

THE WASHINGTON GO ACH

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 2021

Fellow WSCA Members,

By the time this issue of our coach's magazine reaches you, the 2020-'21 high school sports seasons will have all been completed. With all the adjustments in schedules, transportation, daily testing, fans being allowed to spectate, etc.....it was by all accounts a very successful year for all of us in the coaching profession and the students we work with. We had a season. Kids were allowed back on the playing fields, in the gyms, on the track, at the golf courses. All of it was a success. No complaints.

The WIAA, Mick Hoffman and his staff, the Executive Board, Athletic Directors, and Principals all worked together to make the very difficult task of returning to play, a reality.

This was a very long and stressful process. It has been a long year. We have all learned a lot about the coronavirus and COVID-19. The WSCA appreciates the leadership from Mick and his staff. Looking toward the next school year, we know the WIAA and school district leaders will be deliberate in their decision making and taking all the necessary precautions to ensure the safety of our student/athletes and coaches. We all look forward to what the fall will look like. It is hoped we can return to something that looks like 'normal'.

If your sport group will be sponsoring a clinic this summer, get involved! Get reconnected with your colleagues from around the state. Share what this past year has been like and share the success's your program enjoyed while your athletes were limited in what was available to them.

The WSCA Executive Board has adopted the operating budget for the 2021-'22 school year. With membership this past year almost 50% down from previous years, this year's budget reflects a possible decrease in membership for the upcoming school year. Our Board takes their responsibility of being good stewards with the association's finances very serious.

Enjoy the summer. Be thankful.

Darrell Olson
President





From The Sidelines

by Jerry Parrish

How it used to be...

Orchids to:

- ◆ the Certified Athletic Trainers who spend countless hours preventing injuries and correctly rehabilitating injured athletes getting them back to playing time as soon as it is safe to do so.
- ◆ the “die hard” fans of track and field who help put on track meets through good and bad weather without even a thought of compensation.
- ◆ teachers in small schools who buy their gas/groceries/supplies in the town that is supporting their jobs.
- ◆ administrators who still know the meaning of “supervision.”
- ◆ the schools and school districts who have enrolled 100% of their coaches in the WSCA for 2020/21.

Onions to:

- ◆ coaches who do not insist that players say “thank you” to the bus drivers who get them to the contest and other folks who do things for the team.
- ◆ administrators who listen to a complaint from a parent before that parent has talked to the coach.
- ◆ coaches who don’t have their varsity team watch an occasional JV or C squad game as having the eyes of seniors and juniors on them means a lot to young players and helps develop the feel of a “program” to the sport at the school.
- ◆ those who try and convince high school athletes that they will be awarded a Fantasy Island Scholarship.
- ◆ to leagues who select coaches of the year who are not current WSCA members.
- ◆ fall sport coaches who do not give their athletes and their own families any time off during the summer.
- ◆ Summary: The Orchids and Onions are semi-current and many of the WSCA board members are working to cut down on the crop of onions and increase the orchids. ■

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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

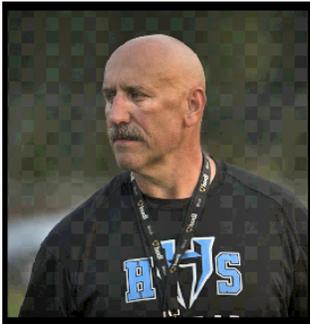
Rates for 1, 2 issues are also available.

Contact Michael H. Schick, Editor "The Washington Coach"

Email: wsca-editor@comcast.net; Cell phone: 253-318-9432

WSFCA and Seattle Seahawk Coach of the Year

Rick Steele - Hockinson High School 2A: The Hawks had a tremendous football season this year despite graduating one of the most successful classes in program history. They had multiple new starters on both sides of the ball and won their 7th straight league title. Much of the success can be contributed to the hard work and dedication of Coach Steele who is retiring after this season. During the COVID pandemic, the Hockinson team had player lead practices and workouts in small groups. The team followed all of the COVID protocols, but the players really lead the charge in making sure the team was connected and working hard during the pandemic. The coaches communicated via text and zoom with the players to keep everyone engaged. Players would do workouts and report out the progress they were making. The players and coaches feel that these individual workouts and progress reports really helped them form a team bond during the pandemic. Overall, it was a very successful season for the Hockinson Hawks and another great job by Coach Steele!



Congratulations to the Seattle Seahawk Division Coaches of the Year

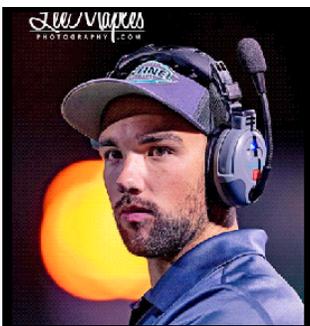
4A

Tom Tri - Lake Stevens High School: In this unique, unprecedented season the Lake Stevens Vikings were able to finish 5-0 defeating five playoff teams from the previous year. During the pandemic, the Vikings were not allowed to meet in person but continued having “Zoom Weight Training Sessions” from April 2020 until the end of January 2021. They also had zoom leadership meetings with the team in addition to installing their offense and defense. The Vikings also helped the Lake Stevens community during COVID by filling up over 1,000 sandbags to stop flooding in a local housing development. Additionally, the football players and volleyball players dressed up as superheros and princesses to help celebrate the birthday of a young female whose family had fallen on hard times. These efforts by the Viking football players did not only help the community, it brought the team closer together.



3A

Cameron Robak - Spanaway Lake Sentinels: Starting with «Pod Practices» in groups of 5, followed by the first game being called due to SNOW!, the Sentinels finished the year 6-0 winning their first League Title in 20 years. This is an extremely talented group of student-athletes that put in a ton of focus on fundamentals and film study this year. Choosing to focus on the little things and doing the 1/11th for the team, the Sentinels came away with a record breaking 259 points scored and 14 points against. Spanaway Lake had an amazing coaching staff this year that bought in a bigger picture and did an excellent job getting their student-athletes to perform at their best each week. The Sentinels handled the pandemic well, staying in touch via zoom whether just to talk about life or having scheme meetings. Pod Practices were unique but gave the players a different look at practice and forced the team to really slow down and focus on the fundamentals of the game. Congratulations to the Spanaway Lake Sentinels and Coach Robak for the outstanding season!



1A

John Lambert - La Center High School: The La Center Wildcats won the league title for the 8th time in the last 10 years. The Wildcats outscored their opponents 199 to 56 in a shortened 5 game season. In November of 2020, the Wildcats were able to start practicing in pods of 6. The practices in pods with masks, social distancing, temperature checks, and a list of questions, allowed the students to stay connected, albeit in a limited way. An additional outcome was student's grades increased due to the connection and accountability by having practice and being in a team environment. The social, emotional, and physical benefits of practicing throughout the months of November, December, and January helped the players cope and deal with the challenges of online learning. Overall, the Wilcat's season was a great success on and off the field for the players. Great job coach Lambert!



