

THE WASHINGTON COACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



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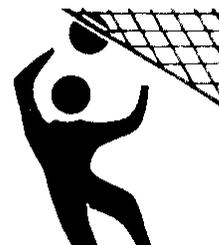
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Do you have an article you would like to have published in the **Washington Coach**?
Email Mike Schick at
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2110 Richardson Drive
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Winter deadline is December 1.

From The President

Dear WSCA Members-

Welcome to the 2012-2013 athletic and academic school year. I am sure many of you are like me, eager with the anticipation of what is in store for the teams and programs that we coach this upcoming year. I am very excited and honored to be serving you as the President of the Washington State Coaches Association over the next two years.

I have been coaching for almost 26 years now, all of which have been at my alma mater Mountlake Terrace High School. All of those 26 years have been spent coaching basketball, and I also spent 11 of them coaching track and field. I am also a Business Technology teacher at MTHS and will be starting my 16th year as a teacher in just a few weeks. Like many of you feel about your places of coaching and/or teaching, MTHS is a special place and I am very fortunate to work where teachers and administrators care so much about co-curricular activities.

In my years as a former athlete and now a coach, I have been mentored by many coaches and administrators whose names will ring a bell to you: Roger Ottmar, Jim Olsen, Keith Kingsbury, Kim Wilson, and Pat Fitterer, just to name a few. Why after 26+ years do I still have the same passion and enthusiasm that I did when I started coaching in 1987? It is because of these remarkable gentlemen. For those of you that know them, you know that they are first and foremost great people, and secondly great coaches or administrators. That perspective rings true to me each and every time I think about them and what I strive to be each and every year that I coach.

While I have been a member of WSCA, I have had the opportunity to either be an ISA representative or board member serving under some of our greatest WSCA Presidents. Jerry Koester, Mike Schick, and Pat Fitterer all led WSCA through challenging times—times where we saw many changes in each of the sports WSCA oversees and also changes implemented by the WIAA.

These presidents continued to work through these challenges and also the fiscal challenges that WSCA saw during their terms to ensure that at the end of the day WSCA was still a strong and powerful association representing YOU, member coaches. The fact you saw little change in how WSCA operated is a credit to them and the executive board members. I would be remiss if I did not recognize Norm Lowry, who many years ago opened the door for basketball coaches to become involved with the executive board, and then became the first boy's basketball coach to become president.

I became involved with WSCA for one reason and only one reason—I wanted to become the best coach I could possibly become. I talked to many coaches and administrators years ago about WSCA, well before I was a member, and not one ever gave the slightest hint that it wasn't beneficial for them. I have only found WSCA membership to make me better as a coach and a person....that sounds familiar!

In addition to my WSCA duties, I am also President of the Washington Interscholastic Basketball Coaches Association, on the Executive Board of the National High School Coaches Association, and President of the Edmonds Activities and Athletics Association. Needless to say, my plate is full each and every day! I have a hard time saying "No" when it comes to doing my part to make sure student-athletes and coaches are receiving the best opportunities they can to have a positive and meaningful experience while participating in athletics. The aforementioned coaches and administrators did that for me, and 26 years later the only way to repay them is to do as they did and become involved as a leader in our Associations.

I look forward to communicating with you via "COACH," I also hope that I get to meet as many of you as possible to thank you for what you do for student-athletes. Your passion, commitment, and tireless efforts hopefully do not go unnoticed by your school and/or community. They definitely do not within WSCA. In closing, I have to give great thanks to Coach Jerry Parrish. Jerry is without a doubt the face of WSCA and the man who, because of his tireless efforts over the past many years, makes WSCA what we are. If one wants to learn how to lead, organize, and simply roll up his or her sleeves and get it done, watch Jerry—he epitomizes this. Lastly, we must give a huge thanks and congratulations to Sue Doering, our outgoing president. Sheesh...thanks Sue for leaving such big shoes to fill! Your presidential term was filled with class, personality, intelligence, and continues to make our association stronger and better. I won't even try to fill those shoes, but I will do my best to represent our membership body the same way it has always has been done. I look forward to meeting many of you this year and hope you will reach out to me in anyway at anytime if there is anything I can do to help you.

