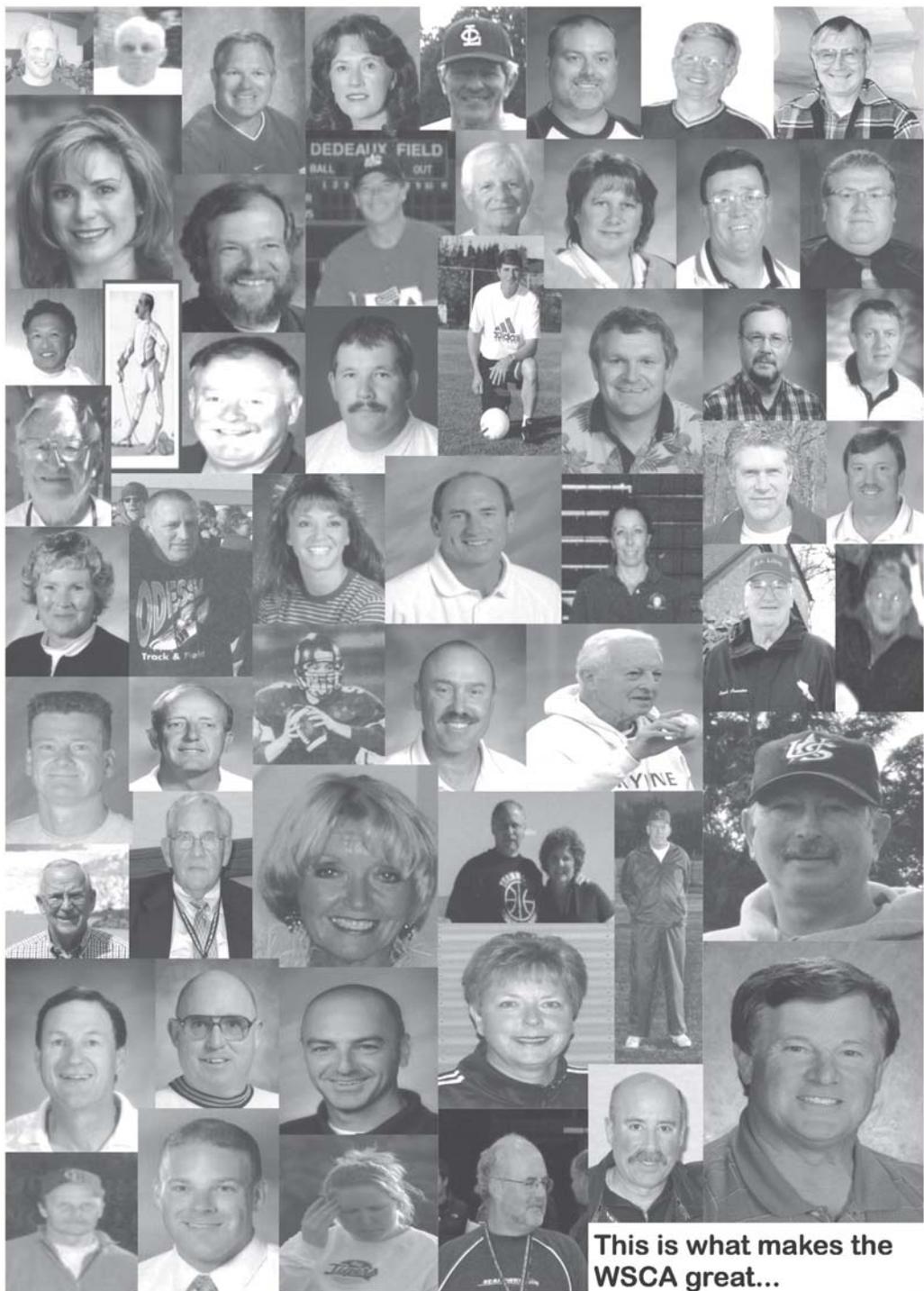


THE WASHINGTON GOACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



This is what makes the
WSCA great...

Spring
2007

WASHINGTON STATE COACHES ASSOCIATION



2006-2007 Membership Application

See our website at
www.washcoach.org

Please **PRINT** All
 information **LEGIBLY**

Date _____

Name _____

Mailing Address _____

City, State, Zip _____

Home Phone _____

School Where Coaching _____

Name of the School District _____

School Phone _____

Preferred Email address(es) _____
 (Please help us communicate more effectively by including this)

Mark Sports Coached with a 1, 2 or 3 for
 Preference and check the H or A column for
 Head or Assistant Coach

Preference	H	A	Years Coached
<input type="checkbox"/> Baseball			_____
<input type="checkbox"/> Basketball (B) (G)			_____
<input type="checkbox"/> Bowling			_____
<input type="checkbox"/> Certified Trainer			_____
<input type="checkbox"/> Cheer			_____
<input type="checkbox"/> Cross Country (B) (G) (Both)			_____
<input type="checkbox"/> Dance			_____
<input type="checkbox"/> Drill			_____
<input type="checkbox"/> Football			_____
<input type="checkbox"/> Golf (B) (G) (Both)			_____
<input type="checkbox"/> Gymnastics			_____
<input type="checkbox"/> Soccer (B) (G)			_____
<input type="checkbox"/> Softball (FP) (SP)			_____
<input type="checkbox"/> Swim & Dive (B) (G) (Both)			_____
<input type="checkbox"/> Tennis (B) (G) (Both)			_____
<input type="checkbox"/> Track & Field (B) (G) (Both)			_____
<input type="checkbox"/> Volleyball			_____
<input type="checkbox"/> Wrestling			_____
<input type="checkbox"/> Other Sport-Please Specify			_____

Which Sport Group should receive credit _____

Benefits Include:

- *State Tournament Pass for All WIAA Tournaments and Selected WIAA District Tournaments
- *Liability Insurance Coverage of \$1,000,000 to cover members while working a scheduled, sanctioned and supervised WIAA sport or event. Contact 1-800-257-4860 X757.
- *Your senior sons or daughters are eligible to receive WSCA scholarships.
- *Hall of Fame eligibility.
- *Eligibility for Coach of the Year awards.
- *Eligibility to coach in WSCA All Star games.
- *Enhanced professional growth to continue in the coaching field.
- *Window decal upon request.
- *Eligibility for publication in your magazine THE WASHINGTON COACH.
- *Coaching Clinics.

Send completed form with \$35.00 to:

Jerry Parrish, Executive Secretary 18468 8th Avenue NE Poulsbo, Wa 98370	1-800-441-7776 jparrish21@comcast.net
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**Benefits effective upon receipt of application and \$35.00.
 Membership is from 8/1/06 through 7/31/07.**

- _____ Non Teacher
- _____ Retired from teaching but still coaching
- _____ Retired from coaching but still teaching
- _____ Totally Retired from both

We want to know more about our coaches.

Could you please tell us:

1. High School and College attended;
2. Other sports coached at this school;
3. Other schools where you have coached;
4. Sports you coached while there;
5. How long you coached each sport;
6. The school years you were there;
7. Notable W/L or playoff records, awards received;
8. Total years in coaching.

USE BACK OR EXTRA IF NECESSARY



Executive Board

Past President Jerry Koester	President Mike Schick
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3rd Year Position Chuck Bowden	3rd Year Position Jan Kirk
2nd Year Position Sue Doering	2nd Year Position Tom Harmon
1st Year Position Nalin Sood	1st Year Position Mike Grady
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Scholarship Chairman	Rick Giampetri
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- Basketball (G) - Mike Grady-Thomas Jefferson
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- Cross Country - Joe Clark Clover Park
- Football - Bob Bourgette Kennedy
- Golf - Darrell Olson Everett
- Gymnastics - Karen McQuiston Capital
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- Fastpitch - Tom Harmon Nooksack Valley
- Swimming-Jeff Lowell Mercer Island
- Tennis -Andrew Buchan Thomas Jefferson
- Track & Field - Jeff Page Lake Stevens
- Volleyball - Tony Batinovich Puyallup
- Wrestling -Craig Hanson East Valley (Spokane)

For more information contact the below:

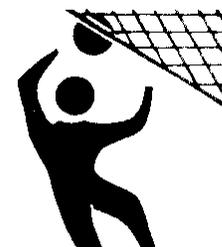
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435 Main Ave. S., Renton, WA 98055
425-687-8585

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Check out our website at www.washcoach.org

From The President

Spring 2007

Dear WSCA members,

As this issue of "The Washington Coach" reaches your mailbox, spring cannot be too far away. Behind us will be the cold temperatures, snow and ice, 2 hour late starts and the endless discussions on how to make up missed school days lost to the weather. Few activities slow the hands of time more efficiently than committee work.

Spring brings graduation plans, athletes competing outdoors again, thoughts of summer schedules and endless discussions on how to make up rained out contests. Committees with the fewest members are often the most effective.

Thoughts of spring make my mind wander a bit. I have many sayings, phrases, pictures, quotes, and posters in my office placed there for my own amusement and as reminders that there is life beyond the walls of our junior high school building. They have become a reflection of my time in coaching.

"Kids don't make mistakes on purpose." No one feels worse than the athlete who just dropped a touchdown pass or struck out to end the inning. Why would a coach yell at them? Perhaps we could ask if that was their intended outcome. If not, coach 'em up. If so, coach 'em up.

"Attitude is the multiplier of talent." Great talent and great attitudes make great coaches. I think great coaches can develop both.

"Discipline is not to punish, it is to correct." John Wooden is a wise man. We should know what we wish to accomplish when we need to discipline our athletes.

"Growth is limited by that necessity which is present in the least amount." As coaches, occasionally we spend too much time expecting athletes to do what we have not taught them to do. We think they should know it to start. Sometimes yes, sometimes no.

"Repurpose in a collaborative model." I have no idea what this means. I wrote it down at one of the learning improvement days at the beginning of the school year. It sounded functional at the time.

