wager a bet they'll be achieved.



Team Training Strategies

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

Is it time to rethink team training or just go with what has been done in the past?

Synopsis:

- Long distance slow (LSD) lap running is next to useless as a conditioning method* in the month prior to the team practices unless it is for a long distance running event.
- It is also nearly useless during the season as practices continue unless it is for a long distance running event.
- Keep in mind that **exertional rhabdomyolysis** can be a deadly companion to too much too soon if your athletes are not in shape.

Successful coaches have to be on the leading edge of the game to produce winning teams and keep healthy athletes on their roosters. Strategies, tactics, personnel position selections, and game plans, to name a few, all fit into the yearly plan. When it comes to the actual training practices just how you proceed can make a big difference in the outcome.

Take for instance the football two-a-days or the in-season training days; do your teams run the outside of the track for lap-a general light warm up is ok. After that is over then how many times a practice? Are you having linemen running multiple 100-meter sprints? Is everything straight ahead for distance? The big question is why?

Is it time to rethink your program?

Running the laps may look good on paper to the uninformed but it produces little in the way of actual game time conditioning. The laps should have been done during the summer for the football season relevant training days. If not, the general physical preparation (GPP) of the athlete will not be adequate. Drastic increases in duration,

distance or effort, which frequently happens in sports practices, often lead to injuries, especially in the unconditioned athlete.

Look at the actual times a player runs slowly. Examine the times during the season any player has had to run more than 100-130 yards slowly. If you can even find one then something is amiss. My guess is, and it is backed up by even the most causal observer is, NEVER.

Most plays are conducted all out using primarily the ATP/CP anaerobic energy system and not the Slow Oxidative aerobic energy sources. Training should simulate playing conditions and running laps doesn't even come close to fulfilling this need.

Consider this solution

Divide the players into their respective positions, look at the activity of each spot and design the training around these conditions. As an example, a line man will rarely, if ever have to run the length of the field chasing down a fleet footed ball handler; that will be left to the defensive ends, line backers and other skill position athletes. Instead,

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they need to be able to assert tremendous force play after play for periods of ten to fifteen seconds at a time.

Train them this way, not by doing laps but by short length straight ahead, sideways and backward sprints of ten-twenty yards with gradually decreasing rest times built into the schedule. The rest breaks will eventually be the same or shorter than the naturally occurring ones in a game.

Have them in the three-point stance, on their bellies, on their backs, sides, kneeling, sitting or standing tall. Wherever you place, them they must run, straight ahead to the sides and backward with good form the distance you set up. Once the form breaks take a rest and move onto other aspects of your training plan.

The quarterback is in a similar situation, as they will rarely have to run long distances. Train them for their position and not as a cross-country runner.

The same principles are true for the basketball player whose game time is almost without exception, spent in the anaerobic zones of activity. Long slow distance (LSD) training defeats the purpose of training for the game conditions. There is not a team on the face of the earth that does a fast break away slowly-it is an all out controlled fast run down the court to the opponents basket. These athletes have to have superior GPP so they can tolerate the acid build up in their systems. It's the previous cardio conditioning that will allow them to adapt to the extremely fast court conditions that are required in the practices and the game, not the LSD of the training plan.

Seasons begin with the student athletes who show up to play. How you then train these students is up to YOU.

Suggestions

- Time every run, (electronic or hand held) every move, and every adjustment you make. Know what to expect from your team under varying training conditions.
- Prior to years end, send out a message to the new parents and students who live within the boundaries of your school. Design and attach a suggested summer training schedule. For the returning athletes a similar schedule can be sent out but it will be more advanced due to their longer training experience and ability to tolerate a heavier routine. There is no sense in having all players on the same schedule. It is a waste of time for the older, experienced ones and too aggressive for the newer ones to follow.

- Take into account family summer vacations by adding in a body weight routine consisting of high repetitions of pull ups, chin ups, push ups-prone and supine, squats-two legs and one leg, abdominal exercises running both fast and slow for time, calf raises, flexibility and agility, balance and coordination exercises. All of which can be done at home or while on vacation on an alternate day basis with a rest in between each exercise day. On the non-bodyweight exercise days then cardio exercises need to be done for up to thirty to forty minutes duration with in the 70-80% target heart rate range.

- Expect them to be in shape or let them know they can expect to be sitting until they are in shape.

Summary

Each game provides its own mental and physical fitness conditions for success. Every training session should mimic these criteria to the greatest extent possible for the largest cross over effect.

*This type of General Physical Preparation (GPP) should have already taken place before the season begins. If not the athlete is way behind the conditioning curve. They will have to be carefully watched throughout the practices and playing season for signs of fatigue indicated by form breakdowns, posture and communications to you and your coaching staff.

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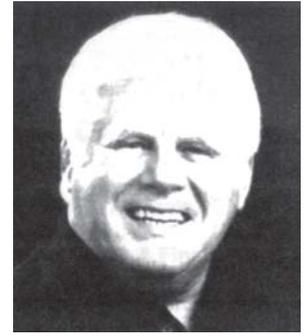
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HAWKS

by Dee Hawkes
Retired



To usher in the new school year, the “Squawks” has returned after a long, hot summer. It’s hard to believe that writing this column is still a passion of mine. This retired coach likes to talk about the issues that affect the preps, because I care.

VALUABLE LESSONS FROM THE YEARS GONE BY!

Pardon me, while I step up on the soap box to reflect on some life lessons learned while playing sandlot and neighborhood pickup games. We had to pick our own teams and make up our own rules. Somebody among the group had to be a leader. If there was an argument, the leader acted as a judge and jury, or someone would take their ball or bat, usually held together with electrical tape, and go home. Comedian Bill Cosby’s earliest stand-up routines centered on childhood street football and the wild imagination it helped promote. In one routine, he tells a teammate to run down the street, catch a city bus, ride for several blocks, and then have the driver open the doors. “I’ll fake it to you,” Cosby said.

Kids, as a breed, don’t do sandlot any more. They don’t see speed bumps as goal lines, basketball rims without nets, t-shirts on the ground for second base, or the barbecue in the backyard as out of bounds. You would be hard pressed to find a single pickup game of any kind being played in a park or on the school grounds by a

kid. The sons and daughters of the sandlot generation are clearly feeding their kids a very different diet. The current menu is filled with adult-led, organized sports, sports camps, select teams, video games, cable TV, and browsing the internet. For many parents, it has become a safety issue to keep their kids close at home, especially if they watch the news with any regularity. These are not like the days when kids left home and their only instruction was to return home for dinner.

With all due respect to parenting intelligence, I have mixed feelings about the hyper-organized youth programs where adults make all the rules. We know that more and more parents seem compelled to enroll their kids in camps. To be competitive, these parents may also have their sons and daughters join select teams - even if this means they can play only one sport! My take is that pushy parents just need to step back, be less serious, and teach their kid the sandlot philosophy that helps develop imagination. This would mean that the adults stand their distance.

AS OFTEN HAPPENS – POLITICS TAKES OVER!

This summer, West Virginia’s Supreme Court ruled that home schooled kids may not participate in public school sports. Their opinion stated that allowing home-schooled kids to participate would undermine

the academic requirement for school sports. They were specifically concerned that parents could withdraw their kid who may be struggling academically and place them in another program. Maybe someone can help me with this. If the home schooled kid is failing his on-campus classes then he should be declared ineligible like any other campus athlete. This is a loose thread. Every kid in a home school program deserves the opportunity to compete in school athletics just as they currently do in the classroom.

A BLAST FROM THE PAST

Sometimes you can find humor in how Seattle high school basketball players were treated around 50 years ago. This is what players were told by a high school coach about dating girls and what to eat on game day during the season. It read like this:

· “During the three months of the basketball season you are to have very few dates and preferably not all with the same girl.”

· “Basketball is not the time for romance, because experience teaches us that both basketball and romance are usually wrecked.”

· “You have nine months of the year to bat in the social league and only three months to pitch in the Seattle League, so don’t mix your seasons.”

· “You are a better man if you go home with your teammates after a game.”

· “Some girls use athletes to elevate their social standing – they are of the same caliber as the athlete who pulls this trick!”

· “Don’t drink milk on game day. It forms a curd which takes time to digest and it will make you feel heavy.”

· “Do not eat hamburgers with onions because this will cause you to belch and you will taste them while playing.”

· “It is better to eat your pre-game meal at home; squad “get-togethers” before games have not been successful.”

· “Don’t eat pork, because it digests too slowly.”