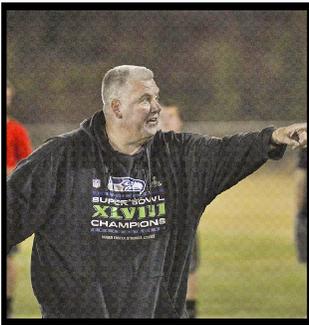
1B

Jeff Eaton - Naselle Comets: Coach Eaton is retiring after 32 years of coaching for the Naselle Comets. His team battled hard this season capturing the 1B District 4 Championship with a big win over Mossyrock and finishing the season with a perfect 6-0 record. The Comets learned many life lessons from coach Eaton and he always inspired them with phrases such as "Let your PADS do the talking," "Never Give Up," and "Play hard for each other." Naselle is a small rural community with a roster of 12 players this season. They were small in numbers but great in the bonds they had as a team. During the pandemic, the players and coaches supported each other with the community rallying around the team. A great season for the Comets and an excellent finish to an outstanding career by coach Eaton.



2B

Eric Hansen - Wahkiakum High School: The Wahkiakum Mules were fortunate to be able to get in a season, abbreviated as it was, during this pandemic. The Mules were able to play all of their scheduled games with all of their scheduled opponents which is saying a lot since some teams in their division were forced to play eight man games and cancel games because of Covid. The Mules moved into the SW Central 2B East/West division this year which is a very competitive league. The highlight of the season came at the end of their schedule. The Mules have an award called the "Iron Man" award and it goes to those athletes that did not miss a single practice or game during the season. Of the 21 young men on the final roster, 20 achieve this feat. In addition, they had two new "Iron Mules", which now numbers 8 total since 2008, recognizing this accomplishment over all four years of their high school career. Their dedication and commitment to showing up everyday and working hard was the driving force to the team's success. Coach Hansen could not be more proud of how this team handled the adversity during these Covid times. ■





Hearing their final whistle...

**Coach
NINA
WILLIAMS**



Saying Goodbye to One of the Best Ever...

Nina "Will" Williams lost her battle with cancer in early May. For more than 17 years, Nina taught and coached at Edgemont Junior High School in the Puyallup School District. While her professional career took her out of the classroom to become an administrator, most recently as the Director of Multilingual Education in the Kent School District, teaching and coaching at Edgemont filled her heart and strengthened her soul. Her years teaching and coaching were filled with laughter, tears, constant head scratching and an honest excitement about what the kids would teach her every day during their journey through junior high. As with most small junior high schools, if you can do one thing you end up doing many things. Nina coached volleyball, track, basketball and cross country in addition to teaching physical education during her time at Edgemont. She was an energetic and compassionate educator in the classroom and on the court leaving a never to be forgotten, loving impression on her students, athletes and colleagues. She will be truly missed by all who were blessed sharing her paths. ■



"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.

**We
Did
It!**

EARL BARDEN 2A-1A-B All State Classic

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

Football season looked a little bit different for the 2020-21 school year, but We Did It! With all of the uncertainty in the world with COVID high school sports looked like they may not happen this school year, but again, WE DID IT!

Unfortunately, the 2021 edition of the Earl Barden 2A-1A-B All State Classic is still cancelled. The amount of funding that needs to happen, the timing of the season, graduations, school calendars, the potential uptick of COVID cases and a myriad of other reasons have been discussions that have been had towards the continued decision.

Save the date- June 25, 2022... Planning has begun for the return of the event for the summer of 2022! The coordinators of the game are working with a new PR firm to bring the game back bigger and better than ever and after a 2-year absence; it will be AWESOME to highlight the best small school football players in Washington State! Any coach who is wanting to be part of the All State week in Yakima, please contact Coach Mark Mochel at Coachmoch77@gmail.com to be a part of this great event. ■



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

Variations of the Squat

Before doing any of the exercises on the list, which I might add, is not all inclusive make sure your student athlete is properly warmed up. A quick but efficient warm up can be as easy as two to three minutes of skipping rope or running in place. I avoid using the jumping jacks because as far as I can see there is no sport or sport movement that duplicates these movements.

After the cardio warm up move into a few bodyweight/stretching exercises such as some area specific warm up movements such as wide and high leg swings to the front fore and aft and to the sides. Follow these up with bodyweight only squats with full range of motion pause at the bottom for the first few before adding speed and going full range of motion for 10-20 reps.

For all of you grammaticians¹, this next paragraph, sentence, may cause a headache of unknown proportions.

A brief note on spotting; if the squat is a high-speed version, such as those done during the clean and jerk, split squats, or even the Jefferson squats or with special equipment Gerard bar, then it may be best to simply stand close by as the speed/movement pattern/equipment could be detrimental, leading to an injury to a helpful spotter and in these instances is not a helpful spotting situation.

The exercises preceded with a star * fit into this category.

Continuing with the spotting, it is common safety practice to use spotters during the squat, especially if the weight is heavy. Instruct your student athletes in the correct manner of

doing so to not only protect the lifter but yourself as well if something goes amiss during the lift.

As can be seen, there are additional options available to use for the lower body, anterior leg dominate workout. However, when all things are considered, none of the others on the list are as effective or efficient as the barbell squat in building strength and power.

Following each of the different squat variants is a brief explanation of the exercise. With the exception of the first listed squat, they are not in order of importance.

The following paragraph is my soapbox speech. At this point I feel that I am speaking to the choir and perhaps no one needs this reminder within this elite group of coaches but as here just as a reminder.

Setting up a solid foundation when doing your exercises consists of always using good mechanics, good technique, and proper positioning when doing any exercise. Don't be in a hurry to start piling external weight on your athletes. First, make certain they have the correct technique within the movement patterns before adding weight. Doing it this way is just added insurance in preventing an unnecessary injury to your athlete.

Basic squat description

Squats have been blamed for nearly every single body ailment in the book due to misinformation and incorrect squatting style. As in all new exercises, if you have not been squatting consistently in the past now is the time to talk to your doctor and get their opinion as

to whether or not squatting will benefit you, considering your current health situation.

Stand with your feet approximately shoulder width apart, arms at your side. If you lack the balance to do a squat in this manner, then hold your hands out to the front of your body or stand by a solid handhold to steady yourself.

Move your hips backward and your knees out to the side so they stay in line with your feet. The majority of your weight should be felt on the center, to the rear, of each foot. At the bottom position of the squat, try wiggling your toes. Hold onto something if your balance is poor. Being able to wiggle them indicates that you are into the correct position to squat.

As you start to squat, imagine sitting in a chair. Keep your back straight and your chest up. Drop all the way down and then come back up quickly---each rep with perfect form.

