

# THE WASHINGTON COACH

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

February 2025

Fellow WSCA Members,

As you read this edition of the Washington COACH magazine, winter sports will be entering their post season play. Do get out to a game in your area and support our young people. Your presence in the stands or on the sidelines encourages all of our athletes and coaches. Each community in the state should make it a priority to see their tax money at work with extracurricular programs offered through the schools, that the all-important levy money supports. State tournament sites are: boys & girls wrestling in the Tacoma Dome, boys swim/dive at the King County Aquatics Center in Federal Way, girls & boys basketball tournament in Tacoma/Yakima/Spokane, gymnastics at Sammamish HS, and girls bowling at Bowlero in Tukwila. No matter what the sport, there is always drama and excitement at each of our state tournament venues. Students are cheering and fans are yelling! It is great to feel the energy at every venue. Thanks to all the coaches and game management staff for working together to pull off quality District, Regional, and State Tournaments. High school state tournaments are still the best show in town and the 'best bang for your buck'. And remember, your membership in the WSCA gains you entry to ALL post season and state tournament games. Show your electronic card at the pass gate and you are free to enter.



The WIAA Amendment process is well underway. There are a total of **16 amendments** being voted on for the 2025-'26 school year!! There is a lot of information in this year's amendments. Be informed on what amendments are up for a vote and what amendments directly affect your sport. No coach likes surprises when it comes to rules changes in your sport. Talk to your AD. Talk to your principal. Talk to your coaching colleagues in your individual sport. Be informed. Get involved. **Voting on the proposed WIAA Amendments takes place April 9 – 18.**

**Don't forget to complete the WIAA Spring sports rules clinics for your particular sport.** This is a requirement from the WIAA that each 'paid' coach must complete the short 'sports specific' rules clinic. Failure to complete these rules clinics could result in a WIAA violation. I know this can be a pain in the neck because we think we know all the rules of our sport and because we don't have the time. You may be a little humbled while taking the test at the number of rules you don't know in your sport. Be professional about it and get it done.

This is the time of year that WSCA ISA's are planning summer clinic opportunities. Each sport specific clinic is designed for professional growth in each coach. You will grow deeper in the knowledge of your sport, have the opportunity to network with other coaches, and take advantage of the educational clock hours that are available. Check the COACH magazine or WSCA website for clinic opportunities in your sport. Get involved with your sport association!

As an active member of the WSCA, I encourage to you promote the WSCA to your coaching colleagues that are not members. Our membership continues to grow and grow. Coaches find that when you add up all the benefits of membership, it is well worth the \$50 nominal membership dues. The \$2 million Liability Insurance coverage you receive as a membership benefit could be a career saver for you! Check out the page in our COACH magazine, titled ***"Why Should I Become A Member of the WSCA?"***

I encourage all WSCA coaches to get involved in your association and get off the sidelines. Make a contribution to your 'sport specific' professional organization this year. Contact your sports Individual Sport Association (ISA) rep and ask how you can help. ISA's are listed in the front of the COACH magazine

The WSCA Executive Board is made up of a strong group of coaches with extensive coaching experience and a wide variety of coaching backgrounds. They serve as advocates for all middle school and high school athletic programs and support all coaches working with our young athletes. If you have an idea you'd like to share with us, contact one of the Executive Board members listed in the front part of the magazine.

Good luck with your upcoming spring sports seasons.

Keep the head down,  
Darrell Olson, President, WSCA



## Executive Director/ Treasurer Report

Rob Friese, Executive Director/Treasurer



### Be in the Know

---

It continues to be a great time to be a member of the WSCA for the 2024-2025 year. As of January, 2025 we bring in the new year with over 4,200 members receiving the valuable benefits provided by the WSCA. Go to: <https://washcoach.net/memberBenefits.php>

The WSCA Executive Board continues to be committed to doing whatever we can to support individual sports on their endeavors. This past year we reimbursed Individual Sport Associations (ISAs) \$73,000 dollars to be used by their individual sport groups for clinics, workshops, All Star Games, etc. That number has over double since 2022. Nearly all sport groups in Washington are represented at the WSCA meeting table. Check out the ISA representatives on our website at washcoach.net. Reach out to these representatives with any questions you may have about your individual sport/activity.

We are working closely with the WIAA to continue the great benefit of having your membership card allow you access to WIAA sponsored events. New this year the WIAA is requesting pass lists from all groups two weeks in advance of the event. This not only provides an early heads up for pass gate personnel, but helps ensure that coaches are not

just signing up at the last minute in order to gain access. We are more than happy to provide this information and it only adds to my advice of signing up early in order to receive the benefits for the entire year.

Financially, we continue to streamline budget areas to best support coaches in our state. We have increased our budget for scholarships to \$20,000 for graduates of members and also for student teachers. We are also working to make great improvements to our current membership management technology, including a more user-friendly cell phone access and communications piece. This should be upgraded by the 2025-2026 membership year.

This is an exciting time to be a member of the Washington State Coaches Association. If you have any questions or concerns, feel free to contact me.

#### QUESTIONS OR CONCERNS?

Contact - [robfriese@gmail.com](mailto:robfriese@gmail.com)



# Washington State Coaches Association

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

**For registration information please visit:**  
**washcoach.net**

## Why Should I Become A Member?

This \$50 question is asked by many coaches in our state. The first answer is that the WSCA is a professional organization for Washington State high school & middle level school coaches. ***We exist to support your efforts as a coach.***

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

### OTHER BENEFITS:

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

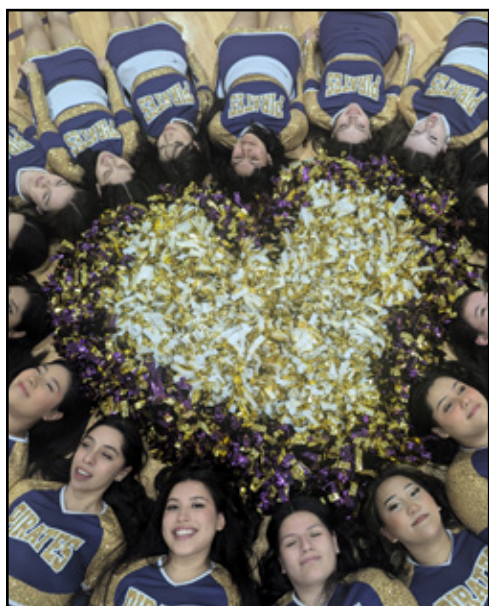
**SCAN HERE**







## 5-6-7-8 Dance Drill competition is here!



“Dancers, take your positions” and all of the nervous energy starts rising. Dancers enter the gym floor in front of their families, friends, and other teams. Like no other sport, the audience is cheering for every performance. Sportsmanship and encouragement rise with each challenge executed on the gym floor, elevating each performance.

In two to three minutes, dancers will spin, jump, leap, run, kick, lift, create and entertain at a constant pace. The foundation of dance – regardless of style or category – is ballet. A pointed toe, a turned-out leg position, and strong carriage or posture creates a base for each performance. Cardiovascular endurance and muscle strength condition each dancer so they can complete each skill that is linked together to create a piece of art and entertainment.

Dancers start as young as three years old with their first ballet shoe and tutu. Or maybe it’s a pair of tap shoes or just a creative movement class. Sometimes, dancers don’t catch the dance bug until they hit middle school or high school and try out for the school’s dance team. Once they have it, they can be hooked for their middle and high school experience, culminating with their senior performance at State.

Hours of dance practice each week condition dancers to go out and give it their all for three minutes from the time they take the floor to going back out the door. Dancers must have endurance to push through the end of their routines, strength to hit every move, every turn and every jump, balance to execute skills on one foot and gracefully land every skill that is choreographed, and the awareness of where each part of their body is at any given moment. Coaches come up with new unique drills to do strength and conditioning in dance specific ways and to bring out the best in their teams.

Sport is any activity that requires physical exertion, as well as skill, and has an individual or team competing against another. Dance is the ultimate combination of physical exertion and skill. Without a certain degree of physical fitness and the ability to achieve the technical skills, dancers would be unable to perform at a high level. Not only must they take their dance training seriously, but also their physical training to make it through the year long season with strong performances from start to finish.

Dance team across the state are headed into the heart of their season. Challenging themselves with more difficult choreography, technique, skills and tricks to improve their scores to qualify for Districts and eventually State. All the while, entertaining the audience and lifting the spirit of their team, their schools, and their spectators. Practice is over for the week, the dancers are warm, they’ve waited in the ready area, and have taken the floor, taking one last deep breath, and waiting for the words, “Dancers, your music is on”! For more information about Dance & Drill in Washington, contact us at [wsddca@gmail.com](mailto:wsddca@gmail.com) and stay up to date on events by visiting

<http://mmdiamonddanceteam.weebly.com>. ■





Each year at this time, we try to remind school district personnel the importance of football equipment care. Football equipment is usually one of the more expensive budget items associated with athletics and its very important to provide proper care. There are several proactive actions needing yearly care to provide not only longevity of the equipment but to meet legal use status for the future.



### Helmets:

Football helmets have a life span of 10 years. This is a NOCSAE standard and cannot be waived for any reason. While helmet reconditioners usually identify helmets that are unusable for the upcoming year, districts should also oversee this process and verify that those helmets are removed. The latest date on any helmet in your

inventory for 2025 should be no later than 2016. This includes use for spring athletics.

If your district plans to purchase or has recently purchased new football helmets, please confirm their manufacturer's date. Vendors may mark down helmets that had not sold the previous year, therefore a "new" helmet may already be one year into its life cycle.

**Xenith Helmets:** If your football program has any Xenith helmets in their inventory, please check with your vendor about their future use. Xenith has discontinued their production and re-conditioning or obtaining parts may become more difficult.

### Shoulder Pads:

Last year Riddell put a ten-year life span on their shoulder pads.

It appears other companies are now following their lead. This only applies to pads newly purchased. Please have coaches confirm the current life span on any shoulder pads and check with vendors prior to purchasing new pads for any further information.