In the old days when athletes were told how to behave and what to eat, the rules were followed by most athletes, because their coaches said so. It went without saying that parents also thought that this was the role of the coach, particularly during the sport season. One good thing came out of this, which was a deep respect for those coaches. Even today, when addressing a coach of that era, we still honor them by calling them “coach.” In my case, I have never used their first names.

SHORT SQUAWKS

The University of Washington conducts a fall baseball league of four teams made of 15-18 players per team. Whether we particularly like it or not, over seventy players are evaluated and coached by Husky players and coaches. Each team plays 16 games. The season ends on October 13th. . .

Scuttlebutt around the state indicates that many high school football teams are not getting involved in summer team camps held on the different college campus. They feel there is enough to do with lifting weights, running their own team camp, and participating in passing leagues. . . You

shouldn’t be too surprised that the WIAA is seriously looking at the explosion of youth and select teams and how it affects the prep scene. . . . The advertisements surrounding “Monday Night Football” has the NFL teaming up with The Rolling Stones, which certainly pushes the envelope more toward entertainment than sport. It would be an earful to have a conversation with Coach Vince Lombardi about what he thought about today’s highly paid athletes playing in an entertainment market.

WHO’S IN CHARGE?

Coaches should be removed from the combat zone. Most coaches have a preseason meeting with parents where they clearly communicate their philosophy, goals for the season, expectations of players and parents, and the reality of the sport experience. Some coaches have players and parents sign a form that outlines the basic team and conduct rules. Several coaches prepare brochures for parents. They cover parent conduct on how to act, when to act, and where the lines are drawn. Some Florida districts even have good-conduct contracts that parents must sign.

Most parents are regular kinds of folks who don’t put pressure on the kids to play sports. Then, there are the pushy parents who fit the “over-zealous” category. They are overly involved and preoccupied by their kids’ performance while mentally pushing them to do better. This highly demanding approach finds some parents serving up the “third degree” when their kid puts in a poor performance. What is needed are courses for coaches to learn how to deal with parents. Coaches need to network, exchange articles, tell personal stories, and seek solutions. Change begins with understanding of the new landscape of high school sports.

High school sports and youth sports have become a business. A parent looks at his kid participating in sports as an investment. They want a return on their investment. Pushy parents feel entitled to get their way. Hang tough!!

The big question is who decides whether something is worth squawking about. So, here is your chance to tell me what’s bugging you. It may be just what the teacher ordered. Send your thoughts to hawkes32@comcast.net.

See you around, I hope.

Members

We are looking for Coaches that would like to be actively involved in the organization of each sport. Please contact jparrish21@comcast.net to get involved in your sports All-Star Games, clinics and activities. . .

WE ARE LOOKING FOR YOUR HELP!

“On the Sideline” from the other side...

I wish to take this time and space in our magazine to thank the many coaches who have shared their lives with all of us by providing information about themselves, their families, their programs, and the experiences of their coaching careers for “On the Sidelines”. As the information comes back to me for the articles, I am truly in awe of the accomplishments, the compassion, and the dedication of our fellow coaches. Too often, we may be so focused on the thousands of things that must and do get done that we don’t fully appreciate the tremendous work being done by our membership. Read about our members in the “Washington Coach”, take the time to slow down, for just a moment, and share in the positive experiences of the WSCA members.

Please continue to send me the names of coaches you wish to have presented in the magazine. Every WSCA member’s name submitted to me is contacted for further information for the articles. As our association web site grows, the information forms will be available online which may make the process of gathering information easier. Remember to send a picture!



Craig Hanson

East Valley High School–
Spokane

Craig Hanson has been coaching wrestling and football for more than 20 years. Currently coaching at East Valley HS in Spokane, Craig was the WSWCA 4A Coach of the Year in 2002 and 2003. His wrestling team was the 2A state champions in 1997. He has been the regional wrestling coach of the year 6 times and has coached in the Cultural Exchange Program for wrestling to South Africa in 1995 and to Japan in 2000. For 12 years, Craig was the Jr. Director for Washington-USA wrestling and he is a past president of the WSWCA. His family includes his wife Jeneen, and sons Matt (18), Clete (15), and Zac (7). His proudest moments in coaching have come from the opportunity to coach his own sons. Craig believes that coaching allows him to make a difference in young peoples lives and the experiences provided affect them forever. “How you act and the decisions you make when no one is looking is the mark of your character.” Craig has been in the WSCA since 1988.

Larry Delaney

Lakewood High School

Larry is the baseball coach at Lakewood HS. A gradu-

ate of Central Washington University (’90), he has been coaching baseball for 15 years. His baseball teams were Cascade League champions in 1996 and ’97, and his 2004 team was the North Cascade champions in 2004. The road to state is well known as his teams finished 9th in ’94, 2nd in ’96 & ’97 at the 1A state tournament, and they finished 2nd in the 2A tournament in 2004. Larry was named the Cascade League baseball coach of the year in 1996. The Delaney household finds his wife Julie, their daughters Erin (8) and Maggie (3), and their faithful dog Clifford (40+). Larry loves the game of baseball. Coaching gives him the chance to show the kids what a great game baseball is and to provide the opportunity for success and accomplishment for kids, some who may not have always been as successful in the classroom. His favorite quote comes from Cal Ripken Sr. “baseball is like a bank, you can only get out what you put in”.



Ted Beyer

Mt. View High School–
Vancouver

Ted is currently the head football coach at Mt. View and led his team to the state tournament in 2004. Before coming to Mt. View, Ted was the head football coach at Anacortes HS

where he compiled a 40 - 27 career record between '97 and 2003 reaching the state playoffs in '99 and '03. He has been an assistant track and field coach with many of his shot put competitors placing at the state meet and he coached Rein Long the state 3A champion in 1999. Ted's family includes his wife Jan and their kids Dean and Gretchen. A graduate of Portland State U ('85) and Cortland State U (MS in Ed, '92), Ted is also the strength and conditioning coach and was a member of the USA Freestyle Ski Team '82-'84. He enjoys challenging young people to achieve their personal best on and off the field and building strong relationships between players and coaches. Ted was the Seahawk coach of the week in '03, Co-Northwest League coach of the year in '99, and the Section 5 Class D coach of the year in '93 for track and field at Dundee Central School, NY. His favorite saying from coach "Frosty": "put up or shut up". Ted has been in the WSCA for 8 years.



Chuck Bowden

Central Valley High School

The head boys' track and field coach at CVHS, Chuck has been tireless in his efforts working with the Washington State Track and Field Coaches Association and is a past president of the WSTFCA. In addition to coach-

ing track and field for 15 years, he has also coached basketball for 10 years, and been an assistant football coach for 6 years. Chuck's family includes his wife Theresa, daughter Erika (10), son PJ (9), and "the twins" Brianne and Noelle (5). Chuck has developed tremendous interest in the track and field program as seen by the 30 boys on the team his first year grow to over 120 boys the last two years. Chuck says "it was natural to end up in coaching" as his father was a coach and later an athletic director. His proudest moments through coaching have come from working with "some of the best people you could ever hope to call friends" to establish the WSTFCA convention and develop the association in to a valuable organization for coaches throughout the state. Chuck is a board member of the WSCA and has in the WSCA for 10 years.



Pat Fitterer

Eisenhower High School

Winning high school basketball teams and coach Fitterer are often heard in the same sentence. Currently the boys' basketball coach at Eisenhower HS, Pat has been coaching basketball for 28 years. In that time, his teams

have been to the state basketball tournament 19 times, collecting 14 state trophies and 2 state championships. Pat has been named state coach of the year 3 times, inducted into the CWU Hall of Fame, and selected to coach the USA Youth Basketball team this past June. Pat is also the golf coach at LaSalle HS. His family includes his wife of 29 years Kathy and their two daughters Karly and Mindy. Pat enjoys being able to take a group of individuals and develop a team capable of becoming the best team they can become. The rewards of coaching come from former players letting him know that the mental toughness they learned by playing for him is used everyday in their adult lives. Pat is a board member of the WSCA. "It is amazing what can be accomplished when no one cares who gets the credit." Pat has been a member of the WSCA for 26 years.

Pat has been a member of the WSCA for 26 years.

RATES

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ON THE SIDELINE NOMINATION FORM

The WSCA needs your help! If you know a current member of the WSCA who deserves recognition for his/her contributions to coaching, please fill out this form and send it to Mike Schick. Your nominee will then be contacted to obtain additional information.

