

THE WASHINGTON GOALH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



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WASHINGTON STATE

COACHES ASSOCIATION

A WASHINGTON STATE NON-PROFIT ORGANIZATION

Our Mission

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

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From the Editor

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

Presidents Message

Darrell Olson

Winter 2019-2020

Fellow WSCA Coaches,

The fall sports season is behind us, and it's 'full speed ahead' into the busy winter sports season. And what a great fall sports season it was. Great games, great competition, great student athletes, and great coaches make all the state championships 'must see' events.

We have just completed the WSCA initial season of using 'electronic membership cards' to gain entrance into all state tournament games in all fall sports. The response from coaches has been very positive. Like it or not, this is the new direction we, as a coaches association, are moving in. There were very few problems. It was a positive experience for most all of our member coaches. There are no more excuses of losing your card. We do not mail cards any longer. The company that handles our internet service, has worked long and hard to make this a success.....and they are continuing to work at making the process easy for coaches. For those of you that are fortunate to have your school districts pay for your membership, if you personally had some difficulty uploading your card, I would follow up with your Group Administrator who handles the WSCA memberships

January is the time of year where the WIAA Amendment process begins, with potential administrative and rules changes to various sports. **Coaches need to get involved in this process!** Don't be an outsider and get sideswiped by some rule change that you were not informed about. Every year there are a number of rule changes to how our sports are governed. These changes are a result of various bodies in our state thinking their proposed rule changes will benefit the sport. Sometimes they are right.....sometimes they are wrong. This is why we, you, us as coaches need to be informed on what changes are being talked about state-wide and proposed through the amendment process. Log onto the WIAA website and take a look at all the Amendments being proposed that will take effect next school year and sit down with your athletic director or principal and have a conversation with them if there are amendments you have concerns about.

A reminder to all ISA rep's: if you are planning a coaches clinic this school year, now is the time to get your clock hour paperwork sent into Rob Friese, WSCA Clock Hour Administrator, for clinic clock hour approval. All fee's collected at any of your clinics will stay with your sport, provided you have completed and submitted for approval, the proper paperwork. You can find the necessary clock hour forms on our website with instructions and timelines to submit to the Exec Board. The WSCA offers this 'perk' to all sport organizations and is a great way to do some fundraising for your individual sport. I would highly recommend all ISA's look into this. It will be the WSCA Executive Board that will ultimately authorize or deny clock hours for your clinic. **You need to plan ahead!** This process will take some time. If your sport group is planning to offer a clinic this school year or next summer, you need to move on this asap. Our Executive Board meets the second Monday in Dec. and the last Monday in March.

I want to personally encourage all coaches to get involved and get off the sidelines. Make a contribution to your sport specific organization in 2019-'20. Ask how you can help.

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

Good luck this winter sports season.

Keep the head down,
Darrell Olson, President





From The Sidelines

by Jerry Parrish

Online Registration

Here is the update for coaches and Group Administrators to help with WSCA online registration. The WSCA has added links for the membership card retrieval. On the main page, it may be found at the top right of the homepage as well as on the “contact us” page. This should help coaches find the link easier than having to look through the registration overview page. Each school has been asked to appoint a Group Administrator for their school as a way to get all coaches correctly registered. There have been some bumps in the road but slowly the process is improving. Until all a school’s coaches are registered and a payment plan is made for membership, WSCA membership cards will not be available to coaches.

Orchids

- ◆ to the school districts in our state who are continuing to support and acknowledging the importance of the WSCA by providing membership for their coaches.
- ◆ to the athletic directors and coaches who keep this writer informed of what regular and special events going on in their schools.
- ◆ for the cooperation of several athletic administrators in the WIAA districts for helping the WSCA to improve membership benefits.



Onions

- ◆ to the coaches who register online and expect their membership cards in the next mailing. Cards are not being mailed. Planning goes a long way. The WSCA has saved over \$1000 in postage costs alone by not mailing cards. ■



Where will you find us next?
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Why Should I Become A Member of the WASHINGTON STATE COACHES ASSOCIATION?

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

- to offer top quality, affordable places to member coaches in the area's of professional education and training, to earn clock hours and coaching education hours.
- to offer a pass, using your membership card, for entry into **ALL** WIAA state tournaments, **ALL** regional tournaments, and **ALL** district tournament games, state wide!
- to offer **Liability Insurance coverage of \$1 million** for our membership while working a scheduled, sanctioned and supervised WIAA sport or event.
- to offer your son or daughter, who are eligible, an opportunity to apply for WSCA scholarships. (i.e. **Burnett-Ennis, Terry Ennis, Student Teaching**)
- to be eligible for your sports' **Hall of Fame** recognition
- to be eligible for your sports' **Coach of the Year** recognition
- to be eligible to coach in sanctioned WSCA all state games. WIAA will only authorize WSCA sanctioned All-State events
- to receive reduced fee's at WSCA sponsored coaches clinics and WIAA clock hours toward coaches education certification and/or salary placement
- to honor member coaches for their coaching achievements through our **Career Recognition** and **Life Time Achievement** programs
- to provide reimbursement to each sport group for enrollment in WSCA

OTHER BENEFITS:

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



MVP DRIVE

Create a safer, smarter, more realistic practice environment with the MVP-DRIVE, from Rogers Athletic and Mobile Virtual Player.

Like football coaches at every level of the game, Dartmouth Head Coach Buddy Teevens had grown tired of student-athletes injuring each other during football practice. Not only are injuries detrimental to student-athletes on and off the field, but they slow a team's overall progress.

Teevens reacted swiftly by banning live tackling in practices between players. Instead of tackling drills, he introduced the MVP-DRIVE – from Rogers Athletic and Mobile Virtual Player – as a method for student-athletes to participate in tackling drills without potentially injuring each other.

The MVP-DRIVE is the world's first – and only – motorized, self-righting, mobile training dummy. It is controlled with a fairly standard RC-type controller and stands about average player height. But here's the game-changer. The MVP-DRIVE can move. Its forward and backward acceleration, its lateral quickness, and its change of direction abilities leave coaches wide-eyed upon first seeing the MVP-DRIVE in action.

"Everybody in the football community is concerned about the potential for injury, and everyone wants fewer injuries," says John Currier, CEO of Mobile Virtual Player. "The MVP-DRIVE gives you a device that changes the way you teach and practice the game, but you take away, in large part, teammates hitting teammates in practice."

The MVP-DRIVE is also a very powerful way to eliminate repetitive, sub-concussive hits during practice that happen during the normal process of training.

"When you see the MVP-DRIVE moving around, under the control of coaches, it allows you to see it as a device that replicates not only what you might see from an opponent, but it mirrors the tackling process," he says. "They are hitting something padded, but it can definitely move and evade an athlete with no warning, just like an opponent. There are big dimensional changes you see by moving from a static dummy to the MVP-DRIVE. It broadly expands all of the things you can do in practice without running the legs off your players and subjecting them to unnecessary risk."

MORE THAN JUST TACKLING

While the MVP-DRIVE excels in the tackling arena, it has many more virtues than those belonging to a standard tackling dummy.

"The MVP-DRIVE is a great quarterback for line drills," says Currier. "You can move the pocket and you're not putting your valuable quarterback at risk. The MVP-DRIVE is a great quarterback during OL vs. DL drills."

That's not all. When running drills for linebackers and defensive backs, coaches can bring the MVP-DRIVE out of the backfield and have the defenders react to the position and direction of the MVP-DRIVE. They don't need to tackle the mobile dummy, but it helps them set up pursuit angles depending upon the route the MVP-DRIVE runs out of the backfield.

"It allows athletes to practice things they might otherwise have trouble practicing," says Ryan McManus, Director of Marketing for Mobile Virtual Player. "For example, if you have two MVP-DRIVES running vertical routes, and a defensive back splitting the difference in coverage, then the defender can make a real-time decision about breaking on the ball to intercept it or finishing with a tackle. You can't do that against your own receivers because coaches need those guys healthy on game day. You can also practice cut blocking on the MVP-DRIVE because it's softer than a player and it keeps defenders healthy as well."

Today, coaches and student-athletes can step into the future of football and join teams like the Pittsburgh Steelers, Oakland Raiders, Dallas Cowboys, San Francisco 49ers, University of Notre Dame, University of West Virginia, Dartmouth and more.

**FOR MORE INFORMATION ABOUT THE MVP-DRIVE,
VISIT [HTTP://DRIVE.ROGERSATHLETIC.COM](http://drive.rogersathletic.com) OR
CALL (800) 457-5337.**

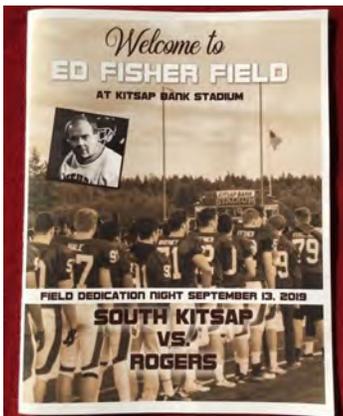
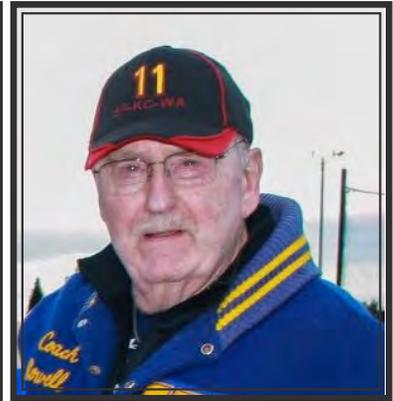
ROGERS

The Strength of the Wolf is in the Pack.

The Strength of the Pack is in the Wolf.

By Lane C Dowell

WSCA Lifetime Member, Chuck Semancik Assistant Coach OL/DC
Founder, Chuck Semancik Memorial Foundation, WTFCA HOF Coach
USATF Master Level Official



When asked why South Kitsap football has fallen on tough times, I think that most would say the retirement of the Leader of the Pack, Ed Fisher, who built and orchestrated a nationally recognized program. Fisher coached 23 seasons (1974-1996) at South Kitsap compiling a 197-48 record with 17

post-season appearances

and winning the Class 4A State Championship in 1994.

After the victory over Puyallup's Rogers High on September 13 of this year, the first victory in many a prep game for South Kitsap, the former head of the Wolfpack was heard to say, *"Hopefully, the football fortunes of SK have returned but just like trying to stop and turn around an aircraft carrier, it can't be done instantly. Over time the ship can be righted."*

The night of the first WIN...driving through downtown Port Orchard indicated community pride...**a sign that the Port Orchard Community is on board.**

DAN ERICSON

The new Head Coach of South Kitsap

WC: Describe the process you went through to get the Head Football Coach's job at SK?

DE: The first step was to be willing to leave a place that I loved (Klahowya) and a program that still had a lot of unfinished goals. However, my gut was telling me to go for the SK job, so I trusted my gut! I truly loved Klahowya Secondary School, but I just had to take on this new challenge! I applied, interviewed twice (preliminary and final

rounds) with panels of people including administrators, teachers, coaches, and student-athletes.



Dan Ericson - Courtesy Meagan Reid, Kitsap Sun

WC: What instructions did the hiring committee give you?

DE: The big message was "Culture Change." Everyone involved knows the level of league we are in and our current football history. **We need to "reset" the football culture from the ground up.** The football will consistently improve once we improve the "little things." We are working on our attitude, effort, and teamwork...all things we can control!

WC: Coach what are your current role/duties as the headman?

DE: We have a tremendous coaching staff! We have a lot of in-building and experienced football coaches. My main role is to get the entire program on the same page scheme-wise, as well as, practice planning and efficiency and of course, character development. I am learning to delegate more now than I ever have and I am not calling plays on either side of the ball this year, which is a first for me. As we work towards our first real "off season" as a coaching staff, we will continue to grow as a staff. This off-season will be critical for our program. We have a lot of work to do in the weight room as well as being better students and multi-sport athletes.

WC: Is it a bit intimidating to walk in Ed Fisher's shoes?

DE: Of course, it is, however, having the opportunity to teach and coach at a school with such rich history was a big reason why I am here! Coach Fisher and I have become friends and he has been a positive influence for sure. I played for Jack Stark, who taught and coached at Shelton High School for 27 years. Coach Stark and of course Coach Fisher, had HUGE positive impacts on the lives of thousands of young men, their communities, and ultimately made the world a better place through football! I have always wanted to be like those guys, especially in terms of social impact! In addition, DJ Sigurdson and I have become friends as well! He and I talk every Saturday. Honor the past but be the future!

WC: Do you have specific goals for your first season at the helm?

