

THE WASHINGTON GOACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



WASHINGTON STATE
COACHES ASSOCIATION

THIS IS TO CERTIFY THAT

IS A MEMBER OF GOOD STANDING ENTITLED TO ALL THE PRIVILEGES OF THE ASSOCIATION FROM JUNE 1, 2022 THROUGH MAY 31, 2023.

Donald Olson *Pat Fries*

1227

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WASHINGTON STATE

COACHES ASSOCIATION

A WASHINGTON STATE NON-PROFIT ORGANIZATION

Our Mission

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

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From the Editor

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

Presidents Message

Darrell Olson

Fall 2022



Fellow WSCA Members,

Welcome back!!!

School is back in session, fall sports are underway, everyone is undefeated and believing they can win their conference championship. What a great time of the year. I begin my 44st year in the education/coaching profession and the fall is my favorite time of the school year. Everybody is refreshed, everything is new. Those of you who are new head coaches or new to the coaching profession, you are jazzed and ready for your 1st season to get under way.

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

A reminder to ALL coaches of the 2022-'23 school year: the WIAA Rules test and your sports specific rules test are required of all paid coaches in middle and high schools. Deadline for said tests are:

Winter Sports	November 14
Spring Sports	February 27

I want to personally encourage all coaches to get involved and get off the sidelines. Make a contribution to your sport specific organization in 2022-'23. 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.

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

Keep the head down,

Darrell Olson
President



2022-2023 WSCA Membership Executive Director/Treasurer Report

Rob Friese, Executive Director, Treasurer

The 2022-2023 WSCA membership registration is in full swing. Welcome to a new year.

Our Executive Board has been working to streamline our budget to best benefit members. Last year the WSCA provided \$18,000 in scholarships to graduating children of our members in support of their future education. Individual Sport Associations reimbursements totaled \$40,000. These funds are often used for clinics, all-star games, and other programs benefiting their member coaches. We have also been able to provide better, and more cost effective, liability insurance for middle school and high school coaches by doing extensive research. It is our goal to provide as much support as possible to coaches in our state.

As of September 17, 2022, the WSCA has 2,649 members. Of those, 2,155 coaches are group members with their registration paid for by their school districts. As of this date, there are

63 active groups. There are 494 individual members currently registered. This tells us that 81% of our membership is supported by school districts that obviously value the coaches in their district. School districts which choose to pay for their coaches offer a great thank

you for the amount of time we all know coaches put in for student athletes. With the start of school, we anticipate an influx of members in the coming three months. It is always good to become a member early to take full advantage of an entire year of membership which runs from June 1, 2022 to May 31, 2023.

Questions or concerns?

Contact -
robfriese@gmail.com or
contact@washcoach.net

Some frequently asked question we get:

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

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

Group Administrators sometimes ask, why can't I log in to my last years' account?

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

Where and when can I use my membership card as a pass into an event?

As stated on the card, it is good for entrance into post season events...District, Regional, and State.

Finally, if you have input incorrect information your group administrator can go in and correct that information. Or, if you contact me, I can also do that.

It has been a great experience working with the WIAA in a partnership capacity. Currently we are supporting their efforts in encouraging education on sportsmanship, starting with how coaches set an example for their athletes by how the coach handles the questionable situations that we have all experienced. When I was coaching, I had a 24-hour rule with parents. Why not a 24 second rule while coaching before angry questioning of referees?

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

Washington State Coaches Association

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

For registration information please visit:
washcoach.net

Why Should I Become A Member?

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

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

OTHER BENEFITS:

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

SCAN HERE





September is Suicide Prevention Month

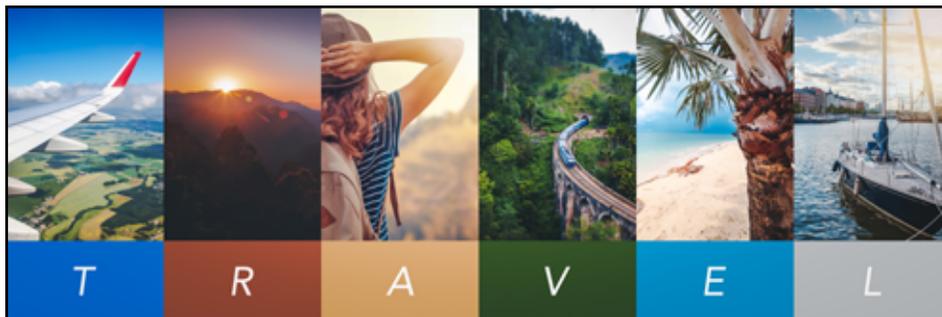
The National Organization of Coaches Association Directors and The Jason Foundation proudly recognize and support September as [National Suicide Prevention Month](#). Throughout the month, individuals and organizations around the country have plans to highlight the problem of suicide and advocate its prevention.

Almost 46,000 Americans took their own lives in 2020, making suicide one of the leading causes of death in our nation. Suicide rates in the US have climbed 33% since 2000. Even more concerning is that suicide and suicide attempts among our nation's youth (ages 10-24) are on the rise. According to information released by the CDC, nationally 18.8% of high school youth had seriously considered attempting suicide, 15.7% had made a suicide plan, and 8.9% had made one or more suicide attempts. One of the ways to reduce that number is by talking about suicide and suicidal ideation, which can spur meaningful conversations about mental health and potentially save lives.

Suicide Prevention Month is a time to remember those affected by suicide, raise awareness, and focus on prevention efforts. Join the conversation and reach out to those who have been personally affected by suicide, raise awareness, and connect those struggling with suicidal thoughts to professional counselors and treatment services that can help them.

The Jason Foundation offers many different ideas on how you can become involved. To find more information, visit their website at jasonfoundation.com and look for the "[How to Get Involved](#)" tab. A special section exists for Suicide Prevention Month. ■

The Washington Coach on the Road



Take your copy of "The Washington Coach" on the road. Send us a picture and tell us where you are. You will have great reading anywhere you go. Send your picture and information to:

wscs-editor@comcast.net



Hearing their final whistle...

Coach Roman Miller



Roman Miller

Published by The Herald (Everett) from May 29 to May 30, 2022

Born and raised in Seattle's Ballard neighborhood, Roman was the second of five sons born to Martin J. Miller & Teresa E. Miller (Ford). Roman attended St. Alphonsus Catholic Elementary School and later graduated from O'Dea High School in 1944. At the age of 17, Roman enlisted in the US Army Air Corps and helped support the Manhattan Project at the Hanford Site located just north of Richland, Washington. After he was discharged, Roman attended Seattle University (SU) where he earned degrees in Business & Education.

Once graduated, he started teaching and coaching at his alma mater (O'Dea) and spent his summers working at Longacres racetrack in Renton, Washington. He later went on to work at SU as Assistant Athletic Director working in sports publicity, recruiting and ticket sales. Roman's passion for sports and vast social network ultimately led him to become a Professional Baseball Scout for the Houston Colt .45's (later the Houston Astros). During this time, he still

managed to continue working at several horse racetracks throughout Washington & Oregon.

Roman's friendly personality and phenomenal memory helped his social network grow and led him to assist with several political campaigns for people such as Eddie O'Brien, Dan Evans, and John Spellman. In the early 1980's Roman was appointed by Governor Spellman as the Executive Secretary of the Washington Horse Racing Commission

(WHRC). He finally retired from the WHRC in the late 1980's but continued to strongly support Catholic education & athletics at O'Dea, SU, and later at Archbishop Murphy High School located in Everett, Washington.

Roman was preceded in death by his parents, and brothers Martin, James, and Francis (Frank). He is survived by his brother Louis Miller of Olympia and several nieces and nephews. Remembrances can be made to Archbishop Murphy and O'Dea High Schools. ■

WASHINGTON STATE
COACHES ASSOCIATION



WSCA Coaches Card

We hope your school year is off to a great start!

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

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

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

Washington State Coaches Association
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Earl Barden 2A-1AB All State Classic

June 20, 2022 was an amazing day in Yakima... 80 degrees, a slight breeze and not a cloud in the sky. The breeze periodically turned into a stiff wind for a few minutes and many a coach said "Thanks Alex!"

This year's edition of the Earl Barden 2A-1AB All State Classic was the first on without the watchful eyes of Coach Bill Alexander who founded and ran the game for 25 years. Many of his buddies were back in town and worked the event just as they had for years. A few tears were shed, but they were outnumbered by the smiles, laughter and stories that were told that day.

On the day, the East team came out on top by a score of 36-12. Even though the score was a bit lopsided, the play on the field by both teams was spectacular! The West was led by Offensive MVP Junior Newman from Bremerton High School and Defensive MVP Davin Beason from Mt. Baker High School. So many other players on the West shined and a difficult decision on the MVPs had to be made. Wyatt Nef from Toledo High School was voted on by his teammates as the Coach Mike Lynch Most Inspirational which was on display as all game long with Wyatt motivating his teammates to provide a comeback. The West cut the lead to 11 late in the game and looked to take advantage of the 9-point rule and they got the ball back after scoring a TD, but the East stopped the drive and put the game on ice.

The East award winners were Offensive MVP Dawson Tobeck from Lakeside 9 Mile Falls and Defensive MVP Zane Delp from Zillah High School. Tobeck and Delp had huge games for the East and were unanimous winners from the voting coaches. Jacob Hurlbert from Omak High School was voted as the Coach Lynch Most Inspirational from the East and was such a breath of fresh air all week long.

The Washington State Coaches Association has committed to presenting 2 scholarship winners in the name of Coach Bill Alexander each year. The Coach Alexander All Star Award winners for 2022 were from the East, Hayden Teeter from Kings High School and the West winner was Colton Bower from North Kitsap High School. Each player was awarded a \$500 scholarship and hold the honor to be the first winners of this award!

As 2022 was put into the books, all involved felt that the week was an amazing success. After 2 years of cancellation due to COVID, All Star football was needed so badly. The 27th edition of the Classic is set to return to Yakima with the game being played Saturday June 24, 2023 at East Valley High School at 1:00 PM- Hope to see you there!

Mark Mochel
Chairman/East Coordinator
Earl Barden 2A-1A-B All State Classic ■



East Rolls to 36-12 Win in Barden Classic, Zillah's Zane Delp Defensive MVP

Reprint SCOTT SPRUILL Yakima Herald-Republic
June 25, 2022



After Zane Delp's first smothering sack, the East's sideline erupted in whoops and hollers and teammate Jacob Hurlbert broke from the crowd, lowered into a crouch for a respectful flex and called out: "He's just too big. Oh man, he's just too big."

And so it was all afternoon for Delp and the entire East squad. Too big.



Zillah's 6-foot-4, 250-pound bull rusher recorded three more sacks, forced a fumble and was named defensive MVP as the East crew took on big contributions from all 13 seniors from the Valley in a 36-12 victory over the West at the 26th annual Earl Barden Classic all-star football game at East Valley.

