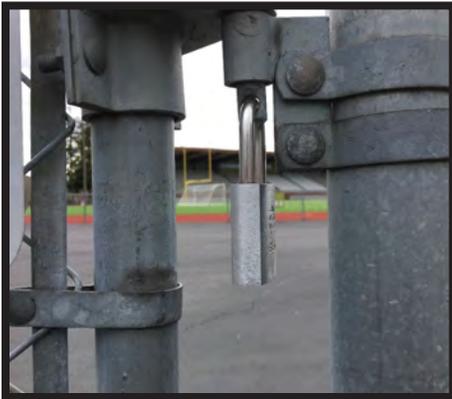


THE WASHINGTON GOACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



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WASHINGTON STATE

COACHES ASSOCIATION

A WASHINGTON STATE NON-PROFIT ORGANIZATION

Our Mission

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

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From the Editor

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

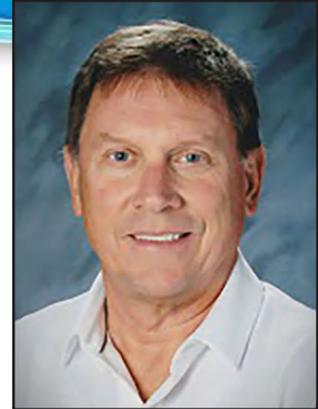
Presidents Message

Darrell Olson

Spring/Summer 2020

Fellow WSCA Members,

The 2019-'20 school year may be remembered for a number of things but without a doubt the complete shutdown of our state in March will be the headliner for this current generation. We, as coaches and educators, have been hit with the new stark reality in our professional and personal lives.....and that is there will be a 'new normal' coming our way fast.



Until our medical community can get COVID-19 controlled, we coaches will all be asking questions: What our school year will look like in September, no one knows at this point? What will our fall athletic programs will look like, no one knows? My worry is will we have face-to-face school? Will we have an athletic program to offer kids? I know school districts across our state are working hard coming up with Plans A, B, and C to start school in the fall, in some fashion.

I do want to give a shout out to Mick Hoffman and the entire WIAA staff for their handling of this situation as it pertains to our athletic programs in the state. None of the decisions that had to be made by WIAA were easy answers to the thousands of questions that they were dealing with daily once the virus entered our schools. The WSCA appreciates the leadership from Mick and his staff. Looking toward the next school year we know they will be deliberate in their decision making and taking all the necessary precautions to ensure the safety of our student/athletes and coaches.

My best to all of you. Those of us that are spring coaches.....what a spring sports season! Stay in touch with your athletes. Discover the beauty of Zoom meetings.

We will return next school year. We will figure this out. And there will be a new normal that everyone will have to figure out and accept.

Enjoy the summer. Be thankful for all the blessings we see and do not see.

Be safe. Stay healthy. Keep your distance.

Darrell Olson
President



From The Sidelines

by Jerry Parrish

- ✓ Anyone can be a starter, it takes moxie to be a finisher.
- ✓ The first and best place to look for a helping hand is at the end of your own arm.
- ✓ To be a good leader, you must first learn to follow.
- ✓ Sooner or later it's going to be up to you. Be ready to take responsibility.
- ✓ Free advice is usually worth the price you paid for it.
- ✓ Good things take time...bad things don't.
- ✓ Never, ever forget the value of saying "thank you".
- ✓ It takes about a thousand "atta boys" to overturn one "you meatball!".
- ✓ Treat traditions with respect.
- ✓ If you need a job done, give it to the busiest one you can find.
- ✓ At crunch time, it's always good to have someone on your team who wants the ball.

Reminder:

New 2020-21 WSCA registration instructions will be posted on or shortly after June 1st.

May your next adventure be right around the corner!

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: wsca-editor@comcast.net

Washington State Coaches Association

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.

- Eligible to coach in sanctioned WSCA all state games. WIAA will only authorize WSCA sanctioned All-State events
- Receive reduced fee's 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 **Life Time Achievement** programs
- Provide reimbursement to each sport group for enrollment in WSCA

- 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 \$1 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 Reps into the WSCA
- By becoming a member of the WSCA, you are taking a proactive approach to working on issues facing our coaching profession

Washington State Coaches Association Insurance

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

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

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

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

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

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

The insurance policy is underwritten by K&K Insurance.

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



Your opportunity to make contact with over 4,000 coaches throughout the state comes by choosing to advertise in "The Washington Coach." Published online three times a year on the Washington State Coaches Association website, washcoach.net, "The Washington Coach" provides information and a forum to our membership with the intent to enhance the highest possible knowledge, standards and ethics in the coaching profession.

Rates for 3 issues:

■ Full Page (7"x 9") \$500.00 ■ Half Page (7"x4.5") \$320.00 ■ Quarter Page (3.5"x4.5") \$200.00

Rates for 1, 2 issues are also available.

Contact, Michael H. Schick, Editor "The Washington Coach" Email: wsca-editor@comcast.net

Cell phone: 253-318-9432



Reconditioned Football Helmets Update

Dear Coaches,

WSCA wanted to share some information with you regarding reconditioned football helmets for next season.

VICIS has been purchased by Schutt. Basically what this means is the technology portion of VICIS is now owned by Schutt. What has yet to be determined is will there be any extension of VICIS insurance warranty, which is set to go away as of June 1 and will Schutt be re-conditioning VICIS helmets at their various re-conditioning sites? Again, this is not known yet. Currently what we do know is if any schools have VICIS helmets in their inventory, either purchased by the school or a parent, that helmet will not have insurance coverage effective June 1.

All re-conditioning plants are closed. There are currently 28 different plants across the US and some will be opening up depending upon States determining what now becomes "essential work places", I don't think we know that yet. If you have not received your re-conditioned helmets back yet, best practice may be to check with your vendor and see if they can track your helmets and to see what stage of re-conditioning they may be. If helmets are completed and just need to be shipped, this may give coaches a little better time frame than if helmets have not begun the re-conditioning process.

We ask you to please be patient! They all want to be working but are unable. We believe the start date to high school and college football will be pushed back to September. If so, this will give a few more weeks to get the reconditioned helmets back to the schools.

We will send updated information as we receive it.

Thanks for your support. ■





Run for Fun to 21 Cross-Country State Championships

Coach Mark Kerr, Sehome Mariners

By Lane C Dowell

A few years ago, Merri Rieger*, then Vice Principal at Bremerton High, asked me to help select a new Social Studies teacher for the high school. Being a member of that department, I was honored, for I had a great deal respect for Merri, one of the best administrators I worked with in the field of education.

We hired Mark Kerr. Our three-person selection team was unanimous. It was evident during the interview in Rieger's words, "...not only was he smart, talented, and dedicated, he also had a specialness to him to which kids will respond." Mark was dedicated to providing the absolute best instruction to students each and every day.

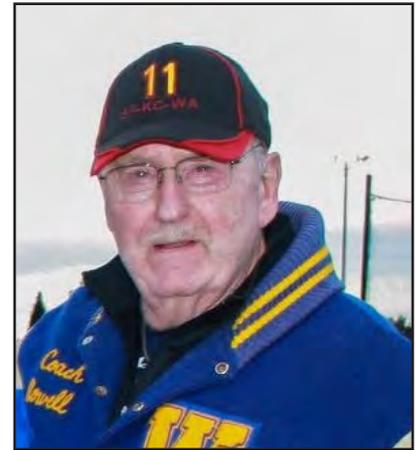
This same dedication he provided for instruction extended to the Cross Country and Track and Field arenas. Mark was and is a relentless researcher on what is cutting edge

instructional strategies, athletic training, and competition practices. Kids gravitated to Mark, and his classes were in high demand. He and Head Coach Bob Becker grew the T&F and XC programs while he was at Bremerton High School. Mark made learning and practicing fun. Kids saw how hard he worked, how organized he was, and how he brought fun to learning and turnouts. They wanted to be a part of his programs. We knew that Mark brought his "A" game every day and so did his students and athletes.

Coach Bob Becker, Bremerton Head Track & Field and Head Cross-Country Coach, talks about Coach Kerr:

I had a great time coaching with Mark. He was always prepared for the day's coaching activities. He related

continued on page 8



Lane C Dowell,
Correspondent for The Washington Coach
Lifetime Member WSCA
WSTFCA HOF Lane C Dowell
Field & Track Coach
West High Bremerton
Football Coach West High Bremerton
& Olympic High

Article photos courtesy of Mark Kerr

continued from page 7

well to the athletes and was able to get the most out of them. Mark was also a great Social Studies teacher. We also spent many hours together at practices and meets.

I guess what made our program work so well was that we jointly prepared the season from start to finish, from first day of getting to know the athletes to guiding them to the state meet. We also made sure that everyone was having fun along the way with crazy relays or a “try a different event” day. Mark had a quiet, calming manner that was very helpful in relieving stress. Mark and Sharon were great friends with Jan and me outside of school activities and we were sad to see them leave Bremerton.

Washington Coach: Coach, have you always been intorunning or were you motivated by another coach?

Coach Kerr: I ran track in high school and after reconstructive knee surgery from a football injury, I ran XC the last 2 years of high school. I should have kept running in college, but instead I became focused on my studies. After getting my first teaching job at Bremerton High, Bob Becker gave me on-job training as a T&F and XC coach. He also got me re-involved in distance running with a group of faculty members that hit the roads together. I had never thought

about coaching or doing much serious running again, but that is where it started.

WC: Describe your coaching philosophy? Having taught next to you at Bremerton High for a couple of years I would speculate the backbone of your philosophy would be having FUN...teaching the love of running.

CK: Working with Bob Becker for 5 years at Bremerton allowed me to see how to build a “running family” for our student athletes. On XC meet days, Jan Becker cooked a team breakfast, and after home meets we gathered for some of Bob’s homemade root beer while he typed up the results.

My goal was to bring that community feel to the young adults at Sehome. For Saturday practices, I brought in a couple of waffle makers and made breakfast after our run and weight-lifting work. Summer runs around Lake Padden ended with Otterpops and socializing. I wanted these young adults to learn to love running, knowing they would be supported every step of the way. We only had 39 runners the first year (1999) and by year 4, the girls were state champs and the boys were 1 point out of 2nd with Alex Grant as the individual champion.

I recruited students from my classes, made extra morning announcements about XC, added an XC bulletin board outside my class with

lots of photos of the runners working hard and having fun. By 2010, we had nearly 170 kids on the team, and parents now make the waffles on Saturday!

So, what is my coaching philosophy? Be honest with young adults and support them. Make sure they are physically and mentally prepared. Make sure each and every kid knows that you want them to be there. Distance running is one of the most individually challenging sports that you can do, and I wanted to help kids through these challenges. As a teacher, I was trained to address “the affective domain” of students: Do kids feel valued? If not, then you aren’t doing it right!

WC: What lured you to Bellingham?

CK: We moved to Taipei for a 2-year teaching contract after my first daughter was born for financial reasons (a tax-free pay and much, much higher teacher salary). We moved back to Washington to be closer to our parents and so the soon-to-be two daughters would know their grandparents. North Kitsap had an opening, but I was offered a job at Sehome first. We went to WWU and were excited to raise our kids in Bellingham. I was an assistant coach in Taipei and I had no idea I would coach again. I’ve always just viewed myself as a teacher, and I never expected to get into coaching - or thought I would get



“When both teams win a state title, the athletes get to shave my beard and cut my hair. Of the 21 state titles, I was able to get my haircut at state six time on the State Course!”

Left - Coach Kerr as he walks into the State Meet. Right - Colton Johnson, getting rid of Kerr’s facial hair. His older brother, Conner, had this opportunity as well.



Sehome boys with trophy - Caption: The 2005/06 Sehome XC team cut their hair just before the state meet during their junior and senior years. Jake Riley (with the trophy) let his hair grow for a full year before the cut. Riley placed second in the Marathon at the Atlanta February 2020 Olympic Trials and he has earned a spot on the 2021 USA Olympic Team.

into coaching. You can blame that on Coach Bob Becker!