DE: Timeline/Goals/Game Plan for year 1: Get hired, hire the best staff possible, recruit the hallways (get multi-sport athletes turning out), increase the numbers so we can have 3 full teams (varsity, JV, and C), keep the schemes simple, improve our fundamentals, of course WIN!, reset the culture focusing on character development, keep it simple, keep it positive, get after it and ALWAYS look for ways to improve!

ED FISHER

WC: *As completely as possible, illustrate your coaching philosophy.*

EF: Our SK Football program was built on hard work, discipline and respect.

Hard Work - As a coaching staff we spent countless hours in the weight room, watching film, and coaching our players. When we first started, we would line the field with gypsum prior to our home games, we put in hash-marks between the numbers and on the sidelines to make it special for the players, then cleaned up and coached the game. We would have films on Saturday morning with the players, then spend the rest of the day on the scouting report for the players to hand out on Monday. There were many nights later in my career that I slept in the locker room after watching film until 2 or 3 AM. The players would wake me up to start the films the next morning. In



Ed Fisher—Courtesy Kitsap DailyNews.com



Courtesy South Kitsap High School Yearbook Staff

the summer weight room, our players were required to run 1 mile on Monday, Wednesday and Friday, then lift. Also, on Friday the players were required to run one 40-yard dash on the electronic timer. We checked each player in and out of the weight room during the summer making sure all the lifts were completed and they used the neck machine to strengthen their shoulders and neck. We averaged over 60 players per day during the summer working out. Gear was handed out to the players according to how many summer work sessions they attended.

Discipline— The only thing that is equal in this world for everyone is time. Every individual on earth has 24 hours. What you do with that time defines who you are and what you believe is important. Therefore, we had a **policy that for every minute you are late to any SK football meeting, game, or event, the player had 100 yards of bear crawls.** The maximum of 1,500 yards. The player was required to do a maximum of 500 yards per day. We felt that individuals that were late to any meeting, practice, bus, games were selfish, and they felt their time was more important than the rest of the team. The players were required to knock on the door of a coach's office even if the door was open prior to entering. The players were required to say, "Yes" not "yeah". When speaking to coaches if the players said "um" we made them turn a circle and start the conversation over. We tried our best to change their attitude and behavior. Be on time. Knock on doors, open the door for others and hold that door so they could enter before you. When speaking, think first. Answer with "Yes" and eliminate all the "ums" when talking. If any player missed 2 practices during a season he was removed from the team. **We felt that the discipline we required benefited us on the field, especially late in the games.**

Continued on page 8

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Respect – Treat everyone the way you would like to be treated. See yourself in the other person and conduct yourself the way you would like to be treated. We demanded that all players treat all other players, coaches, opponents, teachers and staff with the same respect that we gave to the players. **We constantly addressed the proper treatment of women** – explaining from a female perspective why being respectful was so important. During the **23 years as the head coach I was asked to help some of the female teachers with a few of our players who were a problem in class.** I would march right into the class and remove the football player **into the hall, and we had a very clear discussion concerning the player’s conduct and attitude. To a player they never had another issue with any teacher.**

WC: Who/how/mentored you as a coach...

EF: My Mom and Dad taught me **discipline, commitment to work hard, never giving up.**

Gary Davis was the head football coach at Shadle Park High School in Spokane when I played. He gave me **confidence** to be a QB and DB.

Dave Holmes was the head football coach at Eastern Washington in Cheney when I played. He encouraged me to be a good player and learn about the **technical aspect** of the game. He called on me to stand up in a team meeting and explain how the offensive line was to block on the count off principle as a freshman after the second day of practice. I was a defensive back. I learned that knowing my position was not enough to be a good player. As a player I had better do whatever the coach told you had to do.

Don James was the individual who showed me how to better **organize** my practice, my life and how to **communicate** to every individual that communicates to you. I spent a lot of time with Coach James. As a successful high school coach in the state, I received privileged access to him. One Sunday morning in his office, just the two of us, we were talking and he was opening his mail. He was answering each letter or card with a handwritten card and then signed by him. During our conversation he stopped and said to me “How would you answer this one?” The card basically stated that he, Don James, was a very poor coach and should be fired and the individual signed the card. I stated that I would not answer that card. Coach James looked at me and said, “You need to answer all communications, good or bad.” I read Coach James response to that individual – “I appreciate your interest in the football program at the University of Washington. Signed Coach Don James”.

WC: Key people that made your success possible...

EF: My wife. Her commitment to our marriage and our career was total and undeniable the one factor that allowed for the success.

Steve Reischman and **Lyle Ballew** along with all the coaches that assisted in the development of SK football program. Coaches’ wives played key roles. I would meet with the wives prior to the season and explain that we were going to put in long hours; and their husband would not be at a number of dinners. We would be working to prepare our players for Friday night.

WC: Your proudest moments

EF: I was blessed to have many wonderful moments on and off the field watching our players succeed. Winning games might be the least of these. Watching the players leave our school and develop into successful members of society and raising families is extremely gratifying. It takes years for a coach to see the return on the investment of his time and effort. I am as rich with memories as the wealthiest man in the world is with his money. **Money cannot buy what a coach feels about his players.**

I will share one moment. When we played in the state championship game for the last time. I rented 2 limos for all the wives to ride in to the game and back to Port Orchard. After winning the game we were leaving the locker room to ride the bus. The moon roofs in the limos were open and the wives were standing up in the limo’s celebrating the win. It was near midnight when we left the stadium and seeing how happy the players, coaches, managers, stat girls were, and all the wives having a great time drinking champagne was priceless. I rode in the back of the bus and listened to the players tell stories of the game. That night was a very gratifying evening.

WC: Great Players

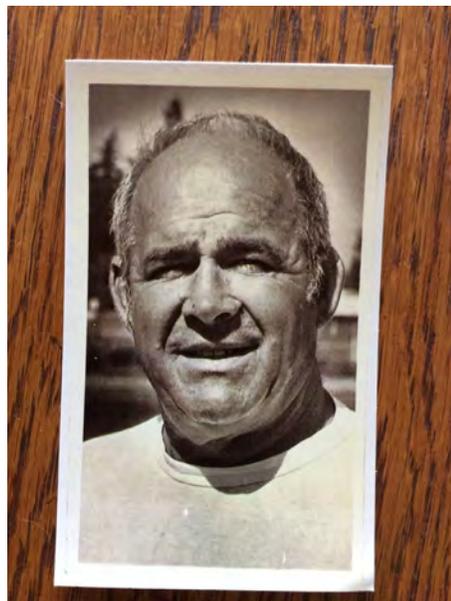
EF: I still cherish every single player that had the toughness to play, whether they were All-American or last man on the depth chart. **Each and every player had to do the exact same thing to play football at SK and for that I am forever grateful. I love them all.**

WC: When athletes played in our program what would you most like them to remember ... key traditions.

EF: Don’t quit. Don’t quit. **DON’T EVER QUIT!**
“ALL 48!” “ALL 48!” was our team motto signifying the 48 minutes of the game.

WC: What made SK football winning football

EF: We ran 4 running plays in our 23 years at SK. We learned early from a Bremerton Coach named **Chuck Semancik**. If you are going to play and beat him the only way was to be very physical and mentally tough. There would be games when we would run the same play 5 or 6



Chuck Semancik

times in a row. I wanted our players to know exactly what to do in every situation. We would run a play called 23 ICE. We did not care if our opponents knew what the play was; we were going to continue to run that play until the opponent stopped it. We demanded execution, toughness, and never giving up. On defense we preached gap control, hit press and throw, pursuit and when you get to the ball carrier tackle with purpose. **BE PHYSICAL.**

WC: What advice would you give a young/new coach that might lead to a winning program?

EF: Surround yourself with great assistants. Develop the players you have and do not bitch about all the talent other schools have. Develop your athletes physically and mentally.

If you develop your players, treat your school faculty and staff with respect, work your fanny off you will be in the greatest profession in the world, coaching football.

DJ SIGURDSON & ERIC CANTON

WC: We asked two former South Kitsap coaches who eventually took the reins of the Wolves program:

- 1. What made Ed a great coach?**
- 2. What are your favorite memories from your tenure as head man?**
- 3. Since the season started what have you noticed that indicates restoration has begun?**



DJ Sigurdson – Courtesy Kitsap Sun

DJ SIGURDSON

“Coach Fisher had high expectations for all involved. However, there were none higher than those he had for himself. He strove for excellence in everything he did. This had a profound impact on the relationships he developed with players and everyone associated with the program.

I was the head coach for 15 seasons and I hold the relationships I had with the players as my favorite memories.

To get back to prominence it will take commitment from the district, the building, and the players and their families. I see all of these things happening currently. Athletics and activities are important again in our district. All who can help from the building are helping and the student athletes are getting involved. Coach Ericson is building a program that kids want to be part of with the support of the district, building, and players/families. This is what it will take and this is what I see.”

ERIC CANTON

A. Just talking about this the other day...he (Ed Fisher) knew what everyone was capable of. For instance, whether it was a coach or a player...if you were having a great day he would kind of chew on you and let you know it wasn't good enough—HIGH expectations. If you were struggling, he would let you know what a great job you were doing. In reality, you never were “allowed” to get too high or too low; and you knew the expectations were that you gave your best at all times. You really felt like you weren't allowed let him down—I still feel that way!!

B. ORGANIZED to the nth degree and detail oriented. EVERYTHING was accounted for and every scenario was planned for. Nothing ever took us by surprise. It was always about the “little things”...knowing that taking care of that meant we didn't have to sweat the big things.

C. He cared about his players—loved them...and you knew it.”

Continued on page 10

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Eric Canton – Courtesy Kitsap Sun

I tried to take as much as I could...most importantly I think was holding the kids to high expectations, the little things, and caring about your players.

1. Favorite thing is the kids...seeing them be successful and fighting through adversity. That goes for Bremerton as well as SK.

2. Focus on fundamentals, positive energy and trying to hold them accountable. There is a different energy, but we have a long way to go...losing (or expecting to lose) has become a habit.

The Wolves may not have posted a large number of Varsity victories this season, but they have WON. They have learned to push to be the BEST they can be and to NEVER QUIT, Value, Discipline, Respect, and Hard Work. The Aircraft Carrier is turning, AND a strong indication of that is in the success of this year's JV and C teams. Both are posting winning records as their season progresses. ■



Flag along main street Port Orchard



Washington, U.S. High School Participation Declines in 2018-19 8/29/2019

RENTON, Wash. – The National Federation of State High School Associations (NFHS) released nationwide participation numbers from the 2018-19 school year, Monday, announcing a decline in high school athletics and activities participation for the first time in 31 years. Washington saw a dip in participation, tallying 174,378 students involved in high school activities during the year compared to 175,783 in 2017-18. While the total number of participants fell in the Evergreen State, the trend was consistent with states around the country, as Washington remained at No. 15 in terms of total participation rankings. In total, schools in Washington saw 94,614 boys turn out compared to 79,764 girl participants. The NFHS reported that the biggest contributors to the nationwide decline were the two longstanding and popular sports of football and basketball. Although Washington saw a decline in year-over-year participation in 11-player football, the number of participants in 8-player football increased in 2018-19. In Washington, sport participation increased in boys cross country, track and field, and wrestling. Girls participation increased in bowling, track and field, and wrestling. The 2018-19 total of 7,937,491 U.S. high school participants is a decrease of 43,395 from the 2017-18 school year when the number of participants in high school sports reached an all-time record high of 7,980,886. This year's total – the third-highest ever – consisted of 4,534,758 boys and 3,402,733 girls, according to the figures obtained from the 51-member state high school associations, which includes

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Hearing their final whistle...