Braydon Flood, Delp's teammate from Zillah, returned a fumble 40 yards for a touchdown, Toppenish's Jason Grant had one of the team's two interceptions, and Naches Valley's Grant Osborn forced the fumble that Flood converted into his scoop-and-score. The East forced two three-and-outs and had seven tackles for a loss.

"What a great way to go out, wearing my Zillah helmet for the last time," said Delp, who's headed to Eastern

Oregon. "After COVID it was tough getting back into it. But I just got a mindset that, OK, get the helmet back on and go out there and be the best. This was such a great week. It started out as nothing but really tiring, but it ended as this wonderful thing with these guys."

As Delp created all sorts of trouble, especially as the West fell further behind and had to rely exclusively on a passing game, Flood patrolled from his middle linebacker position and enjoyed every minute of it. Particularly showing off his running back skills on that fumble return.

"I was just reading and reacting to everything," said the Montana Western-bound Flood, the SCAC West's defensive MVP last sea-

son. "This was a great team to play for because everybody just loves the game and loves to play hard. It was fun, too, with the fumble. I just reached down, grabbed the ball and ran for daylight. That was a first for me."

The East defense got two of its four takeaways on the West's first two possessions, and Grant's pick set up the first score of the game.

Oh, yeah, the East played a fair bit of offense as well.

Lakeside's Dawson Tobeck punched in the first two scores — an 11-yard run off a reverse followed by a 38-yard strike from King's quarterback Hayden Teeter on the first play of the

second quarter. Tobeck was the East's offensive MVP.

After Teeter took the helm in the first quarter, it was Kaiden Rivera's turn and Prosser's three-year ace was perfect right off the bench, completing 5 of 5 passes for 88 yards with a 24-yard touchdown to Royal's Derek Bergeson.

Running in all three conversions, the East was quickly up 24-0.

With the planned rotation with Teeter and all-star rules designed to help the trailing team rally in the second half, Rivera didn't get many snaps. Teeter completed 14 of 25 passes for 233 yards over five possessions in the first and third periods. Rivera basically got his one scoring drive in the second quarter and one opportunity in the final period.



Nevertheless, the East racked up 321 yards in the air with Tobeck hauling in eight catches for 156 yards — nearly a Barden record — and Bergeson snagging seven for 119 yards.

North Kitsap's Colton Bower, a WSU baseball recruit who's playing in the All-State Series at Parker Fall-er Field on Sunday, was the West's lone

quarterback and while he was sacked six times he did manage to throw for

217 yards and two touchdowns to Bremerton's Junior Newman. Bower set Barden records for most passing completions (20) and attempts (36). The West MVPs were Newman (offense) and Mt. Baker's Davin Beason.

Barden coaches had two other sets of awards with Teeter and Bower receiving the All-Star honors in memory of Bill Alexander, the founder and caretaker of the Classic who passed away earlier this year.

Toledo's Wyatt Nef was the recipient of the West's most inspirational award, which embraces not only the game but the whole week. For the East, who else? It was Hurlbert. Just too good.

West	0	6	0	6	12
East	8	16	6	6	36

East — Dawson Tobeck 11 run (Derek Bergeson run)

East — Tobeck 38 pass from Hayden Teeter (Carson Riner run)

East — Bergeson 24 pass from Kaiden Rivera (Riner run)

West — Junior Newman 42 pass from Colton Bower (run failed)

East — Teeter 3 run (pass failed)

West — Newman 38 pass from Bower (pass failed)

East — Braydon Flood 40 fumble return (run failed)

INDIVIDUAL STATISTICS

RUSHING — West, Dan Cable 3-4, Jesse Sande 2-0, Bower 9-(minus 4), Logan Massie 2-(minus 2). East, Adaih Najera 8-22, Tobeck 1-11, Riner 7-7, Bergeson 1-3, Grant 1-2, Rivera 1-(minus 8), Teeter 3-(minus 19).

PASSING — West, Bower 20-36-2-217. East, Teeter 14-25-0-233, Rivera 5-8-0-88, Bergeson 0-1-0-0.

RECEIVING — West, Newman 7-110, Lucas Dahl 6-49, Jaxon Kortlever 5-54, Lincoln Castillo 2-4. East, Tobeck 8-156, Bergeson 7-119, Grant 2-24, Julian Rodriguez 1-19, Davis Fry 1-3.

West

Head Coach- Jeff Weible

North Kitsap High School

Assistant Coach- Dave Snyder

North Kitsap High School

Assistant Coach- Chris Richardson

North Kitsap High School

Assistant Coach- Mike Christensen

Toledo High School

East

Head Coach- Wiley Allred

Royal City High School

Assistant Coach- Jeremy Scroggins

Royal City High School

Assistant Coach- Wayne Riner

Connell High School

Assistant Coach- Aaron Cochran

Goldendale High School ■



WSCA Executive Director/Treasurer, Rob Friese presenting awards to Hayden Teeter and Colton Bower in honor of Bill "Alex" Alexander.



Share a Coaching Tip

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

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





Unified Sports are back and ready for your school to join!

Unified Sports is a component of Unified Champion Schools, which is a program that aims to promote social inclusion through intentionally planned and implemented activities affecting systems-wide change within schools. Unified Sports has students with and without intellectual and developmental disabilities playing together on the same team. Each student plays a key role in the overall team structure. Unified Sports is a wonderful way to help make your school more inclusive, foster new friendships and provide opportunities for your students to increase their physical activity and overall health.

Join Unified Champion Schools today and be part of an amazing movement that your coaches, administration and students will remember for a lifetime! With the support of Special Olympics Washington and the Department of Education, we can provide the assistance you need to get Unified Sports up and running in your school. If interested, contact Manager of Unified Schools, Mandy Schumacher at mschumacher@sowa.org

Unified Sports/Fitness Options

Fall Season

- Unified Bowling
- Unified Robotics
- Unified Flag Football



Special Olympics
Unified Champion
Schools



Winter Season

- Unified Basketball- **Interest meeting on October 18 @ 4:30 pm.** Please register with the provided link or QR Code <https://us02web.zoom.us/j/83450270321>

Spring Season

- Unified Soccer
- Unified Track



Year Round

- Recreation Unified Sports (any sport/activity ran with Unified partners and athletes)
- Unified Fitness Clubs (Program Guide provided for facilitation)
- Unified PE (Resources Available) ■





Hearing their final whistle...

Coach Richard Graham



Richard Wayne Graham passed away on May 6, 2022, at the age of 76. He was born on April 1, 1946, to Wayne and Beulah Graham of Rosalia, Washington and raised on his family farm. He attended Pine City Grade School and St. John High School. He earned a BA in Education and a Masters in School Administration at Eastern Washington University, along with his superintendent credentials from Washington State University.

While a student at EWU, Rich met his wife, Charlene Swigart. They were married June 18, 1966. They had three great kids: Michael,

David and Kimberly. After college, he served our country in the U.S. Army and was stationed in Okinawa during the Vietnam War. He retired from the army as a captain.

Following his military service, he taught junior high industrial arts in Camas, Washington. In 1974, he was hired to teach high school industrial arts and coach junior high wrestling at Elma. After successful seasons, Rich moved on to coach wrestling at the high school level where he developed the dominate Elma High School wrestling program. During his tenure as head wrestling coach for the Eagles, he had 10 state

individual champions, plus numerous state placers. While at Elma, he was also the Elma High School football defense coordinator. He was inducted into the state of Washington Wrestling Coaches Hall of Fame and the National Wrestling Coaches Hall of Fame.

In 1990, he retired from coaching to become the Athletic Director and then Assistant Principal at Elma High School. In 1994, he was hired as the Principal of Lake Roosevelt High School in Coulee Dam, Washington. He continued his career as Superintendent at Joseph, Oregon in 2001 and Superintendent at Ritzville,

Washington in 2004. After finishing his career, he and his wife moved to Spokane to retire.

Rich was an avid hunter, fisherman, carver and gifted woodworker, and enjoyed traveling. His purest joy was spending time with family.

Rich is survived by his wife Charlene, his sister Barbara Marsh, his children: Mike (Kristi), David (Heather) and Kim Donovan (Cully), eight grandchildren, one great-grandchild, and multiple nieces and nephews. ■

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SEMANCIK, STOJACK, ROWSWELL

When Colleges Controlled the Athletes

by Lane C Dowell

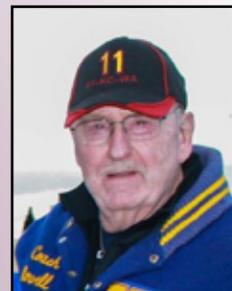
Correspondent for the Washington Coach

Ass't Football West High Bremerton

Ass't Football Olympic High

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Athletes entering college these days have a lot to consider. Full Rides and scholarships still reign but the NIL law (Names, Images, and Likeness) and the NCAA's Transfer Portal opens a whole new world for those powerful enough to take advantage of the system.

As I was trying to grasp the meaning of these new rules, it led me back to my old football mentor, Chuck Semancik, who was also the Head Wrestling Coach for many years at both Bremerton and West High of Bremerton.

I fondly recall visiting him in Tacoma during his last months on earth where we'd sit and talk sports. He related a new tale (I thought I'd heard them all during those late-night post-game functions) about his 'pro'-wrestling experiences while at the State College of Washington in the mid-late '30's, now known as Washington State University.

The overseer of one of the most devastating ground attacks to dominate high school football in our state chuckled as he told of having to be the bad guy as his Wazoo wrestling coach took some of the team to small farming communities near Pullman to put on a 'Rassling' show.



SC 1938 Front: Dillard, Tchantz, Christensen, Peters, Cooper, Eaman. Back: Coach Neilson Wilcoxon, Groves Semancik, Bratonia, Riker, Bohm.

"My friend.. Cripes o' Fish Hooks, what was his name?" Semancik said. "He was tall, blonde, and had blue eyes. He always got to be the good guy.

I was lucky to have gotten out of some of those whistle stops alive. The coach kept all the money. He told us we

needed to preserve our amateur status. At least he bought us a milkshake."

As Tacoma Lincoln High grad Chuck reminisced, he told of his experiences butting heads in the squared circle with the Northwest Legend and upperclassman, Frank Stojack. At one point, my mentor surprised me as he demonstrated a tactic used by Stojack. We were aghast as Chuck commanded me to stand, and before I could react, placed a foot squarely on my chest.

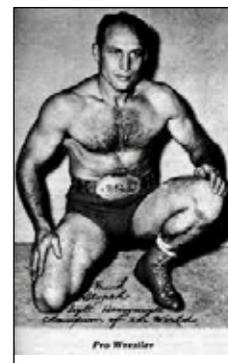
They both attended Washington State College, Stojack about 3 years older. Among Stojack's WSC's memorabilia was a yellowed and aged telegram from Pullman's legendary football coach "Babe" Hollingbery which read, "Better start hitch-hiking. No money available for transportation."