WC: When long distance running is a topic of discussions and Sehome Cross-Country enters the discussion, your Mariners are referred to as a dynasty. How do you feel about that?

CK: I'm really uncomfortable with that word. The goal is to give kids a chance to achieve excellence. Each year we plan what it will take to do well at State. When that season ends we start planning for the next year. Make a plan and stick to it. That other word you mentioned is not part of the plan!

WC: Beside the fact of having quality athletes, what are some of the other features that contributed to a phenomenal record at Sehome High? Is there a fountain of youth at the top of Raymond Street Hill?

CK: In year 2, Al Reimer started coaching at Sehome and he took us on the "Horse Trails" at Lake Padden and into the Chuckanut Mountains for our long runs. Al showed us how to build a larger mileage base with healthy aerobic running. Al was also still racing, and he was coached by New Zealand Olympic medalist, Barry Magee. Magee was coaching high school runners at the time, and our in-season training model was based on what Magee was doing in New Zealand (hill repeats, 1k repeats, a large quantity of strides with easy

days in between). Since then we have added specific tempo running following the Jack Daniel's model. We have built a reputation of running hills year-round at the Sehome Arboretum across the street from the high school. Otherwise, we encourage athletes to get up in the mountains for a 2-hour run each week. Summer and winter runs, we would often meet at Whatcom Falls Park and run up Raymond Street where it dead ends to a trail that was one of the few access points to Galbraith Mountain (currently there are several access points to Galbraith). Galbraith tops out at around 1,800 feet and a typical run would be to run up to the radio tower at the 1,800-foot mark and back down for about a 90-minute run. Typical long runs would get up to 2 to 2 1/2 hours for veteran runners, either running on Galbraith or the Sehome side of town in the Chuckanut Mountains.



WC: As a coach I have always felt that teaching mental toughness is a

must to travel the road to success. Your view on this?

CK: I go back to years 2 through 5 when Al coached at Sehome. He emphasized that whatever pain you will experience on race day - and there will be pain - that you must experience that during workouts. If you can do 20 hill repeats during practice, then you will conquer any hill on race day. Distance running is about guts so let's do that 6th or 7th 1k repeat! We preach this all season long during our toughest workouts so when we get to the big Saturday Invite or the State Meet, we are ready for the pain.

WC: What, who are a few of your most memorable experiences, athletes, teams?

CK: You know you are getting old when it's hard to put each season front and center, but we have had runners that had a goal or being able to run an entire 5k by the end of the season while other kids were training for a state title. My wife was stopped by a former runner a few weeks ago. She is 27 and she just finished her MA in History, and she had also signed up for her first ultra-race! She is a wonderful young adult that could never earn a spot in the top 7, but she beams when she talks about her time as a runner for Sehome XC. I'll take that!

WC: What would you like your

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XC Girls & Boys on Sehome Hill 2009

legacy to be when you retire from Sehome and long distance running?

CK: I always wanted the young adults in Sehome XC to feel proud of what they did and what they accomplished. The accolades go to them... they did the workouts and ran the races...I just held the stopwatch.

Coach Mark Kerr began his Sehome career in 1999. He left to take care of his mother for a short time with Coach Kevin Ryan and Coach John Collins are in charge.

11 State Titles for Boys and 10 State Titles for Girls. Mark Kerr and his staff made running fun at Sehome.

And the Future is bright!

Sehome is currently grooming a superfast 9th grader Zack Munson along with a few other kids. Kerr says, "I'm pretty sure we have never had an incoming 9th grader go sub 5 minutes for the mile in the 8th grade."

*Merri Rieger went on to become an Assistant Superintendent in Kent and eventually the Superintendent in Renton. She became the Head Starter for the state meets in Tacoma.

**This article is dedicated to my cousin, Mary Anne Radder, who proudly watched the Sehome athletes conquer Raymond Street Hill in quest of another title. ■

Semancik

FOUNDATION

We are proud to introduce the first recipients of the Semancik BHS Letterman Jackets! Garrett Lawson, tennis; Patricia Reyes, volleyball; Enrique Brambila, cross country; Kelo Logova, football; Audrey Frazier, girls' swimming (not pictured) make up the inaugural group.



These student athletes show leadership on and off the field, track, pool or court! The Semancik Foundation is committed to awarding a letterman jacket to one student athlete in each sport who exemplifies what a student leader should be! Together we hope to bolster the strong tradition of excellence at Bremerton High School. ■



Burnett - Ennis 2020 Scholarship Recipients



**Ryan Anderson and dad
Aaron**



**Noelani Barreith and mom
Kaelea**



**Kierra Brandt and mom
Patty**



**McKenna Burge and dad
Doug**



Emma Jensen and dad Terry



**Colby Kurle, dad Eric and
mom Erika**



**Gabe McMillan and dad
Greg**



**Javin Morrison and dad
Dwaine**

Burnett - Ennis 2020 Scholarship Recipients



**Alexis Perkins and dad
Shawn**



Zane Perleberg and dad Rick



**Lauren Stubbs and dad
Michael**



Sydney Taggart and dad Mike



**Brent VanderVeen and dad
Larry**



**Camden Weber and dad
Lawrence**

**Photo not available
Carter Edens**





Strength training outside of the school or gym



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

It is the spring of 2020 and our nation is in the midst of the coronavirus pandemic^{1,2}. This has a high lethality rate when compared to the flu, it is in every state, and many people throughout the world are dying from it, including citizen's right here in Washington State.

The governor has declared that many businesses, including physical fitness gyms, must close. The State has also closed all of the schools for the rest of the current school year. So where are your students going to get their training in with the gyms and schools closed?

In my case, athletes have been calling to find out if they can come over and lift in my gym, which is not open. However, I am making a few equipment suggestions to them so they can get stronger on their own.

The following paragraphs will explain some of the different things that I have done in and outside of my gym to help people get stronger. Perhaps some of the suggestions will fit your athletes as well as they have mine.

Background

Over the years I have experimented with using different kinds of equipment and techniques to get stronger, some worked quite well while others have just plain sucked and I ended up injured.

I like trying new things out but

being not one of wealthy means I've have had to make much of my unique strength equipment.

Some of my equipment included putting water, sand, and gravel into 5-gallon buckets with lids. Using bicycle and motorcycle inner tubes filled with sand and sealed off as sandbags.

Adapting for use logging skidder chains for increasing the resistance at the end range of motion during a lift. Using schedule 80 and schedule 40 PVC as bars for bilateral exercises and various sizes of black PVC pipe for grip strength.

You can use different sizes of surgical tubing and the old-style spring types of exercise gear for many exercises.

Plastic milk containers and various sized rocks work for most multi-joint movements. The use of 2x4 and 2x6 lumber will make almost anything in the way of exercise safety equipment such as a power rack, calf raises, and a sit up bench.

Use banister handrail material for developing grip strength while doing chin-ups.

Use 1" and 2" pipefittings for holding plates together for different exercises such as the Roman Chair, back extensions and sit ups, if you are still doing these outdated so called abdominal mid-torso movements.

Other low cost equipment options

include car tires on wheels with 2" exhaust pipe materials acting as the bar would with regular weight plates.

Kitchen chairs are useful for doing chair shoulder shrugs or triceps dips if their shoulders tolerate them.

Make use of the floor for curl ups, the bed for leg raises and reverse hyperextensions. Try the lazy boy style of chair to work the hamstrings when closing it up...to name just a few household items that will help maintain fitness levels to a certain extent.

Use heavy barge boat ropes, chains, and weighted handles with PVC or pipe components with weight plates attached and swivels at the end for skipping rope. Caution is necessary when using the chain because if it is not going fast enough it will hit the back of your head. I do not recommend skipping backward with a chain.

A skip rope is an essential piece of gear. I'd suggest getting a skip rope. Buy a length of half to three quarter inch diameter sized fiber rope at the hardware store. The right length is about twice your height off the spool. It's long enough when you can stand in the middle and each end comes up to your shoulders. Cut it off and then have the ends sealed to prevent it from fraying. You're all set to go for the cardio portion of your exercise program.



Motorcycle inner tubes are generally free after being replaced with a new one and then discarded by the motorcycle shop. These work well when filled with traction sand. The ones shown here weigh anywhere from 25 to 45 pounds. A bag of traction sand costs under seven dollars.



Milk containers, one quart and one gallon³, marked out for an estimate of the weight in each size.



Muller pipe for the belt squat using the class III lever principle to provide resistance with a minimal weight attached.

I am also in the process of developing a unilateral, third-class lever, bench press outfit that has shown promise in the initial tests. So far, the 2x6 wood prototype works and the next is one out of schedule 80 PVC. Due to the lever principle, these develop heavy loads, with minimum weight, which is ideal for the home gym with minimum weights available.

A small 300-pound weight set with all the weight on the belt squat gives you 750 pounds of resistance. This is enough for most younger athletes.



Weight releaser on and released after it touched the floor at the bottom of the lift.

These can be loaded up with a heavyweight to provide a hefty eccentric contraction. As soon as it touches the floor, it immediately releases and allows a high-speed concentric contraction back up. When using these, the bar is normally loaded with at least 80% of your one-repetition maximum for the concentric contraction.

You can attach pulleys and bolts on the top of a power rack, ceiling or floor joist to eliminate all eccentric contractions. However, this takes a second person to operate it unless you have added a 12 Volt portable winch remote control set up to the power rack.

Some of these have cost me a bundle of money like the 2-inch tubing, machine shop built marked and grooved at the standard Olympic bar positions, knurled with threads and caps on both ends. The caps have

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continued from page 15

held, at different times, water and oil but currently, they're holding ball bearings. The bearings seem to work the best.

The setup provides a constant motion while lifting which means you have to be very precise in holding onto the bar following the groove. If you don't, all the material inside slips to one side and you are constantly correcting the bar path while you're lifting. This helps develop the small synergistic muscles.



Step up boxes



Adjustable box squat



2x6 Boards for the board press



Board press boards



Schedule 80 PVC with band and 25 LB wt



Schedule 80 PVC with band and 25 LB wt



Higher step up box
The schedule 40 and schedule 80 PVC

I might also add that of the PVC contraptions, one of the first was an efficient weight releaser, previously described.

The schedule 40 and schedule 80 PVC, 2-inch pipes simulate a

Tsunami or bamboo bar. These are relatively inexpensive and come in 10-foot lengths. They operate in a similar manner to the liquid-filled bar in that they are constantly forcing synergistic muscles to adapt throughout the entirety of the lift. This is a great way to rehab because not much weight is necessary to achieve the desired results of range of motion, endurance, and finally strength.

Adding elastic material looped through the weight plate and hooked over each end of the PVC bar gives a phenomenal perturbation to the PVC bar. This is excellent for use after heavy lifting sessions with the large muscle group exercises such as the military presses, squats, bench presses, barbell curls, and whatever other exercises you decide to try it on.

I have had continued success building stuff out of PVC to see if it actually works and then transferring it into round tubing and having it bent into a useful product.

One of my first efforts was making a Monolift squat device. This is a device that fits on your power rack, or if you are wealthy just buy the full system, which is very expensive.

The Monolift allows the lifter to squat heavy by setting up into the squat stance, lifting the bar up, at which point the device separates from the bar, and the lifter starts squatting without having to step back. This means your athlete no longer has to walk out and back up to get into a position to squat.

Even though this worked well I kept running into it when I wasn't using it. I finally decided that the scars on my head were not worth having this outfit on the power rack. The metal ended up useful for other purposes.

There is probably a whole lot more that I forgot about, but if I went out into the gym, I could probably find

them out there. For some reason, I have a hard time throwing away my exercise equipment because over the years I've periodically gravitated back to using it.