PHS Legend Passes

Richard Hammermaster



Richard Hammermaster passed away peacefully in Puyallup, WA on Friday, June 21, 2019. He was born November 19, 1935 in Tacoma, WA to Albert and Clara (Wolf) Hammermaster. Rich was a lifelong resident of Puyallup. In high school he was co-captain of the '52 State All Star football game and was a talented basketball and tennis player. He was an honor role student and delegate to Boys State. He had a football scholarship to the University of Washington in 1953. The following year he transferred to the University of Puget Sound, where he was an All-Northwest and honorable mention All-American football player. Rich married Gayle Switzer on March 15, 1958 and they had four children. He played football for Hamilton Air Force Base in California. They lived in Puyallup where he taught math at PHS and earned his Masters Degree at WSU. He was selected head basketball coach following Dean Nicholson. His teams amassed an incredible 74-4 record in league play. The 1971 team won the AAA State Championship, which earned him the State Coach of the Year award, he was 36 years old when he accomplished this goal. He was inducted into the Tacoma Pierce County Hall of Fame, the Washington Interscholastic Basketball Association Hall of Fame and recently named to the 2019

Puyallup High School Athletic Hall of Fame. Recreation included spending time at their beach cabin with his family. He loved competition and played bridge, cribbage, tennis, and handball with great intensity. He enjoyed his children and grandchildren spending every holiday together, many times in heated cribbage matches. Rich is survived by his beloved wife, Gayle; three siblings: Eugene (Sylvia), Jan (Sol) and Linda (Ivan); four children: Brad (Sue), Teri (Tim), Greg (JoAnne), and Matt (deceased); seven grandchildren: Jason (Robin), Garrin (Jennifer), Morgan, Lindsey, Mackenzie (Corey), Olivia, Sam, and; one great grandchild: Cooper. A Celebration of Life will be held at the Puyallup High School Auditorium on Thursday, August 8 at 2:00pm followed by a reception. The Hammermaster family extends gratitude to Art and Jean at Paragon AFH for their loving care. In lieu of flowers, please consider a donation to the Northwest Parkinson's Foundation or Puyallup High School Alumni Association in memory of Richard Hammermaster, PO Box 385, Puyallup 98371 ■

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the District of Columbia. The last decline in sports participation numbers occurred during the 1988-89 school year. "We know from recent surveys that the number of kids involved in youth sports has been declining, and a decline in the number of public school students has been predicted for a number of years, so we knew our 'streak' might end someday," said Dr. Karissa Niehoff, NFHS Executive Director. "The data from this year's survey serves as a reminder that we have to work even harder in the coming years to involve more students in these vital programs – not only athletics but performing arts programs as well." The participation survey has been compiled in its current form by the NFHS since 1971 through numbers it receives from its member state associations. The complete 2018-19 High School Athletics Participation Survey is available via the following link: <https://www.nfhs.org/sports-resource-content/high-school-participation-survey-archive/> ■





WIAA Football Seeding Committee Announced for 2019 Season

RENTON, Wash. - The WIAA announced the members of its Football Seeding Committee for the 2019 season. The committee will be tasked with seeding the 16-teams in each WIAA Classification (eight-teams for the 1B classification) for the State Football Championships. The committee will have no bearing upon which teams qualify for the State tournament as teams will continue to qualify into the state bracket through the WIAA District allocation system. Once the field is determined, the seeding committee will rank and place teams in the first round of the bracket based on their performance throughout the regular season and play-offs. In the first year of the committee's existence, three sub-committees were formed, each overseeing two WIAA Classifications. In 2019, there will be six sub-committees, narrowing the focus to one classification each. The Seeding Committee is scheduled to meet before the season begins on August 19, and again at the conclusion of Week 10 to assign seeding position. An application process was used to select knowledgeable and qualified people from around the state. The selected members were divided into the following six committees:

1B Seeding Committee Committee Member (Affiliation)

1. Jim Sandusky (Lummi)
2. Buck Marsh* (Darrington)
3. Phil Bunkowski (Evergreen Lutheran)
4. Brian Macy (Naselle)
5. Brian Bailey* (Entiat)
6. Clark Pauls (Wellpinit)
7. Kyle Kimble* (Pomeroy)
8. Matthew Evans* (Media)
9. Ryland Spencer* (Media)

2B Seeding Committee Committee Member (Affiliation)

1. Jon Davidson* (Toutle Lake)
2. Tom Sanchez* (South Bend)
3. Tim Rasmussen (Lake Roosevelt)
4. Jim Holman* (Asotin)
5. Aaron Van Tuyl* (Media)
6. Matthew Evans* (Media)
7. Ryland Spencer* (Media)

1A Seeding Committee Committee Member (Affiliation)

1. Paul Lagerstadt (South Whidbey)
2. Dan Winter (Montesano)
3. John Lambert (LaCenter)
4. Cody Lamb* (La Salle)
5. Elia Ala'ilima-Daley* (Cascade)
6. Jerry King (Freeman)
7. Bill Marsh* (Former Coach)
8. Ryland Spencer* (Media)

2A Seeding Committee Committee Member

(Affiliation)

1. Dan Teeter * (Lakewood)
2. Marty Parkhurst (Orting)
3. Jeff Weible* (North Kitsap)
4. Jeff Johnson (W.F. West)
5. Shawn Perkins* (Mark Morris)
6. Bryan Bailey (Prosser)
7. Jeff Chandler (Cheney)
8. Ryland Spencer* (Media)

3A Seeding Committee Committee Member

(Affiliation)

1. Mark Perry* (Snohomish)
2. Kyle McKenna (Former Coach)
3. Monte Kohler* (O'Dea)
4. Ross Filkins* (Peninsula)
5. Jason Silbaugh (Bonney Lake)
6. Adam Mathieson* (Mountain View)
7. Paul Kautzman (Mt. Spokane)
8. Anna Harris (Kennewick)
9. Ryland Spencer* (Media)

4A Seeding Committee Committee Member

(Affiliation)

1. Robert Polk (Everett SD)
2. John Applegate (Lake Washington SD)
3. Kelly Susee (Puyallup)
4. Tony Davis (Tahoma)
5. Jon Eagle (Camas)
6. Jim Beesen (Wenatchee)
7. John Barrington* (Mead)
8. Steve Graff (Chiawana)
9. Ryland Spencer* (Media)

*Served on the Seeding Committee in 2018 ■

Reprinted with permission

Longtime Steilacoom High School boys basketball coach Gary Wusterbarth retires after 34 seasons

by Todd Milles, Scorebook Live
July 30, 2019

Back in 1983-84, young Washington High School assistant basketball coach Gary Wusterbarth had a career-path decision to make among three options.

It is safe to say he made the right choice by becoming the boys coach at Steilacoom High School.

The longtime Sentinels' coach retired Monday after 34 seasons due to health reasons. He is one of 19 coaches in state history to win 500 or more career games.

His 567 victories, all with Steilacoom, rank No. 9 all-time (567-288 record). He led the school to the Class 1A crown in his first year — 1984-85.

"It's been very satisfying," Wusterbarth said Tuesday. "The wins and losses are not as important as the experiences of it. I've had lot of great memories."

A two-sport standout at Pacific Lutheran University, Wusterbarth took over for John Medak at Steilacoom, and went on to win one state title in 17 tournament trips, as well as 11 Nisqually League and West Central District championships.

He has also been a high school history teacher for 40 years.

But Wusterbarth, 64, has been battling Parkinson's disease over the past year or so, and is scheduled to have surgery to help with it at the end of August.

He informed the school administration Monday he was retiring, then broke the news to his coaching staff over dinner later that night.

"Any time you do something for a long time, it is hard to give it up," Wusterbarth said. "I have had a lot of good kids and great community support."

Wusterbarth will continue to serve as a Washington Interscholastic Basketball Coaches Association (WIBCA) board member, as well as being part of the national council for Coaches Versus Cancer. ■

Leg curls

Allowing their hips to lift off the bench minimizes the effect of the exercise. Some will not fully extend their legs at the start and end positions of the lift. It is the coach's duty to make certain the axis/pivot point is set correctly for each lifter at their knees. Do this by demonstrating how this point is set up on the device they are using.

This exercise is NOT suited for everyone as it locks the knees and legs into one position.

Deadlift

Starting the lift with a rounded back places a tremendous amount of pressure in the L4/L5¹ portion of the back and may lead to severe damage to the area causing lifelong pain.

Quickly correct this lifting error by demonstrating the lift, lowering the load, and beginning again with a lighter weight and making further adjustments in their technique.

Lumbar vertebrae L4



Lumbar vertebrae L5



Having their feet spaced too wide in the normal stance is a common error in young lifters, especially males. In the beginning of the instruction, have them all start the lift with their feet directly under their hips. This means the muscles are more or less pulling in a straight line. If

they their feet are too far out or out too far in, this line of pull is not as effective for moving the weight. Do this by looking at their hips and directing them to move their feet into the proper location.

When they have their feet too wide, it causes their elbows to rub on and push the knees inward at the up portion of the lift and puts the knees into a valgus position, which can injure the anterior cruciate ligament.

Standing too far away from the bar at the start. Their shins should be within a ½ inch to the bar. Any farther away and their shoulders will over and beyond in the front of the bar. This will cause their hips to rise before any serious lifting begins because they have to equalize the weight on the bar with the strength they have before getting it to move up. The lift will not happen before their body is in a better, but not a good technical, position to actually move the bar.

Looking at the ceiling does not keep the back in a natural curve, instead it puts a strain on the cervical region of the spine when the head is severely extended, i.e. tilted upward, this also holds true when doing a squat.

Not standing upright at the top of the lift. Some of your students will pull part of the way up but never completely stand erect at the finish. This is just lazy lifting.

Moving the hips laterally, back and forth both at the bottom and top (generally noticed with females). This side-to-side movement of the hips is observed quite easily by standing 6-10 feet behind the athlete and watching as the bar begins to move upward. This is also another spot to observe the movement of their knees.

Twisting with the bar during the upward portion of the lift usually happens when they consistently lift with an alternating grip (overhand and underhand) and staying with the same hand over or under the bar. Having them switch hand positions during practice sessions will correct this issue. Using an overhand grip helps develop their grip.

Looking at one side when setting the bar back down, usually when with a heavy load, under the strain of the lift will eventually cause a neck muscle strain.

Romanian Dead Lift

Often times they will lower the bar past their ability to keep their back straight, thus bending their back over at the bottom. In other cases, they are lowering the bar down too fast.

The correct movement is with their legs straight, not locked or hyperextended, pushing back at the hips and lowering the bar in front of their legs to a point just above where their backs begin to round over. This is not a fast movement; it is a deliberate and accurate technique. Keeping the spine neutral is essential to protecting the lifters back and placing the emphasis on the hamstring muscle group.

Inverse leg curl-not keeping the back in its normal arched position, butt too high, too much weight, axis/pivot point away from the knee joint, normally this is seen with the knees too far ahead of the axis of movement.



Set the device up in the correct manner by having the trainee get on the kneepad and then adjusting the foot stop. Do this so the knee joint is in alignment with the pivot point of the machine. The arrow shows the pivot point on this machine.

This was particular inverse leg curl machine was made from a converted prone back extension device. The 45°back extension shows more muscle activation/activity per Electromyography (EMG) testing². This ap-

paratus measures muscle response or electrical activity in response to a nerve's stimulation of the muscle.

There are many version of this machine that are as effective but can be set up in most of our weight rooms. Check out YouTube under weight assisted inverse leg curl.

Reverse hyperextension-bending the knees going up, going too slow, not going through the full ROM, letting the buttocks rise taking some of the emphasis of the hamstrings. This can be either a fast or slow motion exercise. I like it to be fast.



Homemade reverse hyper adapted from a standing leg curl machine that was rarely used. This is used on a regular basis.



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Hearing their final whistle...

BRUCE LEDBETTER

Bruce was a loving husband and father who passed away peacefully in Tacoma on September 2, 2019. He retired from LeMay Enterprise after 30 years of service. After family, Bruce's loves were coaching and officiating, which he did most of his life. Bruce's road map for life was always work hard, play hard, and love, respect, and show kindness to everyone.

Survived by Pat, his wife of 53 years, and their three children, Mark (Mardi), Matt (Michelle and Brooke (Sam)). Bruce was blessed to be an integral part of his grandchildren's lives (Dylan Ledbetter, Taylor Wilkinson, Regan Wilkinson, Reece Wilkinson, and Rory Wilkinson). He never missed a game, concert, or camping trip.

It broke our hearts to lose him, but the great happiness and joy he found in life will live on through all who knew him.



In lieu of flowers, memorial donations in memory of Bruce can be made to the Boys & Girls Club of South Puget Sound, www.bgcpsps.org/donate, or the Alzheimer's Association, www.Alz.org. ■

Continued from page 15 - Explosively Fit



Emma is the current State record holder in both the bench press and dead lift and she is even stronger now! Moreover, she is brilliant as well. Incidentally, the photos of her were approved for publication by her Mother.

We are still using this wood build one in the school. It has lasted over ten years now.

Barbell curl-hip motion, not fully extending the arms during the lift, swinging the bar upward, excessive backward leaning all lead to just moving the weight to get the exercise done and impress their friends.

The only valid reason to use this exercise, IMHO, is to slow the bar down **later**, at the end point of the movement for any pressing exercise thus protecting the joint. Of course, the other reason is to show off their big arms.

Wrist ext/flex, thors hammer-ROM, going too fast, using momentum, not enough reps are all seen in the weight rooms. Momentum is not your friend but it does make the exercises easier doesn't it!

Comments are welcome. Send to: Explosivelyfit@gmail.com ■

(Footnotes)

1 The lumbar spine (lower **back**) is a remarkably complex structure. The **L4-L5** are the two lowest vertebrae in the lumbar spine, and together with the attached disc, joints, nerves and soft tissues, it provides a variety of functions, including supporting the upper body and allowing motion in multiple directions.