The reason for coming up quickly is this: if you start to fall, it is going to be your leg power, based on your leg strength as well as other muscles helping to prevent it from happening.

In your daily life practice getting up from a chair without using your hands on your legs for assistance, just use your leg muscles to get up.

The benefits of doing the squat

- Lean muscle mass is increased.
- Basic metabolism is faster.
- Your general physical fitness and work capacity are positively improved.

- Mental and physical energy levels are amplified.
- You will sleep better.
- Body fat will be lowered.
- Endorphins, the body's natural painkillers are released into your body.
- The heavy load on your shoulders, back and legs helps to make your bones stronger by increasing their mineral density.
- The connective tissues of your body adapt to the load and in turn become stronger and better able to tolerate the additional stress of the weight.

Barbell squats-The full squat with weights

This exercise involves a large portion of the muscular makeup of the body. That is precisely why it is so valuable as a strength building exercise.

The bar path, as it travels up and down, traces a relatively perpendicular line to the ground. Your buttocks, on the other hand, will be moving backwards as the bar goes down. Imagine yourself setting in a chair. You first move the buttocks backward to the chair. Do not begin the movement by first bending at your knees. By doing so, you place yourself in an anatomically precarious position. The knees will then end up way ahead of the toes, a dangerous practice to get into when squatting.

The knees should travel over the foot and not stray from side to side either way. They should be tracking over the second toe on the foot and not going past the tip of the foot, in either the squat or the lunge (which is not illustrated).

The squat can be performed with a barbell or holding onto dumbbells.

Exercise Description

- Obviously, the barbell will allow you to use much more weight than a dumbbell.
- Start with the barbell in a squat or power rack.
- Hold onto the bar at a width and position that is comfortable for your body size.

- Stand under the bar.
- The bar should rest on the upper trapezius muscles and across your upper shoulder area. Make certain it is balanced before you back out of the rack with it on your shoulders.
- The bar position can be either in a high bar or a low bar position. If you are having difficulty in holding the bar on your shoulders, lift your elbows up.
- High bar position-the bar rests above your rear deltoids at the base of your neck. Your grip position will be a bit wider than your shoulder width.
- Low bar position-the bar sits across the rear deltoids and at the middle of the trapezius with your handgrip wider than shoulder width.
- Inhale and arch your back into a solid position.
- Looking straight ahead or a bit upright, in a cone of vision of about 10-20 degrees will help keep you centered and balanced.
- Lift the bar out of the rack and take two small steps backward. Do not get into the habit of making many small steps as you prepare to set up to squat. It expends needless energy; energy that could be better placed into doing another quality squat. You are not training for a walking contest; you are here to squat. So, get set up efficiently and safely.
- With your toes pointed a bit to the sides in a small angle outward. Start the move by unHINGING at your hip joint. Bend at the hip to start the buttocks moving to the rear.
- The ideal squat is to be in the low squat position with your lower legs perpendicular to the floor. This takes technique practice and hip flexibility to achieve.
- Continue to sit back until your hip joint is below the top of your knee.
- This is the low point of the squat. The easy part is over!
- Anyone can get the depth; it's getting back up that is the hard

part. So, let's discuss this critical part of the lift.

- Getting back up
- Maintain a very solid back and stomach on the squats.
- As you begin back up; start with your head and chest.
- Push the bar back upward, get it moving, and follow through with your powerful leg muscles.
- Do not allow your hips to rise up faster than your legs are going. If so, you will end up in a very heavy and unforgiving good morning position. (not illustrated)
- Continue to push with your legs until you are upright again.
- Take a nice breath and go down for another quality repetition.

Remember to always keep your back solid, keep the weight over the balls of your feet to a bit to the rear on your feet. You should not have all the weight either on your heels or on your toes. The weight should be pushing down through your ankle and on into the ground.

Cheating indicators when doing the squat

1. Lack of depth
2. Lack of full depth
3. Lack of depth
4. Lack of full depth
5. Lack of depth

Do you get the idea? Go deep. Let this absolutely magnificent exercise do its magic for you in helping develop the power in your body. Your legs may hurt when you do them, they may even hurt after you do them, and they may hurt a day afterwards. If so, back off a bit and rest, then go at it a bit easier next time.

Body weight squats

Squats, bodyweight squats the king of all exercises-the benefits of this powerful activity. The basic instructions for this exercise are as follows.

Make sure you keep your head and chin upright but not looking at the ceiling or sky. Look upward a few degrees but keep the horizon in sight

Continued on page 12

at all times during the squat both with and without weight.

Keep your back in its normal position with the natural lordosis always present. Push the weight back up by staying on the back portion of your foot and not your toes or the balls of your feet.

You must learn how to squat correctly, and this implies keeping your knees aligned with each foot. The center of your kneecap should be moving in a direct line with a point between your big toe and the one right next to it. If not, then you are not doing it right.

This has to be corrected before you hurt yourself by damaging the ACL and cartilage in the joint. It is particularly hard on the ACL when your knees go into the valgus position (a valgus move results when the distal part of the leg below the knee is deviated outward, resulting in a knock-kneed appearance.)

If your knees come inward during either the lowering or the upward phase of the squat, then push them outward. Imagine sliding your feet outward to the sides if your knees tend to collapse but do so only if you have good supportive shoes that will not roll off to either side.

Prevent the knees from traveling over your feet when squatting. This means moving your butt and hips backward at the very beginning of the exercise. Use a band that is pulling you backward, so you learn the forward lean when squatting. This saves your knees and lower back from potential damage that occurs if you do not squat right.

Dumbbell squats

Hold a dumbbell with an overlapping grip on the handle, not on the plates as your athletes may want to do because the depth is much higher! Therefore, easier.

With the dumbbell on the floor between your legs, squat down, grip the weight, and stand up keeping your back in the neutral position and using your legs to move the weight.

Plate and ball squat²

Start with this one and the rest will be a piece of cake. Please read the footnote, as this was not my idea even though I wish I had thought of it first.

Place a weight plate on the top of your head. Balance a ball in the center of the plate and squat down to the floor while keeping the ball on the plate. Once you do this, you have accomplished a nice squat. Your head and back have stayed in the correct position and if not, the ball drops off, the feedback is immediate and you instantly know you are doing it wrong.

Band or tubing body weight squats

Before using your elastic material check it for any nicks, rips, tears, or other damage.

Place your elastic tubing or jump stretch bands under your feet, which are shoulder width apart, now either loop the band over your shoulders or hold it next your chest and squat. Raise back up to the starting position for one repetition.

Medicine ball squats

Holding onto an appropriately sized medicine ball in front of your chest, drop down into a full squat. Come back up and repeat for one repetition.

Medicine ball overhead squats

Holding onto an appropriately sized medicine ball over your head, drop down into a full squat. Come back up and repeat for one repetition.

Medicine ball straight arms forward squats

Holding onto an appropriately sized medicine ball with arms straight out in front of your chest, horizontal to the ground, drop down into a full squat. Come back up and repeat for one repetition.