### Storage:

It is very important coaches have a procedure and plan for storage, cleaning and sanitizing helmets (those not sent in for re-conditioning-if any) and shoulder pads. If your school is on the "every-other-year plan," the helmets not sent should be cleaned and sanitized prior to storage. Before proceeding, please check with your vendor regarding what products to use when cleaning. There are certain products that are specifically listed as "don't use" and vendors can help with suggestions. The same goes for all the shoulder pads.

It's a good idea to get all equipment off the floor, especially if it is cement. You want a dry and well-ventilated facility to allow a free flow of air there is a rip or tear anywhere on the cloth portion, throw the pad away because the exposed area can be a place for



infectious diseases to live and be transmitted. Do not pass them onto middle school or youth teams.

Finally, we highly recommend your



storage facility be secure. The total investment in football equipment is significant and are often highly sought after. If possible, limit the number of keys available to the equipment room and even the number of coaches that may have access to the area. Head coaches are accountable for the gear in the room and providing others access makes it very difficult to monitor.

### **Inventory:**

It's a great idea for your the Athletic Director to have coaches prepare and present an accurate inventory during the coaches evaluation. This is also a good time to have a budget request available so the Athletic Director can began planning for expenditures for the up-coming season. Example, if there are a number of helmets being removed due to age or any other reason, it's good to let the business manager or ASB secretary know about future expenditures.

### **Don't Sideline Equipment Maintenance**

Football equipment is usually one of the more expensive budget items associated with athletics. Now is a great time to implement equipment care strategies and remind district personnel of its importance. Proactive annual care is important not only for equipment longevity, but also to meet legal requirements for future use. ■

## **The Washington Coach on the Road...**

Ryan Fleisher

My happy place has been in the gym coaching high school gymnastics for 25 years... but when you retire you go to Disney World! The Magic Kingdom in Orlando Florida is the Happiest Place on Earth! Of course I brought *The Washington Coach* Magazine with me.



Music Row Happy Hour in Nashville!

Coach Pat Fitterer with Sirius Radio host Buzz Brianard.

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](mailto:wsca-editor@comcast.net) ■





# MAKING THE CASE FOR VIDEO ASSISTANT REFEREE IN HIGH SCHOOL SOCCER

by Jens Jensen, Royal HS

Soccer referees face intense pressure to make accurate, split-second decisions in crucial moments. Introducing Video Assistant Referee (VAR) technology could significantly improve fairness, support officials, and ensure the integrity of the game. By focusing on specific scenarios—offside checks after goals, penalty decisions, red card offenses, and goal-line reviews—a pilot program for VAR could meet the desire to get the big calls right, while also limiting the overall impact on the flow of the game.

## Leveraging Existing Resources

At district and state-level matches, a 4th official is already present. This official could take on the role of VAR, communicating with the center referee to request reviews. Training for these officials would ensure consistency and proper usage.

## Addressing Concerns

A previous WIAA amendment for the adoption of video review failed. Feedback from membership suggested that the plan and scope was too broad and included concerns about slowing the flow of the game, cost, and placing an unreasonable burden on officials. Clearly, a one size fits all approach for all sports is going to be rejected by membership.

A potential path forward is to limit the scope, complexity and implementation. By focusing on only critical moments and aspects of the game, VAR ensures the game's flow remains intact while enhancing decision-making.

## Practical and Affordable Implementation

A cost-effective VAR system is achievable with standalone, non-subscription software like vMix Replay and high resolution fixed lens outdoor cameras.

3 cameras and a central review station, including the laptop and all cabling and hardware can be compiled for a one time cost below \$10,000.

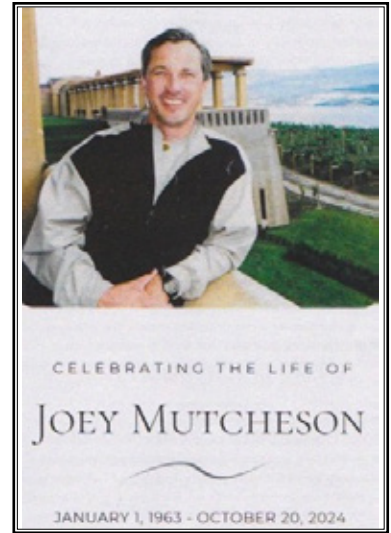
## Moving Forward

By targeting critical calls, VAR enhances the game's integrity while supporting officials in their difficult role. High school soccer deserves this step forward, balancing tradition with modern tools to uphold the spirit of the sport while making an attempt to get the big calls right as often as possible.

A lack of technical savvy among athletic leaders must not be the insurmountable barrier. Technology exists to reduce human error. Leveraging technology to better meet the mission and purpose of the WIAA is worth encouraging those who may not be "tech experts" to embrace the opportunity to learn. Ensuring fair play at the highest level requires proactive steps and a willingness to adapt. ■



## Hearing their final whistle...



### Coach Joey Mutcheson

Joey Mutcheson, 61, passed away on October 20, 2024, in Bellevue. He was born to Sylvia and Jim Mutcheson on January 1, 1963 in Morden, Manitoba Canada. Joey was a cherished addition to the family, both his parents and his siblings. He brought a sweet, kind, calm and loving presence amidst the chaos of 7 siblings, Mike, Heather, Ray, Laura, Jim, Jack and Matt. Joey's admiration for his beautiful mom was immeasurable as he loved her dearly.

Joey was an accomplished athlete

in baseball, hockey, and golf. An elite athlete, he stockpiled many awards and trophies. Joey graduated from Mayville State University in North Dakota while on a baseball scholarship. He excelled in academics as well. He completed his Masters in Educational Administration at GCU.

In 1995 Joey started in the Snohomish School District working at Dutch Hill, The Freshman Campus and Glacier Peak High Schools. Sports and teaching physical fitness to kids were his

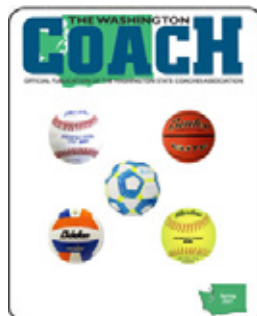
passion. Professionally, coaching was the job he loved most: softball, girls and boys basketball, girls and boys soccer and finally golf. He coached the Snohomish Panthers golf team for 27 years. Developing the kids and the program meant the world to him. His wisdom surrounding golf and instruction was unrivaled but it was the genuine devotion to his players as people that left the biggest mark of all.

Joey was a very special man who was gentle and strong and brave and will be missed by many. ■



### ADVERTISE

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](http://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.



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- Quarter Page (3.5"x4.5") \$200

Rates for 1, 2 issues are also available.

Contact Michael H. Schick, Editor  
"The Washington Coach"  
[wsca-editor@comcast.net](mailto:wsca-editor@comcast.net)  
Cell phone: 253-318-9432 ■



## Mark Morris Gymnasium named after Legendary Basketball Coach Bill Bakamus

Congratulations to current WIBCA board member, WIBCA Hall of Fame coach and former Mark Morris head boys' basketball coach Bill Bakamus, on the honor of having the Mark Morris gymnasium named after him. Well deserved honor for this legendary coach. Congratulations Bill! ■



# WIBCA

WASHINGTON  
INTERSCHOLASTIC  
BASKETBALL COACHES ASSOCIATION



## 2024-2025 WIBCA DATES

Event	Date	Location
<b>Fall Clinic</b>	September 28th, 2024	Yakima, WA
<b>WIBCA Executive Board Retreat</b>	October 11th & 12th, 2024	Chelan, WA
<b>Fall Membership Meeting</b>	October 28th, 2024	ZOOM
<b>First Day of Season</b>	November 18th, 2024	N/A
<b>Spring Membership Meeting</b>	February 16th, 2025	Bellevue College
<b>Regionals</b>	February 28th & March 1st, 2025	Varying
<b>State Tournaments</b>	March 5th-8th, 2025	Spokane, Tacoma, Yakima,
<b>Unified Sports Game</b>	March 22nd, 2025	Bellevue College
<b>Futures &amp; All State Games</b>	March 22nd, 2025	Bellevue College
<b>Northwest Shootout</b>	April 12th-13th, 2025	Portland, OR
<b>WIBCA Spring Showcase</b>	May 3rd & 4th, 2025	Bellevue College
<b>Chelan Clinic</b>	May 17th, 2025	Chelan, WA
<b>June D1 Scholastic Event</b>	June 21st & 22nd, 2025	Varying
<b>WIBCA Hall of Fame Inductions</b>	July 15 <sup>th</sup> , 2025	Nile Golf Course (Mountlake Terrace)

WASHINGTON STATE  
COACHES ASSOCIATION



## WSCA Coaches Card

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

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

Rob Friese, Executive Director/Treasurer  
[robfriese@gmail.com](mailto:robfriese@gmail.com)

Washington State Coaches Association  
PO Box 205  
Lebam, WA 98554



# Inland Northwest Sports Hall of Fame

## Classic Hall Class

### Doering Joins Elite Group at Arena Ceremony

By Greg Lee THE SPOKESMAN-REVIEW

Sue Doering is the classic inductee for a hall of fame.

The retired Colfax volleyball coach impacted hundreds of girls during her career. She coached for 33 years, 29 at Colfax. Doering coached in more than 1,100 matches, posting a 834-195 record – an .810 winning percentage at Colfax and 902-232 overall.

Equally impressive is the fact she coached Colfax teams to 14 state championships. Essentially, half of her teams won state titles. She also had five state runners-up and 19 consecutive top-four finishes.

For Doering, it was never a matter of if she would be inducted into the Inland Northwest Sports Hall of Fame, but when. That became reality Tuesday when Doering was honored in a ceremony before a standing-room-only crowd that exceeded the expected 200 at the Arena.