2 <https://www.hopkinsmedicine.org/health/treatment-tests-and-therapies/electromyography-emg>

FITTERER, MOORE RECEIVE HIGH HONORS

Scott Spruill Yakima Herald-Republic Jul 10, 2019

Pat Fitterer and Tom Moore are two of the Valley's most successful and respected high school coaches of all time. All of Washington knows that. This month, the audience for who else knows will grow much larger.

Fitterer, the second-winningest boys basketball coach in state history, was inducted into the National High School Basketball Coaches Association's Court of Honor on Wednesday in Seattle.

Moore, who amassed an unprecedented .860 winning percentage over 23 years as Prosser's football coach, will be inducted into the Pacific Northwest Football Hall of Fame at CenturyLink Field in Seattle on July 25.

Fitterer, a graduate of Ellensburg High School and Central Washington University, accumulated 728 wins over 37 years, a run that included stops at Highland and Eisenhower before concluding at Ellensburg in 2014. He won state titles at Sehome and Highland, where he still teaches physical education at Highland Elementary.

The NHSBCA's Court of Honor seeks to acknowledge those who not only win a bunch of games and titles but also grow the sport and coaching organizations through their lifetime involvement. Anyone involved with prep

basketball in this state and beyond can attest to how well-suited Fitterer is to receive this honor.

He was inducted into the 2019 Court of Honor along with Don Showalter of Iowa and Chris Nimmo of Missouri at the Washington Athletic Club in Seattle.

Moore turned Prosser into a state powerhouse, winning 234 of 272 games from 1986 to 2008 with four state championships, four second-place trophies and 21 league titles. Nearly all of the Valley's offensive records are held by his former Mustangs.

In the spring of 2009, Moore stepped down as head coach to spend more time watching his sons, Kellen and Kirby, play collegiate football at Boise State. He still teaches physical education at Prosser High School.

The 30th annual Pacific Northwest Hall of Fame luncheon will have Moore rubbing elbows with a 2019 induction class filled with Seattle luminaries. The class includes Seahawks running back Shaun Alexander, the 2005 NFL MVP and three-time Pro Bowler, University of Washington tight end and 14-year NFL veteran Mark Bruener, Seahawks executive Mike Flood and Seahawks Ring of Honor coach Chuck Knox, who passed away last year. ■



WORKING TOGETHER...

Below is an email from Stephanie Watts, principal of Prairie High School, sent to Joe Cronin the Seattle Seahawk Coach of the Week coordinator for the Washington State

Football Coaches Association after head football coach Mike Peck was named as a SSCOTW for week 5. Principal Watts deserves recognition and thanks for her kind words and support of coach Peck and athletic director Jason Castro gets a pat on the back for his choice of Mike as the head coach which demonstrates when coaches and administrators work together "winning programs" are the result. Well done Principal Watts!

"As you can imagine, we are extremely thrilled that Mike has been recognized for this honor. Mike is the epitome of what good coaching should look like. As a former Lute and long time Frosty Westering fan, I was

always around positive coaching and what it meant to be humble while leading the team. Mike is the perfect example of Blue Car Coaching, serving others before himself, and uplifting young men to compete against their best selves everyday.

Mike has single handedly (though he will never take the credit) turned a program around. Kids were not turning out for football at Prairie, they were scared to play, and those who played were not always kind to others. Mike believes in setting a foundation that is purely positive in nature and he continues to get kids to believe in his mission.

Just last week we had some previous kids who graduated and played football at Prairie come to the game. They were making comments about Mike: "I wish he would have been our coach, they guys are having fun and he isn't yelling at them."

Thank you for recognizing Mike for all he has worked so hard to accomplish: A winning program that is built on positivity and hard work."

Sincerely, One Proud Principal, Stephanie Watts ■

YOUR SPORT

REPRESENTATIVES

These are the coaches you need on your staff!

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

Sport Associations Board Representatives

Athletic Trainers	Lorrie Howe	Eastmont	howel@eastmont206.org
Baseball	Jesse Benedetti	East Valley-Yakima	benedetti.jesse@evsd90.org
Basketball - Boys	Nalin Sood	Mountlake Terrace	Soodn@edmonds.wednet.edu
Basketball - Girls	Dan Taylor	King's	knights.in.gods.armor@gmail.com
Cheer	OPEN		
Cross Country	Joe Clark	Lakes	jclark@cloverpark.k12.wa.us
Football	Mark Keel	Central Kitsap	MarkK@ckschools.org
Golf	Andrew Hershey	Shorewood	andrew.hershey@shorelineschools.org
Gymnastics	Ryan Fleisher	Issaquah	issygymnastics@yahoo.com
Soccer	Jens Jensen	Royal	jjensen@royalsd.org
Softball	Tom Harmon	Nooksack Valley	tom.harmon@nv.k12.wa.us
Tennis	Brooks Hazen	Puyallup	hazenbf@puyallup.k12.wa.us
Track & Field	Kevin Eager	Gig Harbor	wstfcaprez@gmail.com
Volleyball	Suzanne Marble	LaConner	smarble@lc.k12.wa.us
Wrestling	Brett Lucas	Todd Beamer	blucas@fwps.org ■



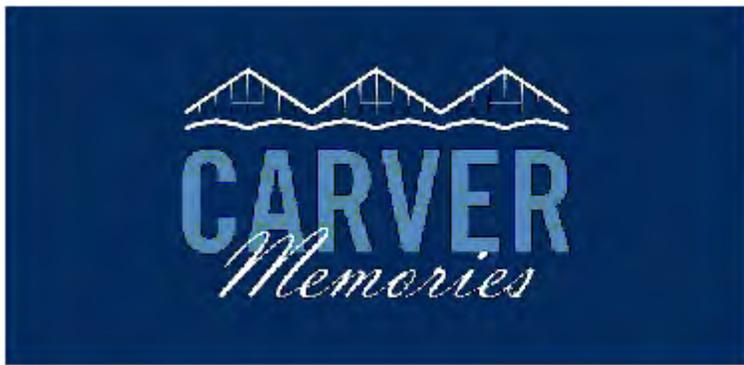
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Mike Schick at wsca-editor@comcast.net.



1972

Terri McMahan and Title IX

Viking volleyball captain goes on to HOF career as coach and athletic director

by: Paul Madison



BELLINGHAM, Wash. — At age 9, Terri McMahan rode her bike to Forest Crest Elementary School in Mountlake Terrace nearly every night during the spring and summer to watch the boys in her class play Little League baseball.

“I remember what it looked like, what it smelled like, what it tasted like,” she said. “I remember straddling my bike, resting my arms on the handlebars, and watching every inning of every game.”

“I remember playing pick-up games with those same boys. But when it came time to go to organized practices, put on team uniforms, travel to games and compete for championships, I was not welcome. There were no team sports for girls.”

In the mid-1960s, opportunities for women in athletics and other activities were not even close to those for men.

In 1972, Title IX, the federal policy that protects against gender-based discrimination, was signed into law. That same year McMahan graduated

from Mountlake Terrace High School and began attending Western Washington State College (now Western Washington University).

During her life, McMahan experienced, advocated for and helped others benefit from the changes made by Title IX as an athlete, coach, and administrator. While those changes seemed agonizingly slow as they were happening, they are nonetheless mind blowing after nearly 50 years.

In the early 1970s, McMahan was a top player on the Western women’s volleyball team, which had only recently gained varsity status. She went on to achieve state high school hall of fame honors both as a coach (2009) and as a director of athletics (2016).

While possessing a low-key demeanor, McMahan was an intense competitor, hard worker and tough-minded leader.

Opportunities Slim In The Beginning

When McMahan entered Mountlake Terrace High in 1969, girls

could play just tennis, followed by volleyball, in shortened back-to-back seasons that ended by mid-December. No other sports were offered until track and field in the spring, then the only girls activity that culminated with a state championship.

Girls wishing to play basketball had to take part in a league sponsored by Seattle Parks and Recreation. It was there for the first time they got an opportunity to play 5-on-5 basketball.

While at Mountlake Terrace High, McMahan was mentored by Margaret King, a fierce advocate for girls in sports. In those days, the female physical education instructor also coached all of the girls’ sports. And that was what King did, directing tennis, volleyball and track and field.

McMahan says it was an incredibly fortunate circumstance to be around someone like King who had a vision for what girls could do, where they could be and, most importantly, where they should be.

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Maggie Helped Pave The Way

“It was a much different world then,” said McMahan. “I consider her (King) to have been 10 to 15 years ahead of her time. She was one of those people that you see in any kind of movement. She’s out there, out front, making people uncomfortable, knocking down doors on behalf of all the people coming behind her.”

“I owe her a great deal for instilling confidence and work ethic. She taught us what it meant to serve as an example to younger players, how to respond to mistakes, and how important it is to get up after being knocked down. She also stressed how important it is to remain humble with one’s accomplishments. She was the first person to teach me about strategy and the importance of mental attitude and toughness relative to competition.”

Decision To Become A Viking

How did McMahan end up attending Western?

It began with a letter she wrote in the ninth grade and sent to every public university in the state of Washington. In it, she asked what athletic opportunities there were for women and what the education program was for women wishing to become teachers and coaches.

She got only one personal response that covered each of her queries, and that was from Margaret Aitken, the chair of the Western women’s physical education department.

“My connection to Western started with that letter,” McMahan said. “I knew from then on that I wanted to play sports and that I wanted to teach and coach.”

McMahan, who often could be seen in the hallways of Carver Gymnasium wearing a ‘Dig Volleyball’ T-shirt, was a setter on the Vikings’ volleyball team when the program was just getting started. She was

team captain as a junior and senior. McMahan also competed in tennis as a singles and doubles player.

Former Western Director of Athletics Lynda Goodrich, an icon as a coach and administrator for the Vikings, was McMahan’s coach during her first three years in volleyball.

“She was very competitive, worked as hard in practice as she did in matches and was a natural team leader,” said Goodrich of McMahan.

Personally responsible for every cent of her college education, McMahan depended on loans and jobs working in the athletics equipment cage and sweeping the tennis courts.

As a sophomore, she got a job as a resident aide at Mathes Hall, which handled her room and board. But a year later the position was paid just an hourly wage, forcing her to leave the job and the dorm. That made for a very difficult time in her life.

At one point, McMahan slept on the floor of a house that had four other Western student-athletes until the landlord found out. And another

time, she remembers talking to Goodrich, who told her how to apply for an emergency loan so that she would not have to drop out of school.

\$50 That Changed Her Life

One day in early April of 1974, McMahan was hitting tennis balls against the wall in Carver Gym when she noticed Wendie Harper leaning over the balcony. Harper had graduated the previous spring after being the Vikings’ No. 1 tennis player for two years. She was on spring break from her first teaching job and had come back for a visit.

“Wendie came downstairs to talk and noticed the condition of my shoes,” said McMahan. “They had no tread and the leather on top no longer attached to the sole. In other words, my feet were hanging out. I was a varsity tennis player who could not afford a pair of shoes. I’d already played about six matches in March and that’s the way it was. It wasn’t something I gave much thought to, but it struck a chord with Wendie.



1975 WWU Volleyball Team Front Row: Keri Worley, Anne Fisher, Charlene Strack, Sue Stearns and Marlee Nelson. Back Row: Coach Rich Huntoon, Terri McMahan, Cheryl Hunt, Carolyn Price, Naomi Sakai, Patti Davies.

She asked me about life in general, whether I was making it or not, talked tennis with me for a while, told me about her teaching job and then gave me a check for \$50 to buy a new pair of shoes. This was when you could buy a pair of shoes for \$50! I was vehement in my resistance. I did not think it would be right to take her money to solve my issue.”

“Her response was, ‘I want to do this. It makes me feel good to do this and I know that when you have a chance to give back, you will do the same.’

“Wendie was right. I have purchased more than a few pair of shoes for athletes, picked up more than a few summer camp entry fees and contributed to a number of student-athlete scholarships over the years.”

McMahan Prepared By “Dream Team” Of Professors

At Western, McMahan benefited from what she termed a “Dream Team” of professors that included Margaret Aitken, Chappelle Arnett, Roy Clumpner, Alta Hansen and Ralph Vernacchia. Arnett was particularly helpful.

“What an era of change we women in athletics lived through,” McMahan said. “To have women like Chappelle and Margaret serve as living examples of long-deserved change within the department, while leading and instructing us through such new and exciting territory. That was something very special for students like me who were able to go on and assume leadership positions in athletics, positions we had not seen women hold while growing up.”