The point of all this is you don't need to have a gym membership. You don't have to spend a lot of money to get strong. If you look at any the literature of the old-time strongmen and even somewhat of a modern era, the Bill Pearls of the late 50s and 60s, they all used basic weight equipment.

If they didn't have the equipment they built it, as Vince Gironda did for Larry Scott, winner of the first Mr. Olympia, in 1965 with his Preacher curl bench. Or they adapted something else to help them get stronger such as using logs or rocks, large water jugs from a commercial water cooler, or wheels tires. Anything heavy.

For instance, behind the gym, I have a series of rocks. They start at about 10 pounds and go up to right around 40 to 50 pounds. They are difficult to handle and without gloves, they will tear your hands up. Since I live in an area where there are many rocks, I have my choice of which one of these to use. Some of the trainees have adapted very quickly to using the rocks whereas others did not enjoy the experience at all.

I have found that you can do practically any exercise with these rocks. Starting with many variations of the squat, military presses, calf raises, curls, and triceps extensions, back extensions, good mornings curl ups....

The exercise list is endless and limited only by your imagination and creativity.

Here are just a few more examples of things you can make that don't cost a lot of money.

The first example is a dynamic ankle resistance device or DARD, also referred to as a shin blaster because

it works the anterior portion of the lower leg. If your athlete wants to train both the front and back of their lower leg, they would begin with calf raises followed by the shin blaster for high repetitions.



This one is from 2 inch PVC.



Start bottom position



Ending top position

As can be seen in the photos, this does not require a lot of weight because of the high repetitions used in building up the endurance of these muscles. Just as you do working your calves.



Here is an example of available surgical tubing, the green one is a small, low resistant rehab surgical tubing. These generally sell by the foot and you don't need a great deal of it. However, some of these, as you can see, are pretty long. They are useful for military presses and squats.



The next photo shows a tube holder. This wraps around the door and is useful for moving the tubes anchor point up or down depending on the particular exercise.

Go here to see the equipment alternative summer schedule

<https://wordpress.com/block-editor/post/explosivelyfit.blog/2068>

Password: WScasummer2020

continued on page 18

Continued from page 17

Equipment alternative summer schedule for the strengthening out of gym program CORVID-19

With the outbreak of the Coronavirus/2019, it is time to take a look at alternative ways to keep your athletes strong. Our school has been closed for almost a week and ½ now. My athletes have already missed a big competition in Missoula, Montana.

The following is an article, written earlier, that is still appropriate today.

The difference between what was written earlier and now is how are your athletes going to apply the information. I believe it is going to come from you and you how you present the information provided in creating novel ways of adding external load to the exercises.

Use some of the equipment ideas from the previous paragraphs and insert them as appropriate in the following schedule.

The summer schedule

The summer break is nearly upon us. Now is the time to develop the plan to keep our students, and student athletes, in shape over the next three months. In nearly every situation, the stronger athlete will win out over a weaker athlete. It doesn't matter if your student is in cross country, football, or other sport; the stronger they are, the better they will do, all things considered.

By this time of year, the students are ready for a break from the intense training and competing in their individually chosen sport. Now is also the time to develop more strength and power in their bodies. Taking lengthy breaks from training only helps the opposition and does NOTHING for your athlete's physical condition. How you set up the summer program will determine the outcome.

Begin the schedule with two weeks of low intensity, low volume, and non-stressful fun workouts. Introduce new exercises, new angles of lifting, different pace counts, different apparatus to lift with and a very short series of sessions three times a week.

Always go full range of motion in each of the exercises. Once the athlete has accommodated to this pattern of lifting, begin to change the sets and reps around to match the goals of increased strength and power output.

Three days a week for periods of 40-45 minutes duration and then out of the weight room. The expectation is the athlete will continue a flexibility program at home with guidance from you, their coach. This is the beginning of the hypertrophy phase. Follow this increasing volume plan for three to four weeks, then drastically drop the volume and raise the intensity up to the 85-90% 1 RM for two weeks.

Direct the off days toward cardio training sessions-as long as they are light days. Heavy cardio and strength training regimens conflict with one another to a certain degree.

Rest and good nutrition are essential to building quality muscle tissue. The emphasis on rest cannot be overstated; your athletes have to get enough sleep to become stronger.

Monday, Wednesday and Friday or a combination of nonconsecutive days strength training will suit your athlete just fine. Set up the workout schedule to suit their circumstances and they will blossom in the weight room.

The month of June would look something like this.

Week one

Monday

The set and repetition scheme is three sets of eight reps (3x8) and out of the weight room. Stick to the in-

tensity ranges of 50-70% 1 RM. The work to rest ratio is 1:1. If it takes ten seconds to complete a set, the rest is then ten seconds before starting the next set.

Dynamic warm up

- Skip rope 100-200 hits or for two to three minutes
- Cat and camel low back movements
- Planks (360s) held in the proper position for two to 10 seconds each W;R is 1:1
- Arm and leg rotations 10 each direction
- Bodyweight squats 10-15
- Good mornings 10-15
- Curl ups

Exercises-the majority are compound joint movements all with suggestions for external loading.

- Squats-full squats use buckets for goblet squats, overhead squats, inner tube sand bags, PVC with external loads attached to the ends, elastic material such as tubing, chains over the shoulders
- Military presses-PVC, Tubes, sandbags, chains on the ends of 1 inch pipe, rocks
- Pull downs-tubes, ropes over a tree branch with weight attached,
- Romanian dead lifts-inner tubes with sand, 5 gallon buckets, rocks
- Bench presses-PVC, inner tubes,
- Bar bell rows-inner tubes, buckets, chains, rocks
- Calf raises-buckets, inner tubes, chains

Wednesday

The set and repetition scheme is two sets of eight reps (2x8) and out of the weight room. Stick to the intensity ranges of 50-70% 1 RM.

Dynamic warm up

- Skip rope 100-200 hits or for two to three minutes
- Cat and camel low back movements
- 360's held in the proper position for two to ten seconds each
- Arm and leg rotations
- Bodyweight squats
- Good mornings
- Curl ups

Exercises

- Bench Squats
- Military presses
- Narrow grip pull downs
- Dead lifts
- Incline bench presses
- Bar bell rows
- Calf raises
- DARD exercise

Friday

The set and repetition scheme is four sets of eight reps and out of the weight room. Stick to the intensity ranges of 65-70% 1 RM.

Dynamic warm up

- Skip rope 100-200 hits or for two to three minutes
- Cat and camel low back movements
- 360's held in the proper position for two to ten seconds each
- Arm and leg rotations
- Bodyweight squats
- Good mornings
- Curl ups

Exercises

- Overhead Squats
- Dumbbell Military presses
- Wide grip pull downs
- Dead lifts off the rack pins at knee height
- Decline bench presses
- Dumbbell rows
- Calf raises

Week two

The intensity stays the same but the volume rises with sets of two to four and repetitions of twelve. Work to rest remains at 1:1.

Monday

Do two to four sets of twelve repetitions with 50-70% 1 RM.

Dynamic warm up

- Skip rope 150-250 hits or for two to four minutes
- Cat and camel low back movements
- 360's held in the proper position for two to ten seconds each
- Arm and leg rotations
- Bodyweight squats
- Good mornings
- Curl ups

Exercises

- Military presses
- Chin ups
- Bench presses
- T bar rows
- Front squats
- Calf raises
- Straight leg dead lifts

Wednesday

Three sets of twelve repetitions at 50-70% 1 RM.

Dynamic warm up

- Skip rope 150-250 hits or for two to four minutes
- Cat and camel low back movements
- 360's held in the proper position for two to ten seconds each
- Arm and leg rotations
- Bodyweight squats
- Good mornings
- Curl ups

Exercises

- Squats
- Bench presses
- Dead lifts
- Military presses
- Triceps extensions
- Calf raises

- Bar bell rows
- Hanging leg raises

Friday

The repetitions range from 12-16 for three to four sets at 60-70% 1 RM.

Dynamic warm up

- Skip rope 150-250 hits or for two to four minutes
- Cat and camel low back movements
- 360's held in the proper position for two to ten seconds each
- Arm and leg rotations
- Bodyweight squats
- Good mornings
- Curl ups

Exercises

- Military presses
- Reverse grip wide pull downs
- Back extensions
- Decline Bench presses
- Triceps extensions
- Front raises
- Barbell rows
- Front squats
- One leg calf raises

Week three

This week will be very high volume, up in the seventy five to one hundred rep ranges for certain exercises. The work to rest ratio is 1:2. Sets and reps are stated in this fashion: 4 x 25 means four sets of twenty-five reps.

Monday

Dynamic warm up

- Skip rope 150-250 hits or for two to four minutes
- Cat and camel low back movements
- 360's held in the proper position for two to ten seconds each
- Arm and leg rotations
- Bodyweight squats
- Good mornings
- Curl ups

continued on page 20

Exercises

- Dumbbell military presses-2 x 20 followed by Military presses 2 x 20
- Slant board sit ups-35
- Sissy squats against the bench 3 x 20 followed by bench squats 2 x 20. Make sure the bench does not move when squatting back onto it. This volume may make some of your athletes nauseous so watch over them very carefully. I do not adhere to the 'puke index' method of training.
- Calf raises-3 x 25 followed by seated calf raises- 3 x 25
- Good mornings-2 x 12 followed by back extensions-2 x 12
- Dumbbell bench presses 2 x 15 followed by bench presses-2 x 15
- Dumbbell rows-2 x 15 followed by barbell rows-2 x 15
- Continuous tension sit ups-2 x 12 followed Side raises-2 x 12 (these are performed with your athlete laying on their side on a flat bench, with the feet held and the upper torso off the end of the bench. The movement is a lateral move up and down from the horizontal to the floor and back up to above horizontal)

Wednesday

Dynamic warm up

- Skip rope 150-250 hits or for two to four minutes
- Cat and camel low back movements
- 360's held in the proper position for two to ten seconds each

- Arm and leg rotations
- Bodyweight squats
- Good mornings
- Curl ups

Exercises

- Dumbbell military presses-2 x 20 followed by Military presses-2 x 20
- Slant board sit ups-35
- Sissy squat against the bench-3 x 20 followed by bench squats 2 x 20. This volume may make some of your athletes nauseous so watch over them very carefully. I do not adhere to the 'puke index' method of training.
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- Dumbbell rows-2 x 15 followed by barbell rows-2 x 15
- Continuous tension sit ups-2 x 12 followed Side raises-2 x 12 (these are performed with your athlete laying on their side on a flat bench, with the feet held and the upper torso off the end of the bench. The movement is a lateral move up and down from the horizontal to the floor and back up to above horizontal)

Friday

Cut back on the volume by dropping the sets to three and the reps to eight. Work to rest is 1:1.

Dynamic warm up

- Skip rope 150-250 hits or for two to four minutes
- Cat and camel low back movements
- 360's held in the proper position for two to ten seconds each

- Arm and leg rotations
- Bodyweight squats
- Good mornings
- Curl ups

Exercises

- Squats-full squats
- Military presses
- Pull downs
- Romanian dead lifts
- Curl ups
- Bench presses
- Bar bell rows
- Calf raises

Week four

This will be the beginning of a two-week strength and power phase. Give some consideration to a four day a week schedule for the remainder of the summer. A good example is one based on lifting on Monday, Tuesday, Thursday and Friday. Monday and Thursdays are lower body and Tuesdays and Fridays upper body. The sets are higher and the repetitions are lower. Begin the week with six sets of four repetitions. The work to rest ratio is 1:3-4.