Joining Doering in the 2024 class are Jen (Stinson) Greeny, Stacy Clinesmith, Isaac Fontaine IV, Dennis LaRue and Bud Namek. Scroll of honor inductees are Hal McGlathery, a high school and college softball and basketball official, and



Sue Doering



Chuck Stewart, retired Spokane Chronicle and Spokesman-Review sportswriter.

Doering said the best part of her career was the people. "My life is the sum of many relationships," Doering said. Before the ceremony, Doering shared about how much she appreciated the induction. It's such a big deal in the Inland Empire to be inducted into this hall of fame," Doering said, fighting

back tears. "This is huge. This is the biggest honor of my career."

A Wyoming native, Doering is a Bonners Ferry High graduate and played volleyball for Pam Parks at Eastern Washington University.

She started her coaching career at Deer Park, but when she left for Colfax, she landed where she believed God wanted her to spend the bulk of her coaching



and teaching career. She retired following the 2017 season. Appropriately, her final team won a state title.

In her 33-year career, just two teams didn't qualify for state – one each at Deer Park and Colfax. Colfax won six straight state titles during one span.

Doering coached both of her daughters and each played on state title teams.

Her youngest, Kinsey, played on what Doering calls her best team in 2008. That

team finished 34-2. The year Colfax won a 10th state title, Doering's oldest daughter, Megan, won her first state title at St. John-Endicott.

Megan is in her third year as head coach at Colfax. Mom pops in at practice occasionally.

Doering survived breast cancer in 2004. She waited until late in the season to start chemotherapy.

That team rewarded her with a state title. ■



## Coaching With Confidence

***Coaching with Confidence*** by Suzanne Marble uncovers the key strategies for leading your team to success in sports and life. Whether new to coaching or a seasoned veteran, ***Coaching with Confidence*** is the ultimate guide to developing a program rooted in trust, resilience, and peak performance.

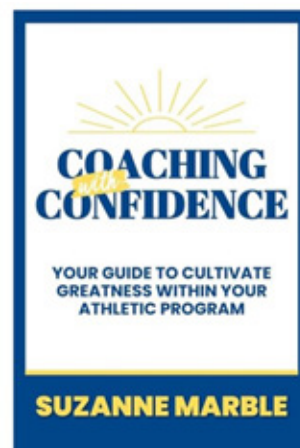
Suzanne Marble draws on 30 years of coaching experience to deliver actionable insights and practical tools to help transform your leadership and elevate your team.

***Coaching with Confidence*** is the ultimate guide to developing a program rooted in trust, resilience, and peak performance.

This comprehensive guide explores 11 foundational pillars designed to build confidence, foster self-reflection, and inspire growth—equipping you to elevate your athletes in all aspects of life, not just athletics.

Take your coaching to the next level. Get your copy of ***Coaching with Confidence*** today and start building a championship culture!

Available on Amazon <https://a.co/d/4pzlXdL>. ■



# WORKING FOR YOU

## Our WSCA Membership!

Twice a year, the Individual Sports Association representatives and the WSCA Executive Board meet in person to share information, explore ways to meet the concerns and issues of our membership and strengthen communication. Please consider sending your ISA representative a "thank you" for their work representing you and your sport with passion and professionalism. ■



C O M M U N I C A T I O N



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

Send your tip or tidbit to  
[wsca-editor@comcast.net](mailto:wsca-editor@comcast.net)



# SPORTS

## 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!

### **ATHLETIC TRAINERS**

Ciara Ashworth  
Kamiakin  
president@wsata.org

### **BASEBALL**

Brian Jackson  
Graham-Kapowsin  
bjackson@bethelsd.org

### **BASKETBALL - BOYS**

Nalin Sood  
Mountlake Terrace  
wibca2010@gmail.com

### **BASKETBALL - GIRLS**

Dan Taylor  
King's  
knights.in.gods.armor@gmail.com

### **CROSS COUNTRY**

Jeff Hashimoto  
Ellensburg  
wsccca@gmail.com

### **DANCE AND DRILL**

Lara Lindersmith  
Tahoma  
Lori Stephens  
Meridian-Mattson MS  
wsddca@gmail.com

### **FOOTBALL**

Mark Keel  
Central Kitsap  
MarkK@ckschools.org

### **GOLF**

Darrell Olson  
Everett  
abcdolson@frontier.com

### **GYMNASTICS**

Ryan Fleisher  
Issaquah  
wsgca@outlook.com

### **SOCCER**

Jens Jensen  
Royal  
jjensen@royalsd.org

### **SOFTBALL**

Corey Davis  
College Place  
cdavis@cpps.org

### **TENNIS**

Harrison Lee  
Curtis  
hlee@upsd83.org

### **TRACK & FIELD**

Kevin Eager  
Gig Harbor  
wstfcaprez@gmail.com

### **VOLLEYBALL**

Suzanne Marble  
LaConner  
suzannemarblevb@gmail.com

### **WRESTLING**

Brett Lucas  
Todd Beamer  
blucas@fwps.org ■



## Hearing their final whistle...



### Sportswriter Terry Mosher



#### *Terry Mosher's Sports Stories End*

Any Coach.....Any Athlete.....wants a well written article about the team...and about the athletes. Terry Mosher, a Kitsap County sportswriter wrote those great stories for 54 years. He passed away at age 84 on December 30, 2024.

Terry Mosher's first day as a Bremerton Sun sports reporter was February 2, 1970. He had no experience as a writer yet former Sports Editor Bill Schey found a true winner. Mosher's last article for the now Kitsap Sun appeared on December 26, 2024. It was a story about 84 year-old Hall of Fame wrestling coach Joe Reasons, who had died in November.

He had a deep love for sports and a great knowledge of history. His stories covered every sport on every level. On busy prep nights, when the phones in

the office were ringing non-stop, Mosher was fearless in chasing after stories and scores that needed to be in the next day's paper. If coaches didn't report their scores, Mosher would make a 1 a.m. phone call to get them out of bed, or call their favorite local watering hole.

His writing reflected his historical knowledge and opinions, including deep dives into spirituality and politics either on social media or in his personal project, The Sports Paper.

The Sports Paper ( [www.sportspaper.org](http://www.sportspaper.org) ) was a monthly publication he started after leaving the Sun in the late 1990s on not-the-best of terms. Originally, Mosher self-published the paper. Later, the Sun printed the paper and inserted it into its daily editions. He then became a freelance writer for the Sun.

Mosher's storytelling also revolved around the Huskies and Mariners. He covered University of Washington football during Don James' glory years and Husky basketball. He was the beat reporter for the Mariners for over 20 years, traveling to Arizona for yearly spring training trips and serving as Major League Baseball's official scorer for Mariner games. For years, he had a Hall of Fame vote and a Heisman Trophy vote. He also wrote a book — "Harsh" — about University of Washington basketball coach Marv Harshman in 1994.

Terry leaves his wife, Mary, who he met at Western Washington University in the '60's, and his children - Toby, Todd, Wendy, Michael, and Caitlin and their families.

He will be greatly missed. ■

He had a deep love for sports and a great knowledge of history. His stories covered every sport on every level.



# Coach Axelson Honored

## Meridian High School's north gym was renamed Diane Axelson Court

On Oct. 8, 2024 Meridian High School's north gym was renamed Diane Axelson Court. For over 30 years, Diane Axelson dedicated her life to shaping young athletes both on and off the court. Starting her coaching career at Grandview High School, she spent two years laying the foundation for what would become a distinguished career. She then moved to Friday Harbor High School, where she coached for 12 years, before finally settling at Meridian High School as a coach and physical education teacher for 16 years, from 1989 to 2005. As a coach, her philosophy was simple yet profound: to help her players become the best athletes and individuals they could be, striving to reach their full potential both on and off the court.

Under her leadership, teams achieved outstanding success. At Friday Harbor, she guided the team to a state championship. At Meridian, they clinched the state championship

in 2004. Her teams didn't just stop at state championships; they also secured numerous district titles and state placements, showcasing their consistent excellence. Axelson's impressive career win-loss record was 397-154. In 2005, Axelson was inducted into the Washington State Volleyball Coaches Hall of Fame, a fitting recognition for a career marked by passion, commitment and outstanding achievements. All of this was taken into consideration by the district Facility Naming and Dedication Committee, who were tasked with renaming the gym.

"It was clear from the committee meetings that Diane's legacy and contributions to Meridian made her our top choice to name our gym after," said Director of Activities and Athletics Bryant Michaelson.

Axelson said her coaching career wasn't just about wins and losses, but also about the experiences she shared with all the wonderful people



Photo credit: Andy Bronson, Cascadia Daily News

she worked with over the years. She expressed gratitude for the athletes, assistant coaches, administrators, parents and Meridian fans who contributed to her journey. Axelson never sought recognition, but she said when she learned the Meridian gym would be named after her she felt both overwhelmed and honored. She cherishes the legacy she leaves for her grandchildren, with one grandchild playing volleyball this year on the newly named Diane Axelson Court. ■



## Pixellot Cameras

*Do you have yours?*

**If not, here's your chance!**

If an additional 31 schools install the free Pixellot cameras from the NFHS Network, the WIAA will receive a payment of \$420,000. At that point, just over 300 schools with Pixellots will receive \$650 as revenue share from the WIAA.

Installation would be done at no cost by Play-On and the equipment is free. This offer stands even if a competitor's camera is already in place. Schools that currently utilize other streaming services can still mount the NFHS Network Pixellot cameras alongside and participate. Play-On will also allow simulcast to open platforms.

The deadline to reach this goal of enrolling the 31 schools is July 31, 2025.

As described above, member schools and our association could benefit greatly through participation in this program. Let's make this happen!

For additional information about this opportunity, please contact Sean Bessette, Director of Communications, at [sbessette@wiaa.com](mailto:sbessette@wiaa.com). ■



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

# OVERTRAINING

## Background information part 1 of 2

### The definition of overtraining

Overtraining is caused by excessive exercise frequency, too much volume/training load, fatigue, plateaus, and loss of enthusiasm. If the athlete continues with the same training schedule, they more than likely will incur an injury from mild to severe.