"Mistakes are only as serious as the results they cause." See dropped touchdown pass above... If he was open once, he will be open again.

"Good judgment comes from experience and experience comes from bad judgment." This saying is close to "If I only knew then what I know now." Most of us are much better coaches the next morning.

"I'm not the best, but I'm not afraid to play the best." Some of the best moments in coaching may come when student-athletes discover that there was much more inside of them than they ever knew after participating in your program.

"There is no such thing as a free kick. It's just a question of who pays." Cause and effect, action and reaction. The concept that everything affects and is affected by everything else is difficult.

"They won't always remember what you taught them, but they will never forget how you treated them." Say this one to yourself every morning and just before practice.

"The trouble with having a sense of humor is that usually the people you use it on aren't in a very good mood." Lou Holtz said this many years ago. It made me smile and think. I hope I have done the same.



Let us hear from you and always keep your head up,

Mike Schick

FROM THE SIDELINES

by Jerry Parrish

In the past few months www.washcoach.org has received several postings for our Job Jar from as far away as Bend, Oregon, to several positions available in the greater state of Washington. Along with high schools there have been a couple postings from colleges in our state. This pleases this writer. Any way to help coaches and our employers is part of our mission.

An update on WSCA providing insurance coverage for all “sanctioned” senior all-star games— Dan Weedon WSCA insurance consultant has provided information for use by all-star game coordinators. Research has found that some of our all-star games did not have the necessary insurance coverage for their athletes. Effective early in 2007 all senior all star games will be sanctioned by WSCA. Each all star game coordinator will be responsible for meeting criteria in order to host an approved senior all star game.

Coaches:

All-Star contests are right around the corner, so insurance coverage is a top priority. I am working with two brokers to receive bids for the association’s insurance policy to adequately cover our liability. The main issues are general liability and participant accident insurance. The latter will protect the athletes in the event of injury.

Our goal is to have insurance in place for all All-Star events by the end of February. Progress is being made and I am confident we will make our goal. If anyone has any questions regarding the process, I am happy to respond. You can contact me at:

Dan Weedon
Toro Insurance Consultants, Inc.
360.697.1058
dan@toroic.com

Thank you for the opportunity to serve you.
Dan Weedon, CIC



ORCHIDS AND ONIONS

ONIONS

To those membership applicants who wait until their season arrives to enroll in WSCA, you are missing out on some solid insurance benefits for your classroom along with other WSCA benefits.

ORCHIDS

This message was sent to me by a current WSCA member, Nalin Sood, Mountlake Terrace basketball coach. I thought this thought deserved to be in the ORCHIDS category. The coach who sent this was sharing his experience with a return of players from the past who were invited back.

Had the reunion of the '77 team that won the state title in hoops last weekend. Actually a player’s father brought the actual tape from channel 13 of the game done by Bob Robertson....no one knew it was even in existence and all 7 players and head coach, Merle Blevins had never seen the game before. One of the many reasons a person coaches.

Can’t tell you how cool it was to see the guys walk in the door....some with their parents, some with their kids, some with both. I was seven when they won it and still remember hearing about it...those guys were my idols.....toughest speech of my life to get up in front of those guys and welcome them back. Now I can show my kids next year that state championship tape and tell them “Here is how it is done!”

Continued on page 4

From The Sidelines

Continued from page 3

- To the entire membership I salute you. As of 2/12/07 we have 3141 active current members in WSCA. This along with 144 LIFE TIME MEMBERS gives us a total of 3285 members. Pretty good!
- To the Wrestling coaches led by Craig Hanson, (East Valley-Spokane) and Brett Lucas, (Todd Beamer High School) ORCHIDS to those coaches plus the many wrestling coaches who took part in the annual Wrestling clinic provided a boost to Wrestlers membership in WSCA.

- In past issues I have ranted and have fixed ONIONS for coaches who have created some sort of justification for not applying for their WSCA card until the starting lineups have been given at various tournament sites. Can't do it as I prepare for this issue—all seems good at this time and have not any stories to report that have not already heard. Keep up the good work.
- Thanks to the vendors who advertise in Washington Coach and also at our various WSCA sponsored clinics. WSCA thanks you. ■

“My great concern is not whether you have failed, but whether you are content with your failure.”

Abraham Lincoln

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ATHLETIC

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Information you should know...

SOMETHING TO THINK ABOUT

By Dick Abrams

dick_abrams@hotmail.com, Legislative hotline (800) 562-6000, leg.wa.gov, governor.wa.gov

While attending a great WSCA football clinic in Bellevue this past January, I noticed something rather strange. There are many more young coaches now than there used to be. It can't be that the coaches of my generation are getting older, because we have stopped aging. Yes, it is true that at some point in life we all stop aging and just start looking alike (this may be due to the fact that we are all losing our vision). At any rate, this article is directed toward the teacher/coaches who entered the classrooms of our state after 1977. (Plan 1 retirement members rejoice; you got a good deal.)

Many years ago (would you believe many, many years ago?), when I was running around the practice fields at Kamiakin High School in very tight, short shorts with the likes of Maher, Redden, etc., retirement was the furthest thing from my mind. My head was filled with many fun, youthful thoughts about having fun and being youthful – retirement was not one of those thoughts. I made the mistake of believing that the union that I paid hundreds of dollars to each year would take care of me. I was very wrong about that (would you believe very, very wrong?). My advice to young coaches: start thinking about retirement now.

Two years ago, three fellow teacher/coaches and I started a grassroots organization called Teachers for Retirement Equity (TRE). Randy Davis (Marysville), Conrad Wold (Marysville), Tuck Gionet (Snohomish) and I have put many hours into this project. Our purpose was rather selfish in nature; we were hoping to actually be able to survive on our pensions after thirty years of teaching, and perhaps get out of the classroom before social security benefits kicked in. As a TRS Plan 3 member in the State of Washington, you have the distinction of being a part of the worst retirement plan for teachers in the United States (data confirmed through information provided by the NEA). I would just like to say, "thank you" to all the state politicians and WEA leaders that made this possible. We are the only group in the nation that must teach until the

age of 65 (irregardless of years of service), to receive our full pension without penalty. You may retire earlier, but you will be using your own funds to survive on (please refer to the Department of Retirement Services website for more information: drs.wa.gov).

Depending on when this magazine arrives on your doorstep, the state legislature may or may not be in session in Olympia. TRE and the WEA are trying to push through improvements in the pension program. This is a battle I hope you will join. As a coach in your school and community, you are a leader. We all need to work together to improve Plans 2 and 3 for retirement and compensation for educators in our state. I believe, unlike our past "education" governors and many state legislators, that quality education in our state needs to start with quality educators. Imagine what our school faculties will look like in the coming years as we all strive to reach age 65 in the classroom (not a pretty sight).

So what can you do now? Contact your state legislators and governor and let them know that we need a better retirement system to improve education in our state (contact numbers are below). Loudly and aggressively support organizations like TRE and the WEA that are working to improve our conditions. You will be told by many nay Sayers that there is not any money to fix the problem, although there is money for signs that warn cars not to cut off truckers (they might have that one backwards), money for road construction on every piece of concrete in our state whether it needs it or not, and money for a 10 to 15 percent raise for our governor and state legislators (whether they need it or not). We have 80,000 members in our union that could be a powerful force if we join together.

I am not a retirement counselor. I am a professional educator and coach. I believe that I deserve better from my state and my union, and I believe you do too. Contact your legislators and governor at the numbers below, and help us as we work to reform our pension plan. Don't wait for others to get it done; help us make it happen. ■



Washington State Football Coaches Association
DISTRICT AWARD WINNERS
2006



District I

Head Coach	Dave Ward	Oak Harbor HS, 4A
Assistant Coach	Mike Wilson	Cascade HS, 4A
Junior High/Middle School	Marv Nelson	Lynden

District II

Head Coach	Tom Bainter	Bothell HS, 4A
Assistant Coach	Don Papasedero	Mercer Island HS, 3A
Junior High/Middle School	Brad Hillard	Snoqualmie

District III

Head Coach	Bob Lucey	Curtis HS, 4A
Assistant Coach	Todd McDougall	Olympia HS, 4A
Junior High/Middle School	John O'Donnell	Whitman Jr High

District IV

Head Coach	John Schulz	Centralia HS, 2A
Assistant Coach	John Peterson	Willipa Valley HS, 2A
Junior High/Middle School	Dave Roy	Covington

Deadlines for the *WASHINGTON COACH* Magazine

Next Issue - Summer: May 14

Fall Issue: August 14, Winter Issue: December 1, Spring Issue: February 14, Summer Issue: May 14

SUBMISSION PROCESS

Submit via email as an attachment to Terry Ennis at terry_ennis@msn.com

Please submit on-line photos in black and white

If you do not have access to email you may submit via one of the following:

Fax: 425-385-2875 or *Mail:* 1406 Ocean Dr., Camano Island, WA 98282



Washington State Football Coaches Association
DISTRICT AWARD WINNERS
2006



District V

Head Coach
Assistant Coach
Junior High/Middle School

Craig Beverlin
Greg McMillan
Dave Colby

Kamiakin HS, 3A
LaSalle HS, 1A
Selah

District VI

Head Coach
Assistant Coach
Junior High/Middle School

Greg Kittrell
Don Whipple
Cully Donovan

Moses Lake HS, 4A
Wenatchee HS, 4A
Quincy

District VII

Head Coach
Assistant Coach
Junior High/Middle School

Randy Cornwell
Jerry Jantz
Nick Harkness

Colville HS, 2A
Reardan HS, 2B
Liberty-Spangle

District VIII

Head Coach
Assistant Coach
Junior High/Middle School

Jim Sharkey
Sam Giampietri
Don Beloved

Ferris HS, 4A
Central Valley HS, 4A
Mead

District IX

Head Coach
Assistant Coach
Junior High/Middle School

Joe McCanna
Eric Banks
Jack Dunlap

St. John/Endicott, B8
Jubilee Christian, B8
Pomeroy

CONGRATULATIONS!