Monday

Dynamic warm up

- Skip rope for two to four minutes
- Arm and leg rotations jogging for thirty seconds
- Russian twists
- Wood chops
- Diagonal wood chops
- Curl ups

Exercises-go heavy

- Squats
- Romanian dead lifts or regular dead lifts
- Bench presses
- Barbell rows
- Military presses
- Pull downs
- Triceps extensions
- Front raises

Wednesday

Six sets of four repetitions

Dynamic warm up

- Skip rope for two to four minutes
- Arm and leg rotations jogging for thirty seconds
- Russian twists
- Wood chops
- Diagonal wood chops
- Curl ups

Exercises

- Squats
- Romanian dead lifts or regular dead lifts
- Bench presses
- Barbell rows
- Military presses
- Pull downs
- Triceps extensions
- Front raises

Friday

Six sets of four repetitions

Dynamic warm up

- Skip rope for two to four minutes
- Arm and leg rotations jogging for thirty seconds
- Russian twists
- Wood chops
- Diagonal wood chops
- Curl ups

Exercises

- Squats
- Romanian dead lifts or regular dead lifts
- Bench presses
- Barbell rows-stay at four sets of eight reps
- Military presses
- Pull downs-stay at four sets of eight reps

Week five

Monday

Pick out your exercises and do them for five to six sets of three. The work to rest ratio remains at 1:3-4.

Wednesday

Select your exercises and perform them for five sets of two repetitions with a work to rest ratio of 1:4-5 or longer depending on each individual. Rests lasting longer than six to eight minutes may require a second warm up session.

1 Rep max day-Friday or the following Monday

Pick out the exercises and follow a maximum attempt schedule. The work to rest is 1:4-5 or more.

- 1RM
- 40% 1x8
- 1 minute rest
- 60% 1x5

- 2 minute rest
- 80% 1x2
- 3 minute rest
- 90% 1x1
- 3 minute rest
- 100% 1x1
- 3 minute rest
- 102-3% 1x1

The July schedule begins with a second week of strength and power based sets and reps. Keep the exercises similar by utilizing multi joint movements wherever possible. Lower the sets to five and the repetitions to two. Find a new 1 RM at the end of the second week and base your next phase on this result.

The next three weeks would again be devoted to increasing the hypertrophy of the athletes. Lower the reps into the ten to twelve ranges for four to five sets and once again build up from there for the next several weeks. Establish the work to rest ratio at 1:2 for the remainder of the month.

At the end of the month set up another strength and power phase. Conduct one repetition maximum test and repeat the strength and power sequence one more time until fall sports practices begin. Taper off the volume but keep the intensity at a high level just prior to the start of fall sports.

If you have questions send an email explosivelyfit@gmail.com

Endnotes

¹ <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

² <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>

³ <https://dairy-cattle.extension.org/how-much-does-milk-weigh/2.15-lb>
A gallon of milk weighs 8.6 lb, and a quart of milk weighs 2.15 lb ■



WIAA Representative Assembly Passes 18 Amendments

5/11/2020

RENTON, Wash. - The Washington Interscholastic Activities Association (WIAA) Representative Assembly voted to pass 18 amendments, the Association announced Monday.

The Representative Assembly is comprised of 53 (35 high school, 18 middle level) school administrators from each of the nine WIAA districts. For an amendment to pass, 60 percent approval is needed from voting members of the Assembly. A total of 32 votes are needed for a middle level/high school amendment to pass, while 21 votes are needed for a high school amendment to pass.

A total of 18 amendments were passed, Monday while five proposed amendments did not receive enough votes. Passed amendments go into effect the following school year with the exception of two of the 18 amendments that passed in 2020. The tiered membership fee structure will go into effect immediately during the 2019-20 school year. The amendment allowing 2B schools to use free-and-reduced lunch counts to determine final enrollment numbers will go into effect at the next classification cycle (2024-28).

In addition to the 18 amendments, three WIAA Executive Board positions were voted on as well. Harlan Kredit (District 1), Tim Thomsen (District 3) and Greg Whitmore (District 7) were elected to keep their positions on the Board.

Passed Amendments

Amend. #	Rule	Summary	S	O	NP
ML/HS #1	3.6.0	Service fees will be based on a flat fee tiered schedule	53	0	
HS #2	4.3.0	2B schools can utilize the free and reduced lunch adjusted enrollment count.	24	11	
ML/HS #3	7.3.2A	WIAA Executive Board can approve a two-year trial of a new activity/sport.	44	9	
HS #4	17.3.2	Individuals/teams that play during the alternate season may not exceed 20 practices prior to the first round of the state tournament with the first practice beginning on the Monday of NFHS Week 41.	34	0	1
ML/HS #5	17.12.4	Practices from one sport may be transferred to another sport except football during the same season provided practice begins within three school business days following the last practice in the previous sport.	53	0	
HS #7	18.10.4	Any family unit move within the 50-mile radius requires continuous enrollment at the private school.	31	3	1
HS #8	18.11.2.1.B	A student, including F-1 Visa student, coming from outside the 50-mile radius upon enrollment to a private boarding school based upon religious preference would be varsity eligible.	24	9	2
HS #9	18.11.2.G	A student who transfers shall have eligibility at the new school only during the window of transfer.	26	9	
HS #10	18.11.2.H	A student who chooses outside their residence area is eligible only at that school even if the family unit moves.	28	7	
ML/HS #12	18.17.0	With school, league and district approval, sixth graders may participate in any WIAA sport except football. The out-of-season rules would also apply.	32	21	
ML/HS #15	18.27.3.C	WIAA staff may increase a suspension based upon the aggressive conduct, inappropriate language, and/or circumstances following an ejection.	46	7	

ML/HS #16	19.13.2	Following review of a video sent by an appealing school, WIAA staff have the ability to suspend a participant if their behavior warranted an ejection but was unseen by the officials.	44	9	
ML/HS #18	30.6.3	A 30-second shot clock will be utilized by both boys and girls basketball.	50	3	
HS #19	35.3.2	Contact may be allowed only during one of the 2-a-day workouts in football.	27	7	1
HS #20	35.7.0	1B schools may play six-person football. A maximum of 16 players will be allowed to suit up during a contest.	32	3	
HS #21	43.1.0	High school volleyball teams may schedule 18 matches.	22	12	1
HS #22	44.4.0	Each wrestler may wrestle in up to six (6) matches in a day (limited to five (5) by NFHS rules.)	28	7	
HS #23	44.7.2	Eliminates the requirement for wrestlers to compete in four (4) competitions before the qualifying event.	29	6	

Failed Amendments

Amend. #	Rule	Summary	S	O	NP
ML/HS #6	17.14.2	Middle level individuals or teams may compete against non-school teams of comparable age.	16	37	
HS #11	18.11.5	A student is not varsity eligible if they transfer to a school to join a player or coach from a non-school team even if the family unit moves.	11	24	
ML/HS #13	18.20.0	High schools may utilize eighth graders from non-member middle schools.	19	31	3
ML/HS #14	18.20.0	With league approval 1A high schools may utilize eighth graders.	28	23	2
HS #17	30.3.6	High school basketball teams may schedule 24 games	4	31	



2019-2020 Individual Sport REPRESENTATIVES

These are the coaches you need on your staff!

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

Sport Associations Board Representatives

Athletic Trainers	Lorrie Howe	Eastmont	howel@eastmont206.org
Baseball	Jesse Benedetti	East Valley-Yakima	benedetti.jesse@evsd90.org
Basketball - Boys	Nalin Sood	Mountlake Terrace	Soodn@edmonds.wednet.edu
Basketball - Girls	Dan Taylor	King's	knights.in.gods.armor@gmail.com
Cheer	Stephania Gullikson	Skyline	GulliksonS2@issaquah.wednet.edu
Cross Country	Joe Clark	Lakes	jclark@cloverpark.k12.wa.us
Football	Mark Keel	Central Kitsap	MarkK@ckschools.org
Golf	Andrew Hershey	Shorewood	andrew.hershey@shorelineschools.org
Gymnastics	Ryan Fleisher	Issaquah	issygymnastics@yahoo.com
Soccer	Jens Jensen	Royal	jjensen@royalsd.org
Softball	Tom Harmon	Nooksack Valley	tom.harmon@nv.k12.wa.us
Tennis	Brooks Hazen	Puyallup	hazenbf@puyallup.k12.wa.us
Track & Field	Kevin Eager	Gig Harbor	wstfcaprez@gmail.com
Volleyball	Suzanne Marble	LaConner	smarble@lc.k12.wa.us
Wrestling	Brett Lucas	Todd Beamer	blucas@fwps.org ■

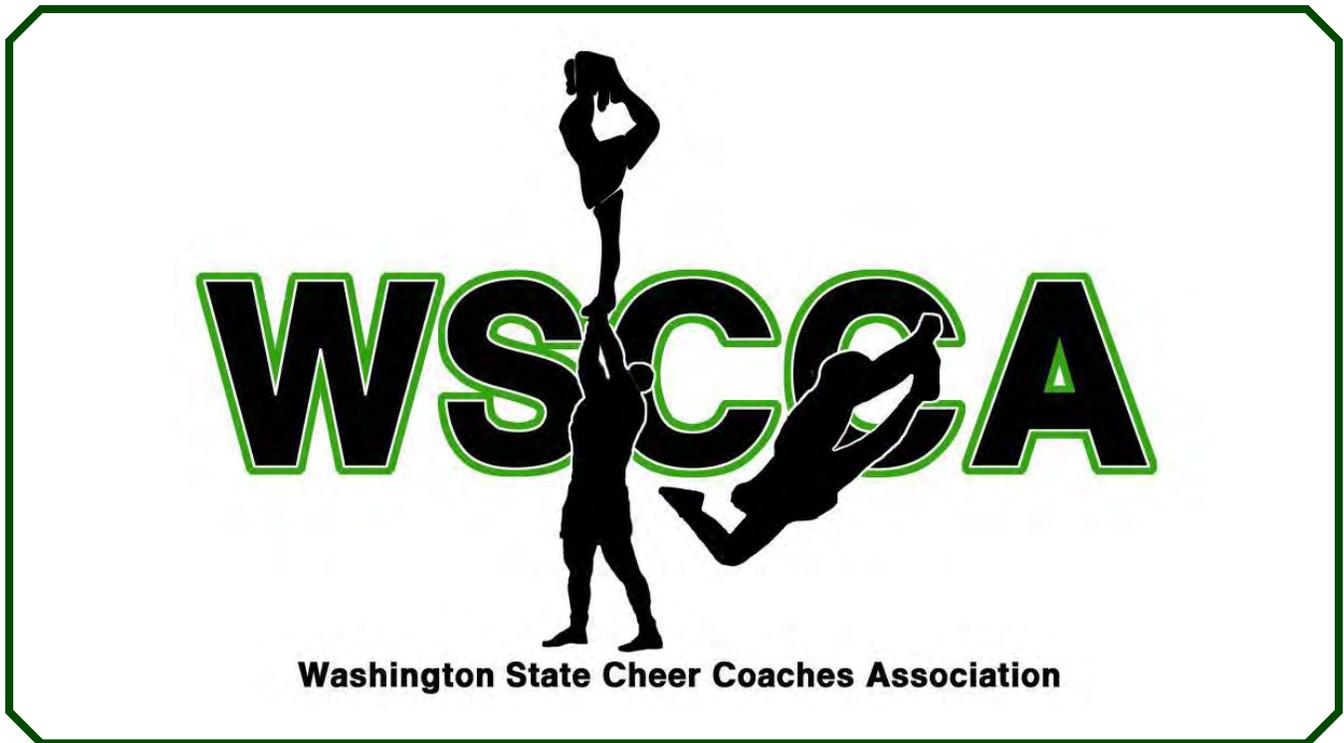


"The Washington Coach" Magazine

New **Revised**
Deadlines

- Fall Issue - November 14
- Winter Issue - February 14
- Spring Issue - May 14

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



WSSCA Health and Safety Updates

Updated: 04/20/2020

Dear Valued WSSCA Member,

With the current circumstances of COVID-19 and the state of our nation, continued social distancing, school closures, and all the associated unknowns, the WSSCA has decided to reschedule the annual Pacific Northwest Coaches Conference and College Combine, originally scheduled to take place May 29-30th at the Hyatt Regency Lake Washington.