Liquid filled container squats

Liquid filled containers, think water cooler jugs, large diameter PVC pipe front, Zercher squats.

This is an unusual way of squatting that recruits the muscles not only for doing the squat but also for developing balance, coordination and maintaining stability while doing the squat with a moveable object.

Use a 4–6-inch, 3–7-foot length of PVC tubing. Fill it with water, cap both ends, one with a screw cap fitting the other glued. Keep in mind that water weigh approximately 8.345³ pounds per gallon. This may not seem like a lot but when it is shifting around it gets to be a handful.

See table below and also <https://taylorpipesupports.ca/design-properties-PVC-CPVC-pipe.php>

These are executed with the bar on the back, barbell squat style (difficult due to the slippery surface of the PVC) or Zercher squat style.

Nominal Pipe Size Inches	Nominal Pipe Size mm	Outside Diameter Inches	Outside Diameter mm	Schedule Number	Wall Thickness Inches	Weight of PVC Pipe Lb/ft	Weight of Water Lb/ft	Weight of CPVC Pipe Lb/ft	Weight of Water Lb/ft
3-1/2"	90	4.00	102.00	40	0.226	1.80	4.30	2.00	4.20
				80	0.318	2.50	3.80	2.70	3.80
4"	100	4.50	114.00	40	0.287	2.10	5.50	2.40	5.40
				80	0.337	2.90	5.00	3.30	4.90
				120	0.417	3.70	4.50		
5"	125	5.56	141.00	40	0.258	2.90	9.10		
				80	0.375	4.10	7.90		
6"	150	6.62	168.00	40	0.280	3.70	12.30	4.70	12.80
				80	0.432	5.60	11.40	6.20	10.70

Zercher squat

When doing the Zercher squat, the bar is held in the crook of the arms. Usually, you will want to put some sort of a wrap on the bar, or towel on your arms to protect them from the bar biting into the skin. This is an ideal exercise if you notice your student athlete is consistently bending forward during the squat—generally noticeable on the upward part of the lift.

This particular exercise will build solid upper back strength while at the same time increasing the spinal column's thoracic areas stability. Additionally, it will also enhance their quads and glutes. Not bad for such a simple exercise.

One leg squats to the bench



Start



Bottom

Make certain the bench or chair will not move away from you as you sit back on it.

Stand on either your left or your right leg, hold the opposite leg out to the front to help you maintain your balance. Do not allow the squatting knee to travel over the squatting foot. This is accomplished by sitting back on the squatting leg as you lower into the squat position.

Lower yourself down until your buttocks touch the bench and then rise back up.

Bench squats with dumbbells/weights



- Start out with your feet about shoulder width apart and slightly pointed to the outside.
- Place your hands across your chest.
- Move your buttocks backwards until they are touching the bench.
- Viewed from the side the buttocks have to go back first.
- Viewed from the front the knees have to track in line with the feet.
- Your lower legs should now be nearly vertical and perpendicular to the floor.
- Keep your arms tight to your chest.
- Rise back up from the lowest squat position

Bulgarian split squats



Start



Bottom



Finish

As can be seen, the photos are showing me doing the Bulgarian split squat at the end of the bench. The reason I'm doing it at the end is because my weight room doesn't allow it from the side, which is safer.

Another option for doing this which is much safer is using your stair steps if you have stairs in your house. I have found that by putting my trailing foot on the second step that I get a very nice stretch at the bottom and getting good strength returns as well.

Generally, when your athletes are first doing this exercise, stand directly in front of them to check on these two form/technique problem areas: Going into a Valgus when coming back up and losing their balance either up or down.

Continued on page 14

Continued from page 13

If either happens give them a coaching cue (point the squatting foot inward a bit) (avoid an external rotation of the hip) and hold out your hands as a stabilizer for them until they are comfortable doing the exercise.

Start with your bodyweight only. Don't use any extra weight in your hand or on your shoulders. Place one foot on a bench behind you and step out at least the distance of your upper leg. Turn the front foot in towards the middle part your body just a little bit so that when you lower down, your knees are in a parallel line with your feet. Avoid, at all costs, a valgus position⁴ of the knee with this foot, as this is extremely hard on your anterior cruciate ligament.

Notice in the middle photo by trailing leg the upper portion is almost directly in line with my straight back. Always use good mechanics, good technique, and proper positioning when you are doing any exercise.

High bar squats



The bar position can be either in a high bar or a low bar position. If you are having difficulty in holding the bar on your shoulders, lift your elbows up.

High bar position-the bar rests above your rear deltoids at the base of your neck. Your grip position will be a bit wider than your shoulder width.

A high bar squat simply indicates where the bar is resting on our shoulders as in the photo. Notice the first one shows my hands wide on the bar, this was after a shoulder surgery before all of my range of motion was regained. the second photo is where it is normally held, at least by me. Elbows to the sides directly and under the bar

Low bar squats



Low bar position-the bar sits across the rear deltoids and at the middle of the trapezius with your handgrip wider than shoulder width.

Notice the first photo on the left shows my hands wide on the bar, this was after a shoulder surgery before all of my range of motion was regained. the second photo is where it is normally held, at least by me. Elbows to the sides directly and under the bar

Goblet squat

This exercise involves the large muscles in the body. That is precisely why it is such a valuable exercise.

Begin the goblet squats by holding onto one end of the dumbbell with both hands as if holding onto a goblet. Keep it pressed tightly against your chest. Doing so makes it easier to maintain a good lower back position.

The exercise path, as the dumbbell travels up and down, traces a relatively perpendicular line to the ground. Your buttocks, on the other hand, will be

moving backwards as the dumbbell goes down. Imagine yourself setting in a chair. You first move the buttocks backward to the chair as you sit back into the chair.

Do not begin the movement by first bending your knees. By doing so, you place yourself in an anatomically precarious position because your knees will end up in front of your toes, a dangerous practice to get into when squatting.

The knees should travel over the foot and not stray from side to side either way. They should be tracking over the second toe on the foot and not going past the tip of the foot, in either the squat or the lunge.

Use challenging dumbbells with this exercise, **after** learning how to do it correctly.



Start



Bottom

¹ A person who studies grammar. (noun)

² I wish this had been my idea for teaching the squat, but it wasn't, instead full credit goes to Loren Z. F. Chiu, PhD, CSCS from the University of Alberta, Edmonton, Alberta, Canada and Eric Burkhardt, MA, CSCS, Explosive Strength Athletics, Irvine, California and members of the NSCA.

³ <https://www.thecalculatorsite.com/articles/units/how-much-gallon-of-water-weigh.php#:~:text=One%20US%20gallon%20of%20water,3.78%20kilograms%20at%20room%20temperature.>

⁴ <https://radiopaedia.org/articles/valgus-vs-varus-1?lang=us#:~:text=The%20terms%20valgus%20and%20varus,lateral%20it%20is%20called%20valgus.> ■



RENTON, Wash. - The Washington Interscholastic Activities Association (WIAA) Representative Assembly voted to pass seven amendments.