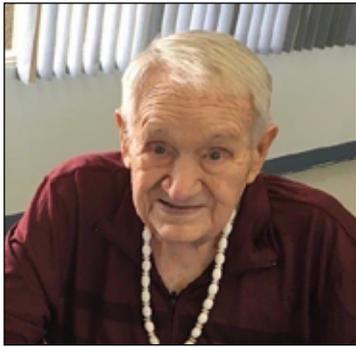
Stojack graduated in 1935 as a key football athlete and never lost a wrestling match as a Cougar contender. He actually served as the head wrestling coach during his senior year to help finance his education.

He joined the old Brooklyn Dodgers and won a starting position for two years before deciding to go back to his first love - wrestling. As a professional wrestler, he wrestled in over 4,000 wrestling matches well into the 1950's. His famous airplane spin won him the nickname, The Tacoma Twirler.

Another one of Chuck's wrestling teammates at Washington State was the longtime North Thurston Coach, George Rowswell. Rowswell was one of the first coaches in the new Lacey high school in 1955 and finished his career as North Thurston District Athletic Director. He continued coaching well into his nineties with the Shot Put and Discus and competed in the Washington State Senior Games, pointing out his old student-athletes waiting their turn as he entered the ring.

The nonagenarian Coach would ask me every time we exchanged greetings at a Masters' Field and Track State Championship, "You know Charlie?" whenever he saw my Semancik Foundation ballcap.





George Rowswell - 100th Birthday

He would then challenge me as he showed me his badly abused cauliflower ears. Making sure I and all nearby knew what my mentor had done to his ears, he intoned for all to hear, "HE DID THIS TO ME!", and then, with a smile and a cackle..."That G.D. Charlie!" His next step

into the Shot Put ring always lauded him a First, thanks to those riled college memories.

Semancik was a heavyweight and elected Captain of his squad his senior year (1938) at Washington State under the tutelage of wrestling coach, Robert Neilson. He went on to teach and coach football and wrestling at Aberdeen High School and Bremerton-West High retiring in 1984. He was honored in the Washington State Football Coaches Hall of Fame in 1983.

The following story is from a West High 1971 graduate, Stewart Hayes, that adds one more tale to the Semancik legend:

CRIPES!

All who ever wrestled for him know that Coach



Chuck Semancik

Chuck Semancik was a believer of fundamental wrestling strategies and techniques. There, in his 105-degree Fahrenheit wrestling room for a couple hours every day, our offensive and defensive drills were repeated over and over while he critiqued every aspect of our basic techniques with legendary intensity.

But a strong desire to become proficient beyond the fundamentals drove me to increase my repertoire of takedowns and defensive maneuvers by earning enough money

to attend Sound Wrestling Camp each summer.

It was there, at Whidbey Island's Fort Casey, that I was instructed by a variety of NCAA All-Americans and personally mentored by Coach Singh, a Freestyle World Wrestling Champion from India. The ancient techniques that I learned from Coach Singh were exactly what I was hoping for. And soon, I became proficient enough to confuse my opponents and to frustrate their coaches who often referred to my takedowns and defensive techniques as "unfamiliar," "unorthodox," or one of my favorites, "impossible for our scouts to explain." So, through hard work and good fortune, I got my wish. During one summer tournament match, I could hear my opponent's coach yelling, "Stay away from his shoulders!" Then, during my next match I could hear another opponent's coach shouting, "Stay away from his legs!"

And now, after winning numerous summertime freestyle tournaments, it was time to return home, back at West High.

During our first regular season wrestling practice, it became apparent to me that my own coach, Chuck Semancik, was also "unfamiliar" with some of the moves that I was executing.

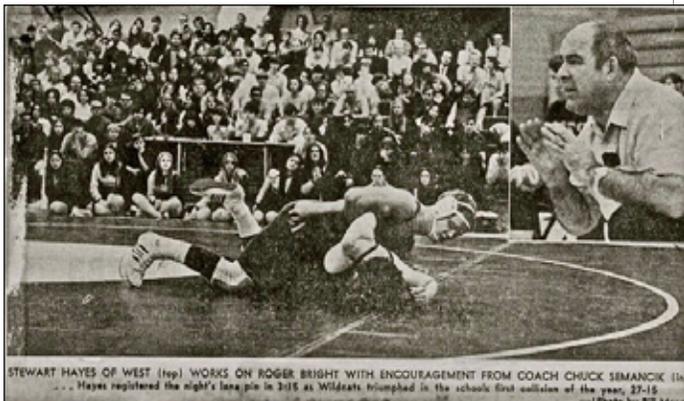
Regardless of the fact that I had won all my pre-season tournaments, Chuck explained clearly that I was to continue focusing on improving the single-leg, double-leg, hip-check takedowns, and pinning combinations just as he taught them! One practice, to everyone's shock, and my complete embarrassment, Chuck turned his thick muscular frame around, stretched out his arms, and in front of all my West High teammates, he performed a series of pirouettes across the wrestling room like a ballerina while shouting, "Cripes Hayes! If you want to learn ballet, you're in the wrong building! Now let's ALL get back to our single-leg takedown drills!"

And so, we did. We all worked on the various set-ups and executions of single-leg and double-leg, hip throw takedowns, and arm bars. Yes, I savored my "unorthodox" techniques and only used them to get out of difficult situations, then I'd promptly returned to fundamental (Chuck style) wrestling. And it was Chuck's style that carried us all to multiple league championships and that carried me to numerous championships through high school and college.

Many years later, as a lover of statistical research, I came across a published article that revealed a shocking fact! The multiple year study proved that, throughout the recorded history of the NCAA Wrestling Finals, the offensive move that scores more points in the NCAA final rounds than any other move, is by far the single-leg takedown and its basic variations. Conclusion: Cripes! Chuck already knew!

Yours Truly,
Stewart Hayes

Chuck would be proud of Bremerton High's current Wrestling Team – but more about that later. ■



STEWART HAYES OF WEST (top) WORKS ON ROGER BRIGHT WITH ENCOURAGEMENT FROM COACH CHUCK SEMANCIK (inset). Hayes registered the night's lone pin in 3:15 as Wildcats triumphed in the school's first walkout of the year, 23-18. (Photo by Bill M...)



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

Respiratory Muscle Training (RMT)

The first of two parts. To be continued in the winter issue of *The Washington Coach*.

Introduction

Most coaches did not enter this career field because of all the money that could be made. We all got into it because of the desire to be an influence in our student's lives and to share our knowledge with them.

Effective coaches, worldwide, are always searching for better, more effective, and efficient ways of coaching/training their athletes.

Every now and then an older method receives a new closer look. As result, these older training methods are subjected to the current scientific method of research. The conclusions reached are backed up by scientific, verified control of sample participants and then subjected to methodical reviews.

Proper exercise increases the strength of your lungs the same way exercise increases the power and strength in the other muscles of your body. The safest way to improve/increase muscle growth is by following the progressive overload system which we (I hope) are all familiar with this training process.

Briefly, this system of training is based on progressively increasing the frequency, sets, reps, weight used, specificity, and time under tension, but not more than 10% whenever the

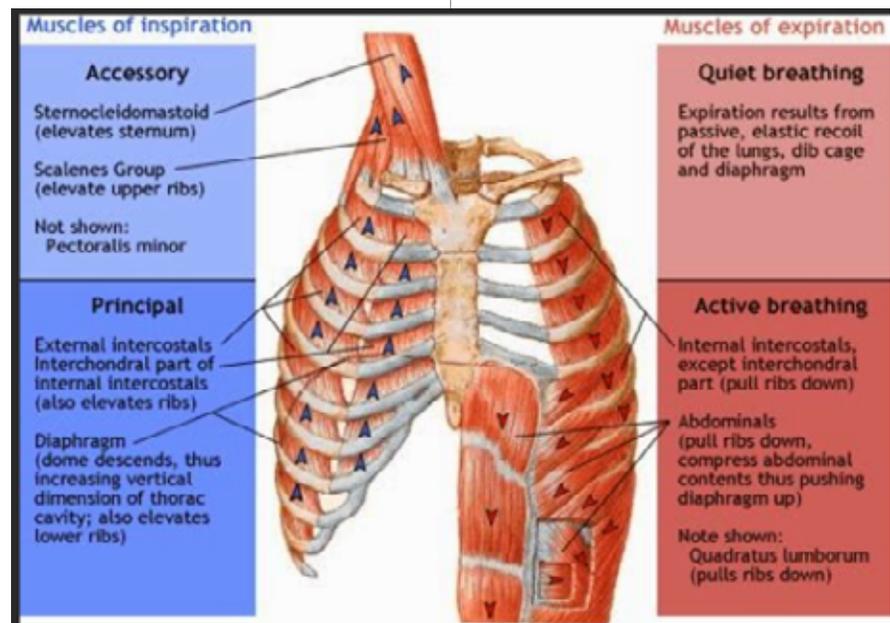
trainee has successfully managed the current four basic requirements of the program. And NOT before.

Much of the following breathing information comes from government sources which are identified as such.

Now we come to the topic of Respiratory muscle training (RMT) in this edition of the Washington State Coaches Association Magazine.

Increasing your athletes' respiratory capabilities with a few techniques of breathing

Before going any further, let's review the target muscles of expiration and inspiration that need to be modified through respiratory muscle training. My thanks to <https://www.back2health4you> in Ottawa, ON, Canada, for permission to use this diagram.



The muscles used for breathing

The lungs are like sponges; they cannot get bigger on their own. Muscles in your chest and abdomen tighten or contract to create a slight vacuum around the lungs. This causes air to flow in. When you exhale, the muscles relax and the lungs deflate on their own, much like an elastic balloon will deflate if left open to the air.

- Your breathing muscles include
The diaphragm: This dome-shaped muscle below your lungs separates the chest cavity from the abdominal cavity. The diaphragm is the main muscle used for breathing.
- The muscles between your ribs: Called intercostal muscles, these muscles play a role in breathing during physical activity.
- Abdominal muscles: You use these muscles to help you breathe out when you are breathing fast, such as during physical activity.
- The muscles of the face, mouth, and pharynx: These control the

lips, tongue, soft palate, and other structures to help with breathing. The pharynx is the part of the throat right behind the mouth. Problems with any of these muscles can narrow the airway, make it more difficult to breathe, and contribute to sleep apnea.

- Muscles in the neck and collarbone area: You use these muscles to help you breathe in.

Possible factors to be aware of while watching over your athlete's reference optimizing their lung strength are shown in the chart below.

As you can readily see, there are a multitude of potential issues that affect respiratory muscle training however, looking over this list most of these issues will be recognized even without a solid basis of anatomy. Nonetheless, there are also areas that may help us in training our athletes.

Inspiratory Muscle Strength Training (IMST) and Respiratory muscle training (RMT) both with and without gear. Training with these techniques can improve sports performance for some athletes and clearly increases

respiratory muscle strength and endurance.

The positives of training the inspiratory/respiratory muscles include improvement in the ability to increase endurance and strength.

The training objectives of the particular sport are influenced by the effectiveness and efficiency of the breathing muscles. If the training is directed toward increasing the capability of the expiration/respiratory muscles, then the expectation would be the improvement functions of these muscles.