The WSSCA is currently working with the hotel to reschedule this event and will provide updates as they become available. Those that have registered will be contacted no later than April 30th to discuss payment/registration refund options. College Combine refunds will be issued to registered participants by May 15th, 2020.

Scholarship recipients will still be awarded their scholarships by following the payout process communicated to them when awarded.

In the meantime, please continue to stay positive, utilize your online resources to communicate with your kids and continue sharing your stories and ideas on Coaches Corner. We love seeing and reading them.

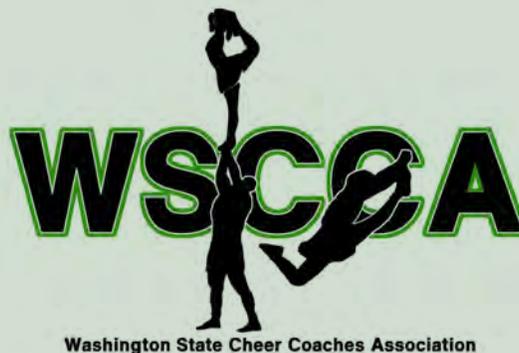
Looking forward to when we can all gather again!

Stay safe and healthy,
The WSSCA ■

Washington State Cheer Coaches Association

Mission Statement

- ◆ To foster an appreciation by students, staff, and community for the social and educational advantages of participation in cheerleading.
- ◆ To set standards of cheerleading activities that are in accordance with educational and safety objectives.
- ◆ To encourage all cheerleading groups to work together for the benefit and safety of cheerleading
- ◆ To promote training through workshops, clinics and demonstrations and to provide an annual conference.
- ◆ To provide guidance, communication and resources for Washington State cheerleading coaches (school, recreational, all-star and college).
- ◆ To promote safety in cheerleading.
- ◆ To provide yearly scholarships to deserving cheerleaders of member coaches.
- ◆ To recognize outstanding coaches within the membership past and present.
- ◆ To promote quality judging at all cheerleading competitions. ■



A TRUE AMERICAN HERO, DR. MICHAEL NOLAN GORDON

by Lane C. Dowell,

Correspondent for The Washington Coach, Ass't Football West High Bremerton, Ass't Football Olympic High,
Lifetime Member WSCA, WSTFCA HOF

In a time of natural disaster, we seek caregivers that will help us find normalcy.

Dr. Michael Gordon was the first All-Olympic League player in Olympic High (Bremerton) football history. He was a muscular 200+ lb. Lineman. Michael was on the first team fielded by the Trojans in 1979...all were underclassmen...no seniors.



Roll Tide....Roll, Dr. Gordon

Michael went on to play the game he loved playing D2 football at Henderson State University Ark-adelphia Arkansas. He received his MD at the University of Texas Health Science Center, San Antonio, and then became a resident physician in numerous military

hospitals including Fort Benning and Walter Reed. He became a volunteer doctor at the 1996 Olympic Games in Atlanta. Currently Dr. Gordon is a practicing physician in five locations in Sumter and Greene Counties in Alabama specializing in Internal Medicine.

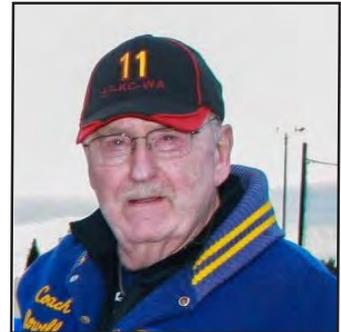
Michael is a devoted Crimson Tide fan and serves as a Big Brother for Coach Sabin. One of his latest charges was a promising running back, now in the NFL, Bo Scarborough.

In my time as a prep football coach, I came in contact with many young adults that were very unforgettable for various reasons. Some that are destined for greatness. In my book, one would be Dr. Michael Nolan Gordon.

Michael never ran from a challenge and always took it on with everything he had. As he was tutored, he looked it right in the eye and gave it his best shot. He is a prime example of mental toughness.

Dr. Gordon was highly honored for the medical work he did during Hurricane Katrina. When the storm hit in 2005, Dr. Gordon was a Red Cross volunteer doctor in New Orleans and was honored as the doctor who logged in the most time working during the disaster.

His daily battle cry is "Saving Lives and Stomping Out Disease, EVERY-DAY!" Dr. Gordon is now on the front lines IN THE DEEP SOUTH - United States vs. Covid19. He was just tested the other day BUT BATTLES ON with the best feeling for his fellow medical warriors. Always a team player.



Lane C. Dowell

April 3 Dr. Gordon reports... April 3, 2020 - waiting for test results.

TODAY'S COVID19 update, awaiting my test results. Self-Isolation. Eye drainage, sinus drainage, no FEVER. I am concerned, it is scary, but I am hopeful. If I am positive, I go from self-isolation to TWO WEEK QUARANTINE. It sounds crazy, but each patient puts you at risk, with each clinical encounter.

That is true for all of us in healthcare, I have nothing but the utmost love and respect for all healthcare providers, Physicians, Nurses, EMS, healthcare staff. WE ARE IN THIS TOGETHER. May God Bless all of you. A true team player.

DR. GORDON'S TEST WAS NEGATIVE!

THERE WAS NEVER ANY QUIT IN MIKE. HE BATTLED UNTIL VICTORY WAS HIS.

MIKE, WE ARE SO PROUD OF YOU. ■



Dr. Gordon was a prime care caregiver for his father, Bob, an Annapolis grad and Olympic Trojan assistant coach, who Michael loved dearly. No special gridiron favors offered by Coach Gordon; Just a lot of love and care for his charges from a great guy, and a good coach who was a lot of fun.



THIS IS THE TIME TO TELL YOUR STORY

by Dee Hawkes, retired

No question about it the coronavirus is here to stay. This is a sad commentary, but it is reality. We should not kid ourselves that prep sports will not return to what it was in the past. The function of my squawking is not just to let air out but to fire up some burners. Still, there is a way to make sure that what you have accomplished as an athlete, coach, and leader is part of your legacy. As of now, there is a genuine need for you to write about your own coaching journey. Call it how we may, future sports may never be the same. Take a good look back at your experiences and put them on paper.

These days as a retired 84-year old football coach, my wife Judy and I are living in full quarantine at The Chateau in Bothell. For the past three years, I have had Parkinson's.

MY COACHING JOURNEY

Upon graduation from Washington State I was slated to become a USMC officer but surprisingly failed my physical at the Bremerton Naval Station. That decision changed my goals and my life and started the best thing that could have happened to me. It was my time to become a coach.

My good old days of teaching and coaching began at Port Angeles HS in 1958 as an assistant football coach with Jack Elway. He was an authentic character. One evening,

I learned a lesson from Jack. I was standing naked in the shower, and totally unexpectedly, the plastic curtain opens and there is Jack who turns off the shower. He pointed his finger at me and said, "Dwight, this not your team, they are not your plays and stop using the word I." Then he leaned over, turned on the cold water, shut the curtain and walked away. That piece of coaching advice stood with me the rest of my career.

Jack arranged for me to become the varsity baseball coach and, at times, he would watch us practice. In one memorable game, our team was leading 3-2 in the bottom of the 7th inning at Bainbridge HS with the bases loaded when Coach Tom Paski sent his dwarf manger wearing a baseball uniform to the plate. The umpire said he was eligible. The next thing you know, the count is 3 and 2. Our catcher Jack Estes was on his elbows as the batter stayed in his crouch. The next pitch was a called third strike, the game was over, and we went crazy. Two weeks later the "Scorecard Section" of Sports Illustrated printed this story.

UNIVERSITY OF WASHINGTON

Jack left to become the head football coach at Gray's Harbor JC and

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at the same time, I attended the UW to get my master's and worked with the freshmen punters. Upon graduation, I was offered the position of coaching the backfield for Coach Jim Lounsberry at Western Washington, but turned it down because of having to teach swimming. Since I almost drowned as a child, I was a guy afraid of water. My moaning and groaning stopped when Judy said the DOD schools were in Seattle interviewing teachers for jobs in Japan, and this was the last day.

Around 5 pm approaching the Seattle Center, I asked this man coming out if he knew where the interviews were taking place. The man stopped, looked me over, paused, and then said, "Are you a football coach?" Chalk this up to perfect timing, as a minute later, he would have been gone. Shortly afterward, I was hired to teach and coach Air Force dependents in Japan.

Judy and I were headed to Johnson HS, north of Tokyo. Our flight on a prop plane to Tachikawa in Japan lasted 27-hours with stops in Hawaii and Wake Island. When we finally entered Johnson Air Station we saw a large Kamikaze plane with a red painted zero at the entrance. I learned later about 3,800 Japanese pilots had trained there. Players at Johnson came from all over the country. They were mainly from Air Force families who worked at Yokota Air Base; 28-miles northwest of Tokyo. We played Tachikawa AFB, Narimasu, Camp Zama, Yamato AFB, and Yokohama US Naval Station, home and away. My staff were teachers who bought into my basic philosophy. During my two-years there I was successful in building relationships as I am still in contact with many of these players.

One story must be told about the base commander's son who wanted to play despite having had open heart surgery. Sgt. Ed Brown took him aside to teach him to drop kick. I sent him into the game, leading by three scores to kick the extra point. Standing back 12-yards he missed the kick. I said to him, "You will go back in when we score again." His next kick hit the cross bar and went over. It was the only time he played as we had one game left. After two years, we then made a tough decision to leave, but the opportunity to coach football in Germany with Army dependents sounded good.

NURNBERG AMERICAN HIGH SCHOOL

Nurnberg American High School was located in Furth, Germany, with an enrollment of over 1,100 students from 7th to 12th grade. We played other DOD teams from Wiesbaden, Wurzburg, Heidelberg, Augsburg, Munich, and Ludwigsburg spread throughout Germany. Without question, we looked forward to playing at home because the games were played in the world's largest stadium: Zeppelin Field was the 450,000 acres where Nazi party rallies were held by Adolf Hitler during the 1930's and throughout the war years. The pressure to win in this great stadium never left my mind. During my time, U.S. military renamed the field Soldier's Field.

The game I recall during my two years there (seasons of 1964 and '65) was against Ludwigsburg, with over 2,000 fans to watch us win our second Red Division Championship. Ralph Kemper, our captain, a running back from Manhattan, New York, broke loose for an 80-yard touchdown. Consider for a moment that our coaches and players from Army families were from all over the United States.

QUEEN ANNE HIGH SCHOOL

After ten years, Principal George Farmer at Queen Anne remembered me sight unseen and was shopping for a biology teacher and an assistant coach in both football and basketball. He offered me the job. My response was quick and to the point. So, Judy, our unborn son and I planned to return to Seattle. Head coach Reese Lindquist had me coach the backfield and gave me some leeway to insert my ideas. In those days, there were eight city league schools who all played at the historic Seattle Memorial Stadium. On Halloween night, Judy was answering the door for trick/treaters, but was more than ready to be taken to the Swedish hospital in Seattle if I would hurry up and come home. In short, I got lost, but finally found the hospital and Judy gave birth to our son David, missing Halloween night by two-hours. When it came to basketball, Bob Morris and I have remained friends socially since that time. Later that year, since there was no football feeder system in Seattle, I turned down the head job at another city high school and looked outside of Seattle for a head coaching position.

DAVIS HIGH SCHOOL – YAKIMA

Instead of driving over, I arrived by plane and the principal picked me up at the airport. When we got to the school, I borrowed his car to visit Dutch Schultz who had retired. He was blunt and answered all my questions. Obviously, I now had a leg up, because I knew the upside and downside of the job. A critical first step was to study old game film. Offensively, Davis ran a Wing-T and defensively, 52-Monster. My immediate need was to conduct personal interviews and find assistants. The Big Nine League was composed of Wenatchee, Moses

Lake, Pasco, Kennewick, Kamiakin, Richland, Walla Walla, and Eisenhower where Yakima's stadium was located. Two junior high schools fed Davis HS.