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 seven amendments were passed, Monday, and will go into effect next school year with the exception of HS #9, which will go into effect at the conclusion of the 2021 spring season.

In addition to the seven amendments, three WIAA Executive Board positions were voted on as well. Scott Chamberlain (District 4), David Blakney (District 5) and Miles Caples (District 6) were elected to keep their positions on the Board.

Passed Amendments

	RULE	SUMMARY	S	O	NP
HS #2	18.11.5	A student is not varsity eligible if they transfer to a school after participating on a non-school team if one or more of the high school coaches were involved, and/or after receiving instruction or training, including weight training and conditioning, from a person affiliated with another school to which the student transfers.	25	10	0
ML/HS #3	18.15.0 19.3.3	Updates language in the WIAA handbook regarding appeals of eligibility regarding gender equity.	53	0	0
ML/HS #5	18.20.1	With league approval 1A high schools may utilize eighth graders.	32	21	0
ML/HS #6	18.23.1	Changes the definition of "regular" from no more than once to no more than once per week.	42	10	1
ML/HS #7	20.4.7	Adds a minimum of one hour in coaches standards for student mental health and diversity, equity and inclusion education.	49	4	0
HS #9	35.1.1 35.2.0	Eliminates the restriction of 20 days of coaching for summer football.	21	13	1
HS #10	44.4.7	A two-day wrestling tournament consisting of brackets larger than 16 individuals will count as one of the 16 allowed team dates.	26	9	0

Failed Amendments

	RULE	SUMMARY	S	O	NP
ML/HS #1	17.5.1	Adds flag football, 7-on-7 football and sand volleyball to the sports that are considered to be separate and distinct from interscholastic sports.	23	30	0
ML/HS #4	18.20.1	1B and 2B high schools may utilize eighth graders from non-WIAA member middle schools.	29	24	0
HS #8	30.1.0	High school basketball teams may participate in 20 games or 19 games plus one tournament for a total of up to 23 games. A WIAA foundation game or game against an international touring team will not count toward this total.	20	14	1

What Have We Learned During the Pandemic in High School Sports, Performing Arts?

By Dr. Karissa Niehoff on April 14, 2021
nfhs news



We are excited about a potential full return to competition this fall for high school athletics and performing arts programs. With the expectation that a majority of adults will have received the COVID-19 vaccine, and perhaps many young people, there is a hope that all states will be able to return to “normalcy” when schools open this fall.

While there is great optimism about having students back in their favorite sport or activity, and fans back to support these student participants, we must be careful not to forget what we have learned during this unprecedented pandemic. The struggles we have faced over the past year have reminded us of many significant aspects of participation in sports and performing arts activities.

So, what must we remember?

- **The Importance of Participation.** Participation in high school activity programs provides students many benefits beyond what they learn in the classroom. They learn teamwork – how to work together to produce positive outcomes. Through participation in athletics and other activities, students learn self-discipline, build self-confidence and develop skills to handle competitive situations. All of these experiences support growth and development. While success and playing in state championships is an extra benefit of education-based activity programs, nothing is more important than students having the opportunity to interact with their peers in sports and performing arts programs.
- **The Mental and Emotional Health of Students is Tied to Participation.** In a study conducted by the University of Wisconsin’s School of Medicine examining the impact of school closures on the health of more than 3,000 Wisconsin high school athletes, 65 percent of those surveyed reported symptoms of anxiety, and 68 percent reported symptoms of depression. There was a 50 percent reduction in physical activity, and a significantly lower report of quality of life. Involvement in high school sports and activities is absolutely vital to the social, emotional and mental health of high school students.

- **We Must Be Thankful and Appreciative.** The pandemic hopefully has helped us to become better people – thankful and appreciative for what we have. For the first time in the lives of most individuals, normal daily activities were essentially gone – in an instant – and for a period of time the future regarding return to “normal” life was uncertain, and a bit scary. Hopefully, those who may have held critical perspectives about education-based activities will now have more compassionate perspectives, and we all will realize the incredible blessing we have to be involved in high school athletics and activities programs.
- **There is More Than One Way to Accomplish Goals and Dreams.** The adage “we’ve always done it that way” didn’t apply during the pandemic. The shutdown and eventual return to play forced everyone to find new ways of accomplishing tasks. We all had to stretch beyond our comfort zone and into our creative zone, and, on the other side, we realized there were other ways to handle situations.

Coaches were faced with not being able to communicate with players face to face in the early days of the pandemic, but, because of the dedication and “out of the box” thinking of many, teams were able to stay united and active – thanks to various online communications platforms.

More so than in the past, with states returning to play at different times based on specific regulations, we learned there is no right or wrong in many cases. We have learned to be open to other people’s ideas, opinions and observations. We must continue to value the thoughts of other people and the value of collaboration.

- **We Must Show Respect for Opponents, Officials and Others.** In the case of contest officials, many individuals made great sacrifices to continue officiating during the pandemic – perhaps even putting their own lives at risk – in order for games to continue to be played. While we desperately need more individuals to officiate high school sports, we must ensure that they are treated with

respect and protected from verbal and physical abuse. Let's hope that the restoring of high school sports after the pandemic will bring a greater degree of respect for officials, opponents and others.

- **We Can Do Anything.** If students, coaches, parents, administrators and others can work successfully through the impact of COVID-19, they can handle any adversity that comes their way. The perseverance required to survive this past year should bring a new level of confidence about handling adversity in the future.
- **Fans and the Community At-Large are Essential for High School Sports and the Performing Arts.** We definitely have learned that nothing can replace parents, students and others in the community when it comes to lending positive support to high school students involved in sports and performing arts. We have missed

the cheers, the applause, the encouragement...We have missed being together.

As we return to athletics and activities, let's remember how difficult it was to be without them, and let's be the best participants, coaches, fans and leaders that we can be!



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Hearing their final whistle...

Coach GARY CORE



Gary Core was a long time supporter of the WSCA and his presence, though low key, was evident at many high school sporting events. He was raised in Renton, graduating from Hazen High School, and soon became a fixture at Newport High School volunteering to help support the needs of a highly robust athletic program.

Gary worked at most Kingco events including Kingco football games, basketball regionals, WCD 2 track championships and WIAA state championships as a track official.

He was a longtime member of the WSCA and one of his most generous gifts was his help at the East-West Classic Football Game. His role there was to resolve player equipment issues, provide hydration and coordinating with the athletic trainers ensuring the medical carts were stocked and available during practices and the game.

In 2015, Gary received a prestigious Gold Helmet award in recognition for his 25 years of service to the coaches association.