Have a great academic and athletic year!

Nalin Sood, President



From The Sidelines

by Jerry Parrish



ORCHIDS to:

- the businesses who advertise in The Washington Coach.
- all WSCA sanctioned summer all-state events, congratulations.
- the Golf Coaches Clinic at Kayak Point near Marysville which was a great success. Orchids to Darrell Olson for his terrific work organizing and overseeing this special event.
- the on line registration of the WSCA membership who are getting over the bumps in the road. The registration has gone much smoother and the numbers are good.
- the Seahawks High School Outreach Program for High School Coaches. This program targets high school coaches who have participated in the Seahawk Mentorship Academy. US Army representatives will join Seahawk alumni player, Paul Johns, for a minimum of four school visits to high school football teams during their high school training camps. Topics to cover will be leadership and motivation, loyalty, respect, integrity and personal courage.



ONIONS to:

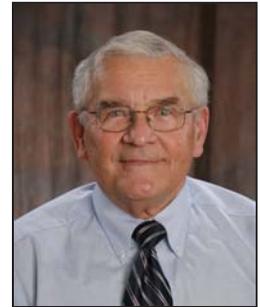
- coaches who have been asked to send pictures for use on WSCA web site and have not. To those that have, thank you.
- the coaches who have yet to register on line for WSCA membership. Last year there were about 900 who registered but did not pay dues. These coaches received no WSCA benefits. On line registration has been restructured so that registrations will not be accepted without payment accompanying on line registration.

WSCA Executive Board minutes

The WSCA Executive Summer Board meeting report

1. Nalin Sood, boys basketball coach at Mountlake Terrace High School, is new WSCA President. Nalin replaces Susan Doering, volleyball coach at Colfax, after her two years of good leadership.

2. All-State Grants have been suspended. If granted after much review, all-state grants may return and will be discussed at future Executive Board meetings. ISA reimbursements will not be sent until after March 1, 2013 and after all required paper work is submitted.



3. Pat Fitterer has been assigned to the Burnett-Ennis Scholarship Committee.

4. The Washington Coach on line has been well received. The magazine offers regular reading or a digital page turning option.

5. There was much discussion regarding the Spring/Summer Football Safety proposal. WSFCA is working on a proposal that would limit coach-player summer workouts. Research has shown the players are experiencing too much contact. The basic target of the proposal is to limit contact. WSFCA is gathering information to present to the WIAA Executive Board and will propose an amendment at the WIAA Winter Coalition.

6. The WSCA Executive Board strongly recommends that all members register on line for 2012-2013 membership. There is no carry over from year to year. WSCA insurance coverage goes from 1 August to 31 July each year.

7. Coach Tom Harmon, Nooksack Valley AD and fast pitch coach, made a presentation on Lifetime Achievement Awards aimed at coach longevity. Certificate samples were shown and are very well done.

8. The WSCA Operating Manual will be published shortly and be available on WSCA web site.

9. Coach Nalin Sood gave an updated report on state basketball tournaments and meetings will continue to discuss this complex situation.

10. The Executive Board wishes to become more involved in the WIAA Coaching School to share the association benefits and provide speaker candidates.

11. WSCA Executive and ISA meeting calendar: Fall meeting December 2 and 3 at Renton Holiday Inn. Spring meeting March 10 and 11, 2013 at Renton Holiday Inn. ■

WSSCA All State 2012 Spring Soccer Teams (Boys 4A, 3A, 2A, 1A)

**Coaches-poll, as voted on by Washington State Soccer Coaches Association members and other high school coaches across the state of Washington.*

Class 4A

MVP – Miles Rodriguez-Nilson, Midfield – Central Kitsap

Coach of the Year – Jennifer Johnson, Skyview

First Team

Forwards – Jordan Thompson, Newport; Reilly Cross, Snohomish; Kurtis Pederson, Bellarmine Prep; Alex Shane, Issaquah.