“The summer before my senior year, Chappelle taught a one-week, 20-hour workshop on Title IX that was one of the most engaging sessions of my college years. She had a vision for future possibilities not only for playing and coaching sports but

also for women in school and athletics administration, a future I could not imagine in my early 20s. Her influence turned out to be a defining moment in my life given my eventual career path.

“Chappelle provided constant encouragement and convinced me that taking administrative courses and getting a principal’s credential would provide the training and certification needed to pursue those opportunities when they came along. She was right!”

First Coaching Experiences

In the fall of 1976, McMahan coached the Everett Community College volleyball team to a 19-8 record before student teaching at Cascade High School in Everett during winter and spring quarters.

“At 21 years of age, I was shocked that they hired me,” she said, “but a friend of mine, who coached basketball there, had recommended me and I think they may have been desperate!”

After graduating from Western in June of 1977 with a bachelor’s degree in physical education and a coaching minor, McMahan directed Edmonds Community College to a 33-4 record and third place in the NWAC Northwest Region while working in a federally funded math resource room position at Mountlake Terrace High.

In 1978, McMahan was hired as a teacher and coach at Ferndale High School, 10 miles north of Western’s campus.

Making the hire was assistant principal Dan Farrell. He had previously been at Sammamish High School, then far ahead of the curve relative to girls’ sports programs. There he had worked with Cathy Benedetto, one of the historic women athletes and coaches of the period.

“How fortunate it was that I received a better look because of Cathy’s influence on an assistant prin-

icipal at Ferndale who went on to be an advocate for women’s programs,” said McMahan.

“He told me right off that he was committed to building a girls’ sports program which was music to my ears. I believe having played at Western followed by two years of community college coaching gave me the edge for the job.”

At Ferndale, McMahan coached volleyball from 1978 to 1992, transforming a program that had not won a match for two years into a Class 2A state champion in 1986 that finished a perfect 27-0.

Her Golden Eagles won five Northwest District One titles, nine Northwest League (NWL) championships and had an 85-match NWL winning streak from 1985 to 1990.

In 1987, McMahan was named Washington State Volleyball Coach of the Year and the Whatcom County Sports Awards Coach of the Year. Six times she received NWL Volleyball Coach of the Year honors.

At Ferndale, McMahan also coached softball for 13 years (1980-88, 1990-93), winning a league title and twice placing at state.

What many don’t know is that McMahan was seriously thinking of leaving Ferndale after only her second year there. She was not happy with how things were going both as a teacher and as a coach.

Fortunately for all involved, it was at that time she read an article in *The Washington Coach*, a magazine published by the Washington State Coaches Association, titled, “You Can Bloom Where You Are Planted,” by George Carberry Jr., a school district administrator at Marysville.

“It was about people who constantly look over the fence at greener pastures,” said McMahan. “It hit me

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right between the eyes, stating that you need to buckle down so that you are part of the solution and not part of the problem. Basically it was a callout to get my act together and quit thinking I was so great. It was telling me to get busy and put my energy towards helping these kids get better, helping the faculty get better and helping the school get better.”

“I was very fortunate to be working with a good group of young teachers and coaches. I learned firsthand that a committed group of people working toward a common goal can do great things. Five years later we were a national school of excellence. And one of the great influences in my life was by a guy I never met.”

From Coach To Administrator

McMahan coached and taught at Ferndale for 15 years before being named the school’s athletic director in 1993. In doing so, she became the first woman in that capacity north of Seattle.

When McMahan decided to step down from coaching, it was originally to recharge from her hectic schedule. That didn’t last long.

“I was going to see what it was like to go home after school and not work camps, tournaments and clinics in the summer,” she said. “That did not work out because I took the AD job over the summer. I also finished up a principal’s credential and internship over the next couple of years while thinking about administrative possibilities. I loved teaching and coaching, but I began to think about

trying something new versus staying in the same place for 30 years.”

“To sum it up, I would say I loved my time at Ferndale but felt I would have more opportunity to be creative and implement a larger-scale vision in a multi-high school district.”

McMahan Leaves For Edmonds

McMahan decided to try for the Edmonds School District Director of Athletics job and was successful.

“I felt very fortunate to get the Edmonds position because my observation was that central office athletics administrative jobs are like Supreme Court appointments,” said McMahan. “There aren’t very many and people stay for a long time!”

In 1997, she began a tenure that lasted 11 years, taking over for another Western

graduate, Kim Wilson.

“I was able to jump into a system that was in great shape,” said McMahan. “And I had the opportunity because of the foundation that Kim built, to grow it even more.”

“Nobody does anything well without standing on a lot of shoulders and I think Kim had a lot of people stand on his shoulders.”

McMahan Steps Down, Returns Two Years Later

In December of 2007, McMahan went on leave for the rest of the year and officially left Edmonds at the end of her contract on June 30, 2008. She made the decision because Betty Young, her life partner of 31 years and

herself a pioneer in educating young women for careers in male-dominated trades, was terminally ill.

“While I do not wave a flag, I also do not hide who I am,” McMahan said. “That took a long time, of course, having pretty much lived a double life while at Ferndale. But things are much different today than they were when I began teaching in 1978.”

“I learned over the years that it is hard to hate someone whose story you know and I needed to be more forthright with mine. There were people in my life both at work and in my life outside of work who gave me the confidence to be who I am and for that I am grateful.”

Two years later, McMahan accepted the Director of Athletics position with Highline Public Schools where the athletics program, league and district were thought to be among the worst in the state.

“There were significant issues,” said McMahan, “but the school board and the superintendent were on record as saying they were going to work towards fixing the program and treating athletics like it should be treated.”

That the position offered a challenge made it even more appealing to McMahan, and the success realized even more rewarding.

Following seven years (2010-17) of improving the program, McMahan opted to retire.

Accomplishments Galore

McMahan’s 22-year career in athletic administration was one of vision, transformation and success, including unique and innovative projects beyond the normal AD job description.

At all three of her positions, she started sports medicine/athletic training programs, establishing student athletic training programs at Edmonds and Highline. She also began

McMahan’s 22-year career in athletic administration was one of vision, transformation and success, including unique and innovative projects beyond the normal AD job description.



Celebrating 40 years of Title IX at 2012 Seattle Storm game

district wide strength and conditioning programs with a creative pilot project at Lynnwood High School drawing accolades through a feature layout in *Bigger Faster Stronger*, a national magazine.

She revived and revamped failing middle school sports programs at Edmonds and Highline by convincing superintendents and school boards to approve comprehensive proposals at a time when programs around the state were being reduced or cut.

McMahan established scholar-athlete, coach and community recognition programs at Edmonds and Highline that currently have garnered nearly one million dollars in scholarship awards.

She volunteered to serve as project manager for multiple FieldTurf conversions in the Edmonds School District while concurrently establishing municipal and youth sport funding partners that yielded hundreds of thousands of dollars in capital part-

nership funds. She also successfully advocated for two FieldTurf conversion projects in the Highline District.

Most notably, McMahan has served as a mentor to girls and women throughout her career in addition to being known as a mentor to male and female athletic directors and coaches.

“I’ve been able to surround myself with good people,” said McMahan of those accomplishments. “I love building things from scratch, love being on a team and I’ve had all of those opportunities over the years and I value them greatly.”

Honors And Summation

McMahan assumed leadership roles in each league and WIAA District she served including a stint on the WIAA Executive Board.

Besides Hall of Fame honors, her professional awards as an athletics administrator include National Association of Sport and Physical Education Northwest Region AD of

the Year in 2009, Washington State AD of the Year in 2008, WIAA District Three AD of the Year and South Puget Sound League AD of the Year in 2015, Seamount League AD of the Year in 2012, WIAA District One AD and Western Conference AD of the Year in 2003 and 2008, Washington State Athletic Administrators Outstanding Service Award in 2002 and the WIAA District One Elmer Clarkson Award in 2001.

“It has been my honor to be an educator,” McMahan said. “All I ever wanted to do was teach and coach. To have lived through the historic strides realized for women’s sports along the way has been an indelible

experience. There is little doubt in my mind that I would not have become a director of athletics had it not been for the monumental shift realized over the past 40-plus years. I owe a great deal to the courage and resilience of the women who paved the way as well as the men who understood equity and supported those of us who sought careers in athletics and athletics administration.”

Written by Paul Madison who served 48 years as sports information director at WWU from 1966 to 2015. He is now in his fourth year as the school’s Athletics Historian.
Editor’s note:

Thank you to Paul Madison for your wonderful article about one of our own, Teri McMahan. Other stories about former WWU coaches, players and teams can be found at Carver Memories on the WWU Athletics website

(www.wwuvikings.com). ■

A CHANGING OF THE GUARD FOR THE EARL BARDEN CLASSIC



After a 25-year journey Bill “Alex” Alexander and Mike Lynch have retired as the founders, directors, mentors, and stalwarts of the 2A/1A/B All State game played each June in Yakima. What started as a way to give players from the smaller schools an opportunity to experience one last gridiron game as an “all-stater” has turned into a legacy that is looked forward to each summer by players, parents, communities, and coaches.

Having been involved in the “Big Game”, which included players from all classification sizes, Coaches Alexander & Lynch (along with a few other coaches) noticed fewer small school players getting picked for the lone All State game. Thus, was born the idea to hold their own game. After settling on Yakima as a central location that included practice fields, a large enough stadium, and dormitories, the plan was set in motion. Then along came a man named Earl Barden, a local Yakima businessman, and a sports fan. With his help financial support was drummed up and secured to begin the journey. Many of the original donors to the now named Earl Barden Classic are still supporting the game today!

As you might imagine we have had some pretty good football players participate in this game. We have 1 Super Bowl Champion, Shiloh Keo from Archbishop Murphy, who won a title with the Denver Broncos in 2016. There were over 10 players who were on Eastern Washington University’s 2010 National Championship team. There have been league MVP’s in the Canadian Football League, and players who have made it to the NFL. We have had 4 brothers from Mount Baker (Schleimer), and 4 brothers from Napavine (Stanley) play in the game. However, the majority of players are playing their last football game ever. Many have gone

on to college for other sports or just to be students. Many keep in touch on social media. Most comment that it has been one of the best weeks of their life, especially getting to know players from rival schools.

So how exactly does this all work? At the end of the season league meetings all coaches are asked to provide a list of all state caliber players, divided into lineman and skill players, ranked in order. One stipulation that

we try to strongly adhere to is that we want kids with “all-state” attitude and character. Over the years we have had very few kids that created any problems. Yes, character still matters, and it has made this week a great experience for 60+ graduated Seniors every June.

In January the league reps meet on the East and West side to go over all nominated players

and choose the teams. A head coach is chosen based on successful seasons & wanting to be involved. The head coach gets to bring one of his assistant coaches, and then chooses head coaches from 2 other schools to fill out the 4-man staff. The initial aim is to have about 35 players per side, but we usually lose some to attrition and other commitments. Besides a list of chosen players there is also an alternate list compiled to help fill in for those that choose not to play in the game. From there the paper trail begins and everyone reports to Yakima on Tuesday in June. Practices are held the rest of the week with the game being played on the third Saturday in June at 1pm.

Here are a few statistics on what has been done during this 25-year run. The East holds a 14-13 advantage in wins. The West has won the only overtime game (2012 34-28); The East 2A won the highest scoring game (1998, 41-33); the East also won the lowest scoring game (17-6 2008); & there has only



Mike Lynch and Bill “Alex” Alexander

been 1 shutout (East 25-0 in 2016). From 1998-2001 we played 2 games. A game for 2A players only followed by a game for 1A/B players only. Twice as many kids, meals, transporting, practices, etc. was done for 4 years. Looking back, we wonder now how we did it, but somehow it got done! There have been over 1700+ graduated Seniors participate in the Earl Barden Classic and over 200+ coaches have been selected to lead these teams.

The heart of many small towns in our State still make “Friday Night Lights” an important part of the community, and these communities have continually sent their kids to Yakima for the week to represent their school pride. And it obviously has worked because after 25 years the Earl Barden Classic is as strong as ever!

The saying goes something like “It takes a village. . .”. Well with the help of many people the All State game continues to flourish. Our volunteers include the referee’s, scorekeepers, announcers, chain gang, concessions crews, maintenance and field operations, athletic trainers, ball boys, and many others that make the game day experience a fantastic one.