East West

3A/4A All-Star Football

East 2007

#	Name	Ht	Wt	Position	School	Coach
1	Bobby Barnes	5'8"	165	WR/DB	Timberline	Kevin Young
2	David Paulson	6'4"	240	TE/LB	Auburn Riverside	Andrew Sage
3	Phil Jennings	6'2"	195	DB/QB	West Valley (Yak)	Bob Altshuler
4	Toney Henderson	5'9"	170	DB/WR	Gig Harbor	Darren McKay
6	Kellen Kiilsgaard	6'2"	217	QB/DB	Auburn	Gordon Elliott
9	Dylan Jones	6'2"	200	RB/LB	Southridge	Andrew Troxel
11	Josh Garrett	6'3"	205	TE/DB	Curtis	Bob Lucey
15	Nick Proen	6'1"	180	DB/WR	Mead	Sean Carty
19	Nicholas Williams	6'2"	195	QB/DB	Lakes	Dave Mille
20	Anthony Robinson	6'3"	200	DB/RB	Mt. View	Ted Beyer
21	J.D. Neumeister	6'4"	215	WR/DB	Peninsula	Ross Filkins
22	Matt Valenta	5'11"	200	DB/RB	Olympia	Bill Beattie
23	Ryan Carpenter	6'1"	190	RB/DB	Moses Lake	Greg Kittrell
24	Greg Beasley	5'11"	195	RB/DB	Camas	Bob Holman
30	Darriell Beaumont	6'0"	208	OLB/RB	Clolver Park	Jon Randall
33	J.T. Albers	6'0"	210	LB/RB	Graham-Kapowsin	Erik Kurle
41	Isaac Bond	6'3"	240	LB/TE	Skyview	Steve Kizer
45	Caleb Gillespie	6'1"	210	LB/RB	East Valley (Spo)	Adam Fisher
46	Michael Lape	6'1"	205	RB/DB	Skyview	Steve Kizer
48	B. J. Guerra	6'3"	298	OL/DL	Moses Lake	Greg Kittrell
53	Emilio Sulpizio	6'2"	290	C/DL	Mead	Sean Carty
60	Ben Brown	6'3"	255	OL/DL	Auburn	Gordon Elliott
62	Renard Williams	6'1"	311	DL/OL	South Kitsap	DJ Sigurdson
65	Kyle Hoppe	6'1"	220	OL/DL	Kelso	Pat Hymes
75	Michael Naputi	6'0"	305	OL/DL	Yelm	Del Enders
77	Kalani Terukina	6'1"	285	OL/DL	Curtis	Bob Lucey
78	Richard Anderson	6'2"	280	OL/DL	Wilson	Don Clegg
81	Michael Fennerty	6'5"	225	WR/DB	Olympia	Bill Beattie
88	Eric Hedin	6'5"	210	DE/TE	North Kitsap	Steve Frease
90	David Tyler	6'3"	260	OL/DL	Puyallup	Tom Ingles
93	John Austin Colvill	6'3"	210	DL/TE	Camas	Bob Holman

Head Coach: Bob Lucey – Curtis

Assistant Coaches:

Dan Eyman - Eisenhower, John Portenier - Wilson, Clayton Angle - Curtis, Jeff Housman - Curtis

East West

3A/4A All-Star Football

West 2007

#	Name	Ht	Wt	Position	School	Coach
1	Tanuj Soni	5'11"	165	WR/DB	Thomas Jefferson	Kevin Hanis
2	Taylor Hudson	6'0"	235	LB/TE	Bothell	Tom Bainter
4	Trevor Milless	6'4"	185	QB	Arlington	Tim Tramp
8	David Bentrrott	5'9"	180	RB/DB	Tahoma	Tony Davis
9	Marshall Lobbesteal	6'3"	195	QB/DB	Oak Harbor	Dave Ward
11	Ben Hayes	6'3"	220	TE/DE	O'Dea	Monte Kohler
15	Thomas B. McPeters	5'1"	185	RB/DB	Monroe	Steve Hannan
10	Chad Clark	5'7"	175	RB/DB	Squalicum	Reed Richardson
21	Luke Jones	5'11.5"	210	DE/RB	Bothell	Tom Bainter
23	Quinton Richardson	6'0"	200	DB/RB	O'Dea	Monte Kohler
24	Brady Locker	5'10"	172	RB/DB	Ferndale	Jamie Plenkovich
29	Greg Mahoney	5'10"	180	RB/DB	Mercer Island	Dick Nicholl
30	Isaiah Alemalefoa	6'3"	235	DL/TE	Mountlake Terrace	Tony Umayen
32	Nate Williams	6'1"	210	RB/DB	Kennedy	Bob Bourgette
34	Tobias Togi	6'0"	230	DL/RB	Evergreen	Shawn Tarantola
35	Brandon Yakaboski	5'11"	195	RB/DB	Mount Si	Charlie Kinnune
42	Paul Palu	6'1"	220	WR/OLB	West Seattle	Tom Burggraff
51	Anthony Kubin	5'9"	205	LB/OL	Cascade	Jake Huizinga
54	Marc-Avery Airhart	5'11"	215	OL/LB	Kennedy	Bob Bourgette
55	Brandon Lopez	6'2"	230	LB	Bellevue	Butch Goncharoff
56	Kevin Freitag	6'3"	290	OL/DL	Kennedy	Bob Bourgette
58	Zak Rydzak	5'9"	228	C/DL	Mariner	John Ondriezek
70	Matt Cleveland	6'5"	290	OL/DL	Kentwood	Rex Norris
74	Mtch Johnson	6'2"	230	OL/DE	Ferndale	Jamie Plenkovich
77	Ben Kendo	6'1"	240	OL/DL	Cascade	Jake Huizinga
78	Will Hunter	6'5"	310	OL/DL	Oak Harbor	Dave Ward
79	Chris Powers	6'4"	265	OL/DL	Tahoma	Tony Davis
80	Kiel Rasp	6'3"	203	WR/DB	Nathan Hale	Hoover Hopkins
84	Casey Hamlett	6'4"	240	TE/DE	Edmonds-Woodway	John Gradwohl
85	David McMurray	5'11"	172	DB/WR	Lake Stevens	Tom Tri
86	Eric Greenwood	6'6"	200	WR/DB	Edmonds-Woodway	John Gradwohl
88	Charles Moetuli	6'3"	215	DE/TE	Mount Si	Charlie Kinnune

Head Coach: Dave Ward- Oak Harbor

Assistant Coaches: Paul Christianson - Shorewood, Rex Norris - Kentwood, Mike Fisher - Oak Harbor, Tom Mueller - Oak Harbor



BUILDING YOUR SQUAT BY NOT SQUATTING

by Danny M. O'Dell, MA. CSCS*D

co-owner of 'The WeightRoom' gym and Explosivelyfit.com located in Nine Mile Falls, WA

Static exercises have not been given a great deal of attention in the recent past. In reality they occupy a 'significant place in the training' of the (successful) weightlifter¹. This method of exercise enhances not only the muscles ability to produce strength but also increases the functional capacity of the cardiovascular system in both the junior and adult lifter. This is not to say that dynamic tension exercise has been placed on the shelf by this method but it does offer an extra training protocol from which coaches can draw upon to better prepare their athletes.

Coaches have long recommended maximum effort static holds of up to six seconds for sets of three to five repetitions 'while holding the breath'². Keep in mind the fact that strength is gained at or near the specific angle at which the weight is statically held. These are performed ten to fifteen minutes per exercise day by holding the tensions for five to six seconds each position.

Isometrics develop strength at the angle in which the muscles were tensed. Some literature states the angle varies by as little as 5° from the static held position. Thus the isometric transfer to full range of motion (ROM) is slight unless the full ROM is trained isometrically. Doing so will increase the chances of becoming stale in the exercise in only six to eight weeks time. Changing the position of the muscle angle every three to four weeks should prevent this stagnation from setting in.

The transference of the strength garnered from a specific joint angle is anywhere from 10% all the way up to 50% to other angles. This transfer is greater during muscle lengthening isometrics than during muscle shortening isometrics.

The outcome of these strong static holds is greater physical attributes in the individual which are manifested in their strength, speed and endurance outputs.

Even static tension that is 50-75% maximum power that is held for five seconds has been found to be beneficial in the training regimens of younger lifters.

True Isometrics are not meant for those athletes who are not past puberty. The most effective method of strength enhancement using isometrics is through the use

of maximum muscle tension and prepubescent should not exceed 70% of one rep maximum.

Prior to 1992 Soviet strength researchers conducted an interesting study on 76 of their junior lifters aged 13-20 years old. These lifters were separated into two groups: an experimental group and a control group according to age and skill levels. This experimental study lasted for one full year and during this time the experimental group squatted once a week while the control group continued to squat twice a week.

The control group performed the normal squat, i.e. with weight on the back, sitting back on the heels with the shins in an upright position and going to 90-120 degrees flexion on each repetition. In other words these were deep contest legal squats (the kind everyone should be performing but generally aren't).

When performing the static tension holds the experimental groups were instructed to execute the exercise under the following three conditions:

1. The athlete stands on two blocks, 30-40 cm tall, one under each foot.
2. The knees are bent to 90-120 degrees with the upper torso tilted forward ever so slightly.
3. The back is kept straight and the breathing remains normal under the exercise conditions.
4. A weight equal to 30-40% of the lifters 1RM is fastened to the waist belt.

In order to establish whether or not the static holds were useful pre-experiment tests were conducted on all participants to determine their one repetition maximum squats. Testing was also performed at the third, sixth, ninth and twelfth months.