Midfielders – Miles Rodriguez-Nilson, Central Kitsap; Sean Price, Skyview; Jacob Thoreson, Thomas Jefferson; Sean Rigney, Federal Way.

Defenders – Eli Peterson, Kentwood; Luke Logan, Emerald Ridge; Brendon Wheeler, Snohomish; Cole Howard, Skyview.

Goal Keeper – Eric Bottjer, Bellarmine Prep.

Second Team

Forwards – Timur Zhividze, Evergreen; Michael Rector, Bellarmine Prep; Rene Solorio, Chiawana; Andrew Leadbeater, Redmond.

Midfielders – Juan Machuca-Garin, Snohomish; Christian Rath, Puyallup; Jordan Kollars, Central Kitsap; Corey Taisey, Mead.

Defenders – Chris Stokesbary, Central Valley; Baxter Hagan, Inglemoor; Jhony Mendoza, Davis; Nathan Wooden, Skyview.

Goal Keeper – Collin Partee, Union.

Honorable Mention

Forwards – Jordan Downing, Tahoma; Anthony Johnson, Marysville-Pilchuck.

Midfielders – Hayden Schuh, Skyview; Pedro Miola, Skyline; Madison Heck, Eastlake; Bryce Schomburg, Roosevelt.

Defenders – Luke Hong, Jackson; Adam Smith, Bellarmine Prep; Garrett Brewer, Federal Way.

Goal Keeper – TJ Josephson, Puyallup.

Class 3A

MVP – Jordan Morris, Midfield – Mercer Island.

Coach of the Year – George Vukic – Bainbridge

First Team

Forwards – Michael Klavuhn, Decatur; Heath Sowers, Ferndale; David Linney, Glacier Peak; Mauricio Perez, Eastmont.

Midfielders – Jordan Morris, Mercer Island; Michael Crowley, Bainbridge Island; Chris Peterson, Wilson; Joel Villa, Eastmont.

Defenders – Wyatt Brown, Camas; Isaac Sappington, Pasco; Angel Garcia, Kennewick; Dodge Schaeffer, Shorewood.

Goal Keeper – Daniel Nadeau, Shorewood.

Second Team

Forwards – Alex Wood, Mercer Island; Conner Winship, Bainbridge Island; Igor Shapoval, Prairie; Bryce Joling, Capital.

Midfielders – Sebastian Scales, Bainbridge Island; Eugene Holley, Shorewood; Geo Vazquez, Kennewick; Ngawang Choephel, Mt. View.

Defenders – Conner Hall, Hazen; Spencer Smith, Decatur; Matthew Pettersen, Shorewood; Sam Jang, Shorewood.

Goal Keeper – Jason Bauknecht, Peninsula.

Honorable Mention

Forwards – Javier Gomez Mora-Rey, Marysville-Getchell; Cole Madden, Peninsula;

Adam Allison, Camas; Abel Madrigal, Chief Sealth; Sam Bunnell, Hazen.

Midfielders – Hayk Avanesyan, Shorewood; Jimmy Hong, Dectur; Derek Zimmerman, Pasco; Brandon Brooks, Mt. View; Mori Tsuchiya, Chief Sealth; Jesse Esquivel, West Valley.

Defenders – Edgar Dominguez, Pasco; Juan Rodriguez, Eastmont; Alex Bell, Mount Vernon; Griffin Stout, Kennedy.

Goal Keeper – Daniel Romero, Eastmont.

Class 2A

MVP – Cesar Esquivel, Forward – Fife.

Coach of the Year – Tony Crudo - Fife.

First Team

Forwards – Cesar Esquivel, Fife; Aidan Huggins, Archbishop Murphy; Kevin Weyand, Tumwater; Spencer Wolfe, Squalicum; Arie Vanderstaay, Bellingham.

Midfielders – Nathaniel Gunderson, Tumwater; Josh Bartley, Archbishop Murphy; David Starkovich, Squalicum; Jimmy MacQuarrie, Sehome.