Gary fought a four year battle against colon and liver cancer passing away March 19, 2021. ■





Baden Named Official Ball of the WIAA

3/17/2021

After a five-year break, locally owned and operated Baden set to return as the Official Ball of Washington high schools

RENTON, Wash. - The Washington Interscholastic Activities Association (WIAA) today announced Baden Sports, a manufacturer of premium sports balls and a homegrown company with deep roots in the Pacific Northwest, will return as the official ball of the WIAA starting this year.

The new, multiyear agreement reestablishes Baden as the WIAA's official ball for all sports except football, starting with the 2021-22 school year.

Baden, a third-generation family-owned company, has operated continuously in South King County for more than 40 years and recently moved into a new corporate headquarters in Kent, Washington.

"We believe in building stronger individuals and communities through sports. To be able to do that with the WIAA in our home state is a special honor, and one with magnified importance as we emerge from the pandemic," said Jake Licht, CEO of Baden Sports. "We're excited to once again be the official ball of Washington and look forward to delivering products athletes love and a standard of service that demonstrates our appreciation for the coaches, parents, and administrators that make sports happen."

In addition to being used exclusively in WIAA-sanctioned state championship events, Baden balls also will be used exclusively in all district playoffs across the state.

"Baden, as a local company, is genuinely committed to the success of all the coaches and student-athletes in our membership," said Mick Hoffman, Executive Director of the WIAA. "We're thrilled to be resuming our partnership and look forward to seeing the positive impact Baden's high-quality products and personalized service will have on our member schools."

All Baden balls are made with the same attention to detail, quality craftsmanship, and dedication to the player – a commitment that ensures the purest feel, truest bounce, and most authentic play, no matter the sport or the season.

The WIAA has designated the following Baden game balls for exclusive use in the district and state postseason tournaments. All are approved by the National Federation of State High Schools (NFHS).

Sport	Ball	Model
Baseball	Perfection Pro	3B-PPRO
Basketball – Boys	Perfection Elite Pro	BX7E-Pro
Basketball – Girls	Perfection Elite Pro	BX6E-Pro
Soccer – Boys & Girls	Perfection Thermo	ST7
Softball	Perfection	2BSFPY
Volleyball	Perfection	VX5EC

All Baden game balls and accessories can be purchased immediately through team dealers, online, or by contacting a Baden sales representative at sales@badensports.com.

About Baden Sports

Baden Sports, an independent, family-owned company with headquarters in Kent, Washington, designs and manufactures high-quality sports balls for players of all ages, skills, and abilities. Baden’s innovation and commitment to quality has led conferences, clubs, teams, and coaches at all levels to choose Baden as their official ball. For more information, visit badensports.com.

Connect/Follow Baden Sports:

Facebook: [/BadenSports](https://www.facebook.com/BadenSports) | Instagram: [@badensports](https://www.instagram.com/badensports) | Twitter: [@BadenSports](https://twitter.com/BadenSports)

About WIAA

Founded in 1905, the WIAA is a membership organization of over 800 middle level and high schools from every corner of the state with the goal of making memories through education-based activities. The WIAA supports and sponsors 23 sports along with five activities that incorporate over 500,000 student participants. The WIAA and its member schools believe in the value of extra-curricular activities have been linked to better standardized test scores, increased school attendance, improved physical and mental health, and a more positive student experience. ■

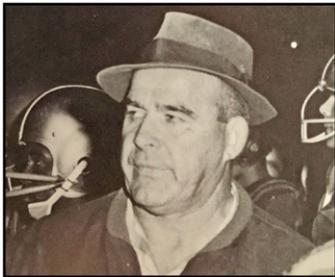
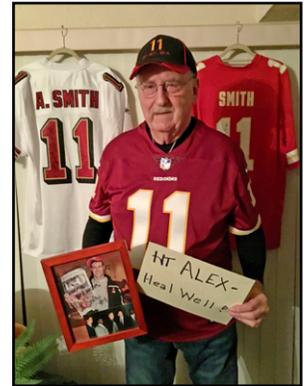




“bramwell...Bramwell...BRAMWELL”

by Lane C Dowell

With many thanks to numerous newspaper & magazine reporters in Bremerton, Seattle, and Los Angeles who honored Bramwell in their articles.



Even though I never coached on a staff where #13 played, I felt like I knew him, for in the eyes of my wily mentor, Bremerton HOFer Coach Chuck Semancik, NEVER had a Bremerton team ever seen a Running Back as talented.

Air Force.....5'7", 145 lbs. His career kick return yardage and his combined kick and punt return yardage both established NCAA records upon his graduation. Bramwell was the first team Academic All-America choice in 1965 and was inducted into the COSIDA Academic All-America Football Hall of Fame in 1989. One more thing.... Bramwell originally started at the Air Force Academy but was let out of his scholarship after the Academy eliminated its medical school.

No matter the year, up to Semancik's coaching retirement in 1984, if the running game ran out of gas, where was that premium player, the Scatback, to make it go?? **“bramwell! - Bramwell!! - BRAMWELL!!!”** was the cry that echoed across the gridiron.

That wunderkind was Dr. Steve Bramwell...one in a million. The Cats Galloping Ghost must be nearby. Chuck would beller his name as if the diminutive RB would appear ready to weave his way through the swarm of opponents.

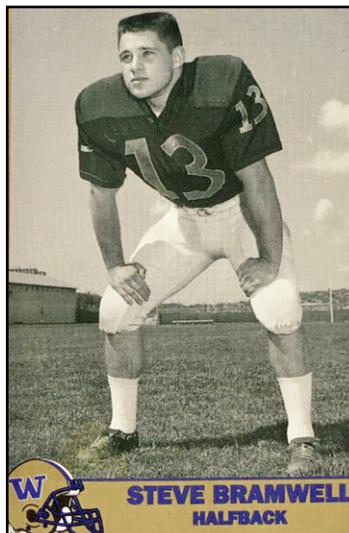
We were honored to be seated with the 1961 West High Wildcats Football team, led by University of Washington All-American running back, Dr. Steve Bramwell, at a recent Kitsap Athletic Roundtable Hall of Fame induction ceremony. What a treat that was! Dr. Bramwell said, “I loved that man (Semancik), and we were not going to let him down. We played our hearts out for him.” His teammates chimed in a mutual agreement. Most would agree with the good doctor as Bremerton still loves Chuck.

Thousands of former UW athletes know Dr Steve Bramwell. He was the **Husky** Team Physician for about 22 years appearing on the field around 1977. It wasn't his first time on the Husky field though....

The first time Bramwell touched the ball as a sophomore at the UW, he returned a kickoff 90 yards for a touchdown against

The back of his Washington Huskies Football Greats card reads, “One of the smallest players in UW history; balance, coordination, speed and peripheral vision made him the top kick returner.” Statistics include: 2,147 career yards in combined kick returns; 704 punt return yards (723 yds incl bowls); 1,443 kickoff return yards (1,532 yds incl bowls); 2,827 all purpose running yards. 1964 Rose Bowl.