Nominee's Name _____

Home/School Address _____

City _____ Zip _____

Current teaching/coaching location _____

Send this form to Mike Schick,
Edgemont Junior High, 2300 110th AVE E, Edgewood, WA 98372

Thank you for your efforts

CHEERLEADING: ARE YOU READY?

Pam Headridge
WIAA Rules Clinician
Past President WA State Cheer Coaches Association
Head cheer coach, Oak Harbor High School

Are You Ready?

The beginning of the school year and cheer season...are you ready? Focus on safety, education, and sportsmanship to make you season successful.

Safety is the utmost importance of coaching. Below is a checklist provided by American Association of Cheerleading Coaches and Advisors to have you in compliance with the standard of care for cheerleading wellbeing.

Knowledgeable Coach

- Attends National Federation of High School Spirit Rules clinic annually
- Participates in local, state or national coaches' conferences
- Completes safety certification course
- Completes stunt certification

Appropriate Practice Facilities

- Adequate matting
- Adequate space
- Adequate height
- Safety procedures
- Written emergency plan
- Access to athletic trainer
- Staff member certified in CPR/First Aid

Travel

- Cheerleading coach should be aware of and follow school travel policies for safety and proper insurance coverage

Legal Issues

- Pre-participation physicals should be required in accordance with policies on all student-athletes
- All forms should be completed for each participant:
 - Medical release
 - Informed consent/liability waiver
 - Insurance information
 - Parental contact information

Talk to your athletic director to assure that you are following all the rules. Pickup your copy of the latest version of the National Federation of High School Spirit Rules book from him. Check your league rules to stay current on what cheerleaders can do concerning noise-makers, signs, run-through banners and chants. Sportsmanship should be your number one priority for all signs and signs. Remember that all signs need to be positive, reflecting motivational slogans for your teams, not negative messages against the opposing team. No negative opposing team chants like "M-I-S-S, miss it, Tigers, miss it!".

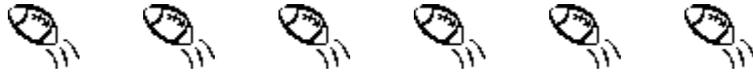
Following the above checklist will help ensure that you start and finish the season on the right foot!

Deadlines for the WASHINGTON COACH Magazine
Next Issue - Winter: December 1
Fall Issue: August 14, Winter Issue: December 1 Spring Issue: February 14, Summer Issue: May 14
SUBMISSION PROCESS
Submit via email as an attachment to Terry Ennis at terry_ennis@msn.com
Please submit on-line photos in black and white
If you do not have access to email you may submit via one of the following:
<i>Fax: 425-385-2875</i>
<i>or Mail: 1415 Madrona Avenue, Everett, WA 98203</i>

In 32 years of coaching High School football I have learned...

by Don Papasedero
Mercer Island High School

- ❑ The easiest way to survive the monumental injustices coaches receive is to have made every decision and action in your job with honesty. Those that bring unearned evils to your life must live with their vile, gutless actions forever... exactly like you will live on with a clear conscience forever.
- ❑ Accept that coaching does not follow the classic Puritan Ethic that states, "If you do the right thing, and work very hard, you will get your reward." Fortunately, coaches are by nature, idealistic and press on despite the absence of recognition for superior service in the name of students, education, and sport.
- ❑ The player and his teammates have selected your activity to join...with all of the mental, physical, social, and spiritual challenges that are unique to your sport. Honor them and their choice. Model empathy, respect, perseverance, celebration of effort, and recognition of others at every juncture.
- ❑ Coaches that try to coach "just like...so and so" and master emulation of that coach, will fail. Walking in another's footsteps will cause you to miss problems and pain that are really worthy to experience and defeat in this profession. If coaching was a science, with all the tests and proven replication of hypothesis, then it would be easy...plus a smart, lazy coach will already be doing it to beat you.
- ❑ Excellent coaching comes from preparation, dedication, single-minded focus, tenacity, and honesty. Compromise any of these and you are average...especially using the truth as your guide in all you do.
- ❑ The worst possible decision is to walk away, quit, forfeit your resolve, terminate your mission, abandon your life's passion or give up coaching because of what parents, administrators, disloyal assistants, fellow coaches or the media has done.
- ❑ Preserving sportsmanship and the dignity of competitive athletics can be the greatest contribution we make to the game we love.
- ❑ Using anger, without teaching is a sure sign of an incompetent coach. Anger is an exceptionally ineffective substitute for quality instruction. The same holds true for the coach that devotes a high % of time to conditioning rather than instructing. It takes zero coaching ability talent to force athletes to "run".
- ❑ It is the coaches job to teach and model the critical idea of working together and the meaning of the word..."teammate".
- ❑ Behind every player who is treated fairly and constantly communicated with, is a sense of trust and a desire to improve. Behind every player who is left without communication, and is a malcontent, lies a negative, malicious, misguided parent.
- ❑ Players thrive for coaches who encourage a sense of humor, laughter, and wonder...especially when the situation around them is tough. If they are not laughing...they are not learning.
- ❑ Some of your best friends, those who know your heart and truly understand you best, are fellow coaches. Coaches are a rare and special breed who are often, sadly, very alone. Seek out your own kind and find love and solace amongst them.
- ❑ Machiavelli was wrong. Forcing kids to specialize or play one sport year round is cheating. Especially, cheating the player of a chance to gain inestimable opportunities in other venues to justify your self-centered ends. Specialization brings a dark, evil presence to your school.
- ❑ Patton was right. Coaches are not, "Chips floating along the river of destiny." Coaches rage against the unjust and "strive mightily to control and form the magnificent river" for the right.



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2005 CROSS-COUNTRY PREVIEW

Many New Faces Emerge Atop Prep Scene

By Steve K. Bertrand

With the fall cross-country season in full stride and numerous harrier graduations last spring, many new athletes appear to have shots atop the state podium come November. Here's a look at individuals and teams who could claim those honors.

"AB" Girls

Jane Larson returns to defend her title. The Cedar Park Christian senior finished first in 2004. She also added "A" state titles in the 1600 (5:04.89) and 3200 (11:28.44) this past spring. Larson will be pressed by Liberty Bell's Sadie Bjornsen. The sophomore harrier finished second last fall (19:14). She was also fifth in the "A" 3200 (12:11.54). Toutle Lake's Chelsea Schilter could challenge. She claimed third (19:32). Schilter also placed second in the 3200 at last spring's "B" State Track & Field Championships in Cheney (11:39.92). She'll be a senior.

Zillah, the 2004 state champs, return five of their top seven runners. Scoring an impressive 58 points, coach Ken Johnson's squad outdistanced their nearest competition (Cedar Park Christian) by 89 points. With six runners returning, look for Cedar Park Christian to improve. Perennial powerhouse, Saint George (3rd in 2004), could also factor into the title hunt. They won state titles in 1998-2000.

"AA" Girls

Grandview's Brittney Sanchez leads the "AA" girls. She was the 2004 state champion (18:33). Twenty-two seconds back was Port Townsend's Hannah Granger. Both girls will be juniors. Klahowya's Sierra Cook could challenge. As a freshman, she was third (19:12). Cook was also fourth in last spring's 3200 (11:44.79).

With four of their top seven runners back, East Valley (Yakima) could repeat as state champions. Coach Pete Steiner's harriers scored 59 points in 2004. Look for King's (112 points) and Chelan (119 points) to compete with East Valley (Yakima). King's won the 2003 state title.

"AAA" Girls

Michelle Schubert returns. The West Valley (Yakima) senior claimed top honors in 2004 (18:39). She'll be challenged by sophomore Chelsea Burns of Holy Names. Burns was third in 2004 (18:49). Bellevue's Kelsey Walker wouldn't mind another state title added to her resume. She claimed the "AAA" 1600 (5:05.84) and 3200 (10:51.86) titles at last spring's State Track & Field Championships in Pasco.

As far as team titles go, the nod goes to Bellevue. Coach John Hill returns all seven runners from last fall's third place team (124 points). He has a front-runner (Kelsey Walker),

a great pack, and plenty of depth. Newport (Bellevue) could challenge. They dropped a close one last fall. Squalicum claimed top honors with 106 points. Newport (Bellevue) was second with 109 points. However, Squalicum graduated four of their top seven runners. They'll have to reload quickly to hold off Bellevue and Newport (Bellevue). Newport (Bellevue) returns five of seven runners off last year's squad.