Defenders – Alex Kramer, Archbishop Murphy; Nick Ulowetz, Archbishop Murphy; Will Lewis, Bellingham; Evan Cook, Cheney.

Goal Keeper – Auden Schilder, Bellingham.

Second Team

Forwards – Austin Snyder, Tumwater; Connor Sigmon, Tumwater; Arturo Torres, Lynden; Forester Seipp, Cheney.

Midfielders – Adam Smiley, Squalicum; CJ Skillingstad, Cheney; David Abbott-Smith, Sehome; Lorenzo Ramos, Fife.

Defenders – Cameron Shockley, Franklin Pierce; Andrew Saavedra, Tumwater; Jake Haggan, Sehome; Jonny Gundersen, Centralia.

Goal Keeper – Devon Dieckman, Tumwater.

Honorable Mention

Forwards – Noah Moeller, South Whidbey; Juan Lopez, Aberdeen; Victor Lopez, Toppenish.

Midfielders – Jorge Campos, Othello; Landgon Roscoe, Hockinson; Albert Carrillo, Fife; Jalen Crisler, Archbishop Murphy.

Defenders – Isaac Bogart, Lynden; David Papenfus, Interlake; Chad Spady, Burlington-Edison; Will Mortell, Sumner; Jake Flanigan, Archbishop Murphy.

Goal Keeper – Jordan Hadden, North Kitsap.

Class 1A

MVP – Jesse Klug, Forward – Overlake

Coach of the Year – Bob Bristol, Overlake.

First Team

Forwards – Jesse Klug, Overlake; Victor Moreira, Vashon; Alejandro Angulo, Chelan; Grant Fremmerlid, Seattle Christian

Midfielders – Tanner Konkright, Ridgefield; Dean Poplawski, Overlake; Eleazar Galvan, Chelan; Jared Williams, Ridgefield.

Defenders – Miller Grening, Ridgefield; Joe Dolack, Overlake; Nick Gass, Vashon; Mac Hewitt, Overlake.

Goal Keeper – Conner Fremmerlid, Seattle Christian.

Second Team

Forwards – Jesus Guterrez, Highland; Taylor Konkright, Ridgefield; Israel Fernandez, Hoquiam.

Midfielders – Josh Gehrke, Seattle Christian; Rickey Zamudio, Rochester; Alex Barsher, Seattle Academy.

Defenders – Sean Powell, Seton Catholic; Luis Rivera, Wahluke; Cory Kuta, Seattle Christian; Juan Garcia, Chelan.

Goal Keeper – Nevin Thompson, Colville.

Honorable Mention

Forwards – Steven Dressler, Cedar Park Christian; Connor Freeman, Seattle Academy; Erik Powell, Seton Catholic.

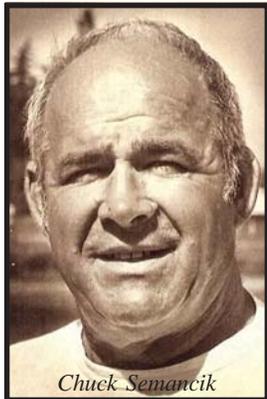
Midfielders – Ezra Koenig, Vashon; Austin Baucom, Seattle Christian.

Defenders – Osiel Rivera, Hoquiam; Julio Vera, Chelan; Alex Myrick, Royal City.

Goal Keeper – Ruben Medina, Chelan. ■

CRAZY LIKE A FOX

by Lane C Dowell



I often reflect on my coaching mentor, the affable, yet hard-nosed Washington State Football Coaches Association Hall of

Famer, Chuck Semancik.

Like many, a gamut of emotions filtered through this thick-headed noggin as I got to know Chuck. He could be very intimidating, yet funny, friendly and even gentle. But if one showed a weakness of any sort, be ready for a nose to nose verbal tirade, a kick in the posterior or... the likes of which you would never wish to experience again.

Just like the offenses he taught his Wildcat elevens, he was complex. He wanted to keep us, as well as, our opponents off guard as he molded his fellas into tough warriors able to cope with the diversities the game and life present.