The game that stands out over all games was a non-league game in Lewiston, Idaho. The name of the game after losing at Lewiston HS, in Idaho was to get out of town, Racial bias turned out to a factor. Our team consisted of about half black players, and they appeared to be targeted. We received several questionable calls and one called on me after returning at half time. I was told that a player had been ejected, after my objection, we had another 15-yard penalty. Lewiston won a high scoring game by twice calling Davis offside at the goal line after they were going for two-points after a touchdown. Lewiston won by one-point. Looking back, the officials did not even shake my hand in the pre-game workout. The next week, letters poured in from people who had attended the game, including from unbiased spectators from Pullman, who complained about the officiating. In those days we were not allowed to film our away games. Although the film was supposed to be shipped immediately by the home team, it came a couple of weeks late. On the can, someone marked, "Sun Spots" although the game was played at night. As you can imagine, there was a lot missing from that film. By the way, that Davis team tied for the division championship!

BOTHELL HIGH SCHOOL

After the Yakima School District decided to change to an open concept where there would be no feeder junior highs it caught me off guard. Then, when I was asked to sign-in when watching the teams play so I would not be there to recruit, that was enough. I went looking for another school west of the mountains

and a friend told me about Bothell HS. Bothell was coming out of a losing season and wanting to make a change with a new face. First, the Northshore superintendent came over and watched me teach a biology class. A week later, the Bothell principal and his wife met me for dinner at a Yakima hotel. In the near future, Judy and I would cross over the pass to become the new Bothell High School football coach.

Every eye was on me when I was introduced to the student body. The whispers turned into cheering as I walked into the gym followed by a live cougar in the strong grip of his trainer. Merlin was the cat who appeared in the Mercury cougar ad on TV. The cat came from an animal farm in Sequim and had appeared in several Walt Disney movies. The first thing I said was, "I believe this is the home of the Bothell Cougars. Seniors, tell me who is the toughest kid in your class?" "Please stand when your named is called." Then I said, "Any one of you can come down to pet him!" "You will notice this animal has amazing strength and quickness." The cougar watched with tongue hanging out but was held in the strong grip of his trainer. "I'm your new football coach, and proud to be a Bothell Cougar." At this time, the trainer and I walked out of the gym with our four-legged friend following behind. At the door, I stopped and said, "Thank you. By the way, Merlin hasn't had his breakfast yet, so please stay seated."

Judging from the previous season losses. My job was to stop the embarrassment and become competitive

by building a solid defense. The best recipe was to find defensive players, upgrade the kicking game, and limit the number of plays. My plan did work with the help of assistant coach Ron Wayman who was with me every season. Over the course of 18-seasons it was gratifying each fall to be able to make the necessary changes with the available talent we had. We ran the Wing-T, Pro, I-formation, Power, Slot-T, Run and Shoot, Veer, Spread and No-Huddle, plus combinations. Each team brought a challenge, which we started with the three day no-pad turnouts away from campus to observe behavior. These turnouts told volumes to our coaching staff. Then, just when our teams became

MY INVITATION IS FOR YOU TO WRITE YOUR JOURNEY FOR FAMILY

stronger, the district opened Woodinville, a third high school with district boundaries, which left us missing half our starting lineup.

For 14-years we used Fort Lewis for our pre-season workouts; the emphasis was on building relationships and physical conditioning. It's amazing when I stop and think about the experiences each player had during their days at Fort Lewis. In the best military tradition, taking and following orders, being on time, respecting property, cleaning up, not leaving any food on your plate, and respecting those in uniform were values learned. I still get weepy and nostalgic about those days.

With three games left in the 1991

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season, I developed painful breathing and swelling in my right leg. I was taken from school to Evergreen Hospital where they found I had a pulmonary embolism (blood clot) heading for my lungs. It was treated, but I had to stay in the hospital. That year, I decided to retire earlier than I had planned, because the risk of having another clot was very possible. For the foreseeable future without coaching, it was necessary to be proactive.

RETIREMENT

At this time, my creative mind went to work. One way was to be a substitute teacher in the district, which I did for one year. Then, trying to think out of the box, I did workshops, classes, consulted, and developed programs such as Championship Thinking, Helping Your Teenager, Colombo, School Climate, Old Timers, and Shoulder Shrug-gers. I worked for a company called College Prospects. Change was in hand as Frank Inslee (Jay's dad) and I visited Georgia Tech, Katy, Texas, and the 49'er practice field looking at artificial turfs to choose one to be installed at Pop Keeney Stadium. Then in the 2001 season, I represented Wake Forest for the Seattle Bowl played at Seahawk Stadium against Oregon. WF won 38-17. Also, I became involved with Community TV and two radio shows as a football analyst. I joined and became active with the National Football Foundation, American Football Coaches Association, and for 12-years ran the Coaching Academy for the Seattle Seahawks. Several times I went undercover to experience a life style that was humbling. I published four books

on football, which took me around the country. Finally, after four decades, my column Hawkes Squawks was put to rest.

SKYLINE HIGH SCHOOL

The Issaquah School District asked me to come out of retirement. After a serious health evaluation, I accepted for one year. Several coaching prospects had turned down the job as the first Skyline football coach. Why? There were serious shortcomings in the position such as: no practice field, no locker room, and having to bus to Pine Lake Middle school for practice. In addition, the school board chose to have the team play varsity in the Kingco League without having any seniors. In addition, Issaquah junior players had the option to stay at Issaquah High where they could possibly be in a playoff game. Most of them chose to stay. Then, our home games, led by sophomores, were played at Issaquah High School.

After hiring old coaching friends, our top priority was to focus on blocking and tackling fundamentals, team chemistry, and to keep players from quitting because of losses. We did not win a game. I kept the freshman team separate so they could compete on a level playing field. Three years later under Coach Steve Gervais, this team won the state championship. It was an honor to be invited back to their team banquet.

INGLEMORE HIGH SCHOOL

Once again, I was asked to come out of retirement by coach Frank Naish. He needed an experienced coach to guide and mentor two younger coaches. All I had to do was coach the sophomore team with no responsibility to help the varsity

team. To his credit, he immediately let me create daily lessons plans within his time management at practices. His staff was eager to include me in what they were teaching and willing to include me in whatever they were doing. When we played the Bothell sophomores, it was time for me to do the right thing and coach Inglemore to win. We did win by one score. Frank and I are still friends today.

COACHES COME AND GO BUT ARE NEVER FORGOTTEN

Here are a few familiar names, some are famous coaches that I have I met. Over the course of my long career they taught me coaching is a gift to share. Surely, you'll recognize them: Bear Bryant, "Mouse" Davis, Duffy Daugherty, Dennis Erickson, Keith Gilbertson, Jim Grobe, Woody Hayes, Randy Hart, Don James, Chuck Knox, Jim Lambright, Sonny Lubick, John Madden, John McKay, Jim Mora, Mike Price, John Ralston, Steve Spurrier, Jim Sweeney, Lenny Wilkens, and Bill Yeoman. I could not have picked better mentors than Jack Elway, Roland "Red" Smith, Tom Parry, Chuck Tarbox, Lou Tice, Marv Harshman, Bob Moawad, Johnny Kai and my friend, Frosty Westering, who always said, "The big time is wherever you're at." All of my mentors are deceased.

MY INVITATION IS FOR YOU TO WRITE YOUR JOURNEY FOR FAMILY

AND FRIENDS. THE FUTURE OF PREP SPORTS WILL NEVER BE THE SAME. ■



MVP DRIVE

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

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

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

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

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

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

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

MORE THAN JUST TACKLING

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

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

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

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

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

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

ROGERS

Girls Basketball

The Washington State Girls Basketball Coaches Association

Senior All State Teams

B

Ce'J Gagnon, Neah Bay
Josie Droog, Mount Vernon Christian
LaChelle Boyd, Wellpinit
Lizzy Perry, Oakesdale
Maddie Stuart, Puget Sound Adventist
Madi Candoza, Sunnyside Christian
Madison Dixon, Pomeroy
Mia Pakootas, Inchelium
Rylee Desautell, Inchelium
Sydney Watko, Pomeroy

1A

Eliza Friend, Overlake
Grace Erdmann, Cashmere
Grace Hammond, Cashmere
Hailey Van Lith, Cashmere
Havelah Fairbanks, Deer Park
Irena Korolenko, Cedar Park Christian
Jalyn Sackrider, Elma
Natalie Newman, La Salle
Riley Dykstra, Lynden Christian
Zoe Hutchings, Montesano

3A

Alli Corral, Prairie
Dalayah Daniels, Garfield
Emma Main, Mt. Spokane
Jayda Noble, Mt. Spokane
Maddie Plevyak, Yelm
Madeline Granbois, Marysville Getchell
Megan Fiso, Garfield
Meilani McBee, Kennewick
Nakia Boston, Lynnwood
Olivia Wikstrom, Bainbridge
Raigan Barrett, Rogers
Tiarra Brown, Bethel

2B

Aleena Cook, Liberty
Andee Nelson, Mossyrock
Faith Mulligan, Mossyrock
Hailey Bass, White Swan
Justine Benson, La Conner
Kal Schaplow, Toledo
Jadyn Johnson, Columbia Burbank
Lydia Berquist, St. George's
Maisie Burnam, Liberty Spangle
Morgan Herrera, La Conner
Natalie Smith, NW Christian

2A

Annika Warring, W.F. West
Brie Holecek, East Valley Spokane
Bryn Hagemer, Ellensburg
Jordan Ryan, Columbia River
Katy Cook, Franklin Pierce
Keylie Hershey, Lynden
Maggie Vadala, W.F. West
Megan River, Black Hills
Miakei' Lea Flores, Black Hills
Paige Winter, Rochester
Ruby Vander Haak, Lynden

4A

Aaliyah Alexander, Todd Beamer
Dayla Ballena, Kentridge
Ellie Boni, University
Keeli Burton-Oliver, Eastlake
Oliver Mayer, Gonzaga Prep
Peyton Howard, Central Valley
Raigan Reed, Lake Stevens
Sela Heide, Mt. Si
Tiarra Hollimon, Glacier Peak
Tyler McCliment-Call, University
Jacksen McCliment-Call, University

Girls Basketball

COACH OF THE YEAR

WSGBCA Coach of the Year: Rob Adams, Lynden

1B Coach of the Year: Ted Torzewski, Inchelium

2B Coach of the Year: Chris Colvin Liberty (Spangle)

1A Coach of the Year: Aaron McLean, Freeman

2A Coach of the Year: Rick Jones, West Valley (Spokane)

3A Coach of the Year: Jeff Wilson, Lake Washington

4A Coach of the Year: Felice Orrell, Central Valley

PLAYER OF THE YEAR

WSGBCA Ms. Basketball: Hailey Van Lith, Cashmere

1B Player of the Year: Mia Pakootas, Inchelium

2B Player of the Year: Maisie Burnam, Liberty (Spangle)