One of the truly great parts of the game is all of the coaches from around the State who volunteer a week of their summer to make the week successful and memorable for the coaches and players. Affectionately known as “Gophers” many of these coaches have been involved for 20+ years and continue to come back even after they have retired from teaching and coaching. Among the names of past and current Gophers are Jack McMillan, Tom Bate, Jim DeBord, Lenny Johnson, Rob Friese, Ron Rood, Jim Newby, Dave Galbreath, Greg McMillan, John Giannandrea, Rod Fletcher, Jay Hawkins, Tommy Sanchez, KC Johnson, Jesse Bussanich, Mark Mochel, Denny Dahl, & Phil Zukowski. Without their help this week would not be able to happen. Also, we cannot forget the wives of all of these coaches who lose their men for a week in June. You wives are Hall of Fame worthy!

While I have listed many people involved in making this game a success none of it could be done without Coach Alex and Coach Lynch leading the way. This has been Alex’s “baby” from day 1 and he has put his entire heart and soul into making it a lifetime experience every summer for the players that come through. He gives a speech to the players on Day 1 and there is no doubt that they feel his passion for football and for all of the people in the room. Coach Lynch also speaks to the history

of the game and how it is now “your turn” to uphold the legacy of this great game and summer event. Each of these men have 1 goal in common- to make the experience a positive lifetime memory every summer. And they don’t want any accolades for themselves.



Mike and Alex

Like the great game of football, they are team players first and foremost.

While Alex and Mike have passed the torch to Mark Mochel and Greg McMillan, the legacy of the Earl Barden Classic will continue every summer in Yakima. For those of us that have been around for 20+ years of this great experience we look back with fond memories of where we started and how established we are now. It is because of the dedication and love that Alex and Mike have put into this game that it continues to thrive. As football has been under attack for the last few years, we need to continue to celebrate the greatness of high school football, being a part of something greater than yourself, and making a commitment to others. The lessons learned from this game translate to life. And because of coaches like Alex and Mike over 1700 players have experienced it on an “All-State” level. That is a legacy that won’t be forgotten.

On behalf of all the people involved in some way since 1995 we simply say “Thank you for having a dream and having the desire to make it happen”. Now you may go Coach from the bleachers, where you are always undefeated! ■



Earl Barden Gophers 2015



West Head Coach- Herb Lehman- A 1995 graduate of Burlington -Edison, Herb Lehman was named head coach in 2012. He held the team's defensive coordinator position from 2000-2011. His teams are often considered among the best among the 2A ranks and the Tigers have played in three state tournaments during his reign.



The 2020 edition of the Earl Barden 2A-1A-B All Star Classic will be moving back to Earl Barden Stadium at East Valley High School this year! The game will be played on Saturday, June 20, 2020 at 1:00 PM. This year's Head Coaches have been announced.

Coach Bill "Alex" Alexander and Coach Mike Lynch retired from the helm of the Earl Barden 2A-1A-B All Star Classic after 25 years. Coaches Alex and Lynch each spent countless hours to provide the Washington State small high school athletes and experience that was second to none. Replacing Coach Alex and his Chairman/East Team Co-Ordinator duties is Mark Mochel and replacing Coach Lynch on the paperwork/East Team Co-Ordinator duties is Greg McMillan. Coach Mochel and Coach McMillan



East Head Coach- Cody Lamb- Originally from Green River, Wyoming, Cody Lamb played football at Carroll College where his teams won two national championships. He followed his fiancée (now his wife, Molly) to Yakima in 2012 and a year later was named the head football coach at La Salle, after previously serving as an assistant.

have been around the summertime classic for many years and will continue to produce an event that is 2nd to none. The West coordinators will continue to be Tom Sanchez and he will be aided by KC Johnson. Good luck Coach Alex and Coach Lynch as you ride into the sunset! ■



2019 Coaches Pictured above: West Asst. Coach Luke Abbott (Raymond HS), West Asst.Coach Mike Tulley (Raymond HS), West Head Coach Jon "Taz" Randle (Clover Park HS), East Head Coach Scott Ditter (Selah HS), Coach Mike Lynch, Coach Bill "Alex" Alexander, East Asst. Coach Nick Sackmann (Omak HS), East Asst. Coach Brian Gardner (NW Christian HS), East Asst. Coach Jeff Weeks (Selah HS)



2020 Seattle Glazier Mid Winter Clinic March 6-8, 2020

presented by the
Washington State Football Coaches Association

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Clinic information may be found at:
[https://www.glazierclinics.com/Coaching Clinics/Seattle-Washington-Football-Clinic](https://www.glazierclinics.com/Coaching_Clinics/Seattle-Washington-Football-Clinic)

YAKIMA VALLEY PLAYERS HELP EAST TO DOMINANT VICTORY IN EARL BARDEN ALL-STAR CLASSIC

SCOTT SPRUILL Yakima Herald-Republic Jun 22, 2019

Cameron Ditter has heard about this week most of his life, so when his time came to experience it he knew just what to do. Make his numbers a target, watch the ball into both hands, secure it and make a play. Again and again. The versatile, sure-handed Selah graduate was named offensive MVP on a day when his team could do no wrong as the East, with major contributions from Selah and Zillah, rolled to a 37-6 victory in the 25th annual Earl Barden All-Star Classic at Zaepfel Stadium.

With his older brother Kyle having played in the 2015 edition, and with his father Scott not only a 1986 All-Star alumnus but on the sideline coaching the East on Saturday, Ditter put on a show with nine catches for 89 yards and a tackle-breaking touchdown, a pair of two-point conversion runs and a conversion pass.

After the game, with family and friends mixing with their players all across the field, the humble Whitworth-bound Ditter was all about these moments rather than the statistics.

“As soon as I found out I’d get a chance to experience this, I just lit up,” he said. “My dad’s played in it, my brother’s played in it, I’ve watched it, and now I got the chance to do it and it was amazing. This week has honestly changed me and it happened in just five, six days.”

After just a couple practices, Ditter and the other East receivers knew they were in for a treat with a pair of 6-foot-5 quarterbacks — Royal’s Sawyer Jenks and Omak’s Kanen Ables — who could seriously pitch it around the yard. They proved in and then some Saturday, combining to complete 25 of

40 passes for 326 yards and three touchdowns. Six of Ditter’s nine receptions were thrown by Jenks, including a mid-range over-the-middle snag that he turned into a 31-yard touchdown on the second play of the fourth quarter for a 30-6 lead.

“Sawyer, wow, what a great arm. I love that guy,” Ditter said. “The cool thing about Kanen is we were roommates here all week and we’re both going to Whitworth. Great guys. But, really, I had a rough first half because I dropped some passes I should’ve have. I told both at halftime, no more drops. It’s faster-paced here than a CWAC game because all these guys are so good.”

Ables connected with W.F. West’s Troy Yarter on a 72-yard touchdown to open the scoring and later added a 22-yard touchdown strike to Angel Farias, Jenks’ Royal teammate. What the East did in the air was more than enough to win the game, but that wasn’t the half of it.

Forcing four turnovers and conceding just 142 total yards, 52 of which came on two scrambles, the East defense was a monster all day. Zillah’s Dakota Hibbs and Bailey Sparks often played side-by-side on the left, and Selah’s Jake Weber came up with the first of three interceptions.

“Our defense was amazing. So big and fast,” said Hibbs, who had two tackles for a loss. “Throughout the week we really came together quick and it was amazing how fast it happened. It was so much fun to come out and meet all these great people and compete with the westside.”

Hibbs embraced the tradition of pasting his helmet with decals from other schools so much that he didn’t mind having Newport squarely on top.

“And they beat us in the playoffs two years in a row,” Hibbs smiled, adding how much he enjoyed meeting Danny Bradbury and Tug Smith for the Grizzlies.

Selah’s Skylar Rayburn put in some heavy work on the East’s offensive line, which piled up 426 yards and ran 73 plays. Weber, who recently recovered from a track injury, played a lot of cornerback and helped hold the West to 91 passing yards.

After Weber’s interception set up his team’s first score, the East’s second pick was a real crowd-pleaser. With the West backed up and throwing from its own end zone, Colville’s 245-pound defensive lineman Jacob Newsom anticipated a short lob pass, intercepted it and barreled 10 yards for a pick-6 that gave the East a 16-6 lead at the break.

Cheney’s Jacob McGourin, a 6-5, 235-pound working the edges most of the afternoon, was named the East’s defensive MVP. He’s headed to Montana.

For the West, the MVP awards went to Sequim’s Riley Cowan (offense), who will join Rayburn at George Fox in the fall, and Adna’s Jason Chilcoate (defense).

Inspirational awards went to Marshall Meleney of

West Valley-Spokane (East) and Herb Polu of River Ridge (West).

Coolest thing to see was Robert Comstock and his entourage from Quilcene, which brought a school bus to Yakima with classmates, friends and family to cheer on the rare All-Star from an 8-man school.

“What’s great is that these guys aren’t here just for their talent, they’re all great guys who work hard,” Ditter said. “Also, I got another week with Jake and Skylar, who are exactly that. They put their hearts into everything. I wouldn’t be here today if not for my teammates at Selah and especially these two guys. This is what we’ll always remember.”

West	0	6	0	0	—	6
East	8	8	8	13	—	37

East Troy Yarter 72 pass from Kanen Ables (Cameron Ditter run)

East Jacob Newsom 10 interception return (Ditter run)

West Tyler Nevin 4 pass from Riley Cowan (run failed)

East Angel Farias 22 pass from Ables (Tyler Flanagan pass from Ditter)

East Ditter 31 pass from Sawyer Jenks (pass failed)

East Flanagan 3 run (Alonso Hernandez kick)

INDIVIDUAL STATISTICS

RUSHING — West: Riley Cowan (Sequim) 5-35, Dawson Stanley (Napavine) 5-25, Logan Storm (Chimacum) 2-9, Jared McCollum (Napavine) 2-8, Tyler Gray (Cedarcrest) 2-minus 2, J.J. Lemming (Steilacoom) 1-minus 6, Drew Rose (South Bend) 3-minus 8, Taitum Brumfield (Elma) 4-minus 10. **East:** Tyler Flanagan (Woodland) 12-71, Danny Bradford (Newport) 5-42, Jake Weber (Selah) 3-10, Marshall Meleney (West Valley) 1-2, Jacob Newsom (Colville) 1-minus 1, Alonso Hernandez (Royal) 1-minus 3, Kanen Ables (Omak) 5-minus 10, Sawyer Jenks (Royal) 4-minus 11.

PASSING — West: J.J. Lemming (Steilacoom) 14-25-2-76, Dawson Stanley (Napavine) 1-2-0-6, Drew Rose (South Bend) 1-7-1-5, Riley Cowan (Sequim) 4-8-0-4. **East:** Sawyer Jenks (Royal) 15-25-0-168, Kanen Ables (Omak) 10-15-1-158, Tyler Flanagan (Woodland) 0-1-0-0.

RECEIVING — West: Axel Wilhonen (Burlington-Edison) 9-39, Isaac Hoidal (Stevenson) 3-21, Tyler Nevin (Concrete) 3-14, Logan Storm (Chimacum) 2-9, Taitum Brumfield (Elma) 2-minus 1, Robert Comstock (Quilcene) 1-9. **East:** Cameron Ditter (Selah) 9-89, Angel Farias (Royal) 5-66, Troy Yarter (W.F. West) 3-94, Mason Knode (Liberty Christian) 3-16, Dawson Fritz (Mark Morris) 2-16, Jordan Thrasher (Tonasket) 1-21, Tug Smith (Newport) 1-14, Tyler Flanagan (Woodland) 1-10. ■

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Hearing their final whistle...

State Hall of Fame basketball coach Denny Humphrey dies at 79

RedditBy Dave Nichols
daven@spokesman.com
(509) 459-5441

Washington state Hall of Fame basketball coach Denny Humphrey died early Wednesday morning, according to family. He was 79.

Humphrey retired in 2002 with the fourth-most career wins in the state and currently ranks 12th with a 552-277 career basketball record. He was 26-23 in the state playoffs and had 30 winning seasons, in which his teams always finished in the top four of the league. He sent 24 teams to districts and 16 to state.

He won 13 league titles, eight district titles and finished second in a state tournament twice.

Humphrey was inducted into the Washington Interscholastic Athletic Association Hall of Fame in 2011.

Humphrey's longest tenure was at Cheney, where he spent the last 22 years of his 34-year high school career. Following his retirement, he joined the basketball coaching staff at Eastern Washington for four years, two during his son Rhett's playing career for the Eagles.

Humphrey was Frontier League and Border League coach of the year numerous times and was named District 7 coach of the year in 1986. His teams allowed the fewest points in league play 21 times.

He served three years on the District 7 Basketball Advisory Committee, received the Inland Empire Sports Broadcasters 25-Year service award and is a member of the Washington Interscholastic Basketball Coaches Hall of Fame, inducted in 2004.

Humphrey was a 1958 graduate of Reardan High School, and also attended Valley High School for three

years. He played basketball, football and baseball all four years of high school.