The National Strength and Conditioning Association (NSCA) defines overtraining "as frequency, volume, or intensity of training, resulting in fatigue which is due also to a lack of proper rest and recovery period. Overtraining itself is simply the stimulus. Overtraining syndrome is the condition resulting from overtraining, sometimes referred to as staleness. This system can, but does not always, include a plateau or decrease in performance. Many alternative terms have been suggested for overtraining, including burnout, chronic overwork, physical overstrain, and overfatigue. Some authors use the term overtraining only when a decline in performance occurs."

NSCA continues with eventually, physical adaptations and psychological adjustments will occur less frequently. And the athlete will experience performance plateaus or decrements, and an increased risk of injury and other symptoms associated with overtraining.

See also this article:

<https://pmc.ncbi.nlm.nih.gov/articles/PMC3435910/#section11-1941738111434406>

### The logbook

When explaining the value of using a logbook with your athletes emphasizing the worth of this information in tracking their overall training progress is one of the keystones for successfully noting the signs of overtraining or the beginning of overtraining.

Encourage them to write down, legibly, comprehensive daily training notes. There is ample time during their rest periods to jot them down.

These reflective notes, derived from their internal reviews of the exercise, ought to include their thoughts about form, technique, speed, performance, perceived effort of difficulty (see the Borg Rating of Perceived Exertion for a more comprehensive look at this topic<sup>1</sup>), mental state, and felt/feelings of any physical problems.

This basic information will help predict the beginning of an overtraining situation. Once this is detected it is time to readjust their training program.

You will inevitably encounter an overly aggressive exercise trainee during your career. They can be a blessing to the program while at the same time causing a significant drain on the time you have left for the others in the room.

Bearing that in mind, let's move on with the main topic of overtraining beginning with three potentially serious medical conditions to be aware of during a hard cycle of preparation.

### Signs of potentially dangerous overtraining situations

In extreme cases overtraining may lead to Rhabdomyolysis, hyponatremia, and, in the summer heat stroke. These may be rare, but they are life-threatening conditions of excessive exercise.

### Rhabdomyolysis<sup>2</sup>

Rhabdomyolysis, or rhabdo, can be caused by excessive high-intensity exercise, heat stress, or a combination of these. It is a serious medical condition when the damaged muscle tissue releases its proteins and electrolytes into the blood.

It should be noted that "Rhabdo symptoms can look like heat-related illnesses and dehydration; only testing can tell the difference. Early diagnosis and treatment can prevent death and disability."

- ☐ Symptoms include:
- ☐ Fatigue
- ☐ Muscle weakness
- ☐ Muscle and joint pain, muscle swelling
- ☐ Dangerous heart rhythms (arrhythmias)
- ☐ Seizures
- ☐ Kidney damage or kidney failure, (dark urine)
- ☐ Permanent disability
- ☐ Nausea and vomiting
- ☐ Confusion
- ☐ And potentially death

Rhabdomyolysis can occur from any type of muscle damage. This



includes heat, overuse, accidents, or other causes and can be confused with heat-related issues.

"Seek medical care if you have any of these symptoms at any time, do not ignore them. Seek medical treatment right away. Earlier diagnosis means an earlier start to treatment and a greater chance of recovery without permanent health effects.

## Hyponatremia

Hyponatremia is a life-threatening condition that is triggered by drinking too much water thereby upsetting the sodium/water balance and diluting the sodium level in the body. When these water levels become too high it leads to swelling in the cells. This swelling may/can cause problems ranging from mild to life-threatening.

- ❑ Symptoms range from asymptomatic to mild, to severe.
- ❑ Nausea and/or vomiting.
- ❑ Headache.
- ❑ Muscle weakness, spasms

(twitching), or cramps.

- ❑ Low blood pressure.
- ❑ Dizziness when standing up.
- ❑ Low energy or fatigue.
- ❑ Loss of appetite.
- ❑ Restlessness or bad temper.

Mild symptoms include lightheadedness, malaise, fatigue, irritability, generalized weakness, headache, nausea, and sluggish urine output.[2]

Severe symptoms include vomiting, oliguria, or anuria, altered mental status, collapse, seizure, coma, and death during sport or soon after.

## Heat Stress

Heat stress is the body's response to an excessive loss of the water and salt contained in sweat. If heat stress is untreated, it may progress to heat stroke.

- ❑ Warning Signs of Heat Stress<sup>3</sup>
- ❑ Heavy sweating
- ❑ Paleness,
- ❑ Muscle cramps,
- ❑ Tiredness,
- ❑ Weakness,

- ❑ Dizziness,
- ❑ Headache,
- ❑ Nausea or vomiting,
- ❑ Fainting,
- ❑ Cool or moist skin,
- ❑ Fast & weak pulse, and
- ❑ Fast and shallow breathing.

As can be seen, these three conditions share similar symptoms.

*If the patient is hot and sweating, GIVE fluids.*

*If a patient is hot with dry skin, DO NOT give fluids.*

<sup>1</sup> <https://dhhs.ne.gov/ConcussionManagement/Documents/BorgScaleExertion.pdf>

<sup>2</sup> <https://www.cdc.gov/niosh/rhaddo/about/index.html>

<sup>3</sup> *ibid*

<sup>4</sup> <https://www.cdc.gov/niosh/rhaddo/site.html>

<sup>5</sup> <https://www.ncbi.nlm.nih.gov/books/NBK572128/#:~:text=Mild%20symptoms%20include%20lightheadedness%2C%20malaise,during%20sport%20or%20soon%20after.>

<sup>6</sup> <https://embc.wvu.edu/heat-stress-heat-stroke-hypothermia> ■

## Wilfong Coaching Legacy Continues

"Coach Wilfong" arrived in Puyallup in 1962 as a teacher and coach at West Puyallup Junior High. Five years later moving to Puyallup High School, he would continue to build his legacy as for 33 consecutive years Wilfong coached every football, wrestling and track season until his retirement in 1995. That is 99 straight seasons without a break. Wilfong was the head wrestling coach at PHS for 25 years after

taking over for Hall of Famer Ramon Barnes in 1970.

George has always stressed the importance of giving back to the sport of wrestling serving as the Washington State Wrestling Coaches Association Region 3 Representative for 11 years and the Mat Classic Mat Crew Director from 1996-2004.

Many of George's athletes have gone on to coach wrestling including his son Tom at Stanwood HS. George is extremely proud of the fact that several of his wrestlers have become state wrestling coaches of the year and these four have entered the WSWCA Hall of Fame. A lifetime member of the WSWCA, Coach Wilfong was inducted



into the Washington State Wrestling Coaches Association Hall of Fame in 1997 and the National Wrestling Hall Of Fame in 2013.

Times change, coaches come and go, and high school kids go through different fads and phases, but George Wilfong has remained the one constant figure in Puyallup High School athletics. He brings a historical perspective and is a great role model for what a man is supposed to be. Wilfong's longevity is unique and is something to celebrate. ■



*Former wrestlers coached by Wilfong now in the WSWCA HOF. From left to right: Bryan Bartelson (2023) Mike Sowards (2024) George Wilfong (1997) Jim Meyerhoff (2018)*



# Cross Country

## Washington State Cross Country Coaches Association Senior All Star Race

The 2024 edition of the Washington State Cross Country Senior All Star Race was held on December 7th in Magnusson Park, Seattle. The heavy rain and deep puddles didn't dampen the spirits of the 47 invited athletes who toed the line in the 2 mile race. The top seniors from the State Championships were invited to compete, earning a free entry into the event and a singlet.

The top 2 4A girls from state went 1-2: Wenatchee's state champion Kylah Madariaga was first (11:18), followed by Mt. Si's Hailey Cossey (11:25), the state runner-up. Valerie Siebol-DeRuyter of Pasco had a big day to finish 3rd in 11:42, a big improvement on 90th at the state championships.

The boys 1-2 were 3A: Ulee Klebeck (Lake-side-Seattle) was the boys champion in 10:01. Ulee was 18th at state, but he bested 10th place finisher Otto Erhart from Shorewood (10:06). Chase Kennard from Kamiakin was 3rd in 10:07, after finishing 10th in 4A state.



*Seniors at the start of the race*

The Washington State Cross Country Coaches Association manages this event in cooperation with Club Northwest, a local running club. WSCCCA reminds coaches to encourage their athletes to apply for scholarships at [wscccs.com](http://wscccs.com).

Congratulations to all Senior All Stars! ■



*Boys podium (left to right 1st-3rd) Ulee Klebeck, Otto Erhart, Chase Kennard*



*Girls Podium (Left to right 1st-3rd) Kylah Madariaga, Hailey Cossey, and Valerie Siebol-DeRuyter*

# **The Washington Coach Magazine DEADLINES**



**Fall Issue - September 14**

**Winter Issue - January 14**

**Spring Issue - May 14**

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

Please consider writing for your magazine by submitting your work to Mike Schick at [wscs-editor@comcast.net](mailto:wscs-editor@comcast.net). ■



## **All-State Volleyball Matches**

On December 8th, the WSVBCA hosted its annual All-State Matches at Burlington Edison High School, and what a day it was! From start to finish, the event celebrated talent, dedication, and the love of the game. With 86 players and coaches involved, the gym was energetic and enthusiastic.

The highlight was watching the best senior players from across the state compete in their high school jerseys one last time. It was a showcase of incredible skill and athleticism and reminded us of the bonds these players have formed with their teams and communities. The level of competition did not disappoint.

The matches were intense yet filled with a fun, celebratory atmosphere. It was clear how much effort went into organizing the event; much of the credit belongs to Tawnya Brewer. Her hard work and unwavering dedication to volleyball across the state were evident in every aspect of the day.