As in all cases of sports training, exercise selection must be scheduled in the right order and correctly executed. While the training progresses there ought to be improvements readily seen from the entries in their logbooks. If not, something is wrong with either the program or the athlete's abilities to do them correctly or dedication to doing them at all.

To begin with, remind your athletes to keep these basic principles in mind:

At all times be aware of your posture

Keep your chest high, don't slump over while sitting or standing because it scrunches up the lungs and doesn't encourage a full deep breath of air going into them.

One of the many ways to open up the chest cavity is to lift your arms high up over the head and take a deep breath, thereby filling the lungs up.

Keep the body fully hydrated because staying hydrated keeps the linings of the lungs thin which makes them more efficient during the gas exchange process.

Inspiratory Muscle Strength Training (IMST)

A brief explanation of this type of IMST and RMT training taken directly from:

Specific respiratory muscle training offers the promise of improved exercise tolerance and athletic performance for a wide range of users. However, the literature addressing respiratory muscle training in healthy people remains controversial. Studies into the effect of respiratory muscle training upon whole-body exercise performance have used at least one of the following modes of training: voluntary isocapnic hyperpnea, flow resistive loading, and pressure threshold loading.

Each of these training modes has the potential to improve specific aspects of respiratory muscle function. Some studies have demonstrated significant improvements in either time to

continued on page 16

Possible factors associated with suboptimal respiration and posture.
Decreased appositional diaphragm force
Decreased length of diaphragm (short)
Decreased transdiaphragm pressure
Increased use of accessory muscles of respiration
Poor neuromuscular control of core muscles
Increased lumbar lordosis
Increased anterior pelvic tilt
Increased hamstring length
Increased abdominal length
Rib elevation/external rotation
Sternum elevation
Increased activity of paraspinals
Increased lumbar-pelvic instability
Low back pain
Sacroiliac Joint pain
Thoracic Outlet Syndrome
Headaches
Asthma

exhaustion or time trial performance, whilst others have demonstrated no effect. We present an overview of the literature that rationalizes its contradictory findings.

Retrospective analysis of the literature suggests that methodological factors have played a crucial role in the outcome of respiratory muscle training studies. We conclude that in most well-controlled and rigorously designed studies, utilizing appropriate outcome measures, respiratory muscle training has a positive influence upon exercise performance. The mechanisms by which respiratory muscle training improves exercise performance are unclear. Putative mechanisms include a delay of respiratory muscle fatigue, a redistribution of blood flow from respiratory to locomotor muscles, and a decrease in the perceptions of respiratory and limb discomfort.

Conclusion: RMT improves endurance exercise performance in healthy individuals with greater improvements in the less fit individuals and in sports of longer durations. The two most common types of RMT (inspiratory muscle strength and respiratory muscle endurance training) do not differ significantly in their effect, while combined inspiratory/expiratory strength training might be superior. Improvements are similar between different types of sports. Changes in performance can be detected by constant load tests, time trials and intermittent incremental tests only. Thus, all types of RMT can be used to improve exercise performance in healthy subjects but care must be taken regarding the test used to investigate the improvements.

Implementing RMT

Adverse symptoms to be aware of when training in this manner. And the appropriate attention/response in the following instances:

- Eardrum, a recent cold, sinusitis, or other issues your athlete may have that might contribute to some unpleasantness

- Asthma is a disease that affects the lungs. It can cause repeated episodes of wheezing, breathlessness, and chest tightness, during nighttime or in the early morning
- Remind the athletes it is not in their best interests to share their RMT training gear

Breathing trainers

Breathing devices are available on Amazon. I do not endorse any of these nor do I receive compensation from these companies.

One, in particular, “PowerBreath® is a useful device to stimulate sport performance and increase pulmonary function” according to the abstract from the NIH.

Powerbreath PB2002



The Powerbreath <https://www.adams-music.com/en/accessories/breathing-training/powerbreath-pb2002>

Powerbreath Abstract from NIH

This systematic review and meta-analysis aim to provide scientific evidence regarding the effects of training on respiratory muscle training’s impact with the PowerBreath®. A systematic analysis based on the PRISMA guides and a conducted research structured around the bases of Web of Science, Scopus, Medline/PubMed, SciELO y Cochrane Library Plus. Six articles published before January 2021 were included. The documentation and quantification of heterogeneity in every meta-analysis were directed through Cochran’s Q test and the statis-

tic I²; additionally, a biased publication analysis was made using funnel plots, whose asymmetry was quantified Egger’s regression. The methodological quality was assessed through McMaster’s. PowerBreath® administering a ≥ 15% resistive load of the maximum inspiratory pressure (PIM) achieves significant improvements (54%) in said pressure within 4 weeks of commencing the inspiratory muscle training. The maximal volume of oxygen (VO₂max) considerable enhancements was achieved from the 6 weeks associated with the maximum inspiratory pressure ≥ 21.5% post inspiratory muscle training onwards. Conversely, a significant blood lactate concentration decrement occurred from the 4th week of inspiratory muscle training, after a maximum inspiratory pressure ≥ 6.8% increment. PowerBreath® is a useful device to stimulate sport performance and increase pulmonary function.

Keywords: PowerBreath®; ergogenic aids; inspiratory muscle training; pulmonary function; respiratory muscles; sports performance.

<https://pubmed.ncbi.nlm.nih.gov/34206354/>

A sample of the many sold on Amazon. This next one is not a “PowerBreath”



Spirometer

A spirometer measures lung airflow, then by default it is measuring not only how much air is being exhaled but how rapidly it is exhaled. In the spirometry test, which is taken while sitting, the athlete breathes into a mouthpiece connected to the device.

The Spirometer and the test protocol



Record the amount of air and the rate at which it leaves the lungs over a set period.

It has been noted that standing during the test may result in different numbers than when Taking the spirometer test:

- Breathe in as deeply as you can and place your lips tightly around the mouthpiece.
- Try your hardest and blast out your air as quickly as possible.
- Keep blowing out until your lungs are empty

See also: <https://www.cdc.gov/niosh/docs/2012-116/pdfs/2012-116.pdf>

Straw Breathing

- Begin straw breathing in the supine position.
- Close off your nose by holding it shut or with another device that closes the passages.
- Now, breathe only through the straw for five minutes.
 - ▶ Use one straw for one week,
 - ▶ the next week use another straw and breathe through these two straws for the second week.
 - ▶ Add another straw for the third week.

The reason this technique is so efficient and effective is breathing through a straw makes it more difficult to get the air into your lungs. By making it more difficult, it forces you to use the diaphragm in a more aggressive manner than they actually breathing

normally. This forces your lungs to work harder to get the air necessary to keep you going. The recommendations are to train with a straw and notice the difference in your lung capacity.

Breathing through a straw it's certainly more difficult but it achieves essentially the same outcome as diaphragm breathing. However, the results of breathing through a straw push your lungs to work more efficiently.

Appendix for continued exploration of the subject as well as the sources used in the document:

<https://pubmed.ncbi.nlm.nih.gov/15162248/>

Effect of respiratory muscle training on exercise performance in healthy individuals: a systematic review and meta-analysis

PMID: 22765281 Publication Type: Review

Publication Date: 2012-08-01

Journal: Sports medicine (Auckland, N.Z.)

<https://pubmed.ncbi.nlm.nih.gov/22765281/>

Abnormal breathing:

<https://www.ncbi.nlm.nih.gov/books/NBK470309/>

https://www.google.com/search?q=Techniques+of+breathing&rlz=1C1GCEA_enUS947US947&oq=Techniques+of+breathing&aqs=chrome..69i57j69i61.267910328j0j0&sourceid=chrome&ie=UTF-8

<https://search.nih.gov/search?utf8=%E2%9C%93&affiliate=nih&query=does+im-st+breathing+improve+athletic+performance&commit=Search>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7830231/>

<https://search.nih.gov/search?utf8=%E2%9C%93&affiliate=nih&query=does+im-st+breathing+improve+athletic+performance&commit=Search>

<https://pubmed.ncbi.nlm.nih.gov/34206354/>

https://www.google.com/search?q=PowerBreath&rlz=1C1GCEA_enUS947US947&oq=PowerBreath&aqs=chrome..69i57j69i6012j69i61.597819j0j4&sourceid=chrome&ie=UTF-8

NCIB National Library of Medicine Concluded

The present study showed that 12 weeks of IMT promoted an increment in respiratory muscle strength and resistance as well as improvement in aerobic physical performance in handball athletes. These findings could be applied in sports training as a strategy to minimize the effects of respiratory fatigue in athletes, favoring a greater time in practice and an improvement in overall performance.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6162985/>

<https://www.ncbi.nlm.nih.gov/>

Subscribe to my blogs and improve your fitness.

<https://activelyfitseniors.blog/>

https://www.youtube.com/channel/UCCz367eM_GT65i3WTSPg9Ww

<https://www.facebook.com/ActivelyFitSeniors/>

1 <https://www.nhlbi.nih.gov/health/lungs/body-controls-breathing>

2 Respiratory muscle training (RMT) is a technique that aims to improve function of your respiratory muscles through specific exercises. RMT involves a series of exercises – breathing and other – to increase the strength and endurance of your respiratory muscles and, in turn, improve respiration (breathing).

3 <https://pubmed.ncbi.nlm.nih.gov/22765281/>

4 The isocapnic buffering period is the period of exercise between the anaerobic threshold and the respiratory compensation point (Figure 1). It is the part of exercise during which lactic acid is buffered by bicarbonates and pH is maintained.

5 https://www.amazon.com/s?k=breathing+device+for+lungs&crd=8PIC4KIFNL-6C&sprefix=breathing+devices+for+lungs%2Caps%2C179&ref=nb_sb_ss_ts-doa-p_3_27

6 <https://pubmed.ncbi.nlm.nih.gov/34206354/>

7 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6118892/> ■

The WSCA Obtains a New Insurance Carrier

Washington State Coaches Association Insurance Program



For Any questions regarding the Participant Accident coverage for camps or other policy terms & conditions please contact: Karen Boller - kboller@loomislapann.com, Lori George - lgeorge@loomislapann.com, Greg Joly - gjoly@loomislapann.com; Loomis & LaPann, Inc. PO Box 2158, Glens Falls, NY 12801, 800-566-6479, sports@loomislapann.com, www.loomislapann.com

The coaching profession has changed dramatically in the past 20 years and with that change comes more scrutiny, more expectations, and more responsibilities. Coaches today must manage their sport and coaching duties are not relegated to athletics and Xs and Os.

In reality, coaches are expected to deal with school policies/procedures, Booster clubs, parents, athletic trainers, facilities and equipment. In

addition, coaches in most states are required and/or encouraged to become certified in emergency first aid and CPR. By virtue of the position held, coaches have become increasingly more at risk of being involved in a lawsuit and proper insurance coverage is a necessity.

As a member benefit of your coach's association, all members are covered for your coaching activities (including classroom coverage) by a Commercial General Liability Policy. The policy limits

are \$2,000,000 (per member) and the policy provides coverage to members from claims made by negligent acts accidentally committed resulting in bodily injury, personal and advertising injury or property damage to others. Members may also request certificates of insurance showing proof of insurance or naming an additional insured. Participant Accident coverage for participants attending camps is mandatory, and member coaches have the option of completing a camp insurance request form for a Certificate of Insurance and/or participant accident coverage at www.loomislapann.com. ■



Hearing their final whistle...