Steve Bramwell was a Bremerton West High Wildcat, graduating in 1962. He came along at a time when Bremerton football was a consistent state power with Chuck Semancik at the helm. In his senior year, Bramwell ran for 1,093 yards. The 1961 West football team won the mythical state championship, voted AA state champions by both the Associated Press and United Press International. Eight league games, 4 Tacoma schools, Aberdeen, South Kitsap, and they played East twice - 272 vs 52 scoring points. The championship capped two outstanding years of Wildcat football during which West compiled a 16-1-1 record. Team standouts included Guard Al Waley, Center Hershel Housel, Halfback Steve Bramwell, Fullback Jessie Griffin and Quarterback Bob Beller. Bramwell was named High School All-American. Semancik was not a stats guy but he knew his numbers. He let the media produce the stats, but if



they were wrong, he'd call them out on it to ensure a correction was made for the next report.

A great article by Bremerton Sun reporter, Terry Mosher, quoted Bramwell, "My dad was a doctor, was gone most of the time and it was pretty low-keyed for us around home." One of eight children, Bramwell said. "Chuck (Semancik) was the first guy I encountered who would eat grass (tension reliever on the sidelines during games) and was tough as nails and taught us that. "I loved him. He taught me more about things than any of my football coaches."

Recognized as a scatback during his pee-wee games, things came easy for Bramwell. He could run away from people, had great vision, and could cut back away from defenders. When the 5-foot-7, 135-pound Bramwell got to West he thought it would be more of the same. But Semancik didn't cut him any slack. "He made us play his way," Bramwell said. "He made me do things I never thought I could do or wanted to do in football. You could feel



his love for you, and yet he never let you off the hook when it came to playing and playing hard. He expected you to do the hard things and play hard-nose football."

"Chuck was what he was. There wasn't any facade, any pomp or circumstances, no hidden agendas. He was such a contrast to the way the world was. You knew what he wanted, you knew what he expected of you, and you knew what he was going to teach you – toughness. It is a very positive memory. It certainly made me tougher for going to the 'U. If I had been in a soft system, I probably would have stayed with baseball."

Steven T. Bramwell received his M.D. with honors from the University of Washington in 1971. While attending Washington, Dr. Bramwell was honored with the Harkins Surgery Award, the UW Pediatrics Award, and the UW Psychiatry Award. He began his work in the field as an intern at the University of Rochester in New York (1971-1972). He then came back to Washington for his residency training in Orthopedic Surgery from 1972-1976 and was appointed Assistant Professor of Orthopedic Surgery at the UW School of Medicine. Bramwell



began his private practice in 1981, continuing to serve as the UW Team Physician.

Bramwell believes appropriate treatment for sports injuries is the key for athletes at all levels of competition. And that treatment should include sports psychology. "Physical injuries are sometimes easier to cope with than the psychological depression you may face when injuries take you off the playing field." His work with the football team revealed that one of the hardest things an athlete may have to bear is coming back after a severe injury. "For someone who has high goals and has so much time invested in trying to attain these goals, a major injury can be a severe emotional setback." Bramwell speaks from experience.

In early November 1990, Bramwell was critically hurt in a plane crash returning from Provo, Utah where he had taken his son to begin preparation as an overseas Mormon Missionary. His twin-engine Piper Navajo spun crazily out of control as it suddenly dropped 5,000 feet, blown from the sky by a monstrous downdraft. Bramwell, strapped in his pilot seat, was hurled about 50 feet from the crash. His face was shattered, his ribs and teeth broken, his lungs pierced. Surgically, his face was rebuilt...eye sockets, sinus cavities. He left the hospital with 13 plates in his head. The others in the plane only had minor injuries.

Later that month, at the Apple Cup, Mark Brunell (currently Quarterback Coach for the Detroit Lions) looked over, cautiously, uncomfortably, at Bramwell's battered face. "I was shocked he was even able to be here. I know his effort gave inspiration to all of us." Earlier in April, Bramwell had rebuilt Burnell's knee and said, "With luck, you might be able to start practice for the bowl game at the end of next season." Bramwell was cautious and honest, "Mark's work to get back this season truly inspires me." Both knew recovery – they would go on. The 8th ranked Huskies defeated the Iowa Hawkeyes 46-34 at the 1991 Rose Bowl. Brunell was the game's outstanding player.

A year later, Beno Bryant (Seahawks 1994), beat Bramwell's longtime Washington punt return record. Bramwell jogged up the Husky tunnel and shouted, "It couldn't have happened to a better guy!" Bryant returned three K-State punts for 109 yards, the third one 53 yards for a touchdown in the fourth quarter. He almost returned one of the others for a TD as well, and with his amazing day, passed Bramwell's career total of 704 yards set in the 1963-65 seasons. Bryant had 720 yards and would play another season to put Bramwell's record out of sight.

Chuck Semancik was there as a retired coach then, remembered Bramwell "As a little ballplayer who carried the load. Golly," Semancik said, "that guy ... sometimes I wondered, when he got hit, is that guy going to get up? But he always did."

The importance of mental toughness in competitive success combined with God-given talent is a pathway to Victory. ■



Hearing their final whistle...

ROBERT POLK



Reprinted from The Everett Herald

Everett mourns the loss of athletic and activities director Robert Polk, 54, was known for his grace, hard work and desire to help kids compete and succeed.

by Cameron Van Til
Wednesday, April 14, 2021 8:29pm

EVERETT — For the better part of two decades, Robert Polk was a steady, gracious and invaluable leader in both the Everett School District and the secondary school athletics scene in Snohomish County and beyond.

Polk spent the last 17 years managing a wide variety of responsibilities as Everett Public Schools' director of activities and athletics. He also juggled a number of other duties outside of that job, including regional athletic leadership positions and basketball officiating roles.

And as local coaches described, he did it all with genuine care for people and determination to do what was best for kids.

Polk died unexpectedly on Sunday. He was 54.

"Robert was an outstanding colleague and a dedicated worker," said Ian Saltzman, the school district's superintendent. "When I saw him at sporting events, I was always impressed with his grace and leadership. His

passing is a tremendous loss to the community and the school district."

Polk had been the district's director of activities and athletics since 2004. That role featured a multitude of duties related to overseeing the athletic programs of the district's three high schools — Cascade, Everett and Jackson — and five middle schools.

It also included an array of responsibilities on the academic side — such as coordinating graduation ceremonies, overseeing ASB work and supporting the schools' physical education and health programs.

"He really was a champion for getting students involved," district spokesperson Kathy Reeves said. "And he understood the importance of teamwork, competition and sportsmanship as part of a well-rounded education. He worked really hard to create equity — to remove barriers that people might have to participate in activities or athletics."