The results were quite revealing, especially at the end of three months and then again with the tests conducted at the sixth and twelfth months of training. The experimental group, squatting once a week and performing static holds on the second squat session, were able to increase their back squat by 17.5 kg ± 0.7 kg when compared to the control group doing squats twice a week. The control added 14.0 kg ± 0.8 kg.

The most drastic improvements in the weight lifted, for both groups, occurred during the first three months of the training phase. And for the 13-14 and 15-16 year olds at the conclusion of the sixth and ninth months of the period under study, again for both groups of young lifters.

Additional training adaptations took place in the length of time these weight loads were statically held by the experimental section. The initial times to fatigue were in the 28.5 seconds range. At the end of the study these times were up to 34.5 seconds.

It was also noted that the younger lifters benefited the most from this type of training as they were able to hold the weight the longest when compared to their older counterparts of 15-16 years of age.

It was firmly established that static tension holds are an additional valuable training tool to the normal eccentric/concentric lifting modalities. Try it and see for yourself, you have everything to gain and nothing to lose.

Danny M. O'Dell, MA. CSCS*D Author, nationally and internationally recognized fitness advocate and speaker, NSCA certified strength and conditioning coach.

*Danny M. O'Dell, M. A. CSCS*D is the co-owner of The WeightRoom Gym and Explosivelyfit.com, both located in Nine Mile Falls, WA. He is a Certified Strength and Conditioning Specialist, recognized with Distinction by the National Strength and Conditioning Association. He has a Masters Degree in Human Services and is a strength and conditioning coach in a local School District along with being a member of the Washington State Coaches Association.*

His articles have been published in national and international magazines describing the benefits of becoming stronger, more powerful and living the healthy lifestyle. He writes for various online and print publications including The Washington Coach magazine, The Weightroom press magazine in St. Thomas, Ontario, Canada, Successful Coaching in London, England, FitForces.com and Atozfitness.com located in Montreal, Canada, Sportspecific.com, and the Outpost newspaper in northeastern Washington.

Danny focuses on developing the success of each of his students and trainees by motivating and encouraging them to believe in their individual abilities and by never giving up on their dreams and aspirations. The athletes he has trained have successfully competed at the state and international levels. They have accomplished record breaking lifts and returned home with many trophies awarded for their hard work, individual goal achievement and team success.

Danny is a national and internationally recognized fitness presenter. In addition, he is the author of the following training manuals: A Guide to Healthier Bones, Fall Prevention and Osteoporosis, Strength Training with Osteoporosis, A Comprehensive Approach to Shoulder Training and Injury Resistance, Composite Training, Strength Training Secrets, The Ten Essentials, and The Ultimate Bench Press Manual and Wilderness Basics.

These are complemented by several smaller handbooks covering strength and fitness at home and in the gym: The Twenty Minute Dumbbell Routine, Workout at Home, Push up Power, and Chin up progressions.

(Footnotes)

¹ *Weightlifting and Age (Scientific and pedagogical fundamentals of a multi year system of training junior weightlifters; Static Tension in the Training of Junior Weightlifters, Dvorkin, L.S. 1992 Sportivny Press, Livonia, Michigan, USA*

² *Ibid*

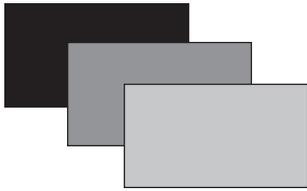


WSFCA EAST-WEST 3A/4A ALL STAR FOOTBALL GAME

**Mark your calendars with the All-Star 3A-4A football game
at Everett Memorial Stadium.**

Date: Saturday, June 30, 2007

Kickoff: 1PM



AN EYEWITNESS TO PREP FOOTBALL HISTORY

Dee Hawkes, Retired

The game was played on Apple Cup Saturday in 2006, not at Martin Stadium in Pullman, but at Pop Keeney Stadium in Bothell, Washington. From a top row seat, I, along with thousands of fans, witnessed the greatest game between two evenly matched teams that I have ever seen in my long career as a football coach. Fortunately, the rain stayed away, and this fall spectacular was played in perfect weather conditions. On one side, the bleachers were full of fans dressed in purple cheering for Pasco High. On the other side, a packed stand of folks clad in blue rooted for Bothell.

With the fans standing and screaming, the drama lasted four hours and fifteen minutes. At the end, the physically and mentally exhausted players endured nine overtimes. Eleven times, the captains met at the midfield with five tired officials to determine who should have the ball first.

The two coaching staffs played chess with each other, the action see-sawing back and forth during every overtime. They changed personnel, used timeouts, and created strategy while attempting to end this marathon contest. The officials made some really tough goal line calls. It finally ended after a Bothell timeout, when Bothell's Luke Jones heard his play, "33 wedge," called. Luke was determined to run off tackle, to score, and win the game before his hometown fans.

While the Bothell Cougars celebrated in mass near the end zone, the Pasco Bulldogs slowly started to line up at midfield for the closing ceremony of shaking hands. Everyone in attendance knew that tears, sweat, sadness, and joy were the order of the day. The two teams of

warriors embraced each other, and the coaches sensed that they had witnessed a battle royal. This was sportsmanship at its finest. Something so genuine was happening between the participants that the observers didn't want it to end. Both teams had played their hearts out.

Probably unnoticed, but captured in the moment were the life skills that these players displayed. These athletes demonstrated persistence, patience, teamwork, endurance, hard work, and effort. They displayed a never give up attitude.

Experiences like this are why this old coach believes that playing school sports provides the best setting to learn life skills. This historical event will never be forgotten by those who were at the game. What will be forgotten is the score, because it meant only that Bothell had another week of practice and a chance to advance in the playoffs.

The athletes of Pasco packed their bags. Even in their sadness, they left their dressing room spotless and wrote "thank you" on the wipe board as they left. What a class act engineered by Pasco Coach Steve Graff! While Coach Tom Bainter's Bothell Cougars celebrated five minutes away up on the hill, the Bulldogs boarded buses to return to their home, which was three hours away across a mountain pass.

This writer is still flying high as I remember what two well coached teams did on a fall afternoon in a stadium that once harbored my own sweat and tears. Old Coach Pop Keeney would be proud. ■

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WE ARE LOOKING FOR YOUR HELP!

Two Washington High School Baseball Coaches Successful Summers with USA Baseball



by Scott Knight

Two longtime Washington high school baseball coaches spent part of the summer and fall coaching with USA Baseball. Gary Hatch-Sehome and Scott Knight-Sedro-Woolley continued their association with USA Baseball. Coach Hatch has been with USA Baseball for 3 years and Coach Knight 5 years.

Coach Hatch-Sehome (Bellingham) served as the pitching coach for the Youth National Team(16 and under) which won the Gold Medal in the COPABE AA Pan American Games this past summer in Barquisimeto, Venezuela.

The Youth Team finished the tournament undefeated winning all 9 of their games. The team defeated Brazil, Venezuela, Cuba, Mexico, Aruba, Colombia, and Dominican Republic in the round robin play. In the semifinals the USA defeated Mexico 12-2 then won the Gold Medal by the 10 run mercy rule defeating the host country Venezuela 13-3. Coach Hatch has been coaching with USA Baseball for 3 years.

Coach Hatch was recently named the Head Coach for the USA Youth National Team. The team will play in the COPABE "AA" World Championships in Mexico sometime this summer. Coach Hatch becomes the second Washington high school baseball coach to serve as a head coach for the Youth National Team, Don Freeman former Prairie coach was the first.

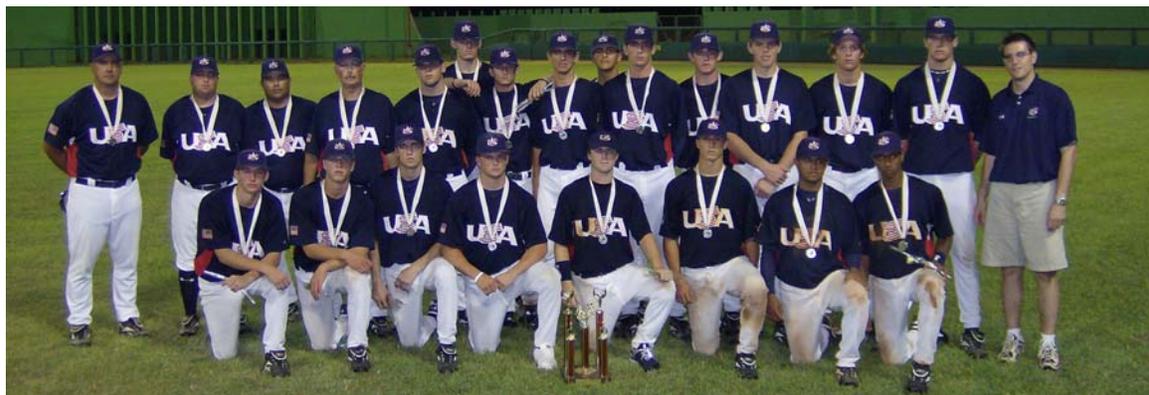
Coach Knight was selected as the first Washington high school coach to serve on the staff of the USA Baseball Junior National Team. The Junior National Team competed in the COPABE "AAA" 18 and under World Championships held in September in Sancti Spiritus and Ciego de Avila, Cuba. Coach Knight served as the outfield, first base and co-hitting coach for the team.

After starting the tournament was a couple of close losses to Chinese Taipei and Mexico, the Junior National team rallied to defeat Canada 2-1, Italy-18-1, and Spain 11-1 to finish fourth in their pool and earn a berth in the medal round.

The USA team then defeated the host Cuban team 4-0 before a large crowd and national Cuban TV audience. The win earned the team a berth in the semifinals where they defeated Mexico 8-2 and they advanced to the Gold Medal game.

In the Gold Medal game the USA Junior National Team played Korea. The USA team ended up losing in the bottom of the 9th inning on a 2 out bad hop ground ball over the shortstop's head. The Junior Team had to settle for the Silver Medal, placing second in the world.