The foundation of Chuck's philosophy, which he repeatedly professed to Deanna and I four days prior to his passing, was, "We were really tough, weren't we!" No, my punctuation at the end of the last sentence should not have been a question mark. This was the life-long message the wily old fox wanted to instill in his charges.

In reflection of that time with Chuck, who still had enough energy

to show yours truly a wrestling hold he used while participating at Washington State, I surmised that the emphasis of this statement was as much on the mental/emotional side of the game/life as it was the physical.

I vividly recall our daily practice regime (heavily focused on the offensive side of the ball), which often lasted over three hours. We all knew the playbook by heart and decades later most former players that wore the Blue and Gold can still diagram 32-36...22-26...Power 2-6...etc. Pass...are you kidding me?

Yes, these lengthy sessions helped Chuck's 'Cats, oh, yes, and for a short period of time Knights, get physically ready for game day. I deeply believe his methodology was to instill a survival mode in his charges. If you will...know that you are out-working your opponents. One had to be tougher than Friday's foes just to endure these practice sessions.

Oh, the poor sophomores, who were the scrimmage cannon fodder for weary and irritated varsity players. This was just part of the toughening process.

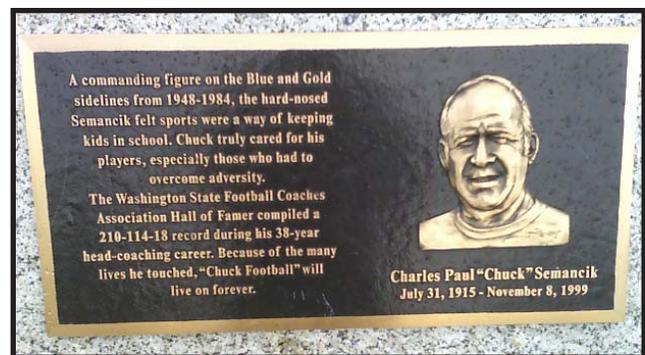
It took me five years as a Semancik assistant to finally figure him out, and I will take the memory of the day that he became satisfied that he

molded me into the coach he wanted to my final breath.

I made a coaching miscue at practice one hot late summer afternoon and Chuck got in my face. To this day I am not sure where it came from, but I had the gumption to give it right back to him. "To hell with my well-being," I must have thought.

To my great surprise, the wily veteran stepped back and the look that I thought would lead to the thrashing of my life faded into a huge smile and a pat on the shoulder as the wily old fox pivoted and without another word walked away.

From that day forward I was honored with coaching, without Chuck



looking over my shoulder, his cherished offensive line, the bread and butter of Ground Chuck. Oh, and he even let me tinker with our defense, which never moved much out of the realm of a 52 Okie front.

Chuck, we are all better for the time we were privileged to spend with you our mentor on the field and in life. We will NEVER forget you. With love and respect! ■

SEMANCIK VICTORY PARK

When Chuck passed in late 1999, a foundation was formed to give back to KIDS that he dedicated his life to helping.

The plaque is affixed to the center stone in Semancik Victory Park, which is nestled in the SE corner of Bremerton's historic Memorial Stadium. The park was dedicated to the memory of Coach Semancik. His foundation gives yearly scholarships to graduating Bremerton High students to whom Chuck would have extended a helping hand. In some way the KIDS Chuck reached out to were those, like himself, who overcame life-altering circumstances.

Each year the Semancik Foundation also awards scholarship renewals to past recipients who are still finishing advanced education.

A crescent of tiles donated by various alumni and community members buffer the center stones.

The park also embodies a veteran's Path of Freedom memorial, which has three two ton granite stones with all the KIA's with Kitsap Area roots from wars of the 20th and 21st centuries inscribed.