"AAAA" Girls

With the graduation of Bellarmine Prep's Brie Felnagle and Rogers' (Spokane) Becca Noble, the door of opportunity has opened to several athletes. Felnagle claimed the 5K cross-country title last year with an impressive 17:53 on Pasco's Sun Willows Golf Course. Noble was third (18:39). Both girls staged spectacular performances at the State Track and Field Championships last spring. Felnagle claimed the 1600 (4:42.28 – New Meet Record) and 3200 (10:27.68). Noble won the 400 (54.14 – New Meet Record) and 800 (2:08.61 – New Meet Record). Both athletes posted equally impressive summer performances. Felnagle was second in the Nike Nationals and broke the state mile record with a 4:39.71. Noble claimed the USA Junior National 800 Meter title. In the process, she broke the state 800 Meter All-Time Record with a 2:03.73. It will be tough to top these two athletes!

The best returning cross-country runner from last fall's state meet is Gig Harbor's Stephanie Sipes. As a junior, Sipes was second (18:27). She doubled at state this past spring in the 1600 (7th – 5:04.32) and 3200 (9th – 11:15.06). However, the wells not dry for Bellarmine Prep. They return Nicole Cochran. As a freshman, she finished fourth overall in cross-country (18:42). This past spring she was runner-up to teammate Felnagle in the 1600 (4:51.59) and 3200 (10:36.39). Gig Harbor's Kessle Payne has also turned in quality performances. Fifth in cross-country, she ran 18:43. This past spring she was eleventh in the 1600 (5:09.68) and seventh in the 3200 (11:04.15).

The team championship favors Gig Harbor. Coach Patty Ley returns all seven runners off last year's second place team. Actually, Gig Harbor tied Bellarmine Prep for the state title. Both teams had 84 points. Bellarmine Prep won on the 6th runner tie-breaker. In the team standings, Bellarmine Prep's sixth runner was 57th overall. Gig Harbor's was 67th. Bellarmine Prep graduated four of their top seven runners. These factors should provide Gig Harbor with plenty of incentive. Don't count Snohomish out! They were third in 2004 (90 points). The Panthers return six of their top seven runners.

“B” Boys

Asotin's Brett Fowler is favored in the “B” classification. Second in 2004, Fowler was outleaned by Northwest Christian's (Lacey) Gabe Molinaro. Both runners were clocked in 17:03. Fowler is a senior. He was also the “B” 1600 meter champion this past spring (4:28.71). Adna's Dan O'Keefe could challenge. Third in 2004, the senior harrier ran 17:27. Mount Vernon Christian's Jeff Schloemer will be in the hunt. He fin-

ished fifth (17:34). Schloemer, who will be a senior, also claimed second in the “B” 1600 meter championships last spring (4:35.30).

Reardon could defend its 2004 title. They return five of seven runners. They also have front running with senior Ryan Adkins (6th – 17:35) and junior Brad Serdar (8th – 17:59). They claimed the 2004 state title with 46 points. Runner-up Northwest Christian (Lacey) scored 57 points. Unfortunately, they graduated four of their top seven. Look for Odessa and Saint George's to challenge. They finished third and fourth respectively. Both teams scored seventy-five points. Odessa returns five runners. Saint George's brings back six.

“A” Boys

Alex Crabill returns to defend his title. As a junior, the Charles Wright harrier clocked 16:09. He also won the “A” 1600 (4:21.29) and 3200 (9:31.01). He'll be challenged by teammates Dylan Twiner (3rd – 16:39) and Peter Browne (5th – 16:41). Browne performed admirably in the state track meet last spring, placing in the 1600 (3rd – 4:32.68) and 3200 (2nd – 9:47.82). Both athletes are seniors.

Charles Wright is the team favorite. They return five of their top seven runners. Last fall they scored 31 points. Charles Wright harriers placed 1st, 2nd, 4th, 11th & 13th. With their top three runners returning, they'll be tough to beat. Charles Wright also claimed the 2003 state title. Look for Seattle Academy to challenge for podium honors. They return five of seven runners. Last year they finished second (73 points). Highland (3rd) and Newport (4th) could again make the podium. Both teams return four of their top seven runners.

“AA” Boys

Lakewood's Tyler Rapp is the top

returning “AA” runner. Third in 2004, Rapp ran 16:25. He was also third in the 1600 last spring (4:30.80). Look for Nicholas Peters of Toppenish (5th – 16:41) and Medical Lake's David Jacob (12th – 16:49) to challenge. Jacob placed last spring in the 1600 (4th – 4:32.30) and 3200 (3rd – 9:55.54).

It's tight; but, the team title again favors East Valley (Yakima). Peter Steiner's squad captured the championship last year with 109 points. They also won in 2000. Lakewood (2nd – 125 points), Lakeside (3rd – 139 points), and Cashmere (4th – 153 points) could again battle for podium honors. A team to keep your eye on is Colville. They were fifth in 2004 (157 points). Colville returns six of their top seven runners.

“AAA” Boys

Seattle Prep's Max O'Donogue-McDonald is the favorite for the individual title. Second in 2004, Max “O-M” posted a 15:45. This time tied Lindbergh's Sam Ahlbeck; but, Ahlbeck nudged him. Max also claimed the 3200 title in 2005 (9:15.35). He'll be a junior. North Central's Andrew Scott (7th – 16:01) and Selah's Gary Lorance (9th – 16:03) could challenge.

Many of the top “AAA” teams were impacted by graduation. Bishop Blanchet, last year's champion (79 points), returns only two of seven runners. East Valley (Spokane), who was third (121 points) and Seattle Prep, who was fourth (128 points), return three of seven runners. Spokane's North Central gets the nod. They return four of their top seven. After finishing second in 2004 (85 points), they look hungry to move up. Don't count Burlington-Edison (5th-171 points) and Sehome (6th-173 points) out. Both squads return five runners.

Continued on page 22

Continued from page 21

“AAAA” Boys

With the top six finishers graduating, Skyline’s Matt Frerker is the top returning harrier. As a sophomore, Frerker finished 7th (15:43). Frerker was also thirteenth in the 3200 at last spring’s State Track and Field Championships (9:41.28). He’ll be challenged by Ballard’s Zack Gussin (8th – 15:43). Gussin was sixth in the 3200 (9:25.91). A healthy Jeff Helmer should challenge. In 2004, he finished tenth (15:49). Helmer, who will be a senior at Jackson, claimed the 3200 state title this past spring (9:11.08).

Once again, Mead is the favorite! Second in 2004 (92 points), they return five of their top seven. Not only that; but, Pat Tyson may be return-

ing. With new University of Oregon coach Vin Lananna announcing he plans to coach the distance runners, Coach Tyson may return to Mead. He stepped in as an unpaid volunteer at the U of O this past spring. This provided the distance program with some much-needed direction. Always the Pied Piper, Tyson encouraged fifteen to twenty high school seniors to walk on to the program for the upcoming school year. Mead, Washington’s distance running dynasty, has claimed state titles twelve of the past seventeen years!

Joel Ferris, who claimed the 2004 team title (46 points), returns three of their top seven runners. Eisenhower (3rd – 104 points) and Auburn-Riverside (4th – 142 points)

return one and two respectively. With so many runners moving on to the college ranks, some hard work this past summer may pay dividends for teams hoping to make the podium!

If you are an avid cross-country fan, don’t miss your favorite team’s weekly meets and/or Saturday invitationals. Schedules are available through your local high school and/or athletic department. The state cross-country website also post meets. That website address is: WaTFXC.com. Make sure you write the state meet date on your calendars! It’s slated for Pasco’s Sun Willows Golf Course on Saturday, November 5th, 2005. As last year proved, the state of Washington boasts some of the best distance running talent in the nation. Come catch the action!

Reslite New Ad

MAN TO MAN AND FULL COURT TRAPPING

by Jessie Shelton

Jess H Jones High School, Houston, Texas

My philosophy on basketball focuses on the ability of great teams playing great defense. The harder it is for an opponent to score, the greater the opportunity for victory. The philosophy at Jesse Jones is defense because defense wins championships. As coaches attend basketball clinics and listen to other coaches discuss their philosophy, we review insights, strategies, knowledge and structure that we may add to or remove from our program. I really admire the coaches and systems whose main concentration is defense.