Coach Patrick Hoonan

March 25, 1941 - July 25, 2022



Patrick Stuart Hoonan, age 81, of Bonney Lake, passed away on Monday, July 25, 2022. "Take two and hit to right"



Pat's love of athletics began as a football, basketball and baseball athlete at Aberdeen High School, where he met his wife Jenelle (a Ho-

quiam Grizzly!) and they would go on to share 60 years of marriage.

Coach Hoonan taught and coached at Puyallup and Rogers high schools before he became the Puyallup School District Athletic Director. Pat finished his career as an



Assistant Executive Director at the WIAA.

While he loved all things sports, nothing compared to supporting his own children and grandchildren, no matter the event. Pat's super power was making everyone feel like he was their biggest fan. He never missed the chance to cheer on his kids and grandkids making them feel incredibly special and loved. ■



GENERAL LIABILITY INSURANCE PROGRAM

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

CARRIER

HDI Global Specialty (A Rated)

POLICY PERIOD

August 1, 2022 – August 1, 2023

LIMITS OF INSURANCE

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

COVERAGES

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

EXCLUSIONS

- ❖ The use of automobiles, buses, watercraft and aircraft
- ❖ Property of others in the care, custody, and control of the insured.
- ❖ This insurance does not apply to members that coach at an All-Star game that is not approved by your state coaches association.
- ❖ This insurance does not apply to any loss, cost or expense arising out of infectious or communicable disease.

CAMP INSURANCE

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

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

NEW PROCEDURE FOR CAMP INSURANCE

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

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

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

PURCHASE INSURANCE

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

INSURANCE ADMINISTRATOR



www.loomislapann.com

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

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



Hearing their final whistle...

Coach Kevin Mackay

January 21, 1959 - June 10, 2022



On Friday, June 10, 2022, Kevin James Mackay, loving husband, father, grandfather and friend passed away at age 63 surrounded by his family and best friends after a courageous 11-year battle with Multiple Myeloma. During this time, he defined the term “Anaconda Tough” and his trademark sense of humor never left him.

Kevin was born on January 21, 1959, in Great Falls, Montana, to Conde and Lois “Jeanne” (Tarnowski) Mackay. He grew up in Anaconda, MT in a lively household full of humor in the heyday of big families, the Mackays were no exception.

He graduated from Anaconda High School in 1977 and received his Bachelor’s degree in Business Administration from the University of Montana where he worked as a Golf Professional at the University of Montana Golf Course. It was at the UM Golf Course that he met and eventually married Cheryl Petesch on March 16, 1985, in Kalispell. Together, they raised two beautiful daughters, Taylor Rose and

Emily Grace who were a source of great pride and joy.

Kevin’s early interests in life were golf and skiing. It was golf in the summer at the Anaconda Country Club and skiing at Discovery Basin in the winter. When he turned 18 the first thing he did was “plunk” down the required dollar amount to become a senior member at the Anaconda Country Club and that summer he won the club championship in dramatic fashion. It was golf and family that became a great love for the rest of his life. While attending the University of Montana he worked his way thru the PGA program to become a PGA “Class A” Golf Professional in 1986. After working as a golf professional in California he returned to the Pacific Northwest in 1992 and took a position as a PGA Golf Professional in Everett which eventually led to his opening his own golf shop. It was there that he built his teaching legacy and mastery of club repair and always had a warm greeting and time for a chat with his customers, many of

whom became friends. His passion was for junior golf and instilling the love of the game with youth in the community. Many of his students moved on to play high school and college golf, a great source of pride for Kevin.

In 2012 he became the Jackson High School’s Girls Golf Coach only resigning prior to the 2022 season as his cancer progressed. Kevin never went to work, in his words “I love what I do. It doesn’t feel like work.”

Kevin was preceded in death by his father, Conde, and his mother, Lois “Jeanne”.

He is survived by his wife, Cheryl, their daughters, Taylor Rose (Preston) and Emily Grace, and grandchildren: Presleigh, Clara, and Hawkeye. He is also survived by his siblings: Connie Mackay, Christopher Mackay, Kathy Ryan (Greg), Colleen Watson (Kevin), Kim Mackay, Carolyn Miller (Rich) and many nieces, nephews, and cousins. Special thanks to family and lifelong friends who traveled to visit Kevin in his final days: sisters: Kathy, Kim, Carolyn and Connie, nieces: Maille and Lacey and friends: Dan and Verna Vuckovich, Paul McLean, and Bruce Campbell. His best friend and closest confidant throughout his life, Joe Sladich and his wife, Eileen, as well as his friend, Brian Cooper, were by his side as he took his last breath and walked off that final green. ■

“I love what I do. It doesn’t feel like work.”





By Dr. Karissa Niehoff, Chief Executive Officer of the National Federation of State High School Associations (NFHS), and Mick Hoffman, Executive Director of the Washington Interscholastic Activities Association

Enough is Enough: Bad Behavior by Coaches, Parents and Fans Must Stop

There's an unfortunate trend continuing in Washington and across the nation that must be stopped: the bad behavior of coaches, parents and fans at high school and middle school athletic events.

We've all seen it: the yelling, harassing, berating, disrespecting and even physically assaulting referees, umpires and other officials during and after games. And oftentimes, the harassment continues on social media. Perhaps you've witnessed it firsthand or even been one of those offenders yourself.

Not only is this behavior unacceptable and embarrassing, but it's also having serious consequences on the future of education-based athletics.

That's because another unfortunate trend is sweeping the nation: a critical shortage of high school and middle school officials in every state. The #1 reason? You guessed it: Coaches, parents and fans mistreating officials.

National surveys of officials report alarming statistics:¹

- △ 55% of officials say verbal abuse from coaches, parents and fans is the #1 reason they quit.
- △ 59% don't feel respected.
- △ 57% think sportsmanship is getting worse.
- △ 84% feel officials are treated unfairly by spectators.
- △ 46% have felt unsafe or feared for their safety due to spectator, coach, administrator or player behavior.

Officials are quitting faster than new ones are signing up. It's a major area of concern for states like Washington just to cover games. We're already seeing middle

school and JV games being cancelled and, in some cases, varsity games too. All because there aren't enough officials.

Unfortunately, bad behavior at school athletic events has become normalized. It is almost expected that coaches, parents and fans will disrespect the individuals serving as officials.

This culture of bad behavior and the negative perception of officials must change now. Everyone involved in high school and middle school sports—parents, coaches, administrators, fans, the media—must turn their focus to the student-athletes playing the games and away from the individuals officiating the contests.

The bottom line: With no high school or middle school officials, there can be no high or middle school sports.

That's why the NFHS is partnering with state high school associations across the country to launch the nationwide #BenchBadBehavior campaign. We'll use the power of social media along with other tools to help educate everyone about the importance of good behavior at high school athletic events.

You can help by being a positive role model at your high school's athletic events. And if you think you have what it takes to be a licensed official, sign up today at **HighSchoolOfficials.com** and help fill an urgent need in Washington!

[Officially Human: The State of Sports Officiating 2020; National Association of Sports Officials: National Officiating Survey](#)

<https://officiallyhuman.com/our-data/> ■

Oklahoma HS Association Adopts New Sportsmanship Policy



Andy Berg
Aug 12, 2022

The Oklahoma Secondary Schools Activities Association this week officially adopted a new policy aimed at curbing unsportsmanlike behavior during sporting events.

OSSAA executive director David Jackson said in an email that the new policy is meant to cover incidents not addressed by current rules.

“In education-based activities, it is our priority to ensure the safety of all involved as well as to provide a wholesome environment for students to participate,” Jackson said. “In an effort to keep egregious acts of unsporting conduct from escalating, the Board adopted a Policy to deal with such issues should they occur. It is our hope no school is ever put in the position to implement the penalty associated with the new policy.”

According to [McAlester News-Capital](#), the OSSAA Board Policy V states “Any time an egregious act of unsportsmanlike conduct occurs two or more times during the same season, at the same school, in the same activity, the team and/or individual will be suspended from participation in that activity for the remainder of the season.

“Egregious acts of unsportsmanlike conduct will be defined as instances not within the OSSAA adopted rules of the contest. In the event the second act of

misconduct occurs when there are no contests left in the current season, the penalty will be applied to the next season in the same activity. The OSSAA will notify the school that the team and/or individual has been placed on warning after the first offense. Unsportsmanlike acts under this policy will include acts by coaches, players, or spectators.”

“Egregious” acts include examples of fans entering the playing surface to engage in acts such as fighting, constantly verbally attacking officials, attacking other fans, coaches physically or verbally attacking officials, players fighting other players during postgame handshakes, or student sections verbally chanting inappropriate or demeaning chants at individuals, teams, or officials.

McAlester athletic director James Singleton said coaches and administrators have sensed this new policy coming for some time now after a rise in incidents at high school events.

“There’s been some things that have gone on at events that’s gone unchecked, and at the end of the day, these are school sponsored activities. These are not professional events where our athletes are being paid. These are high school sports,” Singleton said. “At a high school event, we should be there supporting kids and cheering them on.”

Singleton also noted that poor sportsmanship has exacerbated the current shortage of officials across the country.

“Officials don’t officiate for their livelihood. They’re doing it to help and be a part of athletics, and also have a positive impact on athletics,” Singleton said. “And right now, because of how things have gone over the last few years, we’ve had a dramatic decrease in officials in the state of Oklahoma — to the point where the association has asked us to move football games because of the official shortage.”



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WASHINGTON STATE COACHES ASSOCIATION



WSCA Recognition Opportunities

As a member of the WSCA there are programs that provide well deserved recognition for you or coaches you know. Unless we are notified of these coaches, we have no way to know their great accomplishments.

The WSCA Executive Board has a recognition program for the coaches in our state association. A criterion has been developed for coaches in many sports.

✓ ***Career Recognition Program***

The program recognizes head coaches for the number of wins that have been achieved. Based on the number of wins, there are four categories that a coach could fall into in their individual sport.

✓ ***Lifetime Achievement Award Program***

The Lifetime Achievement Award honors coaches that have coached at any level for at least 50 seasons (Fall, Winter, Spring).

✓ ***Lifetime Membership Award***

Candidates for Lifetime Membership must be approved by a majority vote of the WSCA Executive Board. Any person who has retired from coaching, who has made positive contributions working with student athletes, contributed to the coaches association and the coaching profession in the advancement of athletics and has been coaching as a member in good standing of the WSCA for a minimum of twenty five (25) years shall be eligible for consideration for Lifetime Membership.

✓ ***"On the Sideline" Spotlight Program***

Complete a simple form for you or a coach you know to be a featured coach in "The Washington Coach" magazine.

To access these opportunities, go to washcoach.net and click on General Forms. ■

The Washington Coach Magazine



In order to provide more time between issues, "The Washington Coach" will have new deadlines starting this fall in September.