Three other granite stones of similar size are etched with the names of all of Bremerton's state champions and all-state competitors along the Walk of Champions. ■



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to: jparrish@donobi.net

Name _____ Parent-Coach _____

Year Scholarship Awarded _____

Brief summary of scholarship recipient's status _____

ON THE SIDELINE

NOMINATION FORM

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

Nominee's Name _____

Home/School Address _____

City _____ Zip _____

Current teaching/coaching location _____

Send this form to Mike Schick at:

2110 Richardson Drive, Puyallup, WA 98371

Thank you for your efforts

**Deadline:
December 1st**

Washington State Football Coaches Association **TERRY ENNIS SCHOLARSHIP**

This scholarship is being offered by the Washington Football Coaches Association and Adrenaline in honor of Terry Ennis. It is intended for an outstanding senior football player who represents the finest qualities of integrity, academic excellence, intensity and leadership.



By completing the information in this application, you will enable us to determine your eligibility to qualify for this scholarship. It is intended for a graduating Washington State High School football player.

To be eligible for this scholarship:

- Submit this application.
- Submit a letter of recommendation from your head football coach and one teacher.
- Submit your high school transcript.
- Coach must have been a member of WSCA for at least five years. Only one recommendation is allowed per school.

Name _____
Last First Middle

Permanent address _____
Street City State Zip

Date of Birth _____ Telephone number _____
Month/day/year Include area code

High School attended _____

Graduation date _____

School address _____
Street

_____ *City State Zip*



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Washington State Football Coaches Association TERRY ENNIS SCHOLARSHIP

Academic Information

Briefly describe any scholastic distinctions or honors you have received since entering the 9th grade.

Athletic or Extracurricular Participation (Sport, Years, Letters, Honors)

College Goals

In order to formulate a better concept of who and what you are; we would like you to respond to the following questions. Please keep it brief and to the point.

1) Describe your contribution to "athletics or activities" in your school.

2) Describe how athletics and coaches (or a coach) has affected your high school life and your future plans.

3) Describe your contributions to your community and school service

Your application must be received before December 1st.

Incomplete applications will not be considered.

Mail to:
Jerry Parrish, WSCA Secretary
18468-8th Ave NE
Poulsbo WA 98370



“WHO IS DEE HAWKES ANYWAY?”

Mike Schick, Editor, The Washington Coach

As editor of The Washington Coach, I have had more than a couple of coaches ask, “Who is this guy, Dee Hawkes anyway?” and “How does he have so much to “squawk” about?” As most of these inquiries come from coaches who have identified themselves as being somewhat new to our coaching profession, they felt at ease with the limited information I was able to share about coach Hawkes’ background. I further shared that if they are in the coaching profession long enough and are paying attention, they would also have some things to “squawk” about. Dee was recruited to write his first column by Jim Ennis in 1972. Here are some of the specifics of coach Hawkes’ coaching career as offered by another long time coach who pays attention, Bill Heglar.

Dee has coached football:

- at Davis High School, 1967-1972, winning two “Big 9” championships
- at Bothell High School, 1973-1990, with two AAA playoff experiences
- at Skyline High School as their first football head coach

He taught and was a head football coach working for the Department of Defense in Japan, 1962-1964, and Germany, 1964-1966.

Coach Hawkes has written a number of books on football.

His first book, “Best Plays of Washington Coaches”, shared ideas from coaches including Terry Ennis, Mike Huard, Jerry Parrish, Dwayne Hatch, Ray Hobbs, Tom Moore and many more. He has written drill books for the American Football Coaches Association, one on offense and one on defense. A new book, What Every Coach Should Know, is to published soon. Dee has been a clinic speaker for many years across the country.

Dee is a member of the National Football Foundation and serves on the board of the Seattle-King County Chapter where he is also a past president. He is a recipient of the chapter’s Tony Gasparovich Award for service to the game of football. Through the NFF and the Seattle Seahawks organization, Dee helped organize and run the NFL Coaching Academy for youth and high school coaches. Dee is also working with USA Football and he is

a lifetime member of the American Football Coaches Association. Coach Hawkes was awarded the Gold Helmet by the Washington State Football Coaches Association.

Dee graduated from Queen Anne High School (’54) where he played quarterback. He continued to play quarterback while attending WSC, Washington State College before it became a university. He is active in the Queen Anne Alumni Association today and also founded “Men of Queen Anne” a support group for the association.