1A Player of the Year: Riley Dykstra, Lynden Christian

2A Player of the Year: Keylie Hershey, Lynden

3A Player of the Year: Dalayah Daniels, Garfield

4A Player of the Year: Keeli Burton-Oliver, Eastlake



Dan Taylor
King's Girls Varsity Basketball Coach
www.kingsgirlsbasketball.com

Washington State Girls Basketball Coaches' Association President



2020 Earl Barden EAST Roster

#	FIRST	LAST	POSITION	HT	WT	SCHOOL	COACH
1	Daniel	May	QB/WR	6' 2"	185	Rochester	John Moorhead
2	Manuel	Felan	WR/DB	5' 9"	152	Toppenish	Jason Smith
7	Matthew	Jorgenson	RB/DB/Ret	5' 10"	160	Deer Park	Keith Stamps
7	Isaac	Perez	QB/DB	6' 0"	170	Toppenish	Jason Smith
8	Lorenzo	Myrick	RB/DB	5' 10"	175	Royal	Wiley Allred
11	Cameron	St. Pierre	RB/DB	5' 8"	165	Lake Roosevelt	Tim Rasmussen
11	Tanner	Hall	RB/DB	5' 11"	190	Omak	Nick Sackman
12	Kaeden	Frazier	QB	6' 3"	210	Clarkston	Brycen Bye
13	Sebastian	Godina	WR/DB	6' 3"	190	Zillah	Ron Rood
16	Tyler	Sprecher	RB/LB/Ret	6' 2"	185	Reardan	Eric Nikkola
16	Tyler	Allred	WR/DB	5' 11"	175	Royal	Wiley Allred
17	Brevan	Bea	RB/LB	6' 0"	200	Washougal	Dave Hajek
19	Kieran	Kershaw	QB/DB	6' 2"	180	LaSalle	Cody Lamb
20	Landon	Amato	RB/LB	5' 9"	160	TCP	Dan Whitsett
20	Jacob	Debord	RB/LB	5' 10"	160	Col-Burbank	Trevor Curtis
21	Brayton	Shaefer	OLB/S	6' 2"	185	ACH	Brandon Walsh
25	Tiler	Morris	TE/DL	6' 1"	180	Tonasket	Jay Hawkins
30	Dylan	Paine	RB/DB	5' 10"	190	Tumwater	Bill Beattie
34	Jalen	Clay	RB/WR/DB	5' 11"	165	Tumwater	Bill Beattie
40	Bryce	Messner	TE/DE	6' 3"	233	Ellensburg	Jeff Zenisek
44	Josh	Clark	OLB/S	5' 11"	185	Odessa	Jeff Nelson
44	Isaiah	Perez	TE/DE	6' 3"	250	Othello	Roger Hoell
47	Axel	Valladares	RB/LB	6' 0"	215	LaSalle	Cody Lamb
50	Charlie	Harrington	OL/DL	6' 1"	265	Liberty	Mike Dewey
50	John	Ray	RB/LB	6' 1"	225	Selah	Scott Ditter
54	Tanner	Sackman	OL/DL	6' 3"	250	Omak	Nick Sackman
54	Vili	Hafoka	OL/DL	6' 4"	285	Tumwater	Bill Beatie
55	Zerric	Pardini	OL/DL	6' 2"	225	TCP	Dan Whitsett
57	Malaki	Katsuta	G/DT	5' 7"	202	Ridgefield	Scott Rice
69	Luke	Nichols	OL/DL	6' 2"	260	Newport	Dave Pomante
72	Jesus	Mata	OL/DL	5' 11"	250	Mabton	Pat Zavala
75	Vicente	Rodriguez	OL/DL	5' 11"	260	Connell	Wayne Riner
75	Hunter	Rienhart	OL/DL	6' 2"	275	Cascade	Dom Coffin
77	Jadinn	Sylve	T/NG	6' 3"	280	EV	Eric Berg
88	Jacob	Kirkwood	WR/LB/Punt	6' 1"	180	Newport	Dave Pomante

Head Coach: Cody Lamb, LaSalle
 Assistants: Mike Vavricka, LaSalle
 Nick Sackman, Omak
 Scotty Rice, Ridgefield

2020 Earl Barden WEST Roster



#	FIRST	LAST	POSITION	HT	WT	SCHOOL	COACH
2	Isaiah	Zetterberg	WR-RB/DB	5'9"	145	Cascade Christian	Devin Snyder
3	Brock	Heppner	QB-R/LB	6'1"	195	Lynden	Blake VanDalen
3	Cole	Fay	RB/DB/LB	5'10"	170	Adna	K.C. Johnson
7	McCartney	Maden	WR/DB	5'9"	145	Raymond	Luke Abbott
10	Braden	Thomas	QB/RB	6'2"	190	Adna	K.C. Johnson
11	Brent	Hollatz	RB/LB	5'10"	180	Montesano	Terry Jensen
11	Cameron	Bumstead	WR/DB	5'10"	145	Hoquiam	Jeremy McMillian
12	Sam	Winter	RB/WR	6'2"	185	Montesano	Terry Jensen
13	Lucas	Reuwsaat	RB/LB-DB	6'0"	175	Darrington	Buck Marsh
14	Andrew	Scott	WR	6'3"	185	La Center	John Lambert
15	Conner	Zetterberg	WR/DB	6'3"	170	Cascade Christian	Devin Snyder
16	Max	Smith	RB	5'10"	195	Pe Ell/Willapa Va.	Josh Fluke
16	Jared	Taylor	QB/DB	6'1"	190	Lakewood	Dan Teeter
20	Steven	DiLorenzo	RB	5'8"	170	Lynden	Blake VanDalen
22	Duke	Schaplow	RB/WR	6'0"	175	Toledo	Mike Christensen
25	Max	Muffet	MLB	5'11"	200	La Center	John Lambert
26	Peyton	Sanchez	QB/DB	5'10"	190	Concrete	Arthur Sanchez
31	Jason	Lee	RB-SL/DB	6'0"	185	Mt. Baker	Ron Lepper
33	Ashton	Haight	RB/LB	6'0"	200	Onalaska	Mazen Saade
52	Tanner	Nicklas	OL/DL	6'4"	240	Montesano	Terry Jensen
53	Tyrese	Thrower	OL	6'3"	290	River Ridge	Steve Schultz
56	Gavino	Rodriguez	OL/LB	6'2"	200	Blaine	Jay Dodd
57	Alex	Frazier	OL/DL-LB	6'4"	250	Onalaska	Mazen Saade
68	Marty	Karb	OL/DL	6'1"	240	Lynden	Blake VanDalen
75	Wyatt	Cole	OL/DL	6'3"	290	Blaine	Jay Dodd
76	Billy	Rowe	OL/DL	6'4"	260	Fife	Kent Nevin
79	Sam	Tefft	OL/DL	6'3"	310	Bellevue Christian	Todd Green
	Matt	Brown	LB/DL	6'4"	287	Hoquiam	Jeremy McMillian
	Caleb	Colbert	OL/DL	6'2"	230	Steilacoom	Colby Davies
	Chance	Fredericksen	OL/DL	6'0"	230	North Kitsap	Jeff Weible
	Bodie	Hezel	RB-WR/DB	6'0"	180	South Whidbey	Mark Hodson
	Ethan	Lindstrom	WR/DB	5'10"	170	Naselle	Jeff Eaton
	Sutton	Moon	OL/LB	5'11"	210	Kalama	Sean McDonald
	Marko	Samoukovic	K	6'0"	175	Lynden	Blake VanDalen
	Zach	Sipma	TE/DL	6'3"	230	Lynden Christian	Dan Kaemingk
	Hyrum	Stowers	OL/DL	6'2"	275	Steilacoom	Colby Davies
	Ian	Valdovinos	OL/LB	6'2"	220	Sedro-Woolley	Dave Ward

Head Coach: Eric Hansen, Wahkiakum

Assistants: Marc Niemeyer, Wahkiakum; Mike Christensen, Toledo; JB Ewers, Toledo

Presented by the Washington State
Football Coaches Association



WEST All State

2020 Football Team

#	NAME	POSITION	HT	WT	SCHOOL	COACH
1	Evan Liggett	WR-DB	6'2	180	3A KW - Lake Washington	Andy Arena
2	Sam Brown	QB-LB	6'2	190	3A KW - Liberty	Steve Valach
3	Cage Schenck	WR-DB	5'9	165	4A Kingco - Woodinville	Wayne Maxwell
4	Christian Galvan	RB-DB	5'8	183	4A Kingco - Bothell	Tom Bainter
5	Nathen Metz	OL-DL	6'3	260	4A Kingco - Woodinville	Wayne Maxwell
6	Alton Schuyler	TE-DL	6'3	218	4A Kingco - Skyline	Mat Taylor
7	Jake O'Donnell	OL-DL	6'2	245	4A Kingco - Eastlake	Don Bartel
8	Axel Isackson	OL-DL	6'5	280	4A Kingco - Eastlake	Don Bartel
9	Noah Stifle	QB	6'0	160	4A Kingco - Woodinville	Wayne Maxwell
10	Jordan Justice	RB-LB	5'11	170	3A Wesco - Marysville-Pilchuck	Brandon Carson
11	Dillon Kuk	WR-DB	6'1	165	3A Wesco - Marysville-Pilchuck	Brandon Carson
12	Brandon Gimse	OL-DL	6'5	330	3A Wesco - Squalicum	Nick Lucey
13	Alex Krueger	OL-DL	6'5	315	3A WS - Meadowdale	James Harmon
14	Ben Grimes	OLB	5'10	195	3A WS - Edmonds-Woodway	John Gradwohl
15	Dallas Landeros	RB-LB	6'1	185	4A Wesco - Lake Stevens	Tom Tri
16	Roman Savchuk	TE-OLB	6'2	190	4A Wesco - Mariner	Mark Stewart
17	Carlos Garcia	WR-DB	6'1	188	4A Wesco - Mount Vernon	Nic Vasilchek
18	Jacob Anderson	OL-DL	6'4	295	4A Wesco - Glacier Peak	Shane Keck
19	Brayden Corwin	WR-K/P	5'9	185	4A Wesco - Glacier Peak	Shane Keck
20	Cooper Mathers	TE-DB	6'3	210	3A MetroM - O'Dea	Monte Kohler
21	Bishop Jackson	RB-LB	5'11	195	3A MetroS - Chief Sealth	Ted Rodriguez
22	Jack Dickinson	QB	6'3	215	3A MetroS - Lakeside	Mike Lengel
23	Sio Peato	OL-DL	6'3	320	3A MetroS - Bainbridge	Jeff Rouser
24	Wyatt Hansen	OL-DL	6'4	280	4A NPSL-M - Kentwood	Michael Bush
25	Denny Tiumalu	RB-LB	6'0	210	4A NPSL-M - Todd Beamer	Darren McKay
26	I'ava Lui	OL-DL	5'11	285	4A NPSL-M - Todd Beamer	Darren McKay
27	Victor Juarez	OL-DL	6'0	276	4A NPSL-M - Kentwood	Michael Bush
28	Michael Gasper	RB-LB	6'0	200	4A NPSL-M - Tahoma	Tony Davis
29	Covenant Savusa	OL-DL	6'2	330	4A NPSL-V - Federal Way	John Meagher
30	Jayden Solis	RB-LB	6'2	225	4A NPSL-V - Auburn Riverside	Marcus Yzaguirre
31	Desmond Maiava	OL-DL	6'0	220	4A NPSL-V - Federal Way	John Meagher
32	Arthur Tauliili	LB	5'11	195	4A NPSL-V - Auburn Riverside	Marcus Yzaguirre
33	Hylton, Daniel	WR-DB	6'0	185	4A NPSL-S - Decatur	Matt Vaena
34	Bell, Ricky	WR-DB	5'9	155	4A NPSL-S - Mt. Rainier	Tremaine Mack

Head Coach: John Meagher, 4A NPSL-V - Federal Way
 Assistants: Beckett Cordes, 4A NPSL-V - Federal Way
 CJ Green, 4A NPSL-V - Federal Way
 Marcus Yzaguirre, 4A NPSL-V - Auburn Riverside
 Bryant Thomas, 4A Wesco - Kamiak