Greg Peavey, Hudson's Bay H.S. (Vancouver) was a pitcher/outfielder on the team. Greg earned a complete game victory over Spain in pool play. ■





DARCY TAYLOR
Burlington-Edison High School

Darcy is the head fastpitch coach at Burlington-Edison High, a position she has held for the past six years. Coach Taylor is also the “C” team basketball coach. Darcy is a

graduate of Western Washington University ('01) and earned a MaEd from Saint Martin's College in 2005. In 2006, Darcy was named the NWL coach of the year and that same year Burlington-Edison were NWL champions. Darcy pursued a coaching career because she had amazing coaches growing up who inspired her to give back to the sport. Her proudest moments in coaching thus far have come from watching the Burlington-Edison softball team progress into a successful program. That success was defined with reaching their goals of the first appearance at the district tournament, the first NWL championship, and their first state tournament appearance. “Be more concerned with character than reputation because character is who you are while reputation is merely who others think you are.” Darcy is a member of the WSCA.

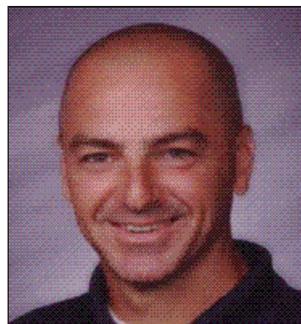


ROGER BRODNIAK
Archbishop Murphy High School

Roger is an assistant football coach at AMHS. Coach Brodniak received his undergraduate degree from Pacific Lutheran University ('97) and then earned a de-

gree in law from the University of Washington in 2000. An assistant for the past six years, Roger is proud to be a part of the success of Wildcat football as AMHS was the 1A state champion in 2002 and 03. After changing to the 2A classification in 2004, AMHS placed third in state and then finished second in 2005. Roger is coaching to encourage student-athletes to get more out of themselves than they believed possible just as his coach, Terry Ennis,

did for him. One of his proudest moments in coaching came as their record setting placekicker, Ben Fritsch, became the first AMHS student to be accepted to Notre Dame. A favorite saying from Coach Ennis, “do right.” Roger has been in the WSCA for 6 years.



RANDY AFFHOLTER
Ellensburg High School

A graduate of Walla Walla CC ('85) and CWU ('88), Randy is the head football coach and freshman basketball coach at EHS. He has also coached at East Valley of Yakima, Toppenish and WWCC. His

wife, Tara, is the head volleyball coach at EHS and they have two sons. Randy was named the Mid-Valley League coach of the year and the District V coach of the year in 2002. He was on the 3A/4A coaching staff for the 2000 All-State football game and he will be the 2A head coach for the game this summer. Randy states it is a pleasure to watch kids grow up over the four years of their high school participation and he enjoys helping them develop from young boys to men. Further enjoyment of coaching comes from former students and athletes returning to visit and offering a “thank you” for helping them mature and providing a direction. “Control what we can control.” Randy has been in the WSCA for 10 years.



CHRISTIE PETERSON
Burlington-Edison High School

Christie has done all her teaching and coaching at Burlington-Edison High School. This is her 34th year and her first year in retirement from coaching.

During her tenure at BEHS, she was the head coach in gymnastics, girls' track, volleyball and softball as well as assistant coach in basketball, softball, and volleyball. She also coached the frosh softball and volleyball teams.

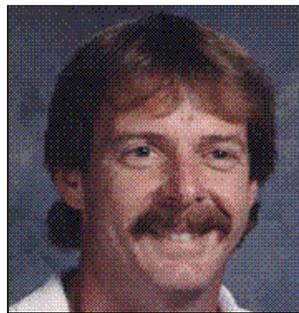
Coach Peterson's very supportive family includes her husband Keith, their daughter Lindsey and son in law Carl, son Scott, and their youngest daughter Kelli. Christie was named the Skagit Valley volleyball coach of the year twice, in '82 and '83. Her volleyball teams have recorded eight league championships, five district titles and two state championships. Christie admits she was fortunate to do what many women did not, play organized sports in high school and college from 1966-1973. She credits Lynda Goodrich and Dr. Margaret Aitken as mentors who taught her to be proud of being a female athlete, a trait she has instilled in the women she has coached over the years. "I was given a gift and an opportunity and it was up to me to do something with it." She quotes Tommy Lasorda, "the difference between the impossible and the possible lies in our determination." Christie has been a WSCA member for many, many years.



MIKE WILSON
Cascade High School

Mike is a graduate of Central Washington University ('79) and has coached wrestling for 28 years, football for 26 years and track for 3 years. Coach Wilson's family includes his wife Cindy, their two sons Steven (26) and Chris (17), and their dog Jake. Mike was named assistant

wrestling coach of the year in 2001. He was a member of the coaching staff at Archbishop Murphy High School as the football team was state champions in 2002 and '03. Mike shares, "Kids are number one. They learn so much about themselves by participating in athletics." One of the proudest moments of his coaching career was watching his oldest son Steven overcome an injury to become an all WESCO tight end in football. A favorite quote comes from the movie "Shawshank Redemption". "It's time to start living or it's time to start dying." Mike has been a member of the WSCA for 28 years.



JOHN O'DONNELL
Marcus Whitman Junior High School

Coach O'Donnell is the head baseball and an assistant football coach at Whitman. He has been coaching baseball for 28 years and football for 25 years. A gradu- ate of the

University of Central Florida ('73) and SPU ('81), John was named the WSFCA District 3 junior high coach of the year in 2006. His family includes his wife of 33 years, Sandra, daughters Shannon and Devlin and son Joshua. John's baseball teams have won seven league championships and the coaches at Whitman have honored him by retiring jersey number 25 recognizing his 25 years of hard work and dedication to the Whitman football program. John enjoys coaching due to a great love of being in a competitive environment with competitive people. His proudest times in coaching come every time a young player, who works hard, has a successful moment. A favorite saying comes from Vince Lombardi, "Coaches who can outline plays are a dime a dozen. The ones who win get inside their players and motivate." John has been a WSCA member for more than 20 years.

NOTE the WSCA email address
Jparrish21@comcast.net Drop us a line!

The WSCA web page address is:
www.washcoach.org

Our web site has been expanded to include a membership roster to be used as our membership grows and get more information. Help us keep this site current and also let us know of job openings and open dates and we will post them.

When you have filled a job or open date, let us know and we will remove it from the site.

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ON THE SIDELINE NOMINATION FORM

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

Nominee's Name _____

Home/School Address _____

City _____ Zip _____

Current teaching/coaching location _____

Send this form to Mike Schick,
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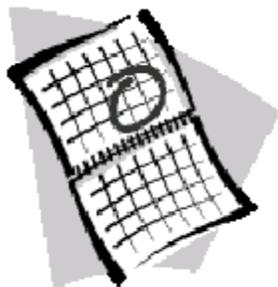
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"More than being concerned with who's going to win the Super Bowl, I feel the Lord is probably more concerned that they find a day other than Sunday to play it on."

Billy Graham

"On wide receiver Anthony Carter - I've never

seen such skinny legs on a football player before. I wonder if they ever caught the rustler who stole his calves?"

Steve Jordan

"Show me a guy who's afraid to look bad and I'll show you a guy you can beat every time."

Lou Brock

HAWKES SQUAWKS

By Dee Hawkes
Retired



It's safe to say that writing squawks is a lot easier than writing a book. My latest book on coaching has taken on a life of its own. After ten years of looking at thousands of words over and over, carrying this book to term will definitely happen this year. The task to finish it and deliver it to interested coaches needs my full attention.

THE NEXT STEP

While skeptics say college football has its problems, along comes Virginia Tech head football coach Frank Beamer. His players are subject to hefty punishments if they miss class, fail to meet the team's uniform code, or show unsportsmanlike conduct on the field. Hopefully, this may put a damper on trash talk. . . . There is no hiding the fact that colleges send out thousands of letters to recruit athletes. If they have an athlete's name, they send him or her mail. Some parents believe that the correspondence itself is an offer, even though there is no personal contact by the school. I have an ax to grind when an athlete in junior high receives mail and is led to believe he or she has a scholarship up ahead.

THE MUST LIST

Last fall, it appears that the Seattle School District did not grab the bull by horn and move forward to improve district athletics. Although they have a sprinkling of programs that meet excellence, the vast majority of their programs continue to tread water. One thing that they should stop is allowing their athletes to transfer within the district any time they want.

These days, we are starting to see a growing national trend to put strength and fitness equipment in the junior highs. In our state, South Kitsap has done this with their three district junior high schools. Since the days of Coach Ed Fischer, South Kitsap has recognized the benefits of exposing students to strength and conditioning training at an early age. If you go to school in that district, at some time you will pump iron. Whether it's free weights or

machines, the lifting program accommodates the every day user or the serious lifter – it doesn't get any better!

Give the North County Youth Soccer Association credit for requiring parents to follow a code of conduct. This means that they do not yell at officials, coaches, fans, or athletes. Yellow conduct cards are passed out, which direct spectators to refrain from commenting on officials' calls, verbally abusing officials, calling names, or coaching from the sideline. Also, their code speaks to violent behavior, which recently was brought to our attention by individuals who committed crimes during youth games across the country

MY BIG BROTHER

More than anything else, freshman Chad Skiles wanted to run with Scott, his senior brother, on the Lakewood Cross Country team. Chad's dream was shattered when Scott was killed in a head-on collision near their home. It seems when tragedy strikes a school program, the young athletes involved find positive ways to grief, heal, and honor their lost teammate. Now, the younger brother wears a wristband with his brother's name on it. He said, "For the next four years I will be running for Scott." When times are tough, the ability to play on with more dedication is the best medicine to swallow.