This was more than a volleyball event—it was a heartfelt farewell to these seniors' high school careers and a reminder of the community that uplifts and supports them. Thank you to everyone who contributed to making this day a resounding success! ■





## GENERAL LIABILITY INSURANCE PROGRAM

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

### CARRIER

HDI Global Specialty (A Rated)

### POLICY PERIOD

August 1, 2024 – August 1, 2025

### LIMITS OF INSURANCE

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

### COVERAGES

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

### EXCLUSIONS

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

## CAMP INSURANCE

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

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

### PROCEDURE FOR CAMP INSURANCE

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

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

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

### PURCHASE INSURANCE

- ❖ Camp Insurance Request form is available on our website: <https://www.loomislapann.com/page/camp-insurance-2.html>

### INSURANCE ADMINISTRATOR



[www.loomislapann.com](https://www.loomislapann.com)  
(P) 800-566-6479 | (F) 518-792-3426

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[lgeorge@loomislapann.com](mailto:lgeorge@loomislapann.com)

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



## WASHINGTON STATE FOOTBALL COACHES ASSOCIATION

### 2024 WSFCA COACH OF THE YEAR

*Head, Assistant, and Frosh/Junior High/Middle Level Coach of the Year Winners Released*

The Washington State Football Coaches Association is pleased to recognize the recipients of our 2024 'Coach of the Year' awards. The winners were selected by their coaching peers and confirmed by the WSFCA Executive Board.

Each of the winners will be recognized at a ceremony to be held during the [WSFCA/Glazier Coaching Clinic](#) on Friday, February 21, 2025 at the Hyatt Regency Hotel in Renton, WA.

Please join us in congratulating these Coaches for their tremendous accomplishments on the gridiron during the 2024 season, and for their years of service to both football and the student-athletes of our state.

### 2024 WSFCA Head Coach of the Year Award:

**Keith Ross - Sumner High School**

### 2024 WSFCA Broyles Asst Coach of the Year Award:

**Mike Crotty - O'Dea High School**

### 2024 - WSFCA DISTRICT COACHES OF THE YEAR

DIST	Head Coach	Assistant Coach	FR/JH/MS Coach
1	Marcus Hughes Oak Harbor HS	Judd Hunter Arlington HS	Ryan Simmons - Jackson HS Eric Peterson - Lynden MS
2	Michael Kneip Bellevue HS	Joe Razore Bellevue HS	N/A
3	Keith Ross Sumner HS	Zach Coop Sumner HS	Alec Simmons Sumner MS
4	Steve Kizer Skyview HS	Tony Prentice Tumwater HS	Chuck Keplar Evergreen HS (Vancouver)
5	Erick Judd Okanogan HS	Jeremy Scroggins Royal HS	Jack Brandt Connell MS
6	Darin Reppe Wilbur-Creston-Keller HS	Brian Gardner Mt Spokane HS	Brad Krueger West Valley Spokane HS



For years when the state football championship games were held at the Tacoma Dome, the WSFCA would set up a small stage at field level, near the corner of one of the endzones. This was a place where all WSCA members were welcome to go hangout and meet a few other coaches and grab a free hotdog and can of soda. As a young coach, I loved getting a chance to meet a few of the legends of the game from our state



and making some connections, while also dreaming about coaching my own team in the T-Dome some day. While I never did get to coach in the Dome, I did build some connections that have remained until this day, many of which have turned into friendships. Unfortunately, when the Tacoma Dome was no longer a viable option for hosting championship high school football, this

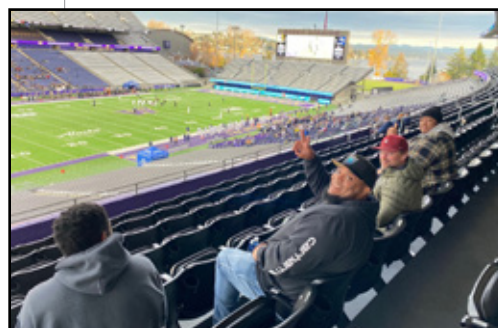
tradition was also lost. After securing Husky Stadium for championship weekend two years ago, the Executive Board of the WSFCA began discussing ways to bring back this tradition, and to make it better than ever before.

With the support of Andy Barnes and the WIAA, the WSFCA was able to form a working relationship with the University of Washington to secure private access to a portion of Club Husky for the 2024 State Football Championships. The WSFCA board committed to covering the costs of food and soft drinks for all WSCA members that attended and showed their coaches' card upon entering Club Husky. What resulted was a huge hit for all coaches that attended. Among the conveniences that coaches enjoyed while hanging out together in Club Husky: covered stadium seating, outdoor chairs with tables, comfortable indoor seating, free hotdogs, free water or soda, and a private bathroom. The indoor seating was a hit during halftime and between games as it provided a warm area to gather and talk or watch one of

the college games that was on one of the many T.V.'s in Club Husky.

All together for the weekend, there were 88 different coaches that took advantage of Club Husky, plus family members that many of them brought along. There were 52 coaches that attended on Friday and 63 coaches on Saturday with 27 coaches attending both days. The WSFCA was even able to offer some good will to a group of officials and welcomed them to join us. This ended up leading to some great discussions!

The WSFCA is committed to continuing to build on this tradition and would love to see even more coaches attend in 2025. We would love to see coaches bring family members with





them too. We want to continue to grow the membership and the community of the Washington State Football Coaches Association.

by Dan Teeter, former HC Lakewood HS (2006-2022), WSFCA Board Member At-Large

### Thoughts from a few other coaches that attended Club Husky:

"It was fantastic to have a bunch of coaches together with the WSFCA and supporting our fantastic state championships. The experience was comfortable and easy for us to be a part of and I really hope that the University of Washington and the WSFCA can continue to make this opportunity available in the future. It's good for us as a coaching community to be together and will only help to continue to grow our championship event and our organization." - Scott Rice, HC Ridgefield HS

"Having Club Husky for the Championship games provided a great environment to watch the games and



connect with coaches from around the state!" - Terry Cloer, HC Mount Spokane HS

"What a fabulous idea and plan for the State Championship games to have Club Husky rented out and available to WSFCA members. Originally, I simply planned to use the weather-sheltered environment to film games but that quickly changed as coaches arrived later in the day. Having the opportunity to greet and build relationships with other coaches is so invaluable, all the while enjoying some very good football in a weather "proof" environment in December. I definitely will be continuing this routing in the future and

so look forward to doing so again next year." - Todd Bridge, HC Aberdeen HS

"This was a wonderful experience as a football coach in Washington. Club Husky gave us coaches a place to connect and support coaches around the state in a wonderful setting. Having a large VIP seating with tables and a large warm comfortable place inside to grab food and a drink made it great. We loved these accommodations while staying all day to watch each game, each day. Thank you again to all of those involved to make this happen. We will be back next year!" - Tim Tsugawa, Ast. Yelm HS ■



Hello Football Coaches,

Congrats to all of you on a successful season of football. Some teams were more successful with wins and losses but you are all COACHES OF SIGNIFICANCE and the impact you have on your players and community go far beyond the endzones and goal posts.

As you are moving to the off season, we with the Earl Barden Classic are getting ramped up and preparing for the selection of our teams and preparing for All Star week! I would like to introduce the East coaching staff for the 2025 game:

**Head Coach:** Cody Lamb from LaSalle High School

**Assistant Coach:** Scott Rice from Ridgefield High School

**Assistant Coach:** Kyle Cairns from Tri City Prep High School

**Assistant Coach:** Dan Hill from WF West High School

As with every year, we have a strong coaching staff and they will undoubtedly represent the East well this June.

The East selection committee met the Saturday preceding Super Bowl Sunday weekend. This year it was Saturday February 1, 2025 at East Valley High School in Yakima. The West also met that day in the afternoon at the Capitol City Coaches Clinic. Coach Willy Garrow was gracious enough to provide a room for those coaches who are either presenting or attending that clinic. Coach Dan Hill facilitated that room.

Coach Coffin sent out notification to the nominated players for acceptance of their nomination and to be included on the player list for selection. Please reach out to the coaches in your league and have them help remind their nominated players to check emails and to send paperwork ASAP so that we can compile the list and send it to Coach Lamb and his staff so they can start preparing for the meeting.

I appreciate all of your work and what you do for kids in our state. We hope to put on a tremendous event and to provide each of our participants a great experience that adds to their football memories of high school- we cannot pull it off without your support!

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



# Wrestling

## WRESTLING HALL OF FAME



**Mike Sowards**

**Orting HS 2001-2012**

**Stadium HS 1989-1991**

Mike Sowards grew up in Puyallup and wrestled for coach George Wilfong (Class of 1997) where the Vikings won the SPSL league championship each of his three years. He compiled a record of 85-8 over his career and placed 6th as a sophomore, 4th as a junior, and 2nd in state his senior year. Continuing his wrestling career following high school Sowards participated on the Cultural Exchange team to China in 1985 and wrestled 118 pounds at Highline CC where he reached the national tournament both years along with serving as the team captain of the 1988 team where they were ranked 2nd in the nation.

Sowards served as an assistant coach at Tacoma's Stadium High School from 1989-1991 and has coached youth wrestling for South End and

Puyallup clubs. He has also coached baseball and softball for many years while their children were participating.

In 2002 Sowards took over as head coach of the Orting High School wrestling program and led the Cardinals on an impressive run. Orting placed in the top 5 team standings eight times in 11 seasons including four straight state championships from 2009-2012, and three runner-up finishes. 13 individuals won 28 state championships while Sowards was the head coach including four-time champion Drew Templeman. Four-timer Fred Green won his first title during Sowards final season coaching. 31 Cardinal wrestlers won 74 state medals during this time. Sowards was named the 1A State Coach of the Year in 2009 and in 2020 he was inducted as a member of the Tacoma-Pierce County Sports Hall of Fame.

Diane and Mike have two grown children: Zack and Samantha and four grandchildren: Melanie, Jacob, Peyton and Skylar.