Coach Nolan Richardson, former head coach of the University of Arkansas, played the type of defense that I use in our program. I had the pleasure of meeting Coach Richardson while working the Razorbacks' basketball summer camp, and he gave me a copy of his playbook. In a tight game when it is hard to score on offense, and defense is our strength, there is always an opportunity to win because of our commitment to defense. A strong, successful program is built with fundamentals of the game and players committed to hard work. That is why I stress to players the importance of individual drills that develop movement, reaction, quickness and the agility it takes to play the defense we play. Before we attempt to implement team defense, we utilize the fundamentals of individual drills. Below are some of the drills we utilize in our program during the off-season, pre-season and season:

The **Ladder** is a tool we use to improve foot speed and concentration. The ladder is made of plastic and nylon rope. It is ten feet long with each square measuring 12" x 12". You can also connect two ladders together for a more challenging workout. With this tool we are able to improve and develop foot speed by shuffling, crisscrossing, chopping, sprinting and alternating feet while maintaining balance and keeping the arms in the air.

The **Rabbit** is similar to cops and robbers in that a player is dribbling while one or two players are chasing. The players are on the baseline forming three lines and the ball is in the middle line. The dribbler may only look ahead; the chasers look back at the coach for the signal to go. Once the whistle is blown, the offensive player (dribbler) attempts to dribble the length of the court and score; the defensive players (chasers) are attempting to

strip the ball or stop the ball before the dribbler can score. One defensive player can be incorporated at the start of the drill.

2 on 1 is a drill that utilizes the mid-court to baseline. This drill is designed to put emphasis on particular players such as guards and big men (forwards and posts). Two lines are formed at mid-court; another player is positioned in the lane on defense; either line at mid-court may have the ball. Once the offensive player begins to attack the defensive player, only one pass is allowed. The defensive player (guard) is anticipating the pass trying to steal it or positioning himself to take a charge. When forwards and post players are on defense, the emphasis is on shot blocking and rebounding.

3 on 2 is another drill we begin at mid-court to baseline. Three lines are formed at mid-court (offense); two players (defense) are in the lane: one at the free throw line and the other directly behind him. The ball is positioned in the middle line, the dribbler attacks the free throw line, and the top defensive player defends the player with the ball. Once the pass is made, the back defensive player defends the player with the ball and the top defensive player rotates down in the passing line. This drill continues until a basket is made or a turnover occurs.

3 on 3 is the last mid-court to baseline drill we utilize to maximize reaction, speed and rotation, in order to develop the skills needed to perfect the type of team defense that we play. There are three lines positioned at mid-court (offense) – the ball is in the middle line – and a player stands directly in front of each line (defense). The offensive player dribbles the ball to a side, and the defensive player on that side will release from his opponent to trap the ball. The off side defensive player anticipating a pass rotates down to the opposite side. The middle man (defense) rotates down to the lane anticipating the next pass. The drill continues until a basket is scored or a turnover occurs. The offensive players rotate to defense, and the defensive players rotate to the end of the lines. This drill helps us develop all the techniques we need to be effective as a team when playing defense.

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Defenses:

There are two types of full court defenses that we use at Jones High School. Each is designed to slow our opponents down and force turnovers. Our main objective is to keep the ball out of the middle. We prefer to have the ball on one side of the court forcing the offense to have as few options as possible. Both defenses work great when they are executed to perfection, but there is a matter of the opponent's offense that attempts to counter against our scheme.

One full court trapping defense that we use is called (22). In (22) what we do is have both guards at the free throw line, forwards at mid-court and the post at the top of the key. The offense inbounds the ball to a side and the guards on that side of the court rotate down attempting to keep the ball on that side. The other guard rotates to the middle to prevent the pass. The forward on ball side traps at mid-court as the offensive player advances the ball. The post player moves with each pass looking to intercept a diagonal pass. With this type of defense, we are

always looking to force a turnover, steal a bad shot, or just anything that will lead to a transition basket.

The other full court trapping defense we use is called (12). Both defenses are basically executed with the same concept – slowing down the opponents' offense and force turnovers. In (12), we position one guard at the free throw line, another guard and forward at mid-court and the other forward and post at the top of the key, and each player in the front-court lines up with an offensive player or in the offensive player's area. When the offense inbounds the ball, the guard at the free throw line rotates to the ball, and he chases the ball after each pass. The guard or forward at mid-court flash up and down at mid-court to prevent or steal the skip pass. The other two players move with the pass anticipating a steal or trap in the front court. With both defenses, if we do not get a steal or force a turnover, we convert to our basic defense... man-to-man.

These are the defensive sets that we believe in and work on each and every day throughout the season. When coaches are able to have athletes who believe in what they are teaching and they work hard to perfect the system, then success is achieved.

New Athletic Supply Ad

Searching for Gerry Lindgren

Tracking Down Washington's Distance Running Legend

By Steve K. Bertrand

"Dream BIG Dreams"
-Gerry Lindgren

Everyone loves an underdog. There's something about David versus Goliath stories that appeal to our sympathetic natures. Recent films such as *Seabiscuit* and *Cinderella Man* tell the tales of unlikely heroes who overcome insurmountable odds to achieve greatness. Through their athletic feats, individuals, nations and, sometimes, the world are inspired. Interestingly enough... we often find these heroes in the most unlikely places. Even Spokane, Washington.

Such was the case during the Cold War (1964) when a skinny little teenager with a squeaky voice from Spokane, Washington, traveled to the Los Angeles Coliseum to compete against the Russians in a U.S versus U.S.S.R. track & field meet. He was just another "lazy" American to his Russian competition. He'd never be able to run 10,000 meters with the world's best distance runners. Consequently, they didn't pay him much attention.

The American wasn't so sure he could run with the Russians. They were big, strong and fast. But, he did know one thing... He wasn't lazy. He'd trained hard. Maybe as hard as the Russians. No, he might not win; but, there was something he could do... he could send a message. **AMERICANS AREN'T LAZY!** Yes, that's what he'd do. And, as the boy circled the track against men, the rest of the world watched in wonder.

Forty-one years after being catapulted onto the world stage with his

stunning upset over the Russians, Gerry Lindgren is once again in the limelight. In 2004, he was inducted into the National Track & Field Hall of Fame. During his acceptance speech, Lindgren humbly commented - "My greatest victory as a runner, my only victory, is that I may have played a small role in starting the Running Revolution." Shortly thereafter, his book, "Gerry Lindgren's BOOK ON RUNNING", was published. Cleverly written by "The Shadow of Gerry Lindgren", his book reflects his personality.

Living in Honolulu, Hawaii, Gerry has returned to the sport he helped promote. When not working, Gerry busies himself coaching a road-running team called the Coconut Road Runners Club. He has also stepped back into the limelight, promoting his book and accepting speaking engagements. Gerry still runs; or, as he likes to put it, jog. As a matter of fact, his e-mail address is Gerrythejogger@aol.com.

Like in the early '60's, interest in Gerry Lindgren is growing. With this interest in Lindgren, questions of fact and fantasy emerge. Talking with Gerry Lindgren or reading his book provides valuable information. It also raises questions. Did he really do training runs of eighty-eight miles in length? People in the know are quick to point out Gerry's unique sense of humor. "Expect the unexpected," I've often been cautioned. Proving

the point, a reporter once asked Lindgren - "What makes you better than other runners?" "I'm a left-footed runner," he replied.

Legendary stories about Gerry Lindgren abound. It was such a curiosity in this local distance running phenomenon that motivated me to take several of my cross-country athletes on a journey to Spokane in search of Gerry Lindgren's roots. The three-day venture in July was an eye-opening experience into the man, myth and community that played important roles in the development of this world-class athlete.

The venture started with a visit to Roger's High School. This was where it all started for Gerry Lindgren. Len Long, Hall of Fame coach from North Central High School and the #2 runner behind Lindgren in high school, was there to greet us. The tall, lanky Long ushered us to trophy cases located in the school's main wing. Behind one glass case was a pair of Adidas running shoes worn by Lindgren when he set the world 2-mile record.

Len Long talked about Lindgren. He mentioned their growing up "dirt poor kids from Hillyard". Hillyard is the neighborhood where Rogers High School is located. When Lindgren lived in the area it was primarily a third generation Irish immigrant population. There was a movie theatre and swimming pool. The summers were terri-

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bly hot and the winters cold. Local railroad and factory jobs were the main source of employment. Since going out of business, Hillyard has fallen on hard times.

Long talked about being recruited by Tracy Walters. He and Lindgren were students at Shaw Junior High School. It was 1962. "It was the 'B.T.B. era'", Long said. "Before the Boom. Running simply wasn't something people did. "In the early '60's, there simply was no such thing as running. Nobody ran. If you ran in the morning, you probably were a criminal," chuckled Long.