TIMES ARE A CHANGING

As recording artist Bob Dylan might say, the "times are a changing" with prep sports. We no longer can cling to the supposed virtue of a level playing field. A win-at-all-costs attitude is happening in too many programs. Just look at the booster clubs, like the one at Bellevue High, which fills the gap between what the school board is willing to cough up and what a program claims it needs to keep churning out championships. Unfortunately, an over-emphasis on winning is seen in too many places. Unless this is put under control, it will ruin public school sports. It seems a crying shame.

What we are seeing now is the professionalism of high school sports. Without having regulatory authority, the WIAA faces an enormous and difficult task trying to solve these problems. In too many places, we are witnessing a shameful overemphasis on high school sports programs. Unless monitored, it is my firm belief that out of season programs will eventually emulate the college sports model. For the sake of the teenage athlete, some kind of control must be put in place, or we can forget the concept of having a level playing field.

It's important to know that when talking about scholarships, less than one percent of the athletes playing organized sports qualify for a college athletic scholarship. Unfortunately, some parents believe it's like ordering a stack of pancakes, and that there are plenty to go around!

A COACH'S COACH

Remember coaching is all about kids. Some people spend an entire lifetime wondering if they're made a difference, but coaches don't have that problem! One coach who has made such a difference is Sid Otton. Sid was named the national winner of The Power of Influence Award, given by the American Football Coaches Association. This head coach from Tumwater has just completed his 33rd^h year at the school. It was his 39th overall. The prestigious award he won has nothing to do with wins and loses, but instead reflects on the powerful influence Sid has had on his players, the staff, his school, and his community. Kudos go to a role model coach whose passion for the game speaks clearly in the success he has earned. Sid received his award at the AFCA 2007 Convention in San Antonio early in January.

CAUTION LIGHT FLASHING

The Journal of the American Medical Association has published an article, which states that current high school football players are overweight. In fact, many are obese. The study measured over 3,500 varsity high school linemen in the state of Iowa. The pressure to get bigger and stronger often comes from parents or coaches who believe that added bulk is necessary to compete. For years at the Pro and College level, teams have sought bigger, stronger linemen. Now, appearing as role models on television, they influence the high school players who dream

of playing up one day. On the tube, even in the Super Bowl, we see large obese linemen with their stomachs hanging out. These huge overweight men just don't look healthy. To add muscle is okay but not at the expense of bulk. All coaches should be concerned about obese players who have too much weight on their body frame.

GET THE WHEELS BACK ON THE BUS

In regard to the Bellevue High School football program, now is the time to put the wheels back on the bus. Independent investigations were conducted by the *Journal American*, the local newspaper, and by the Bellevue

School District. The newspaper wanted to know how the team was able to win 51 out of 53 games in the relatively short span of six years. After the Chief Sealth girls' basketball probe, the district also felt that they needed to answer the same question. Concerns addressed included why the team had so many transfer players on its roster and how outside money was made

available to take the program to national ranking.

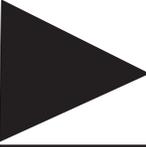
The district needs to sort out what's legal and what's not. As it is now, the results don't pass the smell test. Even though talented transfers came to play, a weight room was open for non-enrolled students to use, and a well-financed football Booster Club compensated coaching salaries, the district investigation team failed to uncover any provable "smoking gun." The other programs in the area are jealous. It isn't exactly clear what is going to happen.

These days, programs that are on the very edge never seem to retreat, so don't hold your breath! A common concern heard in coaching circles is that teams should compete on a level playing field. School programs should not be sold and bought or influenced by the availability of the all mighty dollar. What a sad commentary it is if this practice is allowed to continue. For crying out loud, keep the preps guarded and protected for those who want to compete fairly and have fun.

Now the future's here. I'm an old retired coach but I still want to hear from you on topics we need to address about the coaching profession. If you have something to say then email me at hawkes32@comcast.net and we'll talk. Till then, continue to do what's right for kids.

See you around, I hope.

**REMEMBER
COACHING IS ALL
ABOUT KIDS.**



Coach Your Players Through the Recruiting Process

by Denny Schuler

In this article I'm going to attempt to explain the recruiting process that develops between a recruiter and his college with a high school recruit and his family. It is my belief that the high school coach should actively act as a mediator to guide the recruit and his family through this unique experience. They, more than likely, haven't been through this before and probably won't go through it again. The recruiter and his college have an advantage in that they must do this every year very successfully or they will be looking for another job next year. Recruiting is the lifeblood of any college or university. Players win games. They are competing for these players just as hard as they compete on the field. They know and understand the process. Recruits and parents do not.

I'm going to outline

- √ What the college coaches (recruiters) are looking for initially and how to get their attention - if you as the coach already haven't.
- √ questions parents/ coaches should ask
- √ what parents should look for on the official visit
- √ the guidelines to request as they move through this experience

This should be a positive experience but if handled poorly from either end can be a very negative adventure. I believe the high school coach should coach his player and family through this delicate process.

I. Advise Potential Recruits Early

You the coach can tell your young sophomore/junior he "has a chance" if he jumps through certain off the field hurdles. If he wants to play college football his grades and character are always at the forefront. The NCAA requires that a student athlete must be at a certain level when they match his SAT/ACT score with his mandatory 14 core courses his senior year. Any drug or police issues will raise the "red flag" in a hurry. There are too many good players out there to take a chance on an "off the field" problem. Encourage them early and put the ball in their court. Making them accountable for their actions is one of the best lessons we can teach any student athlete, regardless if they are in junior high, high school or college.

From an athletic standpoint, I believe the young athlete

should get involved with other sports. It does two things. First, other sports help develop them athletically. This is especially true for the big guys who think the weight room is the answer. It is only part of the answer. Just as important, if not more so, is improving their footwork. There are a lot of big guys out there, but not a lot of them that can move. Secondly, other sports provide exposure to the recruiter. I can tell a lot about a football player that plays basketball for example. Quickness, feet, physique, toughness, character and competitiveness all are visible during the winter/spring months when coaches are on the road evaluating talent. I've encouraged every athlete I've coached or recruited to go out for track. You cannot be fast enough in today's game of football as it moves more and more to a spread field. There are very few positions in football for players that cannot move their feet. Moreover, a legitimate track time, jump or distance gives instant credibility to any athlete.

II. After the Junior Season

There are a number of services that provide names of potential collegiate recruits. The best and most widely used publication by colleges/universities is Collegiate Sports Data. Stay away from (and inform parents about) any service that says they will get your player a scholarship. There is no such animal! They extract a huge fee and do nothing you the coach cannot do for free by making a few phone calls.

Again, without hiring a recruiting service that builds a video, have your player make a hi-lite tape on his own if he's truly interested in playing at the next level. He can do it himself. If he's an elite player, he will not need to do this as everyone already knows about him, but this can help the marginal player. Have him put his 20+ best plays on a tape followed by his best game tape. Add basketball or track to show athletic ability. Remember, we many times haven't seen these kids without the pads on. Initially, each college coach (recruiter) has a large geographical area with many players to screen and he probably doesn't have the time to watch all the games you've given him. Tweak his interest by your player's best shots. They should show speed, toughness and athletic ability. Make sure they can find him on the video.

III. The Summer Before Senior Season

Have your player make a realistic college wish list and match that with what schools he is hearing from after spring recruiting when the college coaches visited your school to start their senior list. From that combined list send the hi-light tape to those schools ASAP.

In addition, from that list, plan if possible to attend, at a prorated fee, 2-3 summer camps offered by those colleges for one or two days only. As the college coaches cannot leave their campuses after May, your players must go to them. Again, if your player is an elite, he doesn't have to go anywhere. However, the rest should expose their football ability. Only one day at a reduced rate is enough. Summer camps also give the recruit and his family a chance to look at the school just as much as they're evaluating your player. These "unofficial visits" are very helpful (even if no summer football camp can be arranged) in getting a feel for that school. If your player is invited to a "junior day" in the spring take that as a compliment and plan to attend if possible.

IV. Just What Are These College Coaches Looking For?

Recruiting is clearly not an exact science. Many "Blue-chip" recruits turn out to be a bust while many "walk-ons" eventually go on to the NFL. We've all made mistakes.

However, I will always believe these qualities come into play in determining a recruit's chances:

- A. Character - Must be problem free, a bonus if a leader and team player.
- B. Grades - If marginal, the key question is "is he motivated academically?" because the resources are there to help him succeed. You can lead a horse to water...
- C. Height/Weight/Speed - Big and fast is good. Short and slow is bad. This is potential. The better the numbers the better the chance but no guarantee. The Doug Fluties in recruiting will always be the exception.
- D. Position Fundamentals - Can he play the game? Is he making plays? The better fundamentally the sooner they will play.
- E. Dying to be a Great Player? - This Don James question will answer so many work ethic, motivational questions. He'll do whatever it takes.
- E. Coachability - The hardest quality to determine but essential. Many outstanding athletes have stood next to me on the sideline because they made too many assignment errors. Consistency leads to trust. Trust leads to playing time.

V. The Fall - Both Seasons (Football and Recruiting) Begin for Real

The intensity gets kicked up a notch. Letters don't mean a thing at this point. Coaches making phone calls are a good thing. No personal contact can take place unless the recruit visits campus. In December home or school visits will take place. This is a good sign that the recruit is actually being recruited and not on the back burner just receiving letters. At this point I strongly suggest that the high school coach becomes increasingly involved.

Get in the loop. Offer your services to the parents and hopefully they'll accept you joining "the family". If the parent or parents are marginally involved that means the high school coach must take up the slack. Early on the college coach will always stop by the school to talk with you. He's on your turf. Ask him, "Hey Coach, what are you telling Johnny? Where does he stand?"