Nominated by Jody Coleman, Orting HS coach



**David Johnston**

**Rogers HS 1999-2022**

**Kent Meridian HS 1992-1999**

As a four-time wrestling state tournament participant for Hanford, David Johnston earned two state medals and played on the state championship baseball team his senior year. He was a three-sport letterman in football, wrestling and track, and was named the Hanford HS Athlete of the Year in 1987. Johnston earned his teaching degree at Eastern Washington University while he continued wrestling.

Johnston began teaching at Kent-Meridian High School in 1992 while coaching wrestling and football. He was the head coach at KM from 1994-1999 compiling a dual meet record of 36-19. KM had 9 state medalists during this period and Johnston coached Mat Orndorf to a state title in 1995.

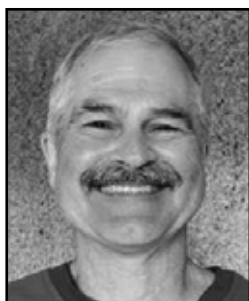
In 1999 Johnston moved to Rogers High School in Puyallup where he

would serve as the head coach until 2022. The Rams would compile a dual meet record of 246-95 earning seven SPSL dual titles, seven league tournament titles, and three Regional championships. Rogers finished in the top ten in state eleven time including two state trophies. 74 Rams earned medals at state that included 16 finalists and three state champions.

He was named SPSL Coach of the Year five times, was twice named Regional Coach of the Year, and in 2019 was selected as the 4A state Coach of the Year. Also in 2019, Johnston was inducted into the Hanford High School Hall of Fame. The Western Washington Wrestling Officials Association selected Johnston as their Coach of the Year. Johnston can count at least twelve former wrestlers who continue to give back to the sport by coaching school and youth programs.

Lisa and Dave have two sons: Troy and Jeremy. Johnston continues to teach history at Rogers while serving as the head girls golf coach and volunteering for the wrestling program.

Nominated by Tom Tripple, Hall of Fame Member and Doug Cowan, Hall of Fame Member.



**Dave Smith**

**East Valley MS 2016-2018**

**Sacajawea MS 2010- 2015**

**Mt. View JH/MS (East Valley SD)  
1984-2009**

Dave Smith began coaching wrestling in 1984 at Mountain View Junior High in the East Valley School District. He inherited a program that had not won a match in two years. In his first

year he piloted the Lancers to a 3-3 dual record and narrowly lost to the eventual league champs. This was the turning point for the future of the program. In the years that followed his inaugural season, Smith worked hard to recruit top athletes, assistant coaches, and created a youth program that resulted in four back-to-back undefeated seasons with a record of 28-0.

In 1989 the East Valley SD was one of the first to adopt the middle school model, sending their ninth grade students to the high school. Most of the Lancer opponents still maintained ninth graders at the junior high for the next two seasons. Competing with only 7th-8th graders the Lancers still maintained winning records of 4-3 and 5-2

When the rest of the league transitioned to the middle school model, the Mt. View Lancers dominated the league for two decades, which included an unprecedented 141 straight dual meet wins under Smith's leadership and 21 straight league titles in addition to the four championships won from 1985-1989. His dual meet record at Mt. View was 175-8. The winning streak was never broken as Mt. View was closed in 2011 and the wrestling program's legacy ended.

He continued to coach at Sacajawea MS from 2010-2015 and at East Valley MS from 2016-2018.

Smith was presented with the Jim Keenley Award in 2001 and 2020 as the outstanding teacher in the EVSD. He was nominated in 2015 and again in 2022 for Washington Teacher of the Year by his principal.

Lori and Dave have two children; Aaron and Patrick. Smith has retired from teaching.

Nominated by Craig Hanson, Hall of Fame Member



**Jamie Wise**

**Moses Lake HS 2004-2012**

**Frontier MS (ML) 2003-2004**

**Moses Lake HS 1997-2002**

**Issaquah HS 1991- 1997**

**Western Oregon State College  
1989-1991**

**Corvallis HS (OR) 1987-1989**

Jamie Wise was a three-time state champion for Moses Lake High School from 1978-1980 where he competed for Ron Seibel (Class of 2004) as the Chiefs won two state team titles and finished second once. Wise compiled a record of 101-0-1 and was the first undefeated wrestler in the history of Washington wrestling. Wise continued his wrestling career at Oregon State University where he was a Pac-10 champion and runner-up.

His coaching career started at Corvallis (OR) High School from 1987-1989. Wise became the head coach at Western Oregon State College from 1989-1991 where he was named the NAIA Wrestling Coach of the Year and coached four All-Americans. In 1991 Wise moved to Issaquah High School where he would serve as a teacher and head wrestling coach until 1997, with multiple state placers including two finalists. While at Issaquah Wise had the honor of working with Roger Wilson (Class of 1986).

In 1997 Wise and his family moved to Moses Lake where he helped with the high school program until 2002. During the 2003-04 season Wise coached at Frontier Middle School in the MLSD. In 2004 he again joined the

*continued on page 28*



high school coaching staff and in 2005 he became just the sixth head wrestling coach in the storied history of Moses Lake High School. With Wise as the head coach there were 37 Moses Lake state placers that included seven state champions, and the Chiefs earned six top ten team finishes including one 2nd and 3rd place trophy. During his years as an assistant and head coach there were a total of 76 state placers with 13 state champions. Wise was selected as the Big-9 Coach of the Year and the 4A state Coach of the Year in 2009.

In 2002 he was Wise was inducted into the Moses Lake High School Hall of Fame. Suci and Jamie have two children: Hayden and Holly. He is now retired from teaching.

Nominated by Bob Freund, Hall of Fame Member



**Travis Hughes**

**Mt. Spokane HS head coach  
1999-2021**

**Mt Spokane HS assistant coach  
2021-present**

**Wapato HS 1998-1999**

**University HS assistant coach  
1997-1998**

Travis Hughes wrestled at Mead high School for Cash Stone (Class of 1999) and at North Idaho College for John Owen (Class of 2018), wrapping up his collegiate career at the University of North Dakota. After coaching at red River High School in Grand Forks, ND, he was as assistant wrestling coach at University HS during the 1998 season, Hughes was the head coach at Wapato for a year prior to taking

over the program at Mt. Spokane that had just one dual meet victory prior to his arrival. He remains a part of the program today, though he turned over head coaching duties following the 2021 season.

During Hughes' time at Mt. Spokane his teams finished in the top 8 at state his final eight years which included three straight state championships in 2018, 2019, and 2020. The Wildcats were ranked #1 in the 2021 season which did not culminate in a state tournament due to COVID. MSHS earned two other team trophies placing 2nd in 206 and 3rd in 2015. His teams were Regional Tournament champions four times and District Champions four times along with four Dream Dual titles.

He has coached 70 state placers, 10 state champions, 1 freestyle All-American and three Greco-Roman All-American. Along with success on the mat, 16 Wildcat wrestlers earned individual Academic State Championships and the 2014 Mt. Spokane Team was the 3A Academic State Champions.

Hughes was honored as GSL Coach of the Year six times and was selected as the 3A state Coach of the Year in 2019. Sixteen former Mt. Spokane wrestlers have gone on to compete at the collegiate level since Hughes arrived along with one professional MMA fighter.

Nominated by Todd Slatter and Rob Renner, Mt. Spokane HS coaches



**Phil McLean**

**Mead HS 2000-present  
Gonzaga Prep 1990-2000**

Competing at Deer Park High School, Phil McLean was a three-time state

champion. He continued wrestling at North Idaho College where he was a two-time NJAA All-American and the team won national titles both years. He finished up his collegiate wrestling career at Fresno State University where he was an NCAA qualifier. After completing his teaching degree McLean moved back to Washington where he started coaching at Gonzaga Prep in 1990 where that first team had an 0-8 dual record. The program saw tremendous growth during his ten seasons at Gonzaga Prep where they won 4 GSL championships and the state team championship in 1999. There were seven state champions at GP with McLean at the helm.

In 2000 McLean moved to teach and coach at Mead High School where his teams won the Greater Spokane League (GSL) title 10 times, the GSL District Tournament 15 times, and the Tri-State Tournament four times. The Panthers won four straight state championships (2021-2024), placed second twice, third twice, and fourth three times with 23 state champions and 88 state placers. These wrestlers include three Fargo national champions and ten All-Americans.

He has been selected as the 4A Coach of the Year in 2013 and 2017, Coach of the Year for the Inland Northwest and Mead was the Team of the Year for the Inland Northwest. He has coached the Schoolboy and Junior National Teams and has helped at many camps and has created youth programs in the Spokane area.

Shelly and Phil have three children; Tyler, Kevin and Courtney.

Nominated by Craig Hanson, Hall of Fame Member and Tyler McLean, coach at Mead HS



# WRESTLING AWARDS

## Joe Babbitt Contributors Award Recipient



**Scott Norton**

Scott Norton served the wrestling community as the head coach of Highline Community College from 2002-2020. He is often credited for keeping collegiate wrestling relevant in the state of Washington.

A three-time state placer from Kodiak, Alaska, Norton won a state championship during his senior year. He continued wrestling at the University of Oregon where he joined the Century Club, winning over 100 matches during his career. A three-time Pac 10 champion, Norton was an All-American in 1997 placing 4th.

While he was head coach at Highline, Norton coached over 30 All-Americans with one national champion and five runners-up. The team placed in the top ten in the national tournament twice. Under Norton, the team won 4 National Academic Team of the Year awards (2009, 2014, 2015, and 2018) and saw an 86% graduation rate from Highline wrestlers. He was named Region 18 Coach of the Year four times at HCC.

In 2011, Norton received the national Bob Bubb Award which is presented annually to one coach across each division of collegiate wrestling. It is intended to recognize an outstanding coach who epitomizes the qualities and characteristics of a role model and mentor for developing young student-athletes.

Norton was inducted into the NJCAA Hall of Fame in 2021 for his role as Highline's coach and his efforts to maintain college wrestling in Washington.

He continues coaching at Orting High School and is a teacher in the Sumner-Bonney Lake School District. Tiffanie and Scott have three children: Jager, Hudson, and Kaden.