He attended Spokane Community College, playing basketball for coach Hank Copen. He graduated from Eastern Washington State College with an education degree in 1968.

Humphrey started his coaching career at LaCrosse High School, coaching basketball, track and football for



four years. Humphrey moved to Chewelah High School, where he coached basketball for one year and assisted in football and track.

The next stop in his career was Ritzville High School, where he was head coach for basketball and track for seven years and assisted in football. At Ritzville, he coached his oldest son, Jay, the current basketball coach at West Valley.

"Growing up in Ritzville, all my buddies grew up in farming families and they ended up taking over the farms," Jay Humphrey said. "That's what I did, growing up in the gym with my dad. I just followed in his footsteps. It's all I know."

In addition to Jay and Rhett, Humphrey is survived by son Keith and daughter Lindsay. ■



2019 WIBCA FALL CLINIC **Follow Up & Thank You!**

Thanks to those that attended our recent fall clinic hosted by the Washington Interscholastic Basketball Coaches Association. This years clinic provided a variety of excellent speakers from the high school, community college, NAIA and D1 collegiate levels. Headline speakers were Coach Kyle Smith of Washington State University mens team and Shantay Legans from the Eastern Washington mens program. WIBCA, with the support of Shoot-A-Way, was again able to give away a brand new Shooting “Gun” to one lucky attendee. Thanks also to our sponsors in attendance: Cloud 9



Sports, Shoot-A-Way, Snap, and Hudl. We would like to thank the Yakima Chamber of Commerce, Bud Clary, and Yakima Valley Community College for their support this year. In addition to the professional development benefit of the clinic, attendees received the opportunity for clock hours, lunch, pasta dinner and a WIBCA hosted evening social. The 2019 WIBCA clinic was again a success and hopefully a productive and fun time for those that attended! Please mark your calendars and start planning for October of 2020 for next years clinic....WIBCA is already doing so. Thanks again and GOOD LUCK THIS SEASON!

WIBCA Reminders! Important dates and reminders for each of you!

- ◆ March 4th-7th-State Basketball Tournaments
- ◆ March 21st or 28th (TBD)-All State Games (Curtis High School)
- ◆ April 16th-Northwest Shootout (Liberty HS, Oregon)
- ◆ May 2nd & 3rd-WIBCA Showcase (Bellevue College)
- ◆ May 16th-Chelan Spring Clinic (Chelan)
- ◆ June 27th & 28th-June D1 Recruitment Showcase (Bellevue College)

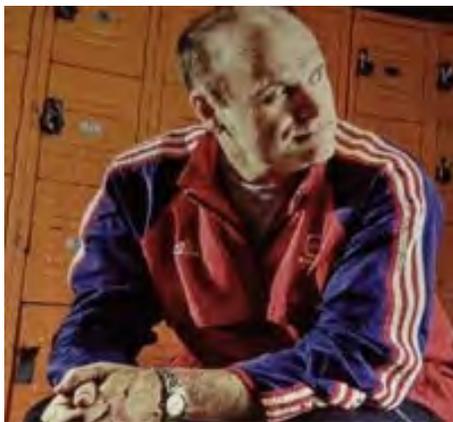
Please visit wibca.com for more regarding WIBCA events, nomination forms, league standings, scholarship details and a host of additional information to assist you during the 2019-20 season and throughout the school year. ■

PEROT IMPACTED TWO PROMINENT LIVES IN THE SPORTS WORLD OF WA

Government People Flynn's Harp Mike Flynn Thursday, 11 July 2019

H. Ross Perot had a dramatic and lasting impact on the lives of two Washington residents, one a high school coach who became nationally known for his work with disabled athletes and later physically and emotionally disabled veterans and the other a young man born without hands or feet who became the world's most famous Paralympics runner.

Perot, the billionaire philanthropist turned politician who carried a third-party candidacy into the presidential battles of 1992 and 1996, died of Leukemia Tuesday in Dallas at the age of 89.



Bryan Hoddle

"I've cried three times in my life, and one was when I learned Tuesday of Ross Perot's death," said Bryan Hoddle, who was a high school track and field coach at North Thurston High School



when Perot-supported paralympic sprinter Tony Volpentest reached out to him. "That's how much Ross meant to me and how his death touched me."

The story of the relationship between Hoddle and Volpentest after they were brought together by Perot is a remarkable story of caring, not only on the part of the coach but perhaps more surprisingly, on the part of the hard-nosed business leader who twice sought to be president of the United States.

The relationship between the coach and the athlete began as a series of links that came about by accident, or maybe fate, when in 1994 Hoddle's wife, Sherri, saw a television program on Tony Volpentest, a young disabled sprinter who had won three gold medals in the 1992 Paralympics in Barcelona.

Volpentest, born without hands or feet, took some time off after the '92 Paralympics and before he could compete again he faced the problem that officials had decided his prosthetic leg was too long and provided an unfair advantage and would have to be shortened.

Hoddle recalled that after his wife saw the television program, he had reached out to Volpentest, who lived north of Seattle, "so we met and formed a friendship."

"When Tony decided to train for the 1996 Paralympics, he called me and we talked about how it could work for

me to coach him and help get a new, shorter prosthetic leg,” said Hoddle, noting that “Ross Perot had taken Tony as a cause and agreed to provide for all his expenses.

“When Tony talked to Perot about me coaching him, Perot agreed to pay me to be Tony’s coach, and we started training in the fall of 1995. Perot was wonderful to my family and me.”

At the ’96 Paralympics in Athens, under Hoddle’s coaching, Volpentest bested his 1992 record 100 meters time by half a second and shaved two seconds off his 200 meter record time, winning the Gold medal in both.

When I interviewed with Hoddle soon after we first became friends a couple of years ago, he showed me several videos of his training work with Volpentest back prior to those ’96 games and one showed the two men, each lying on a hotel bed talking face to face.

“What were you two talking about?” I asked.

“I was telling Tony that I knew he was going to win the gold medals in his events and that a lot of handicapped kids were going to want his autograph,” said Hoddle. “So I told him ‘you will stay until every kid who wants you autograph has the chance to get one.’”

ABC did a special feature on Volpentest as he stayed after his victories and, as Hoddle had instructed him, signed every autograph of those who wanted one, many of them disabled youngsters. The signings went on for more than 90 minutes.

The Volpentest experience led Hoddle to work with athletes with disabilities, including Marion Shirley, an amputee Hoddle convinced to try sprinting who then went on to win the 100 meters in the 2000 Paralympics as well

as the 2004 games in Athens for which Hoddle had been chosen to be the head coach of the U.S. team.

Just after returning from Athens, Hoddle got a call from an organization called Disabled Sports USA, asking him to come back to Walter Reed Army Medical Center to do a running clinic for injured soldiers. That set him on his current course. He made three more trips to Walter Reed then began doing running clinics at Lakeshore Foundation in Birmingham, AL, which became a continuing commitment as Hoddle has made nearly 20 trips there.

Those who know the Hoddle-Volpentest story may be forgiven for considering it to be one of the most significant coach-athlete stories in sports, a relationship that has continued to today with Hoddle now living in the Phoenix suburb of Chandler and Volpentest five miles away in Gilbert, AZ, where he works for Charles Schwab.

“Tony and I talked on the phone last night about Perot, and I reminded him ‘if it wasn’t for you wanting to have me coach you and Perot hiring me for you we wouldn’t have had the money to adopt our second child.’”

As it turned out, said Hoddle, the money Perot paid for the Volpentest coaching covered about but \$100 of the cost for Steven.

Hoddle recalls visiting Perot in the presidential box at the ’96 Paralympics in Atlanta and “he took Steven and carried him around the box and the stadium.”

Hoddle is convinced that it was because of the attention Volpentest brought to the Paralympics that it has become the second-largest sporting event in the world, And that was with credit to Perot for making it possible without a lot of personal attention. ■

BE STRONG
WHEN YOU ARE WEAK,
BRAVE
WHEN YOU ARE SCARED,
AND HUMBLE
WHEN YOU ARE
VICTORIOUS



The WSFCA “Seattle Seahawks Coach of the Week” criteria is as follows:

- Must be a member of the Washington State Football Coaches Association
- A member football coach may be nominated and selected for:
 - a win that supports WSFCA standards of fair play, sportsmanship, and safe competition
 - significant victory in League, District or State play
 - recognition of a major career win

The WSFCA “Seattle Seahawks Coach of the Year” is selected following the State Championships and represents the above criteria.

WEEK	3A/4A	B/1A/2A
1	Ryan Butner - Central Valley	Ron Lepper - Mt. Baker
2	Greg Dailer - Arlington	Cody Lamb - LaSalle
3	Tom Tri - Lake Stevens	Travis Domser - Chelan
4	Jon Eagle - Camas	Dan Teeter - Lakewood
5	Mike Peck - Prairie	Blake VanDalen - Lynden
6	Monte Kohler - O’Dea	Keith Stamps - Deer Park
7	Tom Yearout - Ferris	Mike Morgan - Colfax
8	Brandon Carson - Marysville	Terry Jensen - Montesano
9	Masaki Matsumoto - Lincoln	Kevin Beason - Sehome
10	Randy Affholter - Kennewick	Jeff Weible - North Kitsap



Hearing their final whistle...

Coach Dusty Anchors



A final Aloha to Dusty Anchors, a well-rounded sports aficionado in Western Washington. His many athletic adventures included Broadcaster, Public Address Announcer, Referee, Umpire, and Coach for Football, Basketball, and Softball, his greatest love.

Norman Dennis “Dusty” Anchors was born in Seattle in 1950. He graduated from Renton High in 1968 and enlisted as a U.S. Army Helicopter Gunner in Vietnam stationed in Da Nang. Dusty was honorably discharged in 1973 and started a 30-year career with Pacific Northwest Bell/Qwest.

He tackled many athletic opportunities that he generated beginning as a broadcaster with Evergreen College’s KAOS radio station. This led him into coaching Youth and Capital High School football in Olympia.

After moving to Bremerton, he became the Sports Director for local radio stations, KBRO and KITZ, creating a weekly “Coaches Corner” with Coaches John Sitton, Bruce Welling and Lane Dowell.

Dusty’s main goal was to provide an environment and experience that supported athletes. This included refereeing basketball, umpiring baseball, Head Basketball Coach of Olympic College Lady Rangers, Head Coach Olympic High School Lady



Trojans Softball (went to state for the first time in the school’s history), Jr Varsity and Assistant Softball Coach Eastlake High Sammamish & Battle Ground, and ending his career as Head Softball Coach at Ridgefield where he rebuilt the Lady Spudders, placing them in the state’s top five two consecutive years.

Dusty was in and out of hospitals numerous times beginning in the mid 80’s – later to be diagnosed as heart failure due to his exposure of Agent Orange in Vietnam. He passed away on May 15, 2019. Those who carry on his memories are his family, wife Lori Tanis Anchors, his children, Michael, Kayte, Shayla, and Kelsey, and the many many athletes, coaches, and friends he met throughout his life. He had a reputation for his phenomenal sense of humor.

His Celebration of Life was held in the newly renovated Olympic High School Commons in the Central Kitsap School District. Dusty truly captivated audiences from his “Good Evening, Ladies and Gentlemen” to his conclusion, “It’s the Heart that Puts the Beat into Everything You Do”. ■

2019 CROSS COUNTRY SEASON

As the 2019 cross country season wraps up, there are a number of things to share. In 2018, the WSCCCA worked with the WIAA to add an ambulatory race to the state championships and so in 2019 we saw ambulatory races in the state qualifying meets and at the state meet in Pasco. This was a big step for cross country, a sport that is unique in this aspect, with a number of teams having ambulatory athletes as fully participating members of their teams. A lot of credit goes to former WIAA staff member Brian Smith, for his vision in helping this come to pass, and to Justin Kesterson, the incoming board member who worked to make it happen this year. At this point, the event is still in exhibition status as we work to develop an equitable means for qualification and competition in the postseason.

This year's state meet was the second time around on the loop course that was implemented in 2018 and athletes have adjusted, learning how to race this new course, which by all accounts, is much more spectator friendly and also a little more challenging for the runners. The athletes seem to have adjusted though and this year's All State team, comprised of the top 50 times across all classifications was faster than last year.

Cross Country is growing across the state with most districts now having middle school cross country programs. This was not the case just 10 years ago and it is a good thing for our sport. The WSCCCA wants to support this growth and support mid-

dle school participation. One way we will be doing this is honoring a middle school coach each year at our annual awards ceremony at the Track and Field/Cross Country Coaches Convention coming up on January 17-18 in Tacoma. The WSCCCA will also add recognition for assistant coaches as well. You can get more information on both of these awards including nomination forms at watfxc.com.