There are some key questions you and/or the parents should ask at this point

- A. Scholarship If not now, when will we know? Keep us informed of his status!
- B. Can he lose his scholarship? How? Football related? Do you cut if not playing?
- C. Academics Of your seniors, how many will graduate this spring? There's a new NCAA Graduation Formula. How does your college rank?
- D. Academic Support Everyone has study halls, tutors, etc. How do the position coaches get involved academically with their players? How do you monitor class progress? How do you know if a player is skipping class? What are the consequences? What do you do when a Jr/Sr. has a class conflict with football practice?
- E. Drug Policy Outside of NCAA testing, do you test randomly, probable cause or not at all? What are the consequences if positive?
- E. Attrition Rate How many of your (pick a year) freshmen are still with you? If very few, why? This says a lot!
- G. Position Change or Redshirt Who decides? Player or coach?
- H. Spring Sports Can he participate in baseball/track and miss spring ball?
- I. Dormitory Mandatory after the first year? Grade related? Football roommate or not?

Hopefully by this time an official visit to the college has been scheduled or is in the process. Increasingly, these visits are being moved up to the fall from their tra-

Continued on page 22

Continued from page 21

ditional Dec/Jan time slots. The earlier the visit the more likely an offer. Note the tone of the answers to these questions. Are they taking shots at other schools? These coaches are the windows through which you view their college. They all turn into salesmen, some better than others, this time of year.

VI. The Official Trip - It's a 48-hour business trip

Encourage one or more parents to accompany the recruit on his official visit even if they have all taken an unofficial visit before (meaning the recruit and parents paid). It will look a lot different and be more impressive. The parents must pay for their transportation but once on campus, the college can provide food, lodging and entertainment. When it comes time for a decision, the parents will be in a better position to interpret the differences between the schools with their son.

Help establish decision-making criteria long before the official visits begin. A recruit can make 5 official visits beginning in October of his senior year. What are you looking for? I always felt they should be in the areas of football, academics, and environment. Weight rooms can be impressive but it is far more important that the people running that facility be of quality. This is true of everything that recruits will see. An expensive academic study center is wonderful but only if the support people operating that building are proficient at what they do. My point is look beyond the fluff and glitter. Evaluate the school on the quality of the people within that school. Who does the parent want to turn their son over to for the next 4-5 years? Who will lead and guide them in the parent's absence? That's far more important than the facilities that have become so visible recently.

Obviously the head coach is the key figure as he guides the ship. But the position coach is the one the recruit will deal with day in and day out both on the field and off. Is there a good feeling between the two? What does his player host say about him? Is he a teacher or a tyrant?

The present players on the team are the best barometer for the mood or feel of the whole program. They are

the least likely group of salesmen the recruit will meet during his official visit. Their actions and opinions say a lot about the character of the team at this point in time. The recruit's parents should also take a look at the other recruits on campus and ask the same questions. Do these young men sound and act like the type of teammates they would like their sons to be with for the next 4-5 years?

The recruit should also realize that he is being evaluated too. Don't do anything Saturday night that would jeopardize his chances of getting a scholarship. Don't be cool. Be attentive, courteous and respectful. An official visit does not automatically equate to a scholarship (55 visits per year allowed by NCAA rules). More than once I can remember a player host telling me, "We're not sure he'll fit in." Unfortunately, character (or lack of) is, I believe the single biggest issue facing college football today.

My last thought on the official trip is look, ask questions, enjoy the trip but be leery of promises or guarantees. There are only opportunities...

VI. The Offer - "Show Me the Money"

At some point this Jerry McGuire line comes into play. If a school is truly interested in getting a commitment from the recruit they must ante up with a scholarship. This is especially true if another school has already offered. If a school hasn't offered by January ask where the recruit is ranked. How many at his position have been offered?

How many are they going to take? Talk is cheap, show me the money!

If and when the offer comes, the parents/coach should make sure it is put in writing with any deadlines noted like "this offer is good through—". The NCAA does not have any rules regarding this offer other than the official February signing date when letter of intent and official scholarships are signed. All early offers are at best in letter form and simply say that the recruit has been offered a scholarship. They very seldom say that it can be pulled at anytime or lost because someone else took it. The parent/coach should demand that the college notify the recruit at least verbally if the offer is in jeopardy. Again, the recruit should know where he stands so he

How a recruiter accepts "no" says a lot about that school.

You, as the coach, take note for recruits down the road.

can make the choice and not the college.

It is only fair to explain the dilemma a college is in. If a school has a limit of 25 scholarships to give that year, it will almost always have to offer more, knowing they will not sign all their offers. No school signs 100%. The USCs of the world bat 80%-90% while the New Mexico States are in the 40%-50% range. Therein lies the problem. More offers are on the table than they can accept. As an example, if a school wants to sign 5 offensive linemen, they will offer official recruiting trips to 7-8 at that position. They will rank these recruits 1 through 8. Recruits 1-4 will be invited early with an offer, recruits 7-8 will be scheduled to come in later with no early offer. Ideally, 1-4 commit on their visit but just the opposite probably will happen. Recruits 5-8 are less heavily recruited, have fewer offers and are more likely to commit before 1-4, complete all their trips. Do you offer 7-8 on their trip while 1-2 are deliberating? You don't want to turn down 5-8 because you may lose everybody above. Add to this the possibility that a school may be able to sign the top two running backs they are recruiting. They were only going to sign one so should they sign one less offensive linemen? These are some of the questions every staff goes through during this recruiting process. The bottom line is the college cannot accept all their offers because they have an NCAA limit. Either the recruits choose other schools, a college will "greyshirt" a signee (let him enroll the following mid-year and add him to next year's signees) or the school will pull the offer. Hopefully, it is not the latter.

It is all unofficial before the February signing date. A 17-year-old recruit can commit early, change his commit to another school or occasionally commit to more than one school. I've seen it all. It is my belief that a college or university should stand above the fickleness of a young recruit by dealing openly and fairly in this process. A family should not have to hear, "I'm sorry it's too late" unless they've been alerted earlier. Demand honest, open dialogue with the recruiter and his school.

VII. The Decision

This can be very easy or very difficult depending on many circumstances. The number of schools offering this young man is obviously a factor. If only one offer, the recruit has no leverage. Don't lose it by waiting. If a college believes the recruit is waiting for a better offer they may not be willing to wait with so many scholarships on the line. If numerous schools offer, start by eliminating. Begin by deciding where he's not going to go. This is the tough part.

Finally, refer again to the criteria we set forth in the

beginning. This is the recruit's first major decision of his life. The bottom line is, "What school will help me the most to attain my goals both in the near future (football) and in the long run (profession)?" It's important to choose a school, not a coach. College coaches move or get fired. Ask, "Would I want to go to school there if Coach _____ wasn't there?" Try to remove emotion from your decision. Consequently, it's important to look at this decision rationally and objectively. However, I do believe that, "a gut feeling" comes into play as well. The decision may not clearly be black or white. Very few decisions are. But in the end, with a good plan and parent's/coach's guidance a decision will be made.

After committing to a school, some very tough phone calls must be made to other schools. Thank them for their interest but the recruit must be firm in his decision. A "soft" commitment will only insure that the recruiting will continue. If phone calls or visits continue and the recruit is having difficulty saying "stop" the parent/coach must intervene. How a recruiter accepts "no" says a lot about that school. You, as the coach, take note for recruits down the road.

Hopefully, this recruiting experience from initial letters to signing date will be a positive one. It can be and should be. It helps to understand the process. Coach your players! ■

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SPRING IS BUSTIN' OUT ALL OVER

by Diane Taniguchi

Can you believe it? Spring is just around the corner and just a few weeks away! Soon the crocuses and daffodils will color the landscape, the birds will be chirping for food, and new growth will begin to show itself, too. What a nice change to the terribly cold and snowy winter we just experienced!

So, as the world turns to mark each day, closer and closer to a new season, so will the athletic world change from indoor to outdoor. Basketball will change to baseball or softball, swimming will change to tennis or golf, and wrestling will change to boys' lacrosse or soccer.

This then might be a good time to start thinking about your athlete's summer conditioning program, summer sport-specific camps, or even academic summer school to prepare for the fall sports which start in mid-August.

From March to June also should be a time when coaches should evaluate their athletic year and prepare for the new class of students. This is the period when fall sport coaches should take time to contact 8th grade students through their coaches, athletic administrators or physical education teachers. This is now time to remind them of the 2-year physicals that need to be completed, good grades, and what to expect in your sport specialty, etc. Too many 8th graders who do not participate in middle school sports show up late for fall sports and are not prepared enough to participate in a timely manner. Education of the procedure can help you either beef up your roster or give you a bigger field of athletes from which to choose players.

Middle school volleyball for Seattle Public Schools is just getting underway at 4 locations on Saturdays from 10 March to the first week in May; Lake Washington School District volleyball is at the schools during the week and is a few weeks long in February/March; Renton School District has 2-3 weeks of boys and girls volleyball in March, and the granddaddy of all middle school volleyball in the King County area, Kent School District, will be in April and May. The Cascade Middle School Volleyball League is in the fall, with basketball just ending in the winter.

During September to May other sports are dominant

around the Lake in the various middle schools and those are potential high school players as well. Track and field is coming up in the park departments as well as select and regular soccer, which are probably year 'round. Check with their coaches and/or administrators for potential competitors; take heed in your approach of contacting future players.

High school coaches are already stretched in responsibilities, however to add the small task of working with the middle school administrators, physical education teachers, or private club coaches could make your life a little easier next season. You can be a great help in the transition for the 8th grader.

Several high schools offer summer camps to all students with an emphasis on middle school athletes who can potentially fill their rosters in the future. This helps the 8th grader meet possible teammates ahead of the onslaught of introductions during the first day of high school tryouts and open up a new world of strangers-to-friends for her/him.

Spring is also a time when non-spring coaches can check out their own educational needs. Camps with or without your family, clinics in your sport, making time for the annual WIAA coaches school in July; and for those coaches who are officials in either your sport or another sport, this allows you time to catch up with that sport as well.