In 2015, Polk received a pair of

awards for his work. He was given the National Interscholastic Athletic Administrators Association (NIAAA) award of merit, which recognized him for "meritorious dedication to middle and high school athletics." He also was named the Washington State Secondary Athletic Administrators Association (WSSAAA) athletic director of the year.

"You could tell that everything he did, he did with the intention of making it the best experience for kids possible," said Everett High School girls basketball coach Jeannie Thompson, who also was previously Jackson High School's girls basketball coach. "From hiring coaches, to improving facilities, to making sure that you had equitable resources for all student-athletes — he just went above and beyond to take care of kids.

"He was very thorough, very organized, committed, dedicated," she added. "All the attributes that you would want in somebody in a

leadership position, he embodied all of those. And then, of course, (he had) the class and integrity to go with it.”

“He was the consummate professional,” former longtime Jackson High School football coach Joel Vincent added.

Polk also served in a variety of other roles, including as president of the Washington Interscholastic Activities Association’s Northwest District Board and as president of the WSSAAA Board. He also was part of the NIAAA’s strategic planning committee.

In addition, Polk spent the last decade or so officiating basketball games through the Snohomish County Basketball Officials Association. He became the association’s president during the 2019-20 season.

“He just did so much,” said Everett High School football and boys wrestling coach Brien Elliott, a longtime coach of various high school and middle school sports in the Everett School District. “It was amazing all the things he did. I can honestly say that there’s no way that he’ll be replaced. There’s no way.”

Polk, a 1984 South Kitsap High School graduate, was a tackle on the University of Puget Sound football team and received NAIA All-American honors in 1988. He graduated in 1990.

Polk later earned a master’s degree at Central Missouri State University (now the University of Central

Missouri). During his time there, he spent two years as a graduate assistant coach for the school’s men’s basketball team.

From 1997 to 2004, Polk was the head boys basketball coach at Olympic High School in Bremerton. He also was Olympic’s athletic director for four years before moving to his position at Everett Public Schools.

“He was always about doing what’s right and just doing what was best for kids,” Elliott said. “And he just was so passionate for people and about his job. ... He made sure that we had whatever we needed.

“And then if anything was ever wrong, you could always go to him, and he would get out his little notepad and start taking notes. And then he would go about getting that situation fixed.”

Coaches described Polk as a behind-the-scenes leader who would take on any task, even things as simple as sweeping a gym floor or raking a baseball diamond.

“He just really did whatever he needed to do,” said Jackson High School softball coach Kyle Peacocke, who also was previously Everett High School’s softball coach. “He was a true servant leader (and) never expected anything from other people. He just kind of gave himself to others.”

Coaches also emphasized his caring demeanor.

“He treated each person he came into contact with with dignity and respect,” Thompson said. “He would always go up to you personally, shake your hand, welcome you to the event and ask you how you were doing (and) how your family was.”

Polk is survived by his wife, Tara, children Kellen and Marin, his parents and his brother.

“Whenever a conversation was over, he would say, ‘Take care of your family,’” Elliott said. “... I know how much family meant to him.”

“His favorite job of all,” Tara added, “(was) being a dad.”

Tara said a service is scheduled for 2 p.m. Saturday at Everett Memorial Stadium. She said it’s open to as many people allowed under coronavirus restrictions.

The Everett Public Schools Foundation and Everett School District have created the Robert C. Polk Memorial Athletic Scholarship to honor Polk. Information on how to donate to the scholarship fund can be found at EPSFoundation.org.

Polk is “irreplaceable,” Reeves said. But as Elliott said, there is an important way schools and athletics can honor his legacy.

“I know that Robert would say to all of us, ‘Keep doing what’s right for kids,’” Elliott said. ■



Girls Soccer - Quincy High School

From “Rags to Riches”!

by Francisco Tafoya

Photo credits: Kurtis Woods

For as long as I can remember, the QHS G's Soccer program has been the name opposing teams would see on their schedule and immediately think “easy win!” Quincy's Girls Soccer program struggled to get more than one win a season for almost a decade before 2018. Not only has been getting just one win a season difficult, but holding opposing teams from scoring less than 100 goals/season as well. The Lady Jacks program had only made it to one district berth prior to 2018.



In its 20th anniversary season, the Lady-Jacks for the first time in its history qualified for the CWAC-2A district tournament! The following year they qualified again and finished 5th place in the district 2A tourney.

And in comes 2020 and Covid-19 rears its ugly head and the season is postponed until further notice. Quincy is reclassified as a 1A and joins the CTL with powerhouses Cashmere and Cascade. The Lady Jacks modified season was played in the spring of 2021. A season that mixed all kinds of opponents from North Central Washington from 2B to 4A schools.

The Lady-Jacks finished the season with an overall record of 8-3, 3-1 in league play holding their opponents to a program record 23 goals against and 47 goals scored! Even after a heartbreaking PK loss to Cascade and waiting for the results of the other teams the Lady-Jacks became the CTL League Champions, their first championship in school history! An accomplishment no one would have predicted this season and now sets the bar for seasons to come.

We will always remember our girls and coaches holding that trophy high and taking picture that will last forever.

Congrats Lady-Jacks, Coach Tafoya QHS Head G's/B's Soccer Coach!!!!!! ■





2020-2021 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	Brian Jackson	Graham-Kapowsin	bjackson@bethelsd.org
Basketball - Boys	Nalin Sood	Mountlake Terrace	Soodn@edmonds.wednet.edu
Basketball - Girls	Dan Taylor	King's	knights.in.gods.armor@gmail.com
Cheer	Shana Biggs	Auburn Mountainview	shana.biggs@hotmail.com
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
	Nick Anderson	Lakewood	nanderson@lwsd.wednet.edu
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 ■

Burnett-Ennis Scholarship *Recipients*



Ashley Walker and dad Tom



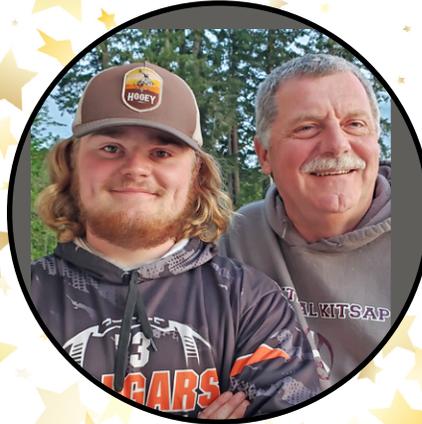
Bode Brewer and mom Tawyna



Carson Phillips and dad Garrick



Dane McMillan and dad Jeremy



James Scholfield and dad Ed

Burnett-Ennis Scholarship *Recipients*



Jeremy Johnston and dad Dave



Jett Nelson and dad Jeff



Lauren Brady and dad Jeff



Robbie Baringer and step-dad
Nalin Sood



Rylee Vining and dad Clark



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.**

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