NEW DEADLINES

Fall Issue - September 14

Winter Issue - January 14

Spring Issue - May 14

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

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



Hearing their final whistle...

Coach Andrew Hershey



Andrew Hershey taught in Shoreline schools for 27 years; the last 11 of which he coached the Shorewood boys golf team.

"He was a mentor, a father figure. More than anything he was an inspiration."

Longtime Shorewood teacher and golf coach Andrew Hershey's memory lives on with his team, who won the 2022 district championship and went on to place sixth in the state after Andrew passed away earlier

in the month. "It was really really impactful to have someone to play for and to be more motivated than ever," said Shorewood golfer David Lin.

"He was kinda that rock solid dude that was just a rock star at everything he did," said team member Ben Borgida.

Hershey passed away from colon cancer. He was just 50 years old.

"Andrew found joy out here on the golf course with

these kids, every day," said longtime friend and coach Dean Wiley. "That's what I've learned. You have to find that joy."



Women in Sport was created by the WIAA to support women as leaders, change agents, connectors and collaborators in the world of athletics. Through this initiative, the WIAA is proud to provide women in athletic leadership with a series of conferences, workshops, and networking opportunities to inspire growth and engagement.



IN SUPPORT OF
WOMEN IN ATHLETIC LEADERSHIP

PRESENTED BY **Gesa Credit Union**



Tawnya Brewer

BURLINGTON-EDISON HIGH SCHOOL VOLLEYBALL

by **Nick Mendro, WIAA Staff**

Coach Tawnya Brewer has been shaping strong, independent, competitive young women at Burlington-Edison High School (BEHS) since 1994. For over 28 years, she has dedicated time and effort to her school and program, cementing herself as a household name in the Washington state high school volleyball and track communities.

Brewer made her first foray into State Championship competition as a standout track and volleyball athlete at Oak Harbor HS in the 1980s. Her influence has continued to blossom in the years since. Equipped with an undergraduate degree from Washington State University and Masters from Western Illinois University, Brewer took a job teaching physical education at BEHS in the '90s, where she also began coaching – a brilliant hiring move that would change the landscape of Washington state volleyball for decades to come.

Since her head coaching tenure first began, Brewer's Tigers have become a staple at the 2A State Volleyball Tournament, qualifying for 17 straight seasons – and returning home with a trophy in 16 of those appearances. A testament to her leadership and coaching prowess, Brewer has become the winningest coach – of any sport – in BEHS history, staking claim to a 79% winning clip and four State Championship victories, alongside 11 District and 12 Conference Titles.

When she's not courtside, coaching up her own players, Brewer is impacting other female athletes and mentors across the state, serving as a Board Member on the Washington State Coaches Association and chief coordinator for the past 10 iterations of Washington's All-State Volleyball Program. For her efforts, she was inducted into the Washington State Volleyball Coaches Association Hall of Fame in 2016.

Within her school, community, and state – as an athlete, a coach, and a parent – Tawnya Brewer continues to exemplify leadership excellence, an inspirational icon for young female athletes looking to make an impact on the world of sports. ■



Top row left to right: Joe Harris, Dave Dickson, Pat Fitterer, Tim Kelly, Pat Mullen
Bottom row left to right: Jamie Nilles, Ray Ricks, Rick Sloan, Levi Heyen

WIBCA HALL OF FAME



Standing left to right: Gary Wirtz, Mike Mullen, Gary Wusterbarth, Brian Roper, John Medak, Greg Lowell, Dave Dickson, JC Alexander, John Flanigan, Tim Kelly, Pat Mullen, Pat Fitterer, Dave Jamison, Nalin Sood, Tim Taylor, Al Kawasha.
Sitting left to right: Jason Kerr, Mike Kelly, John Callaghan, Mark Shelbert, Rick Skeen ■

WIBCA HALL OF FAME

Jason Kerr O'Dea High School [Franklin]



A life-long fan of the game of basketball, Jason Kerr felt his physical talents were not going to allow him to continue playing after high school. After some encouragement from his older brother, he pursued coaching. A Seattle native, Kerr began his coaching career in the Fall of 1991. His first team was an 8th grade select team in the Sammamish High School feeder program.

Kerr soon moved to Eastside Catholic to coach alongside his long-time mentor and WIBCA Hall of Fame Coach Al Kawashima as an 8th grade coach. It wasn't long after he began coaching at Eastside that he was named the Head Freshman Coach and Varsity Assistant. He coached with Kawashima until he stepped down in 1994. At the State Tournament that same year, Kerr approached O'Dea Coach Phil Lumpkin, asking if he needed help scouting. By the end of the tournament, Kerr had been offered a position on Coach Lumpkin's staff. Kerr joined the coaching staff at O'Dea in the Fall of 1994 as a Varsity Assistant, including the 1997 29-0 undefeated 2A (3A) State Champions.

At just 26 years old, Kerr applied and was offered a job as the Franklin High School head coach, making him the youngest head coach to be hired at a 4A school at the time. Kerr spent fourteen years coaching at Franklin making 10 state tournament appearances and capturing 3 state titles in 2003, 2006 and 2009.

Kerr took a step away from coaching and held a two-year tenure as a consultant for the WIAA Regional and State Tournaments as well as the 3A/4A State Tournament Director.

In 2015, Kerr found himself back at O'Dea as the Head Varsity Coach. Since taking over as the Head Coach for the Irish, Kerr's teams have made four trips to the state tournament (2016, 2018, 2020, 2022), appeared in 3 state championship games, and won one state title (2019).

As a Head Coach, Kerr has had the pleasure of coaching talented young men across his programs including Alvin Snow, AJ Brooks, Aaron Brooks, Kellen Williams, Venoy Overton, Peyton Siva, Xavier Smith, Noah Williams, and Paolo Banchemero and is the only coach in Washington to have coached 3 McDonald's All-Americans (Brooks, Siva, Banchemero). He was awarded the Seattle Times All-State Basketball Coach of the Year in 2003 and the WIBCA Coach of the Year in 2003, 2006, 2009, and 2019.

Accolades and experience aside, there is an obvious difference in Kerr from many coaches, including the lasting impact he leaves on his players. While his knowledge of the game is strong, Coach Kerr's real magic lies in his uncanny ability to mentor young men. He challenges you to be your best self with the discipline of a father, yet with the feeling of camaraderie of an older brother. He believes that the biggest "wins" are off the court in emotional growth and maturity of his players.

His team often adopts the personality of their coach: hardworking, committed, disciplined, intense. And while winning is great, he is most proud of his team's response after a loss, emphasizing the character building lessons athletics can bring you.

Kerr values his coaching experience as something bigger than basketball, wanting his players to grow through the ups and downs of working as a team. Noting that sports and coaches provided him with the guidance he needed as a young man, he has continually paid it forward for the generations of athletes following.

While the impressive 423-148 record speaks for itself about his technical coaching ability, the impact Kerr has had on his players as they move into their adult lives far outweighs wins or losses. His coaching style has proved effective and successful, providing a place for his athletes to be supported, encouraged, and to be the best version of themselves now and in the future.



WIBCA HALL OF FAME

John Callaghan South Kitsap High School



Coach Callaghan's love of basketball started early in life from the time his Dad nailed a hoop on a post at the family farm and continues to this day. His parents, who owned a grocery store (Dad was the butcher, Mom was produce mgr.) never missed a game growing up and that is also where he learned the value of hard work.

John graduated from South Kitsap HS where he was an All-Olympic league guard while leading the wolves to state his senior year. He attended Eastern Wa where he learned the importance of teaching fundamentals, organization and discipline. While at Eastern he earned his BA /Ed in PE, History and Traffic Safety. Later he earned his Masters degree in curriculum development through Lesley College.



John taught and coached basketball in South Kitsap for 37 years. He started his coaching career while student teaching at Shadle Park HS when Coach Dave Robertson gave him the opportunity to be a varsity assistant. Shadle went on to win the state championship that year. John returned to South Kitsap and was an assistant coach for 5 years before coaching the varsity at Marcus Whitman JH for 10 years. He then coached the JV team at SK for 1 year before taking the head coaching job at SK for the next 21 years. "Coaching the varsity basketball team at South Kitsap was the only coaching job I ever really wanted."

The following is an excerpt from former player and Coach Justin Anderson's recommendation:

"Upon being named the head coach at South Kitsap HS, Coach Callaghan immediately turned the once downtrodden SKHS program into a juggernaut in both the Narrows League and in the West Central District. Throughout his career, Coach Callaghan led teams won 304 games (304-184, .662), 4 Narrows League titles, 1 West Central District title and placed 2nd, 3rd, 5th, 6th and 8th (twice) at the WIAA 4A State Tournament. Along with his undeniable talent, Coach Callaghan has always been an absolute joy to work for. He is a true team player and always managed to foster a positive environment while bringing the best out of his players and assistant coaches. I have been an active duty member of the United States Coast Guard for over 21 years while simultaneously serving as an assistant high school basketball coach since 2001-02 at 6 different high schools. During my time as a member of the military and an assistant coach under numerous leaders, Coach Callaghan has been the single most impactful leader, coach, mentor and adult male in my life. Coach Callaghan is a consistent servant leader that is honest, caring, dependable and a distinguished winner."

Coach Callaghan would like to thank his players for "believing in what we were teaching and creating a family-like environment where players would run through a wall if that's what it took." At the end of their SK careers it was important that all of our players knew that they will always be a part of the SK basketball family, cherish the relationships they made, go to college (whether they played basketball or not) and do a Good Deed every day."

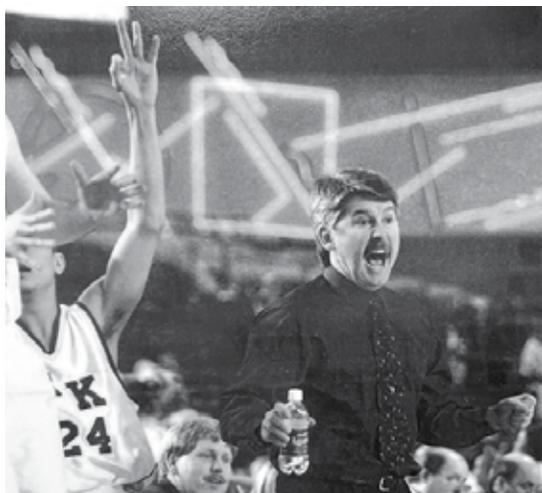
Coach Callaghan would also like to thank the coaches that he coached with over the years for their loyalty and hard work. "I was lucky to have coached with so many great coaches who genuinely cared about our players and the program. Those coaches are some of my closest friends and the reason I am receiving this honor."

Finally, Coach Callaghan would like to thank his family. "Coaching doesn't work if it doesn't work for your family. I have always had the love and support of my family." John's wife Denise has always been there to do whatever was necessary such as hosting team dinners, driving a van full of players to camp and of course sleepless nights. John and Denise have been married for 31 years. John's kids have always been involved in the SK basketball program. Growing up they were the ball boy and ball girl. Kelsey is a teacher and coach at Olympic HS. Ryley teaches through the Mukilteo SD and is the head men's basketball Coach at Olympic College. "I am so proud of Kelsey and Ryley and

the amazing people they have become and their ability to make a difference in kids lives."