## Dr. William Tomaras Award Recipient



**Joe Sanford**

Joe Sanford started wrestling in 1967 at Marcus Whitman JH then at South Kitsap for Larry Maquire (Class of 1985) and placed third in state as a senior. He wrestled for two years at Green River CC where he twice placed third in the conference championship, then at Central Washington for Eric Beardsley (Class of 1984) where Sanford was the Outstanding Wrestler at the Evergreen Conference Tournament and was the 1978 national champion at 150 pounds. Sanford coached at CWU for two years and for several high schools in Central Washington until 2007 including Toppenish, Pasco, Riverview and Southridge. He served as Riverview's head coach in 1985-86 and as co-head coach at Pasco from 1992-1995. He also coached middle school programs at McLoughlin MS and Ray Reynolds MS.

In 1983 Sanford coached the Tri-City Wrestling Club and guided it for

12 years. During this time he also founded the Mat Rattler Youth Folkstyle Wrestling Club in 1990 and ran that organization for 25 years. Along with his coaching and club responsibilities, Sanford was an official for 35+ years where he continues as a leader in the Tri-Cities Officials Association. He has worked as an evaluator in the area, officiated at Mat Classic multiple time, and was a WIAA Weight Assessor from 2007-2017. His clubs have hosted cultural exchange teams from Japan and Russia.

Sanford was an educator for 35 years with the last 30 years of his career being at Mark Twain Elementary as a physical education instructor. He was awarded the 2002 "Mid-Columbia Education Alliance Award of Recognition" for Excellence in Education. Other awards include WSWCA Assistant Coach of the Year in 2005 while at Southridge, and Sanford is a member of the CWU Athletic Hall of Fame.

Outside of wrestling Sanford is an accomplished bull rider, bronc rider, rodeo clown and bullfighter. Competing in his first competition at the age of 9, he began fighting bulls (cowboy protected) in 1971 at a rodeo because there wasn't a bullfighter there. He eventually pursued bullfighting and clowning as another aspect of his rodeo career and continued until his retirement in 2012. His ability in this sport gained Sanford the respect of his peers and the bull riders he protected. He received numerous awards and in 1983 he was asked to work the NARC World Championships. In 1986-1989 he was the NPRA Bullfighter of the Year and the 1987-89 NPRA Clown of the Year. Sanford ran camps and schools for clowns and bullfighters.

Joe Sanford's contributions to wrestling in Washington and the Central Washington region in particular have had a tremendous impact on our sport. ■



**5th Annual**  
**Washington State Girls Basketball**  
**Coaches**  
**Hall of Fame**



The Washington State Girls Basketball Coaches Association (WSGBCA) is very excited to be inducting our fifth class into the WSGBCA Hall of Fame. As a board, we understand the recognition for many of the coaches in our first four classes has come years and even decades later than it should have. This can be seen by the fact that the coaches being recognized tonight will be the 23rd, 24th, 25th, 26th, and 27th members into the WSGBCA Hall of Fame. The boys' coaches are recognizing their 48th class this year and have approximately 180 coaches in their Hall of Fame. To say that a Hall of Fame and recognizing girls' coaches has been long overdue is an understatement. We have made a conscious effort to honor past coaches in these first four classes. This year is no different. We are very excited to honor these five coaches into the Washington State Girls Basketball Coaches Hall of Fame. We would also like to thank all of our guests for being here tonight to honor the 2024 WSGBCA Hall of Fame inductees.



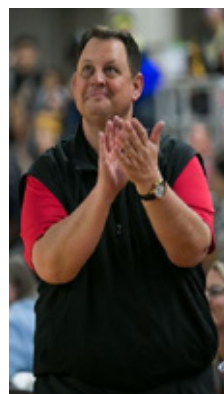
**Mike Arte**  
Gonzaga Prep H.S.



**Steve Davis**  
Chiawana H.S.



**Dale Poffenroth**  
Central Valley H.S.



**Robi Raab**  
East Valley H.S.



**Jim Redmon**  
Lewis and Clark H.S.

**Congratulations to**  
**Washington State Girls Basketball Coaches**  
**2024 Hall of Fame Class!!**



# 'Sitton' on the Ball

by Lane C Dowell  
WSTFCA HOF 2012  
WSCA Lifetime Member  
Correspondent for *The Washington Coach*



**I m a g -  
i n e ...** It's  
1958 and  
you're 8  
years old.

You're shy and barely talk. You live and are schooled on the Washington State College (WSU) grounds with your dad who is studying Veterinary Medicine and your mom working in the student affairs office to make ends meet.

**Imagine....**the college campus is your nanny and the sports fields and courts your playground. You have a bike. You are on your own.

**Imagine....**you become a bat boy for Buck Bailey, a football ball boy for Jim Sutherland, and watch every practice game with Marv Harshman and Jud Heathcote. You listen to Sportscaster Bob Robertson in awe at all the football and basketball games. You are solid friends with athletes like Keith Lincoln, Hugh Campbell, and Terry Ball.

**Imagine...**this just wasn't for one year, but four 12 month years.

This was John Sitton - a now retired Central Kitsap Head Basketball Coach and Athletic Director - this was his introduction to sports.

Chuck Stark, former Kitsap Sun Sports Editor, interviewed him a short time ago as Sitton is being inducted into the Kitsap Sports Hall of Fame in February, 2025....*"Athletics was ingrained. I totally respected what I saw with all those guys."* He also had the benefit of his grandfathers who were involved in sports and his dad who played basketball at Gonzaga.

In 1962, John's dad received his veterinary degree (DVM) and moved the family to Bremerton to begin his practice. John was a 7th grader and he turned out for baseball and basketball. In the 9th grade, his PE teacher, Ken Chase, demanded he run for Class President...and the annual position continued until his senior year when he became ASB President. His sports career was influenced by Dick Anderson/Basketball and Al Smith/Baseball, graduating from West High in Bremerton in 1968. An Olympic Junior College stint gave him the privilege of learning from Larry Sampson/Basketball and Harry Russell/Baseball, and then onto WSU, of course, graduating in 1974.

Sitton's first teaching job was back to Bremerton where West High Principal, Ron Gillespie, said, *"John, you must coach!"* committing him to football, basketball, and baseball as a volunteer with no pay - that's the way it was done. From the years 1978 until 1982, he became Asst. Baseball Coach under Head Coach Bob Battermann, and Asst. Basketball Coach under the legendary Les Eathorne....finally, with pay.

In the summer of 1982, a fellow



baseball coach told Sitton the Head Basketball job was open at Central Kitsap High School. He applied, he interviewed, and he was hired. It was to be... after all, the Central Kitsap Cougar mascot and fight song are the same as Washington State's mascot and fight song. He was home.

John was in his early 30's - the young whippersnapper in the Olympic League that boasted such legendary coaching names as Les Eathorne/Bremerton, Jim Harney/North Kitsap, Dean Scheerer/Bainbridge, Rick Kaps/Sequim, and Bob Klock/Port Angeles. There was probably no tougher league in the state. Coach Sitton was ready - he had learned from the best.



He was now in charge. Sitton was voted 1987 and 1999 Olympic League Coach of the Year. His basketball teams were Olympic League Champions in 1988, 1989, 1992, 1996, and 1998, and, during these years, Central Kitsap changed classifications from AA to AAA to

*continued on page 32*



AAAA. The academic recognition of his team at the state level was always very important. Boise State coach Rod Jensen had a big impact on his coaching style. Jensen emphasized defense and ball pressure and that became Sitton's calling card.

## MEMORABLE MOMENTS

Sitton's memorable moments include his league championships and playoff wins and those athletes and games that got them there.



There was that Friday night, February 6, 1987, when Coach Sitton of Central Kitsap was matched with his mentor, Coach Eathorne of Bremerton. CK won 80-72. Eathorne didn't think it was exactly fair he had to coach against his former assistant. *"He was a good one...John was extremely tough,"* Eathorne said. *"The trouble I had with him was that he knew everything I was going to do, and I never knew what he was going to do."*

Another special moment was with Sophomore Scott McMinds in 1988 when CK was playing North Kitsap, a top-ten rated team in the state. Sitton started 5 sophomores and was down 4 points at the half. His message to McMinds was *"As soon as North's all-state senior point guard gives up the ball, do not let him touch the ball again in their half court game"*. McMinds followed orders and the CK Cougars won. McMinds went on to join Central Kitsap High in 2008 as a teacher and Head Basketball Coach until he retired in 2021.

Sitton also remembers the Playoff game against North Kitsap when there was no time left on the clock and CK

Jeff Lingenbrink made 2 foul shots to win the game.

His team's moment of courage was when, in the 1994-96 era, they had won 18 straight games facing Wilson of Tacoma in the playoff entry game. CK had two leading scorers suffering injuries. Sitton called on Center Matt Brien to lead the team. Brien had a career high of 30 points in that game, but fell short to Wilson, 72-70 in the last second shot.

Coach Sitton retired from coaching basketball in 1999. He was the Central Kitsap Athletic Director from 2001 until 2004, and finally retired teaching in 2006. From 1995 until 2013, he joined Bruce Welling (the guy who had told him about the CK Basketball opening way back in 1982) as the Assistant Girls' Fastpitch Coach. During those years they had 278 wins and 85 losses entitling them to 12 state tournaments.

His community service continues today as he is still asked to speak to coaches and to athletes. He also works with West Sound Community Television as a local basketball color commentator. Long time memories include working a local radio sports show in the late '80's - early '90's called "The Coaches Corner" with Lanny Dowell, Dusty Anchors, and Bruce Welling.

The most important position he has now is that he and his wife, Cindy, follow all their grandchildren to all of their athletic and school events.

Thirteen former athletes, coaches, and community friends nominated John Sitton to the Kitsap Sports Hall of Fame. The Kitsap Athletic Roundtable had never received such a nomination. He will be inducted as a Hall of Fame Lifetime Achievement Award recipient in February 2025.