*Presented by the Washington State
Football Coaches Association*

EAST All State 2020 Football Team

#	NAME	POSITION	HT	WT	SCHOOL	COACH
1	Ben Hoffman	QB	5'10	190	3A SSC - Yelm	Jason Ronquillo
2	Braden Hill	K-P	6'0	185	3A SSC - Yelm	Jason Ronquillo
3	Brenden Rivera	OL-DL	6'3	275	3A SSC - Gig Harbor	George Fairhart
4	Caden Filer	QB	6'2	200	3A PCL - Lincoln	Matsuki Matsumoto
5	Jaydon McMillon	FB-LB	5'11	205	3A PCL - Lakes	Dave Miller
6	Rafi Mbuja	TE-LB	5'10	190	3A PCL - Lakes	Dave Miller
7	Tyler Mackay	WR-DB	6'1	175	3A PCL - Lakes	Dave Miller
8	Max Arneklev	TE-LB	6'0	230	3A PCL - Wilson	Amad Robinson
9	Connor Shoemaker	RB-DB	6'0	150	3A PCL - Bonney Lake	Jason Silbaugh
10	Isaac Ciccone	OL-DL	6'4	238	3A PCL - Spanaway Lake	Cameron Robak
11	Jagger Childs	TE-DE	6'4	240	3A MC - Kennewick	Randy Affholter
12	AJ Dixson	QB	6'1	190	3A GSHL - Prairie	Mike Peck
13	Josh Webb	RB-LB	6'1	190	3A GSHL - Kelso	Steve Amrine
14	Treyce Teague	WR-DB	5'11	195	3A GSHL - Prairie	Mike Peck
15	Tristan Souza	OL-DL	6'2	270	4A GSHL - Camas	Jon Eagle
16	Kannon Katzer	RB	5'10	185	3A GSL - Mt. Spokane	Terry Cloer
17	Nate Schlosser	OLB	5'9	180	4A GSL - Ferris	Tom Yearout
18	Brad Fillis	OL	6'4	260	4A GSL - Central Valley	Ryan Butner
19	Kade Garvey	RB	5'10	215	3A GSL - North Central	Sean Garvey
20	Austin Reed	TE-DL	6'0	225	4A GSL - Gonzaga	Dave McKenna
21	Ryan Miller	OL-DL	5'10	185	4A GSL - Mt. Spokane	Terry Cloer
22	Charles Avery	TE-LB	6'3	245	4A GSL - Lewis & Clark	Dave Hughes
23	Preston Grote	DL	6'4	240	4A GSL - Central Valley	Ryan Butner
24	Caleb Halvorson	OC	6'0	220	4A GSL - Ferris	Tom Yearout
25	Nathan Blauman	RB	6'0	210	4A Big Nine - Wenatchee	Scott Devereaux
26	Chase Loidhamer	DE	6'6	220	4A Big Nine - Wenatchee	Scott Devereaux
27	Malaki Roberson	WR-DB	5'8	185	4A SPSL - Graham Kapowsin	Eric Kurle
28	Danny Uluiakepa	RB-LB	6'0	210	4A SPSL - Puyallup	Gary Jeffers
29	Branden Bellmer	OL-DL	6'4	275	4A SPSL - Puyallup	Gary Jeffers
30	Nico Golla	FB-DL	5'8	235	4A SPSL - Graham Kapowsin	Eric Kurle
31	Tyrese Rios	WR-DB	6'2	190	4A SPSL - Rogers (Puyallup)	Gene Bowen
32	Nico Skinner	OL-DL	6'1	285	4A SPSL - Sumner	Keith Ross
33	Austin Lawrence	OL-DL	6'4	270	4A SPSL - Puyallup	Gary Jeffers
34	Joseph Dwyer	WR-DB	5'10	170	4A SPSL - Puyallup	Gary Jeffers

Head Coach: Adam Mathieson, 3A GSHL - Mountain View
 Assistants: Bob Procive, 3A GSHL - Mountain View
 Pete VanDatta, 3A GSHL - Mountain View
 Brett Adams, 3A GSHL - Mountain View
 Kyle Bigham, 3A GSHL - Mountain View

FOOTBALL

Washington State Football Coaches Association

Hall of Fame



Dave Miller

Dave is entering his 35th season at Lakes and 21st as the Head Coach. The Lancers have compiled an overall win loss record of 178-51 during his time as Head Coach having won 11 conference championships and qualifying for the state playoffs 18 times, reaching the state finals in 2000, state semifinals in 2002, 2008,

2009, 2010, and 2015 and state quarterfinals in 2005, 2011, and 2016. Miller has been voted League Head Coach of the Year 11 times, Tacoma-Pierce County Chapter Football Foundation and Hall of Fame Coach of the year in 2002, WSFCA District 3 Coach of the Year in 2005, Tacoma News Tribune Coach of the Year in 2010, and Seattle Seahawks Coach of the Week in 2011 and 2018. Miller coached in the US Army All American game in San Antonio, Texas on January 8th, 2011. He was the Head Coach in the WSFCA East-West All State Classic in Everett on June 20th, 2010. His teams have won the Daffodil Cup Academic Achievement Award in 2000, 2002, 2005, and 2011 and have been awarded WIAA Distinguished Scholastic Awards in 2013, 2016, 2017 and 2018. As Offensive Coordinator at Lakes from 1986 – 1999, Miller helped the Lancers to a 126 – 42 record and the 3A State Championship in 1997. Miller began his coaching career as an assistant at Clover Park high school in 1980. Miller has coached many outstanding student athletes during his time at Lakes including Reggie Williams (UW + Jacksonville Jaguars), Jermaine Kearse (UW + Seattle Seahawks) and Zach Banner (USC + Pittsburgh Steelers). He has also been a mentor to his assistant coaches, some going on to become head coaches of their own programs. The relationships built with all of his fellow coaches and current/former players are what he cherishes the most.

Dave and his wife Sonia have been married for 42 years and have three adult children, son Drew (wife Diana), daughters Amber and Tayler (husband Harvey) and three grandchildren – granddaughter Brooklyn and grandson's Talan and McCoy. Miller attended Clover Park High School, Wenatchee Valley College and Pacific Lutheran University.



Jim Hill

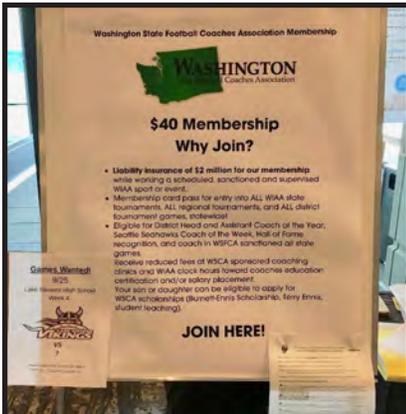
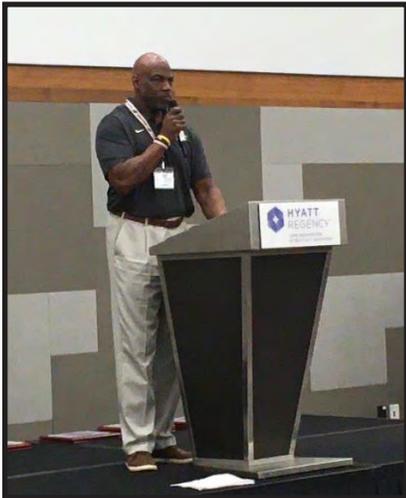
Coach Hill grew up in Elma. He was a huge Minnesota Viking fan and Fran Tarkenton was his hero. One of his favorite things to do was watch the previous weeks NFL replays with Pat Summerall and Tom Brookshier narrating the games. You could often find him at the city park chasing footballs that his brother Mike was punt-

ing, passing and kicking in preparation for the punt, pass and kicking competitions. Coach Hill graduated from Elma High School in 1982. He played three varsity seasons in Elma under the great head football coach John Matau where his love for the game grew. He then attended Olympic Community College and played two seasons under the direction of Dick Baird. Coach Hill then moved on and played three seasons at Central Washington University. His senior year he was voted one of the team captains and most inspirational. He had two legendary football coaches at Central, Coach Tom Perry and Coach Mike Dunbar. They were very instrumental in his growth not only as a football player but also as a person. Coach Hill moved on from college and spent his first year as a coach at Federal Way High School in the fall of 1988. He then accepted his first teaching assignment in Elma in the fall of 1989. That same year he coached the middle school football team in McCleary, which is a neighboring small community. The following year he joined the staff at Elma High School under the leadership of Head Coach Bill Beat- tie. Coach Hill became the head coach in the fall of 1995. He spent 21 years as the head coach for the Elma Eagles. He won many league championships along with two state championships and two second place finishes. This last fall was his 32nd year of coaching football. His appreciation and respect for assistants, players, and administrators is beyond words of what they have meant to him.

Coach Hill lastly wants you to know how much he loves his family. Wife Michelle, two sons Danny and David, daughter-in-law Rachel and his three grandkids Drew, Taitum, and Big Jake; and Brother Mike who has always been by my side. Mostly he wants to thank his parents Jim & Diane Hill (Dad and Mom) for being there all the time. The life lessons that they taught him is the very reason why this induction could even be possible.



WSFCA/Glazier Mid Winter Clinic March 2020



FOOTBALL

Washington State Football Coaches Association

2019 District Award Winners



District 1

HEAD COACH Dan Kaemingk Lynden Christian
ASSISTANT Jay Carlson Lakewood



Jay Carlson
District 1
Assistant Coach



District 2

HEAD COACH Monte Kohler O'Dea
ASSISTANT Kevin Chandler O'Dea



District 3

HEAD COACH Eric Kurlle Graham Kapowsin
ASSISTANT Chris Richardson North Kitsap
FRESHMEN Bob Walker White River



Eric Kurlle District 3
Head Coach,
Chris Richardson
Assistant Coach,
Bob Walker
Freshman Coach



District 4

HEAD COACH Bill Beattie Tumwater
ASSISTANT Justen Wochnick Camas



Bill Beattie
District 4
Head Coach



District 5

HEAD COACH Randy Affholter Kennewick



District 6

HEAD COACH Brian Bailey Entiat
ASSISTANT Sterling Jones Okanogan
MIDDLE SCHOOL Clayton Plummer Chelan MS



Justen Wochnick
District 4
Assistant Coach



District 7

HEAD COACH Keith Stamps Deer Park
ASSISTANT Justin Carstens Kettle Falls
ASSISTANT Stuart Gloyn Almira Coulee Hartline



Matt Miethe District 8
Freshman Coach,
Tim Trout
Assistant Coach,
Terry Cloer
Head Coach



District 8

HEAD COACH Terry Cloer Mount Spokane
ASSISTANT Tim Trout Mount Spokane
FRESHMEN Matt Miethe Rogers (Spokane)

FOOTBALL



Washington State Football Coaches Association 2019 Gold and Silver Helmet Award



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Jerry Parrish

Washington State Coaches Association



Silver Helmet

Jeff Graham

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Boys Basketball

2019-20 WIBCA "Mr. Basketball"

Congratulations to the following senior student athletes on their end of season WIBCA awards:

PLAYERS OF THE YEAR

4A-Jabe Mullins, Mt. Si High School
3A-Tari Eason, Garfield High School
2A-Wyatt Walker, Burlington Edison High School
1A-Hunter Ecklund, La Center High School
2B-A.J. Floyd, Davenport High School
1B-Caleb Revey, Lummi High School



WIBCA "Mr. Basketball" Tanner Toolson, Union HS

WIBCA NOTICE:

WIBCA Hall of Fame Event Cancelled

Due to the current situation surrounding the COVID-19 and uncertainty of future state policies; while also wanting to ensure a safe and positive environment for a WIBCA-related event, we are cancelling the 2020 WIBCA Hall of Fame inductions scheduled for July 23rd at the Nile golf and Country Club in Mountlake Terrace. We are very disappointed to have to make this decision but we have informed our three inductees and look forward to celebrating their achievements and this honor with them, their families, and friends in 2020. We will have specific date, time and location posted soon.



WIBCA Basketball Showcase Cancelled

In light of the COVID-19 pandemic, the Washington Interscholastic Activities Association and the Washington Interscholastic Basketball Coaches Association have made the decision to cancel the Division I Basketball Showcase scheduled for June 27-28 at Bellevue College.

This decision was made with the safety of participants in mind as this event requires travel from coaches and athletes from around the state of Washington and the western United States. Due to the uncertainty of this health crisis and the recruiting window set forth by the NCAA, there are no plans to reschedule the event at this time.

Thank you for your understanding. We hope you and your family are safe and healthy.

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