Speaking of the convention, this year it will be held once again in Tacoma at the Hotel Murano on January 17-18. The convention features clinics by coaches and experts across the various disciplines relating to track and field and cross country as well as a general membership meeting where the WSCCCA will recognize this year's award winners and discuss issues pertaining to our sport. Friday night is a highlight of the convention when the WSCCCA and WSTFCA host their joint Hall of Fame Banquet when they will be inducting this year's Hall of Fame members. For the WSCCCA, the inductees are Mike Hadway (Ferris), Wes Player (Mead), and Jef Rettmann (Lindberg). The Hall of Fame banquet is part of the convention but tickets

can also be purchased for those only wanting to attend the banquet. You can get all of the information at <http://wstfca.com/> ■



WSCCCA 2019 All State Team

Athlete	GR	Time	School	Class
Wil Smith	12	15:03.3	Lewis and Clark	4A
Jacob Easton	12	15:09.9	University	4A
Tyler Hunter	12	15:11.7	Central Valley	4A
Evan Jenkins	10	15:18.0	Camas	4A
Isaac Teeples	10	15:18.1	Kamiakin	3A
Jonas Bears	12	15:21.2	Gonzaga Prep	4A
Sam Geiger	11	15:22.7	Camas	4A
Cooper Laird	12	15:23.5	Inglemoor	4A
Eliason Kabasenche	12	15:23.6	Pullman	2A
Jonas Price	12	15:23.6	Eisenhower	4A
Shea Mattson	12	15:24.2	Selah	2A
Ethan Martin	12	15:24.4	Tahoma	4A
Patrick North	12	15:25.1	Lewis and Clark	4A
Kai Gundlach	12	15:25.5	Bishop Blanchet	3A
Stanford Smith	12	15:27.7	Kamiakin	3A
Jarred Barnes	12	15:27.9	Eastmont	4A
Ethan Coleman	10	15:28.7	Olympia	4A
Isaac Morris	12	15:29.1	North Central	3A
Caleb Lloyd	12	15:30.6	Mead	4A
Bryce Cerkowniak	11	15:30.9	Yelm	3A
Brenden Charbeneau	11	15:31.2	Henry Jackson	4A
Nathan Carter	12	15:33.3	North Central	3A
Brian Martinez	12	15:37.1	Tahoma	4A
Luc Utheza	12	15:37.9	Camas	4A
Rafe Holz	12	15:38.9	Sedro-Woolley	2A
Paul Talens	11	15:39.1	Mt Si	4A
William Schneider	9	15:39.6	Bishop Blanchet	3A
Danny Maxwell	12	15:41.2	Lewis and Clark	4A
Bas Holland	12	15:41.8	Cheney	2A
Nicky DiMartino	12	15:41.9	Bishop Blanchet	3A
Cayan Dibble	12	15:42.0	Bonney Lake	3A
Daniel Lee	11	15:42.6	Rogers (Spokane)	3A
Sawyer Dagan	11	15:45.6	Steilacoom	2A
Sean Westerhout	11	15:46.4	Bainbridge	3A
Cameron McCann	11	15:47.0	Bethel	3A
Austin Gappa	12	15:47.2	Mt Si	4A
Andrew Holladay	12	15:47.5	Kamiakin	3A
Lukas Brown	12	15:48.6	Mt Spokane	3A
Cooper Quigley	10	15:48.8	Selah	2A
Spencer Twyman	12	15:49.2	Camas	4A
Elijah Lopez	12	15:49.6	Glacier Peak	4A
Hale Behan	10	15:49.8	Sammamish	2A
Cooper Arons	12	15:50.1	Redmond	4A
Aaron VanValkenburg	12	15:50.5	Curtis	4A
Micah Murphy	12	15:50.5	Lynnwood	3A
Caleb Kartchner	11	15:50.6	Central Valley	4A
Adam Briejer	12	15:50.6	Charles Wright Academy	1A
Andrew Larson	12	15:50.9	Kamiakin	3A
Alex Wright	11	15:51.1	Central Valley	4A
Fred Liu	12	15:51.2	Lakeside (Seattle)	3A

CAREER RECOGNITION AWARD LIST 2019

NAME		SCHOOL	WINS	SPORT	LEVEL	YEAR
HULTBERG	JAY	NORTH MASON	306	B	III	
ANDREWS	NATE	OLYMPIC HS	220	B	II	2019
MOELLER	MIKE	EATONVILLE	216	B	III	2018
RICKARD	RORY	REPUBLIC	206	B	II	
FISCHER	BRIAN	NEWPORT BELLEVUE	200	B	II	
TODD	BRUCE	BRIDGEPORT/ODESSA	133	B	I	
MARQUARDT	A J	KENNEWICK	102	B	I	
PEPPLE	ED	MERCER ISLAND	952	BBB	IV	
FITTERER	PAT	HIGHLAND, SEHOME	728	BBB	IV	2018
		ELLENSBURG				
PETERSON	JOHN	WILLAPA VALLEY	215 / 271	BBB	II	
		CONCRETE				
BAKAMUS	BILL	MARK MORRIS	447	BBB	IV	
BOWER	DENNIS	ONALASKA, W F WEST	441	BBB	IV	
OLZENDAM	DAVE	NEWPORT BELLEVUE	421	BBB	IV	
DOWNS	MIKE	BELLEVUE CHRISTIAN	410	BBB	IV	
BURGE	DOUG	NACHES, ZILLAH	332	BBB	III	
MULLEN	MIKE	DECATUR, BETHEL	331	BBB	III	
CALLAGHAN	JOHN	SOUTH KITSAP	304	BBB	III	2019
GREGG	TERRY	SHELTON	287	BBB	II	
PFLUGRATH	DWIGHT	RITZVILLE	271	BBB	II	
MULLEN	PAT	BETHEL	239	BBB	II	
LOVELADY	MARK	LIFE CHRISTIAN	204	BBB	II	
CALLAGHAN	JOHN	SOUTH KITSAP	202	BBB	II	
RICHARD	RORY	REPUBLIC	202	BBB	II	
WOLFFIS	VIC	MOUNT VERNON	200	BBB	II	2006
VAN LIEROP	DON	FERRIS	200	BBB	II	
NASINEC	CHAD	ORTING	173	BBB	II	
VERBECK	ROCKY	CHEWELAH	146	BBB	II	
WYCKOFF	KLAYTON	W VALLEY YAK	120	BBB	II	
WILSON	BRAD	LAKE ROOSEVELT	105	BBB	I	
ANDREWS	NATE	OLYMPIC	102	BBB	I	
OMAN	DENNIS	MORTON,		BBB	I	
SMEENK	AL	SUNYSIDE CHRISTIAN	477	BBG	IV	
SCHNEIDER	SANDY	LAKESIDE, SEATTLE	473	BBG	IV	2017
VANDERHAAK	BOB	LYNDEN CHRISTIAN	417	BBG	IV	
WILKINSON	TERRY	BISHOP BLANCHET	394	BBG	III	2019
BAERLOCHER	COREY	COLFAX	366	BBG	III	2018
VINING	CLARK	COTON HS	338	BBG	III	2019
TAYLOR	DAN	KING'S	240	BBG	II	2018
BOBACK	BOB	GIG HARBOR		BBG		
HOELL	ROGER	OTHELLO	110/152	F	III	
KOHLER	MONTE	O'DEA	240	F	IV	
BEATTIE	BILL	TUMWATER	210	F	IV	2018
MCMILLAN	JACK	LASALLE	204	F	IV	
BOURGETTE	BOB	KENNEDY	202	F	IV	2018
OTTON	SID	TUMWATER	200	F	IV	
BEVERLIN	CRAIG	KAMIAKIN	200	F	IV	
FAIRHART	GEORGE	EATONVILLE &	172	F	III	2017
		FRIDAY HARBOR				
GRABENHORST	SCOTT	TOUTLE LAKE	161	F	III	
JENSEN	TERRY	MONTESANO & FORKS	157	F	III	
PARKHURST	MARTY	ORTING	155	F	III	2017
ROOD	RON	CONCRETE	150	F	III	
ALEXANDER	BILL	QUINCY	146	F	III	

CAREER RECOGNITION AWARD LIST 2019

NAME	SCHOOL	WINS	SPORT	LEVEL	YEAR
GIAMPIETRI	RICK	146	F	III	
TODD	BRUCE	113	F	II	
ALLRED	WILEY	108	F	II	
SIGURDSON	D J	101	F	II	
DAHL	DENNIS	100	F	II	
FLETCHER	RODNEY	100	F	II	
KITTRELL	GREG	100	F	II	
KURLE	ERIC	100	F	II	
LUNKE	LARRY	100	F	II	
MCCORMICK	PERRY	100	F	II	
NELSON	JEFF	100	F	II	
OSBORN	MARTY	100	F	II	
SHAPIRO	JIM	100	F	II	
TALLEY	DEL	100	F	II	
FRIESE	ROB	100	F	II	
RICKERSON	DOUG	85	F	I	
VINING	CLARK	83	F	1	2019
ZILLAH	JACK	70	F	I	
ROBAK	JOHN	63	F	I	
PERKINS	SHAWN	55	F	I	
FISHER	ADAM	51	F	I	
GIAMPIETRI	SAM	50	F	I	
MACK	DAN	50	F	I	
SMITH	GARY	50	F	I	
NIKKOLA	ERIC	50	F	I	
WHITSETT	DAN	50	F	I	
ROBILLARD	DANIEL	529	FP	IV	2017
WELLING	BRUCE	488	FP	IV	
FOX	DON	425	FP	IV	
SCHUH	JON	406	FP	IV	2018
BATINOVICH	TONY	419	FP	IV	2019
LYNN	GEORGE	242	FP	II	
OLSON	KEN	227	FP	II	
SCHUH	JON	212	FP	II	
JOSIE	DINO	205	FP	II	
BARRINGTON	JOHN	172	FP	I	
VERA	RUSSELL	170	FP	I	2019
ANDERSEN	STEVE	307	SOB	III	
LEMASTER	LEROY	178	TN	II	
CREIGHTON	LAURIE	699	VB	IV	
KIRK	JAN	671	VB	IV	
BATINOVICH	TONY	652	VB	IV	2019
OTTIS	MIKE	406	VB	IV	
MARBLE	SUZANNE	261	VB	II	
NEWBY	JIM	170		I	
MILLER	DAVE	100		II	
BERTRAND	STEVE	432	XCC	II	2018
VILLENEUVE	DENIS	380	XCC	II	2018
BERTRAND	STEVE	252	XCG	II	2018
BERTRAND	STEVE	180	XCB	II	2018

KEY

B	Baseball	GB	Golf Boys	SG	Swimming & Diving Girls	WB	Wrestling Boys
BBB	Basketball Boys	GG	Golf Girls	TNB	Tennis Boys	WG	Wrestling Girls
BBG	Basketball Girls	G	Gymnastics	TNG	Tennis Girls	XCB	Cross Country Boys
BOW	Bowling	SOB	Soccer Boys	TFB	Track & Field Boys	XCC	Cross Country Combined
F	Football	SOG	Soccer Girls	TFG	Track & Field Girls	XCG	Cross Country Girls
FP	Softball	SB	Swimming & Diving Boys	V	Volleyball		

Washington State Coaches Association Insurance

By Dan Weedin, First Underwriters, Inc / Toro Consulting, Inc.

My name is Dan Weedin and I'm the insurance broker and consultant for the association. As you begin your new year, this is a great time to advise you of the protection afforded you as members by the association.

Liability Insurance: As an individual coach, you're protected for up to \$1,000,000 for liability arising out of negligence in your role as a coach. This policy protects you against allegations of abuse, molestation, discrimination, harassment, negligence in injury, and any other liability arising out of damage to an athlete under your care and supervision.

Please note that in order to trigger this policy, "damage" to an athlete must have occurred and a claim or allegation made. Legal issues are not part of insurance. In other words, you must be viewed as responsible for direct physical damage to an athlete.

This protection includes activities at summer camps and events for paid coaches of the district and volunteers. In order to be included in the insurance, a coach or volunteer must be a member of the association.

The association has a \$1,000,000 per occurrence limit, with a \$2,000,000 aggregate. In English, if a coach is alleged to have injured a student-athlete (including abuse, molestation, or harassment) and is being sued or has a claim against him or her, there is up to \$1M available for damages per that one claim (allegation or action). The most the company will pay for multiple claims over the course of the policy year is the "aggregate" limit of \$2M. The coach must be a member in good standing of the association.

The insurance policy is underwritten by K&K Insurance.

If you have any questions or want to learn more about either the insurance or Legal Shield protection, you can contact me at (833) 393-4778 or danw@firstunderwriters.com. ■



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