The following comments were from the HOF nomination that show what he meant to his athletes and the techniques he used.



## MARTY OSBORN

**Teacher/Coach/AD Kentridge High 1983-current**

**Sitton Era: 1970's and beyond**

*"I truly believe that Coach Sitton was a very positive role model for what a successful high school coach should look like. I learned that how you treat your athletes and work on their physical and mental capabilities was extremely important. He had the ability to be very positive yet coach with intensity and demand his players strive for excellence. He took the time to relate with and acknowledge all the players on his teams. As a leader, he made all members of the team feel important and he did a great job building a positive locker room/court culture of treating everyone with respect & dignity."*

## BILL BAXTER

**Sitton Era: 1977-78 and beyond: JV basketball team at West High School - Coach Sitton's first team.**

*"John leads by example in words and deeds. He is an excellent counselor through his experience, honesty, and compassion. Through his early guidance, he helped put me on a path to use basketball as a vehicle for a rewarding high school and college experience and, more importantly, a college degree and an incredibly rewarding career. I am forever grateful for John's support and continued friendship!"*

## JEFF WHITE

**Sitton Era: 1986-1992 and beyond**

*"When I was right out of college, he hired me as his junior varsity basketball coach. I learned a lot about coaching and practice plans, but most of all, the way he carried himself....always positive. I was very young, not knowing I was learning from him, not just in basketball, but how to carry yourself as a coach and in life as a whole. It was an incredible six years I got to hang out with him."*

## SCOTT McMINDS

**Retired Central Kitsap Head Basketball Coach**

**Sitton Era: 1988-1990 and beyond**

*"I was far from a talented superstar,*



and he recognized that I was not going to be a great scorer, but he knew how to identify the strengths of all his players and shape them into valuable members of the team.

Every kid wants to score and fill up the stat sheet, but Coach Sitton was masterful at maximizing his players strengths and getting them to buy into the role that would best support and help the team achieve its shared goals. He pulled me aside early and said, "Scott, you are not going to score a lot, and the points you get will come off of defensive turnovers and transition buckets, but in a half-court game your job will be that of a facilitator. Get the ball to the scorers on the team. You will be a defensive specialist and point guard that distributes the ball 1st, 2nd, and 3rd." Because of his leadership and dedication to our team we bought into our role to maximize our collective potential.

Coach Sitton inspired me as an athlete, but his greatest contribution to my development came after my sledging accident mid-season that left me paralyzed. It was after I had taken my last step, played my last game, and felt as if I had lost everything that his true coaching and influence began.

I was in a dark place and Coach Sitton knew it. Good coaches know that the past is the past and it can't be altered, but they look to the next play and always look to maximize every opportunity.

Coach Sitton was masterful at turning a negative into a positive. He knew that I might never play basketball again (the way I once had), but he saw an opportunity. He saw that once I was permanently sidelined, I was able to see the game through a different lens and with a different perspective that might lend to a success as a coach. It started in a summer league JV game and morphed into a C-team coaching position my senior year. Obviously, I wasn't the official coach because I was only 17, but for all intents and purposes, he gave me the reins and launched my coaching career. A coaching career that would

span from that '91-92 season through 2021 when I decided to step away from coaching basketball.

I owe a great deal to Coach Sitton, he inspired me on the court, but he truly shaped me into the coach and man I became much more off the court after my accident. In a way he gave me hope and purpose when I thought there was little of both, and I will be forever grateful."

## JEFF LINGENBRINK

### **Sitton Era: 1989-1992 and beyond**

"I have always admired and appreciated Coach Sitton's professionalism in how he conducted himself with our team. He truly cared about our well-being, celebrated our victories, and mentored us through our hardships. He has always been an amazing example of a great mentor. He was a student of the sport and drew out the best in each individual to make the team the best it could be."

## SILAS ROBERTSON

### **Sitton Era: 1990-1993 and beyond**

"One lesson that Coach Sitton instilled in me was the ability to maintain my cool to perform to my potential. I remember playing one game and slapping the floor after a play of frustration and finding myself quickly on the bench. I learned, and today I still hold that lesson as a key attribute in my career to rise above frustration and perform through good and bad times.

He was also one of the first people to have me visualize before games the things we wanted to happen. It is something that I try to share with my players and even my kids today. I may not have the same mesmerizing voice for them, but copies are never as good as the original."

## JOSH ELLIS

### **Sitton Era: 1993-1996 and beyond**

"When I played for Coach Sitton, we had one of those "special Senior classes". On any given night, we could have a

single player put up 25, or 4 of us could score double digits.

Coach had his assistants, Allen and Sutphin, keep every stat under the sun. Those stats translated to a chart, hanging in the locker room, that kept us grounded.

No matter how great of a night we "thought" we had, the chart told the whole story. If I scored 20+ points and felt pretty good about it, the chart told me I hadn't rebounded, I committed just as many turnovers as I had assists, and that it took me 25 shots to make those 20 points.

Those realities brought me back to earth quickly and helped me focus on where I needed to improve. The chart



wasn't there to kill the joy in the locker room (though at times it felt that way); it was there to make sure we understood how important it was to be well-rounded as a player. That lesson translated very well to life - we have to keep everything in balance."

## MATT BRIEN

### **Sitton Era: 1993-1996 and beyond**

"A coach is thought of by most, as an individual who just instructs or trains. Certain coaches, however, like John Sitton, coached beyond his knowledge of basketball and into life.

His coaching methods and ability to relate with each individual made a positive impact on each player and the overall team. This coaching extended beyond each practice or each game as Coach Sitton continually taught the value of teamwork, determination, hard work,

*continued on page 34*



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being diligent in the classroom, balance, priorities, accountability, humility, and being resilient and to persevere through the intense and challenging times. It is in these times in which all players were shown how to build up confidence, character, and self-discipline.”

### SCOTT HAMRE

#### **Sitton Era: 1993-1996 and beyond**

*“In my particular case as a player that moved on after high school to play at the collegiate level, Coach Sitton*

*helped me tremendously. His preparation that I learned from him, I took with me every year as I moved on throughout my basketball career.*

*He was a very prepared coach, and his players were as well. We would visualize with lights out before every game as he would walk us thru plays offensively/defensively, going thru the mental aspect of the game so we were all prepared and could visualize success before even taking the court. I would do this myself once I left his program and would do this on my own before every game in college.*

*Mental preparation: I could tell that we had an advantage once we stepped on the court, we were ready for whatever was thrown at us. His positivity was infectious - everything was positive with Coach. As a player you would give him everything you had. That is the definition of a great coach because he was there for you.”*

*John Sitton - A Leader of Men. A Leader in Humanity. ■*



RENTON, Wash. – On the WIAA website ([wiaa.com](http://wiaa.com)), you will be able to find information on the 2025 proposed amendments to the [WIAA Handbook](#). All of the proposed amendments were submitted by 5+ member schools or the WIAA Executive Board. The language and content for each amendment will be discussed and finalized by the WIAA Representative Assembly during Winter Coalition, taking place virtually on Monday, January 27th.

**VOTING TIMELINE:** The WIAA Representative Assembly will vote on the proposed amendments from April 9-18, 2025.

**ABOUT REPRESENTATIVE ASSEMBLY:** The Representative Assembly is comprised of 53 (35 high school, 18 middle level) school administrators from each of the six WIAA districts. The Representative Assembly votes on the proposed amendments.

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 and 11 votes are needed for a middle-level amendment to pass.

*Editor’s note: By the time of publication of this issue of The Washington Coach, Winter Coalition will have concluded and the amendment language should be finalized and available on the WIAA website. ■*

## 2025 AMENDMENT SUMMARY

The Representative Assembly has the authority to make changes during the Winter Coalition  
on January 27, 2025.

Reviewed by: \_\_\_\_\_ Date: \_\_\_\_\_

	RULE	SUMMARY	S	O
ML/HS #1	n/a	Only the Representative Assembly could make editorial changes for typographical errors or changes in wording to reflect current interpretations		
ML/HS #2	3.6.0	Membership fees would increase by 25 percent in 2025-26 and in 2026-27		
ML/HS #3	8.11.0	Would add an honorary board member position from the Rural Educators Center		
ML/HS #4	8.12.14	Reduces the percentage of schools that offer an activity/sport during the two-year trial		
ML/HS #5	17.7.4	Baseball/softball arm care: Throwing instructions/workouts may begin two weeks prior to the first practice date; workouts are limited to no more than four hours per week during this two-week period		
ML/HS #6	18.12.0	Adds an opportunity for students to transfer schools after initially establishing their athletic eligibility at the start of their ninth grade year		
ML/HS #7	18.16.0	Participation in girls' sports would be limited to students assigned female at birth		
ML/HS #8	18.16.0	Athletic programs would be offered separately for boys, girls, and an open division for all students interested		
HS #9	20.1.3	Suspension following an ejection must be fulfilled at the same level as the contest in which the ejection occurred		
ML #10	All middle level sports	Precontest practice requirements for middle level would be the same as the number for high school sports		
HS #11	32.0.0 42.0.0	Would increase the regular season contest limit from 20 to 22 games in baseball, slowpitch and fastpitch softball		
ML/HS #12	21.5.4.C 32.65.4.C	Violations of the baseball pitch count rule will cause the head coach to be suspended, in the same manner as if ejected		
HS #13	New 39.0.0	Would sanction girls flag football as a high school sport		
HS #14	41.0.0	Would increase the regular season contest limit from 16 to 18 matches in soccer		
ML/HS #15	41.3.1	If at any point after 50 minutes of play, the soccer match would be terminated if one team is ahead by eight goals		
ML #16	41.64.0	Middle level soccer players could participate in three contests per week		

**AMENDMENT VOTING PERIOD: April 9 – 18, 2025**  
**Votes needed to pass: 32 for ML/HS; 21 for HS; 11 for ML.**

Proposed Amendments for the 2025 Representative Assembly  
12/18/2024



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