The following is an excerpt from former player and Coach Brian Cox's recommendation:

"I would imagine it can be easy to focus on overall record, state appearances, league championships, and all the accolades when considering a candidate for the Hall of Fame. With that being said, and as great a resume as John had, the number one accolade that impressed me more than anything was the lasting impact he had on his student-athletes. Student-athletes loved to play for Coach Callaghan, I loved playing for him. And so many of his former players would show up at games to watch him coach, give him a hug, and talk about life. The relationships he built in 21 years as head coach are lasting and that is, hands down, his greatest accomplishment."



WIBCA HALL OF FAME

John Flanigan Kentridge High School (Assistant Coach)



John graduated from Ephrata High School in 1987. At Ephrata, he was lucky enough to be coached by four future Washington State Hall of Famers: Gary Archer, Bill Betcher, Marty O'Brien, and Dave Johnson. During his time at Ephrata, John was an All-State baseball player, two-year varsity wrestler, and a two-way starter on the football team. He was a member of three State Championship teams. John played baseball at Eastern Washington University, and then graduated from Washington State University in 1993.

John has been married to his wife Amy for 28 years, and has four children: Katy 26, Kari 24, Joe 21 and Jackson 19.

John has coached over 80 seasons in Washington schools. He has been a baseball coach at Kentridge for the last 26 years, head coach since 2001. He coached football for 13 years and is currently the head golf coach for the last 14 years. John's baseball

and golf teams have been very successful and has had many state tournament appearances. John has been awarded SPSL/NPSL Coach of the Year for baseball on four different occasions.

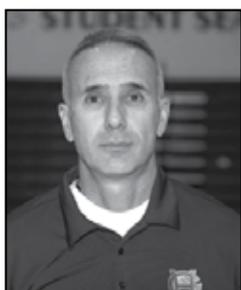
John coached basketball for 11 years at the junior high school level before joining another Hall of Famer's staff, Dave Jamison, at Kentridge in 2006. John has been Coach Jamison's JV coach and varsity assistant during a highly successful time. The Chargers have reached the state playoffs 9 times, while taking home five state trophies since John has joined the program.

The Charger JV team has a record of 195-69 during John's tenure and are 88-10 over the last six seasons.

John credits his success to his wife and family, coaching three sports for over 27 years can only be achieved with amazing support and commitment from his loved ones. Secondly to his high school coaches, with four of the best coaches the state as ever had, he feels extremely blessed to be an Ephrata Tiger. Lastly to all the coaches he had learned from along the way, specifically, Coach Dave Jamison, who has been an amazing mentor and friend for the last 16 years.



John Medak Gig Harbor High School [Kentwood, PLU, Steilacoom, Washington] (Assistant Coach)

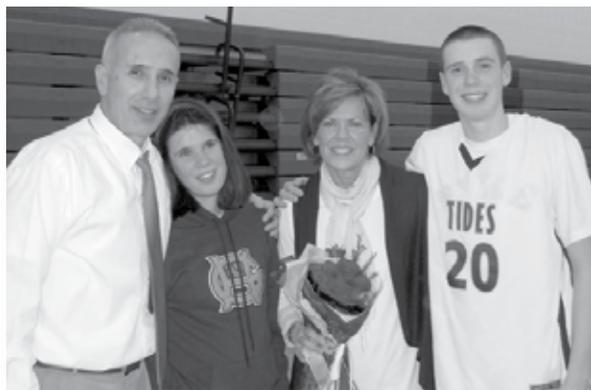


John, son of Tom and Ginamay Medak, was born in Tacoma and raised in University Place. He graduated from Curtis in 1974 where he lettered in basketball and track. John attended WSU, graduating in 1978 with a degree in Social Studies. He later obtained a Masters in Education from Grand Canyon University. During his first year in education, John married Cindy, his wife of 44 years. They have two children, Emily and Sam. Emily has Angelman's Syndrome, but faces the world with a positive attitude and loving spirit that is a delight to everyone who knows her. Sam grew up playing basketball, finishing his career at Gig Harbor with his dad as one of his coaches. He is currently a program manager for a company that provides in-home services for adults with disabilities. Coach Medak's first teaching and coaching job was at Washington High School, where he assisted Hall of Fame coach Bob Ross in the basketball program as well as assisting in football and track. After four years at Washington, Coach Medak was hired as the

head coach at Steilacoom High School, where he worked with Hall of Fame assistant coach Bruce Hayes. The 1984 Sentinels won the Class A State Championship. He was selected WIBCA Coach of the Year for the Class A level.

Coach Medak spent the next two seasons as an assistant coach at Pacific Lutheran University and the following 2 years as head coach at Kentwood High School. In 1988 he was hired to be an assistant at Gig Harbor High School for Hall of Fame coach Lyle McIntosh. He spent the remainder of his teaching and coaching career at Gig Harbor. He retired from coaching in 2016 and the classroom in 2018. At Gig Harbor he served as C team coach, JV coach, and varsity assistant. During this time Gig Harbor appeared in the state tournament 10 times, with the 1996 team winning the state championship.

Coach Medak would like to thank his family for the innumerable sacrifices that allowed him to do something he loved, and he's tremendously grateful for their support. Additionally, there is a long list of outstanding coaches and student athletes that Coach Medak was privileged to work with during his 36 years in coaching. He's grateful for the contributions they have made to both his life and that of his family's.



WIBCA HALL OF FAME

Mark Schelbert Fife High School [Hazen]



With a father who immigrated from Switzerland...a man who spent countless hours in the Alps...one would think a life on the ski slopes would be in Mark's future. Mark, however, had other plans. He wanted to be a policeman.

Raising four boisterous sons in rural Graham was not an easy task for his parents, Joe and Laura. A rusty rim with no net nailed to the exterior of the barn on their 10 acre farm was where the Schelbert brothers spent most of their free time expending energy and giving Mama Schelbert some peace. Mark and his brothers would spend hours on that court, but in typical sibling fashion, most games were never finished because a fight or argument would break out first. The competitive spirit and drive to win began here!

The desire to become a policeman was still mingling in Mark's mind, but basketball was fast becoming a passion. Mark's fundamentals and development were shaped by his Bethel High School coach Mike Mullen. Eventually Coach Mullen also

became Mark's father-in-law when Mark married Molly Mullen, a young woman who knew the trials and tribulations of having a coach for a parent, and from her mother's perspective...a spouse. Mark and his high school teammates played in the state tournament twice and placed in the Top 8 in 1988, Mark's senior year. Coach Mullen promoted that the team was more important than the individual and was proud when Mark led the team in steals and assists and earned individual honors including First Team All SPSL.

Mark attended Highline Community College where his passion for the sport put him back on the court. Once again, he was fortunate to be coached by two of the greats: Fred Harrison and Joe Callero. As a two-year starter for the Highline Thunderbirds, Mark helped lead his team to the playoffs both years with a Top 8 finish in the NWAAC Tournament his second year.

Continuing his education at WWU, Mark not only put his idea of becoming a policeman aside, but also retired his basketball shoes. Mark realized that basketball was his passion and spending more time in the library would help him earn a career in teaching. Teaching led to opportunities for coaching, and if he couldn't make a career out of playing, he could instill the love of the game in a younger generation. In Mark's case, 28 younger generations!

In 1994, he served as the JV Coach under John Ruby at Hazen High School. He remained in that role for three years with no ambition of becoming a head coach. However, when the head coach position opened in 1998, Mark stepped into the role realizing he could build a program that modeled his beliefs and molded young men. In the first year at the Hazen helm, Mak led the Hazen Highlanders to the State Tournament....their first trip in twenty-plus years!

Two seasons later, Mark applied for a job at Fife High School. The job provided many challenges of instability and turnover as Mark was the third coach the seniors had had in four years! Providing stability, guidance, and basketball savvy, Mark took the Fife Trojans to the State Tournament his third year coaching for them. This had not happened in Fife for 12 years! In his tenure at Fife, Mark helped lead the Trojans to nine State Tournaments (in 2018 the team included his son, Cooper, and the most recent in 2019), two district titles, and two Top 8 finishes (one finish would have been 4th place, but Coach Bakamus cheats).

Throughout his career, Mark has always looked at basketball as an avenue to teach players life lessons that extend beyond the court. He had the same expectations for his players as he did for his own children Macy and Cooper. His moral requirements modeled commitment, perseverance, and value of self and teammates. No matter the season record, his desire to stay true to these values provided a touchstone for his players. Even his fiery nature was his way to be a part of the game while advocating for his players. Mark may not be carrying a policeman's badge, but his desire to "serve and protect" was evident every single day of his career....serving his players, protecting his players, and encouraging his players to stay on a positive course no matter the influences from the world outside the court.



WIBCA HALL OF FAME

Mike Kelly Seattle Prep High School [Redmond, Liberty]



Coach Michael Kelly was raised in Claremont, California, a small suburb east of Los Angeles. He played soccer, baseball, football, and basketball growing up, and almost didn't try out for his high school team. It was only at the encouragement of his father that he ended up trying out his freshman year of high school. Mike played for Coach Mike Seaman, who had helped develop his love for the game. Herb Livsey, director and founder of Snow Valley Basketball School was the other coach that influenced his love for the game, and more specifically coaching. Mike loved attending the Snow Valley Basketball School each summer and especially enjoyed the skill development that was taught by all sorts of big-name coaches with well-known last names like Newell, Van Gundy, Ramsey, Musselman, and Grgurich.



Mike had hoped to walk on to the basketball team at St. Mary's College of California, but upon arriving to campus and working out with the team, he knew coaching, not playing, would be more in his future. However, he still had a desire to compete as a player and ended up playing four years of Rugby helping the Gaels finish in the top 10 nationally in each of his final three seasons. Even with this athletic success on the field, Mike always knew that coaching basketball and teaching at the high school level was where his passion resided. He finished his degree and post graduate work and took a job coaching JV basketball at his alma mater, Damien High School. The following year, he came north to run the basketball program at Liberty High School in the Issaquah School District. During his early years as a head coach, he returned to Snow Valley Basketball School as a coach continuing to foster his love and knowledge of the game by collaborating with those same coaches who taught him as a player. He credits his time spent there each summer with helping to develop him as a coach and teacher.



After two years at Liberty, Mike moved on to become the head coach at Redmond High School. While at Redmond, Mike led the Mustangs to a KingCo championship in 1999 and was named KingCo Coach of the Year in 2004. The Mustangs reached the WIAA State tournament twice in Mike's six years at Redmond. After serving as a teacher and coach at Redmond, Mike was encouraged by friends to apply for the head coach position at Seattle Prep. Seventeen years later, Mike's legacy at Seattle Prep was cemented with an unprecedented run in their school history.