In his book, Gerry speaks to his running attracting the attention of the police. "I was arrested seventeen times. I have been arrested in Spokane, Pullman, Seattle, San Francisco, Los Angeles, New York, London, Paris, Honolulu, Moscow, and Tokyo. If I were not a runner, I would be a good advertisement for Gucci Bags," he quipped.

"At the time Lindgren and I started running, a 660 was the longest event in track," said Long. "If an individual ran the 440, they couldn't run anything above it. All of our training took place on the track."

Long spoke to running with Lindgren. "We were quite a pair, he laughed. "I was tall and skinny. He was short and skinny." Len was clear on another point. "We didn't run with Lindgren," he said. "We ran behind him." Regardless, the entire team was expected to do Lindgren's workouts. "Gerry had an amazing ability to absorb hard work," said Long, shaking his head. And, the harder they trained, the better they got. Out of these efforts, the Rogers distance running tradition was born.

During this time, Lindgren claimed the 1962 individual state meet title. He covered the 2.3 mile course at

Seattle's Green Lake in 11:06. "It all started with a wimpy little body on a wimpy little course," wrote Bob Payne, a Spokane native (Rogers H.S. '56) and sports writer for the Spokesman-Review. His senior year Lindgren again triumphed. This time he improved his performance to 10:47.5. Rogers claimed the '63 state cross-country team championship. They scored 23 points. Len Long was fourth. "Running was the only thing in the world," said Long.

When coach Tracy Walters, a counselor at Rogers High School, recruited Gerry, there was little promise he would prove a phenomenal runner. Walters had coached Gerry's brothers. They'd been average. But Gerry worked hard. "He out-trained everybody," stated Walters. "Where'd he draw this motivation? I guess it came from his tough life." Gerry's father was an alcoholic. He was also physically abusive. Because of the nature of his family life, Gerry couldn't allow other kids to come over and play. "Our family secret had to be kept," Lindgren said. "So I grew up watching life from the outside as a bored observer wishing I could be a participant. In some ways, I'm still that way."

Gerry Lindgren lived on Crestline. It was a few blocks from Rogers High School. Homes in Hillyard are predominately one-story bungalows. Gerry's back yard bordered desert. Far off in the distance was Beacon Hill. One day Lindgren approached Len Long. As he typically did, Gerry was wearing his letter sweater that draped to his knees. "Gerry grabbed me and pointed towards Beach Hill," said Long. He excitedly said, "That's our gift!" From then on, Lindgren ran Beacon Hill every day.

Coach Walters often had his harriers run Beacon Hill. He'd meet them there in his Mercury. Depending

upon how you ran it, it could be two or three miles to Beacon Hill from Rogers High School. It was then a mile or two climb. "We'd run it as a warm-up," said Long. Some days they ran it as many as five times. "The attitude at the time was 'If a little is good, more is better.'" Coach Walters would often offer motivation. "If you really want to be champs, after you run Beacon Hill, you'll race home!" His runners hung on every word.

Later in the afternoon, we met Don Kardong at Runner's Sole in downtown Spokane. Curt Kinghorn, owner of the running retail store, was a gracious host. Kardong, fourth in the '76 Montreal Olympic marathon, founder of Bloomsday and writer for Runner's World, spoke about his running experience. He had run for Seattle Prep under Larry Eason. Following high school Kardong was a walk-on at Stanford. He ended his college career 10th in the Pac-8 Cross Country Championships in Pullman. Kardong went on to place 3rd at Nationals. That spring he gave Steve Prefontaine a challenge in the Pac-8 Track & Field Championships at the University of Washington. The race was three miles. With 200 meters to go, Prefontaine out-kicked him. "I wish I'd had a kick like Billy Mills," laughed Kardong.

Kardong spoke to influences on his running. "I moved to Spokane in the fall of '74 and took an elementary school teaching job. Living in Spokane was a source of inspiration. Being around people who had accomplished great things as runners helped me excel. I felt part of the Lindgren legacy."

Don Kardong competed actively through the early '80's. He still runs four days a week. Kardong spoke to his approach to racing. "I always went into races confident and relaxed.

I knew I was well trained. From there, I simply let the race unfold. I didn't worry about winning. I didn't worry about disappointing people. I simply pushed for competitive fun. I always strove for improvement. In this sport, hard work equals improvement."

Following our meeting with Kardong, we headed back to Rogers High School. Len Long had arranged for his North Central cross-country captain, James Clark, to lead us on a run up Beacon Hill. So, at 5:30 p.m., we took off from Rogers on Lindgren's favorite run.

The circuitous route wound through residential Hillyard, over railroad tracks and past desert scrub brush. We approached Beacon Hill from the southwest. Then, we began to climb. I had run Beacon Hill many times while a college student in the early '70's. What I'd forgotten about the climb quickly returned. Switchbacks. Rutted trail. Steep incline. Slippery rocks. Rattlesnakes. Burning lungs. Heavy legs. Gasping breaths.

And Lindgren ran this every day? No wonder he was so tough! After what seemed an eternity, we reached the radio towers atop Beacon Hill. From here, one has a panoramic view of Spokane in all directions. We paused to take in the view and catch our breath; then, slowly started down the hill. Reflecting on the experience... Beacon Hill doesn't do the climb justice. The term "mountain" seems more appropriate.

That night we toured Gonzaga University. Home of the ZAGS. We dined at David's Pizza, a campus eatery highly recommended by the locals. At sunset, we pitched our tents at Nine Mile Falls Campground on Lake Spokane. Then, proceeded to play the game Taboo around a picnic table by flashlight.

In the morning, we rose early and

traveled to North Central High School to train with their cross-country team. Coach Jon Knight, '82 state champion for Ferris High School, and Len Long welcomed our runners. Knight had pursued his college running at Washington State University under legendary coach John Chaplin. It's the same college where Lindgren ran. "It was very motivating to put on a jersey knowing legends like Lindgren had run before you," stated Knight.

We warmed up playing ultimate Frisbee. Turnout consisted of an hour run along the Spokane River. On the way back to school, we wound through downtown Spokane. The route took us past the sculpted Bloomsday runners. Spokane is a beautiful "All-American" city. If you've never visited as a Lilac Bloomsday Run participant, you've missed an experience. The 12K race draws 40,000 – 60,000 runners per year. It is considered the largest "timed and recorded" road race in the world. This coming spring will be the thirtieth anniversary of Bloomsday. Don Kardong returns as race director.

After a much needed shower at North Central High School, we headed to Pullman to visit Lindgren's alma mater. It was here he claimed eleven N.C.A.A. titles. Personally, I wanted to visit Bryan Tower. It was from this landmark Lindgren often started his legendary twelve-mile run. The route consists of rolling Palouse hills. Lindgren believed if he could cover the distance in under an hour he was ready for international competition. It was such training runs that helped prepare him for his 6-mile World Record. Gerry and Billy Mills tied at that A.A.U. meet in San Diego in 1965.

Highlights of our campus visit included Mooberry Track, Hollingberry Fieldhouse, Martin Stadium, and the

university bookstore. We concluded our campus tour with a stop at Ferdinand's. This ice creamery features the popular Cougar Gold cheese. Tim Rickman, a parent who accompanied us on the trip, and a WAZZU grad, heaped accolades upon the establishment. "This place has been here since the cows came home," he quipped. A Husky grad, I reluctantly succumbed to a cone of Apple Cup Crunch. After all, nothing tastes better than ice cream on a 90-degree day!

Thursday evening we participated in a 5K/potluck on the Spokane River hosted by the Bloomsday Roadrunners Club. Founded in 1977, the club is impressively active in the greater Spokane community. Lori Chauvin (Rogers coach) spoke to the club's involvements. "We attempt to meet the needs of the entire community," she said. Through Bloomsday, the club sends sixteen boys and girls to the Footlocker Regional Cross Country Championships each year. In addition, they host a Recycle 5 Mile Run, Partners in Pain Run, Saint Patrick's 5-Mile Run, Turkey Trot (with proceeds going to the Food Bank), Spokane Marathon, Sunday Sundaes 10-Mile Run, etc... "Because of Lindgren, we have a very rich running history in Spokane," said Chauvin.

Following the 5K, the kids were invited to a potluck. High school athletes and members of the local running community mingled in the park until dusk. It was a perfect close to the day!

Friday morning, we rose early. The itinerary called for a visit with coach Tracy Walters at his Green Bluff farm. After breaking camp, we headed east toward Mount Spokane. This was a highly anticipated moment. We were about to meet Lindgren's

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legendary coach. We'd saved the best for last!