If you double as a teacher besides your coaching duties, this time can also allow you to check out other things for your class such as ordering supplies and texts, checking up on upcoming trends in your field, researching for classes in your subject area in or out of region and completing various other academic tasks you could not squeeze in during your sport season, and now might have a little more time to accomplish. At the rate technology is changing, a class or two in new 'toys' might be the motivation, impetus or light bulb to add a new drill or something unique to your daily practice/game-match next season.

Spring can also be a time for renewal in your life as a coach. It can be a time to check out other sports, to take time to try a new one, or to do things you did not have

time to do during your season...maybe even allow some time to relax. Then, you can take the next few weeks off, enjoy July and parts of August, and come back fresh and ready for a new season.

Come August, the slack time is over and everyone is back to an academic calendar to plan your practices and games around school activities and events. Hopefully, you would have been organized enough to have lots or all of the things in place during the spring so summer was truly a time off and enjoyable. Now, you are ready for a new season, a changed team with new players with fresh

ideas and minds, and new challenges. It should be another enjoyable (stressful?) time with your athletes.

So, coach, as the season changes to spring, take the time to smell the flowers, you will not regret it. Use this time wisely and you should find something new to take with you into the next season of sports whether it be fall, winter or the next spring. Have a great time off this summer and do take time to enjoy yourself, your family and your friends.

Meet up with you in the next publication. ■

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Coaching Philosophies and Removing Gall Bladders

by Bill Neville

A very good friend of mine is a highly skilled and respected surgeon. Years ago we played volleyball together and had many hours on long trips to solve most of the world's problems. Despite that world peace was in the offing I don't recall any world leaders asking for our solutions.

At length we discussed personal motivation and values that mold philosophies providing guidance for individuals in their respective professions.

One comment he made has stuck with me through the years.

"I have done a several hundred gall bladders", he said, (I assume he meant cutting them out using acceptable surgical procedures.) "To me, each surgery is one of many." he continued, "But, for the patient it is the only one and its his. I never want to take that single gall bladder for granted."

He explained to me that prior to each surgery he reviews the chapter on "Hacking Out Gall Bladders Correctly" despite having it virtually committed to memory. His review is basically symbolic but central to his philosophy of treating each patient as an individual.

Coaches work with groups: Teams, tryouts, camps, and clinics. We look out over a sea of young humanity. At times, it is difficult to see the individuals in the mass, each with her or his personal dreams and goals. Yet, the coaches' decisions, mannerisms, voice inflections, facial expressions, and gesticulations can have huge influence on each individual. Further, one verbal or non-verbal message sent can be received differently by different people.

Coaches have some basic decisions to make regardless of the subject: What is good for the individual and what is good for the team? Are they compatible? If not, which way to go?

Do our coaching philosophies accommodate the individuals' growth or just winning?

Does our coaching philosophies hold up under the pressure of institutional and personal needs to win when a sacrifice of an individual is imminent? If we don't have a strong, functional philosophy to guide our decisions, the temptations of the competitive moment can overwhelm an individual's welfare.

The movie "Hoosiers" is obligatory viewing for any real athletic aficionado. There is one scene that illustrates the coaching dilemma when the competitive moment runs contrary to philosophy.

The Cinderella team, little Hickory high school, is playing in the Regional finals with the winner advancing to State. Indiana did not classify schools by student body numbers so that all schools big and small participated in one all-state play-down. Based on a true story out of the early 1950's it has its

Hollywood moments but, if you are a sappy-sucker like me watching these things, the embellishments enhance the story.

Coach Gene Hackman (actually an actor showing great coaching potential) faces an intense situation where one of his key players opens up a previous wound. Hickory's bench is pathetically weak. The time is running down, the crowd screaming, the teams separated by a basket.

If we don't have a strong, functional philosophy to guide our decisions, the temptations of the competitive moment can overwhelm an individual's welfare.

The player comes to the sideline where the volunteer country doctor looks at the wound.

“Patch him up!” Coach Hackman demands.

“I can’t!” says the sawbones.

“PATCH HIM UP! *ARE YOU OUT OF YOUR MIND?*”

The doctor cringes and looks for needle and thread, while Hackman looks at the wound then verbalizes his educated diagnosis: “You’re fine. Get back in there.”

The kid eagerly concurs, his pain masked by the adrenaline and intensity of the moment.

Hackman starts to walk away, scratching his head, obviously reconsidering his decision of the moment. He calls a time out, tells the protesting boy to take a seat, and subs in a marginal player. Relieved, the doctor puts away his sewing kit.

The coach’s philosophy kicks in to make a sound judge-

ment for the player’s welfare. Tough call. The good news in this scenario is that Ollie, viewed as the team mascot and last option, goes in and, in the waning seconds, drops in two free throws to win.

He probably had some help from Hollywood.

Each coach must decide in a reflective, non-competitive, moment, on a philosophy he or she can live with even in the direst circumstances. Is your philosophy compatible with institutional administrators’ and the community’s expectations? We are never tested in theory discussions. The real test of our coaching philosophy comes when program results are on the line. How does yours hold up?

Think about it: If you are having a gall bladder or some other organ removed you want a surgeon who is guided by a sound philosophy. Don’t you?

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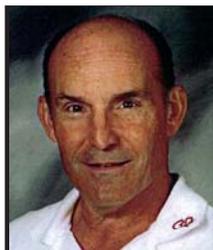


John Boitano

John played football for his dad at Garfield High School, and then attended Ingraham, where as a senior the team won the 1969 Metro League and State title. John played at the UW in 1970 & 1971. After a 32 year career, including stops at Ellensburg, Roosevelt, and Ingraham, John was the head coach at Arlington High School for 14 years. While at Arlington, they won four Wesco championships, and five second place finishes. He had an 83-53 record with six state playoff appearances. John was chosen to coach in the East-West All-State game in 1996.

Football was a family affair. John played for his father, brother Jay coached with him at Arlington, and his three sons Johnny, Jason and Joseph all played for him at Arlington. His greatest supporter is his wife of 32 years, Carol.

John has received many awards through the years. He was honored with Coach of the Year from area newspapers in 1997, 1999, 2000, 2004 and 2005. He is especially proud of the Coaching Excellence Award presented to him in 2005 by the Snohomish County Football Officials Association.



Tom Bate

Tom graduated from Castle Rock High School in 1966 and CWU in 1971. He played for Tom Parry in

1966 and 1968. Tom began his career in 1971 in Centralia, where he stayed until 1973. He moved to Battleground in 1974 and was the head coach from 1975-1977. Tom returned to Castle Rock as an assistant in 1979 before taking over the head duties from 1985-2004. His overall coaching record stands at 143-83, including five league titles, 11 playoff appearances, and a State championship in 1988. Tom has been both an assistant and head coach in the 2A/1A/B East-West All-State game in Yakima, as well as serving as the West Side coordinator for many years. Tom and his wife, Diana, have been married for 39 years and have two children.

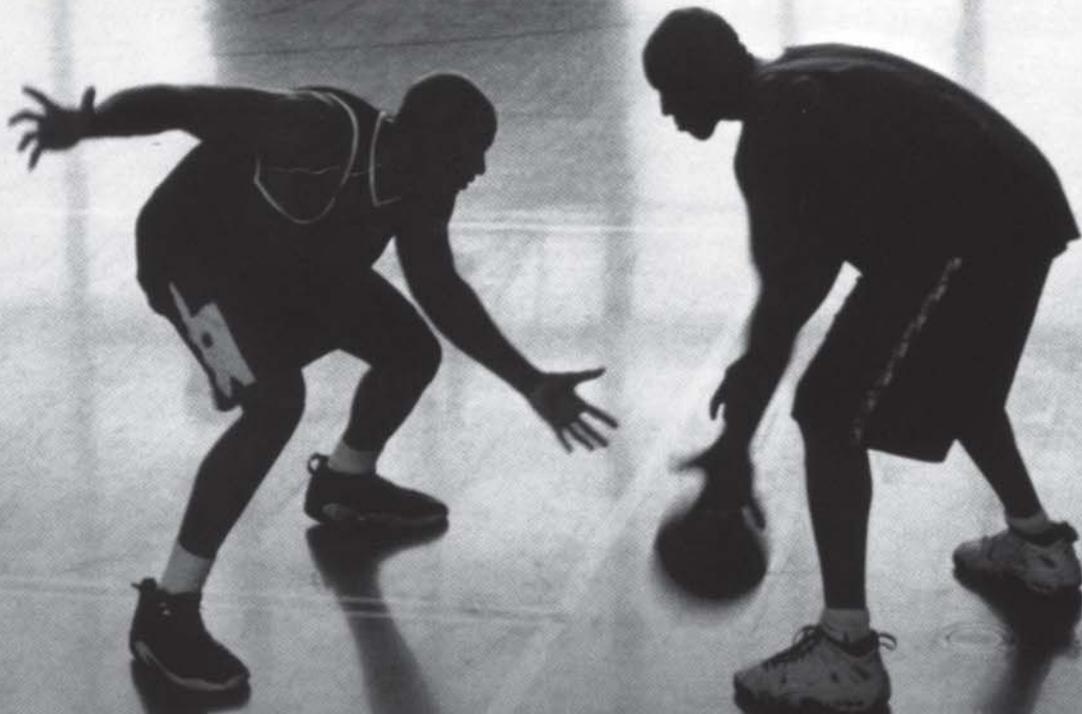


Frank Naish

Frank graduated from Blanchet High School in 1968 and attended Grays Harbor Community College for two years, playing baseball and football. He then attended CWU and played football for Tom Parry. Frank began his career in 1972 at Bellevue, followed by five years at O'Dea High School. He has been the head coach at Inglemoor for 28 years, and his overall win total stands at 187. This includes six Kingco titles and an appearance in the 1993 State championship game. He has twice been chosen to coach in the East-West All-State game. Frank and his wife, Teri, have been married for 29 years and have two children. Teri has missed only two games, and can usually be found on the sidelines keeping stats.

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