In his 17 seasons at the helm at Prep, Mike's teams reached the postseason every year and advanced to the WIAA State tournament a remarkable 12 times, including a State Championship in 2006. Mike's teams, both at Redmond and Seattle Prep, were led by a hard-nosed, tough man to man defense and an offense where roles were clearly defined and sharing the basketball was the emphasis. This formula led an array of hardware filling the Prep trophy case. In addition to the championship year, the Panthers earned a second-place finish in 2012, a third-place finish in 2022, a fourth-place finish in 2009, a fifth-place finish in 2015

and two sixth-place finishes under Mike's leadership. In addition to the success at State, Mike Kelly led Prep to its only two Sea-King District 2 championships (2006, 2012) and the school's only two Metro championships (2004, 2021).

Yet even with all his success on the court, Mike Kelly's impact is most importantly defined by the relationships off the court and his influence developing young people into the best version of themselves. As DJ Fenner, Prep 2013 alum, states: "The lessons I've learned from Coach Kelly go far beyond the basketball court. From motivating me to speak up and use my voice, to constantly instilling in me the values of loyalty and patience, Coach Kelly has and continues to inspire his players to grow and mature into successful and strong men." Fellow Prep alum Jon Humphrie, class of 2009, added: "The lessons we were being taught on the basketball court at Prep were meant to help guide us on our path through life."

Basketball is just the conduit for Mike to impact young people's lives. Yet all of this success and time spent in the gym would not have been possible without the support of Mike's family, especially his wife Megan. It is through their support that Mike could pursue this dream of coaching for so many years. With that support system in place, Mike continues to add on to his 448 career wins now at Woodinville High School where the formula remains the same: sharing the basketball, hard-nosed defense and that it always remains "bigger than basketball".



WIBCA HALL OF FAME

Ray Ricks Northwest Christian High School



Coach Ray Ricks was raised by Robert and Margrett Ricks in Wilbur, Washington. Ray first loved playing sports, particularly basketball, and turned out for every sport season he could. In high school, Ray attended Christian Heritage School in Edwall. He received All-League honors playing on the very first varsity basketball team at CHS. His time at CHS and basketball coach, Wes Evans, proved to be formative in his life. Coach Evans helped to encourage a vision for a future in teaching and coaching.

After graduation, Ray attended Portland Bible College and played basketball for two years. He then transferred to Whitworth University where he met the love of his life, Shawna, in the teacher education program. Ray completed his BA in Elementary Education & English, and later a Master's in Educational Administration. He was hired at Valley Christian School and spent four years teaching English and coaching boys JV basketball coach under Coach Steve Altmeyer, gaining tremendous knowledge and experience. Ray also served VCS as the athletic director.



In 1999, Ray was hired at Northwest Christian Schools to lead the middle school as principal. In 2000 he became coach of the varsity boys basketball team. From 2001 to 2004, Ricks coached in the Panorama League and the NEA League. Friend and mentor, Danny Beard, provided much-needed basketball guidance during Ricks' first years. In 2004, the program had a distinct turning point as NWC played in the 1A title game at the Yakima Sundome. NWC lost a tight state championship game to the Brewster Bears who Ricks believes was "the best Washington small school team that he has ever seen." The next year, in 2005, NWC returned to the B classification and B tournament, taking 3rd place, losing in the semi-finals to Willapa Valley.

The next six years, from 2006 to 2011, proved to be unprecedented for Ricks and the Crusaders. NWC won the state title five of the next six years: 2006, 2007, 2008, 2009, and 2011. From 2012 to 2018, NWC garnered five more trophies at state, narrowly losing the state championship to Colfax in 2012. In 2016, NWC won the state title again. That year was particularly special for Coach Ricks as he got to enjoy the championship with his eldest son, Ryan.

In 2018, Ray formally retired from coaching in Washington to follow his son in college and take on additional administrative roles at NWC. Currently, Coach Ricks is a professor at Bushnell University in Eugene, Oregon helping to develop and train pre-service teachers for a career in K-12 education.

Coach Ricks' record (404-95) and achievements would certainly not be possible without an incredible supporting cast. He would like to thank his wife Shawna, his sons Ryan, Lucas, and Josiah, and his parents Bob and Margrett for their unconditional support. Ray would also



like to thank the entire NWC community, booster club, administration, colleagues, the "best student section ever," cheerleaders, pep band, and fans who were always amazing and encouraging. He gives a special thank you to all his assistant coaches over the years for working non-stop to create a healthy, winning atmosphere-- especially Aaron Spuler, Mark Williams, and Dan Crisp who served with him the longest. He thanks the parents of his players who were the unsung heroes behind the scenes for their relentless approach to early program-building, team meals, and special support for the players. Most of all, Ray credits all his players for their dedication, self-sacrificial attitudes, and contributions to the team. Coach Ricks says: "It was truly a joy to coach these young men, and I cherish my time coaching at NWC!"



WIBCA HALL OF FAME

Rick Skeen King's High School [Burlington-Edison]



Rick grew up in Pendleton, Oregon where he fell in love with the game. Early mornings with his dad rebounding grew into a passion that is with him to this day. After high school, Rick attended Northwest Nazarene University and during this time it became clear he wanted to be involved in basketball even when his playing days came to an end. Listening to coaches' tapes, reading books, and picking the brain of anyone who had coached the game, soon he began to develop his philosophy.

His first official coaching position was in Marysville, WA working with the freshman team. The following year he moved up to the Junior Varsity level at Granite Falls. Two short years later he took over the helm at Burlington Edison High School. Here, he turned the team into a perennial powerhouse that ended in three consecutive trips to the 2A state championship game. From Burlington, Rick traveled a little south to Shoreline, WA coaching the King's team to eleven straight trips to the state tournament.

Rick's programs are always marked by mental toughness and defensive intensity. Both are qualities he developed through the years. While not everyone can be tall, quick, or explosive, everyone can choose to give their all. The commitment to give one hundred percent is the backbone of a mentally tough defensive-minded team. Giving one hundred percent is Rick Skeen through and through. Every game is a unique masterpiece that he crafts through hours of watching tape, designing schemes, and implementing plans.

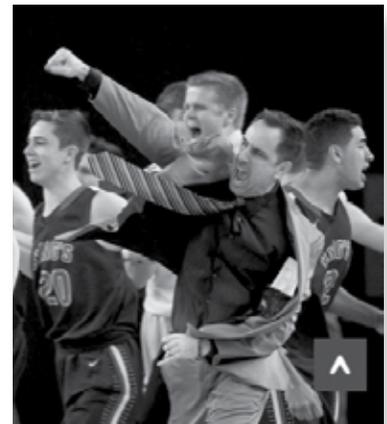


That commitment to give everything reveals itself in his stellar coaching record. He has a career record of 394-161 (71%) in twenty-two years as a head coach and in the past fifteen years, it rose to 322-83 (79.8%). His teams qualified for State sixteen years in a row with a combined record of 45-16 (73.8%). Rick coached in nine state championship games, and thirteen state semi-final games, and won ten conference championships, six district championships, three bi-district championships, and three state tournament championships. He has coached in four WIBCA All-State games and served on both the WIAA and District 1 Executive Boards. His influence is sought after in coaching clinics and mentoring relationships around the Northwest.

When asked about his philosophy Coach Skeen replied, "While winning games is the platform, the ultimate goal is teaching valuable life lessons through basketball. I believe that participation in sports closely models life itself

and provides an opportunity for student-athletes to grow and mature into adulthood. Some of the lessons student-athletes are taught through participation in sports include teamwork, commitment, discipline, servant leadership, hard work, toughness, sportsmanship, perseverance, and sacrifice. When it comes to coaching basketball, my philosophy can best be summed up with the following statement: "Building champions while pursuing championships."

Having had the privilege and honor of coaching with Rick, I can assure you he asks nothing of his players he doesn't model in excess. No one works harder, believes stronger in his players, fights for his team, and refuses to give up more than Rick. His passion for the games is only dwarfed by his love for the people involved. He wants to thank his parents for always being there, his family for the support, and lots of teasing, and especially all the incredible coaches and players that have made the journey to this point such a joy.



WIBCA HALL OF FAME

Rick Sloan Central Valley High School



A quality coach can be defined as: a passionate, dedicated individual who unlocks hidden potential and maximizes a team's performance by believing, encouraging and developing. Coach Rick Sloan's 29 years coaching at Central Valley High School could not be described more accurately.

Rick's passion for sports started at a very young age, only intensifying throughout high school and college. In high school, he was a 3-sport athlete, excelling in football and basketball. Following his graduation in 1981 from CVHS, he continued his athletic career as a quarterback in college. His senior season at the University of Idaho, he led the Vandals to the Big Sky Championship and earned a Bachelor's Degree in Business Administration.

After working in the business world for a few years, it became evident to Rick that he desired to help shape the next generation of youth both in the classroom and through sports. In 1989, he made the decision to go back to school and pursue a degree in education; during this time, he was offered an assistant coaching position at Central Valley High School in both football and basketball. Coach Sloan became the varsity head basketball coach in 1996. For most of his career, he remained connected to the football program in the role of offensive coordinator and quarterback coach – including winning the football State Championship in 1997.

During his 23-year tenure as varsity head basketball coach, Sloan went 331-197 in the highly competitive Greater Spokane League. His teams achieved 5 league championships, made 7 state tournament appearances, and won 5 state trophies. Coach Sloan's teams were known not only for their outstanding basketball skill, but their grit, toughness, and passion for the game – attributes shared by their coach. Achieving this many wins in the GSL could not have been possible without tireless assistant coaches. Rick would like to thank his long-time assistants and support personnel for all of their time and commitment to the Central Valley basketball program.

Coach Sloan's 331 wins were attainable because of the love and support from his family. His wife of 35 years, Nanci, embraced the journey from the beginning by attending every game – eventually building it into the family routine and bringing the kids to cheer on the team from the bleachers. Coach Sloan always believed that having a good coach's wife is the key to a long career, and states "I was blessed to have a great one."



Rick has two children, Mackenzie and Tanner, who both attended Central Valley High School. Mackenzie graduated in 2012 and didn't miss many of dad's games, as she was on the cheerleading squad. One of Coach Sloan's fondest memories was being able to watch her cheer for his team all the way to the state championship game during her senior year. Tanner, a 2016 graduate, was both a shooting guard in basketball and the quarterback in football – where he received his father's tutelage. Rick felt it was a true blessing to be able to coach his son and make a run in the state tournament together.

Last, and certainly not least, he would like to thank his players. He feels honored to have coached such dedicated athletes over the years. Coach Sloan was not easy to play for, as he was unwilling to accept mediocrity. His players understood this and responded accordingly; for that, he will forever be grateful. Sloan was highly competitive, but more importantly, he strived to use basketball as a vehicle to teach his players life lessons. Instilling the values of work ethic, team play, goal setting, leadership skills, and accountability were the foundation of his coaching philosophy. He has cherished the relationships built with his players and continues to enjoy staying in touch with many of them and hearing about their life successes.

Now that he is retired, Coach hopes to do a little more fishing, continue his passion for construction projects, enjoy some world traveling, and of course catch a few games!





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