Coach Walters and his wife, Leta, were waiting in the driveway when we arrived. My first impression of the man was – warm-hearted, dynamic and passionate. He greeted us with a hug; then, invited us into his 4,000 square foot ranch house. The house sits on 32 acres with fantastic views overlooking Peone Praire and Mount Spokane. The estate comes with a pool, hot tub and dry sauna. It also boasts a small orchard with 80 fruit trees. The reason I know this is... it's for sale! Built by the Walters, the home has hosted many talented distance runners over the years. It's being offered at \$575,000. "A once in a lifetime opportunity," says real estate company, Tomlinson Black.

Why the move? "This place is too much work," said Leta. "We're moving to Five Mile. It's closer to our church." The relocation also places Tracy closer to North Central High School where he still actively coaches.

Coach Walters gave us a tour of his home; then, sent us off with a few local runners to complete a Green Bluff loop where Lindgren and Kardong trained. Following the run we were invited to swim. Meanwhile, Tracy and Leta prepared lunch. While we ate, Tracy talked about Lindgren. "Winning was never our focus," he said. "Gerry was motivated by the challenge and strategy of competition. He wanted to push people to do their best. It's not that it isn't satisfying to win. It's just that winning wasn't the primary motivating factor. Through it all, he kept a cool head. I'd be the emotional one," exclaimed Walters. At age seventy-four, Walters is still energetic. "It's easy to see why people find him so motivating," said Tyson Rickman, junior captain of the

Cascade cross-country team.

When asked about training, Walters exclaimed, "Lindgren ran everywhere he went. He'd run to the local fishing hole, over to a girl's house; then, to the top of a mountain. I guess when you pursue it like that it's more of an adventure than training," said Walters.

Walters also spoke to the decision to have Gerry run the 10,000 meters. "We figured a 10,000 meter race gave Gerry twice as long to feel great. It also gave his opponents twice as long to feel crappy."

After lunch, Walters pulled out photos of Lindgren's race against the Russians in '64. While he showed us pictures, he talked. "This was a very emotional moment for all of us," he said. "Gerry knew this race represented more than winning. It was a statement about democracy. Gerry ran part of the race in the shadow of the Russians. At one point, he thought it was raining. It turns out what he felt was sweat from the Russians," he laughed. "When Gerry did take the lead, he thought he heard the Russians on his heels the rest of the race. In fact, it was his cleated shoes on the cinder track. Gerry ended up winning by a large margin. Even in victory, he was very shy. Gerry kept his head high; but, there was no ego," said Walters.

Lindgren went on to compete in the '64 Olympics in Tokyo. Mills won the 10,000-meter race setting a new world record. Prior to the race Lindgren told Walters to keep an eye on Mills. He was really coming along. Lindgren had won the Olympic trials, defeating both Mills and Ron Larrieu. However, during a training run a few days prior to the Olympics, Lindgren sprained his ankle. Doctors suggested he not attempt running; however, a gutsy Lindgren finished ninth. After the race, Walters offered Mills congratulations. "This proved one thing," responded a sympathetic Mills. "I'm

the second best runner in the world."

Thus ended another venture. However, interest in Gerry Lindgren has not waned. This spring a Gerry Lindgren Invitational took place at East High School in Salt Lake City, Utah. It featured a 2-mile race in honor of Lindgren. Top runners across the United States participated. It was offered to honor Gerry Lindgren, a man Steve Prefontaine viewed as his idol. There's talk of moving this event to Gerry's hometown of Spokane in the future. It seems to be the logical location.

If I had to put my finger on the significance of Gerry Lindgren, I'd say this... The Gerry Lindgren story is an "Everyman's fable". It's a rags to riches story. It's about hope, inspiration and dreams. It's about a puny little kid who could barely push open the doors of Rogers High School as an underclassman who worked hard and became the world's greatest distance runner. It teaches us about what we can all accomplish through discipline, hard work and commitment.

Tracy Walters elaborated. "I'm equally proud of what Gerry is doing today through his coaching, book and lectures. He's been to the mountaintop. When you've had that experience, you need to reach down to others in need. That's being a humanitarian. Simply put, that's being a man." Gerry Lindgren, you have an open door and people are waiting to warmly welcome you back!

Author's Note - If Gerry Lindgren is high on your distance running priority list, you have an opportunity to meet him. He will be visiting the Pacific Northwest this fall. The dates are September 15th-18th, 2005. For further information, see the August issue of Northwest Runner magazine; or, contact Steve K. Bertrand at (425) 530-2732. We are looking forward to welcoming Washington's native son!

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Individual Sport Representatives

These people are your contacts for better communication on all types of issues. Clinics in your sport? Tournament information? WIAA Amendments? Concerns-Suggestions.

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Athletic Trainers	Patrick Olsen ATC	South Kitsap	olsenp@southkitsap.wednet.edu
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Middle school Rep East	Kyle Rydell E	Valley Middle School	rydellk@evsd.org

20th All State Volleyball Series

by Jan Kirk
Coordinator

Flexibility and bring your sense of humor! Those were the by-laws for the 20th just completed all state volleyball series July 13 through 16. From the two teams not being able to practice as originally scheduled at Columbia JH in the Fife School District because of a grenade scare (proved to be a false alarm) to only 7 girls showing up to participate for the East 3A squad (they were down to 6 by the time they got to Yakima - - a girl left for Europe) to



Practice and Scrimmage

one motel having reserved only 20 doubles for the teams when we had requested 30 (with some persuasion, they gave us more), we all needed our sense of humor and flexibility skills.

The event overall was a huge success with the A/B West capturing 2 out of the 3 matches; 3A East winning 2 out of 3; and 2A/4A East winning all 3. Attendance was strong in Fife as expected and it was more than expected at Selah and Mead. A thank you to Tim Aberle, Selah AD, and Kelly Kight, Mead HS for their help in securing their high schools for the event and also for accommodating us with announcers, ticket takers, ball girls, etc. We also want to thank the Tacoma Officials Board, Yakima Officials Board, and Spokane Officials Board for donating their time and expertise to the event.

One athlete gave not only her volleyball skills to the event, but also her singing skills. Bethany Castilleja from

Kamiakin HS and a member of the 2A/4A West team, sang the national anthem a total of 9 times – before each match at all 3 sites. She has a choir scholarship to a college and after lending her voice to our national anthem (a very difficult song to sing) we can all understand. Thank you, Bethany, and good luck in your college endeavors.

Congratulations to the 3A West team who won the skit contest. Each team was asked to present a skit after dinner on Wednesday. The coaches served as judges. The 3A West team did their rendition of raindrops falling from the sky and eventually landing with a “splat” on the ground. You had to have been there!!

The coordinators of this event, Jan Kirk, Fife HS and Tanya Campbell, Emerald Ridge HS are continually “tweaking” the event and we expect that it will continue to get better. This year Tanya instigated a website – www.eteamz.com/allstatevolleyball. Please go to that website to view team pictures and actions photos from the event.

Lastly, thanks to our sponsor, Puget Sound Volleyball Region, Club Wahine, Scoreboard Pub, Evergreen Volleyball Region, Puget Sound Volleyball Club and Washington State Coaches Association. Without their support we could not continue to organize and host the event. The Fife School District, Selah School District, and Mead School District are thanked for donating their sites.



1A/B teams exchange gifts at beginning of match

All State Volleyball Teams



1A/B East All State 2005



1A/B West All State 2005



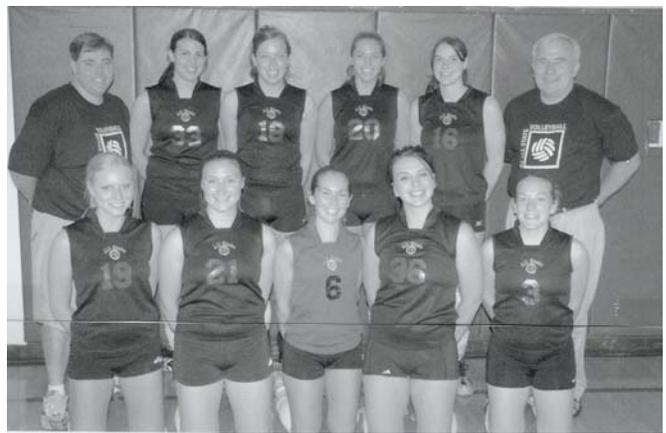
2A/4A East All State 2005



2A/4A West All State 2005



3A East All State 2005



3A West All State 2005

Volleyball Hall of Fame

Washington State Volleyball Coaches Association Hall of Fame Nomination Form

Nominees Name: _____

Address: _____

City: _____ State _____ Zip _____

Phone: _____ Email: _____

Nomination Criteria: (circle the # in front of the criteria met by the nominee)

Must have:

1. coached high school volleyball in Washington State for a minimum of 15 years.
2. made a significant contribution to the development of volleyball.
3. must have recorded 300 wins as a head coach.
4. must have been or currently is a member of the Washington State Coaches Association.

The nominee will be sent an official nomination form for their perusal and completion and be contacted to obtain three (3) references. These references will be contacted for letters of recommendation.

In the space provided, please give a brief statement as to why you are recommending the nominee.

Your name (please print): _____

Signature _____ Date _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

Please send nomination forms to: Janice Kirk, 37929 53rd Ave S, Auburn, WA 98001 (vbmojo@comcast.net)



FREQUENTLY Asked Questions

Regarding our WSCA Insurance Coverage

1. What coverage is available to our coaches if they are involved with an all-star game during the summer?
2. Would there be a special premium available for coaches for an all-star game?
 - a. As long as the coach is an active member of the WSCA, and the sport(s) he or she is coaching is a sport recognized by the WSCA and the athletes are of high school age, then their coaching activities are covered under the WSCA Commercial General Liability (CGL) and medical policies.
3. Will the all-star game director/s be covered by the proposed plan?
 - a. Members of the WSCA are covered under the policy for losses resulting from bodily injury, property damage, and personal and advertising injury claims. There is no Directors & Officers (D&O) Liability coverage under the Commercial General Liability policy. Directors and Officers liability claims are wrongful act claims i.e. harassment, eligibility, wrongful termination, discrimination...A specific D&O Liability policy will need to be purchased for such coverage. D&O is not part of the Commercial General Liability package, but can be purchased as a separate policy.
4. How about those who organize clinics? Who will be covered? Can specific names be added to coverage?
 - a. Active members of the WSCA would be covered under the CGL and medical policies issued. If the active member is organizing an athletic clinic that is a sport recognized by the WSCA and the participants are of high school age, then the coaching activities of the individual are covered. Only members of the WSCA are covered. Somerton offers very competitive camp/clinic programs to individual coaches that include CGL and Medical coverage for those events not covered under the WSCA program. The camp and clinic program will name the facility and the WIAA as additional insureds, if required. Typical cost is \$4.50 per camper per week.
5. Do you provide insurance coverage for all-star game participants and coaches?
6. Can you provide blanket coverage for all-star events i.e. football, baseball, basketball, volleyball?
 - a. Yes, we do. We can issue separate policies for each all-star game, or we can write a blanket policy and include all the all-star games sponsored by the Association. Recommendation is to write one policy for all games. That way the policy minimum premium is not charged on each event. Account minimum premiums will be \$5,000. sometime next year as new rates are being filed with the Department of Insurance. The average State all-star game is between \$1,500 and \$2,000 (for CGL), depending on the sport. You can include accident medical as well for all sports.
7. Who has filed claims against your company?
 - a. No claims have been filed against Somerton Student Insurance Services. Nor have any claims been filed against K&K Insurance.

ATHLETIC SCHOLARSHIPS FOR THE HIGH SCHOOL ATHLETE

By Pat Fischer, Hardin-Jefferson High School
Reprinted by permission of the Texas High School Coaches Association

It has become apparent that the issue of collegiate athletic scholarships and the high school athlete is of prime importance to athletes and parents alike. Receiving a scholarship regardless of size (majority are only partial) has become a primary goal to many athletes and their parents. It is a big reason why some students get involved in various activities and even move to certain schools. Receiving a scholarship has become a pipe dream for a growing number of athletes and their families. Each year, there are a number of youngsters that will be fortunate and talented enough to receive a scholarship; however, the vast majority of student-athletes will not. A truthful look at the realities of this issue will clear the air.

Let us look at what background information on college athletics you already have. See if you can answer the following questions:

1. How many baseball scholarships are Division I schools limited to?
a. 6 b. 9.5 c. 11.7 D. 16 E. 24 F. 36.5
G. As many as they want
2. Are baseball scholarships normally "full scholarships"?
Yes No
3. What percentage of high school athletes eventually receives a scholarship to play basketball in college?
a. 1.5 b. 5.5 c. 10.5 d. 13 e. 15

4. How many major college football programs (Division I) are there in the United States?
a. 106 b. 127 c. 151 d. 205 e. 292 f. 376
5. Approximately how many athletic scholarships does each Division I football program award annually to incoming freshmen?
a. 20 b. 25 c. 30 d. 35 e. 40
6. How many major college basketball programs (Division I) are there in the United States?
a. 103 b. 152 c. 205 d. 292 e. 376
7. Each of the above basketball programs annually awards how many athletic scholarships to incoming freshmen?
a. 1 b. 2-3 c. 5 d. 7 e. 9-10
(Answers to quiz: 1. C 2. No 3. C 4. A
5. B 6. D 7. B)

How did you do? You can see there are many restrictions involving scholarships and the number of grants available. Also, athletic scholarships are given on a yearly basis; normally they are renewed, but the school does not have to and sometimes they don't. Many athletes will receive questionnaires or feelers from schools during their high school years. College athletic programs will mail out as many as 5,000 to 8,000 questionnaires annually. Obviously, they cannot evaluate all of these candidates.

As an educator, coach, and parent, I prefer that student-athletes play high school sports for what values they instill. High school athletics are an integral part of a well-rounded education. They are “a hands on” laboratories tied into the academic mission of the school.

These athletic activities provide a myriad of challenges and opportunities for youth to develop the interpersonal qualities of commitment and determination, as well as interpersonal skills of cooperation. Participation in co-curricular programs integrates youth from diverse backgrounds and promotes the democratic principles of our nation, including individual rights, freedoms, equality, and protection of the common good.

Participation in athletics also facilitates learning experiences that involve facing difficult individual and group challenges, learning to persevere, to overcome defeats, to strive for self improvement, yet sacrifice self interests when needed, and to cooperate with teammates. While many young people today seek security in and out of school affiliations (gang membership), extra curricular programs offer alternative ways for youth to experience hope and develop mutually supportive relationships with peers and mentors.

In America, approximately one million (or 12%) of our students drop out of school each year! It is no small statement that we need educational programs that encourage youth to remain in school. Athletics motivate many at risk students to stay in school, and they can be used to prompt students to take seriously their academic subjects (no pass, no play).

The values taught through high school athletics make participation beneficial to any student. Whether an individual continues into the arena of collegiate sports or not, the positive experiences and lessons taught are invaluable to a young person. It is my wish that athletes and their parents look at this aspect of athletics and find merit in it.

Please take note of the following information supplied by the NCAA on the Estimated Probability of Competing Beyond High School:

Football	5.8%
Men’s Basketball	2.9%
Women’s Basketball	3.1%
Baseball	5.6%
Men’s Soccer	5.7%

From college to the pros:

Football	2%
Men’s Basketball	1.3%
Women’s Basketball	1%
Baseball	10.5%
Men’s Soccer	1.9%

In closing, I would like to thank Michael Koehler, author of “Athletic Director Survival Guide,” and Ronald M. Jeziorski, author of “The Importance of School Sports in American Education and Socialization,” for the use of their data in putting together this article.

**JOIN
YOUR
ASSOCIATION
TODAY!**

**Have you moved?
Please let us know
1-800-441-7776
email:
jparrish21@comcast.net**

Burnett-Ennis Scholarship

DEADLINE: APRIL 21, 2006

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

To be eligible for the scholarship:

- ◆ Your mother or father must be a member of the Washington State Coaches Association.
- ◆ Submit the below application.
- ◆ Submit a letter of recommendation from your principal, counselor or teacher.
- ◆ Submit your High School transcript.
- ◆ Submit a statement on what the scholarship would mean to you.

Name _____
Last First M.I. Social Security Number

Permanent Address _____
Street City Zip Code

Date of Birth _____ Telephone Number _____
Month/Day/Year

Parent/Guardian _____ Years Member of Association _____

Address of Parent/Guardian if different from applicant

High School Attended _____ Graduation Date _____

Address _____
Street City Zip Code

Principal _____ College Planning to Attend _____

Check List

- Letter of recommendation
- Transcript
- Statement from applicant

Your application must be received before April 21, 2006
Mail to: Susan Doering, 708 South Lake, Colfax, WA 99111

Selected winners must submit a picture of themselves with their member parent to the WSCA by June 30, 2006.