Dee served in the Marine Corp and started his school coaching career in 1958 at Port Angles High School as an assistant football coach for the legendary Jack Elway. He also coached baseball in Port Angles, Davis, Japan and Germany.

This is a quick look at the coach who continues to promote the best ideals of what high school sports should be, offering insights, suggestions, and at times, a better path for all of us to follow. We can all find something of significance in what this coach has to “squawk” about. We just need to pay attention. ■

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Contact Mike Schick at wsca-editor@comcast.net



Hawkes Squawks

We are all aboard the same plane, our flight plan is filed, and we are heading into a new school year full of high expectations. There is always something magical about returning from the summer to connect again with kids. There's every reason to anticipate that this coaching season will be your best yet. I'm personally rooting for you to have a successful new start with your athletes.

A SERIOUS SQUAWK FROM MY SOAPBOX

In search of Squawks to talk about, this time I'm going to go to get on my SOAPBOX and PREACH about the sport of football. I have to get some things off my chest, and my background in this sport allows me to speak bluntly. From the moment I put on the pads, the game became my passion, especially at the high school level. After being a lifetime student of the game, I believe that an increasing number of things are going on that speaks to the good, the bad, and the ugly. It's time for us to come to grips with serious problems, which surround football at all levels. Currently, we seem to be witnessing many broken promises. Throughout its history, the game provided clues that making positive change helps. Recently, our awareness on the effects of concussions has pushed the envelope at all playing levels.

Youth Football

The Good: The best news in this volunteer program is that coaches are required to get some kind of certification. Several online programs such as USA Football and American Youth Football offer this service. There is no better way to start than by teaching fundamentals. There is much to like about the dedication of these coaches to teach the game, keep kids safe, and follow the rules. We see more and more programs using practice plans that make sense. The biggest change has come from the involvement of local high school programs where coaches and players help teach. It looks like Terry Hyde, Prairie Head Football Coach, has done it right. He started the Clark County Youth Football Program, serves on the board and stays active with USA Football too. With this type of cooperation, youth players have strong high school role models who encourage them to do their best. Maybe more surprising, is the attention paid to detail in fitting equipment with emphases on the helmet. Certified coaches also have had training on concussions.

The Bad: It is appalling, but not surprising, that kids are starting to play tackle football too soon. The buzz is already building from experienced coaches who say that starting to play the game at ages of 5-7 is too early. It seems sensible that flag football would be a good feeder game before asking a kid to put on pads.

Evidence continues to mount that it's too early to start playing football before the age of eight. It is hard to see what positive results can come from starting sooner. As much as it disturbs me, the pushing parent syndrome still exists. A familiar pattern is to criticize the coaches or program for personal gain. Everyone tends to focus on their kid and not on what's best for their team, and they place far too much emphasis on winning.

High School Football

The Good: Take it from a coach who been around, the teaching of fundamentals is getting much better. Most importantly, the coaches who emphasize technique in all skill positions are reaping the benefits of sound football. As we witness in game performances today, there is no question that the concept of bigger, faster, and stronger has taken hold. Now, the cutting edge is the conditioning of teams that are able to play a full game without running out of gas in the 4th quarter. Technology is streaking along at such a dizzy clip that the teaching of the game is made must easier. It's really good to see talented players use their skills on either side of the ball. The matchups are fun to watch. You've got to love the punters who can place the ball where they want and the kickers who are accurate from long distances. The life lessons learned while playing football are priceless. Look closely, and you'll see that the programs that connect with their local youth teams are ahead of those who don't.

The Bad: There was a time when the WIAA philosophy demanded a level playing field among schools. Unfortunately, that is not the case now in some leagues. There seems to be something wrong when booster money can interfere with what's fair. In some leagues, there is far too much difference between the have and the have not's. It is time for a reality check, which is probably wishful thinking. One stumbling block seems to be the legitimacy of transfer students who play football for powerhouse teams. History forbids ignoring or dismissing this practice. Another concern includes the stadium fans who openly voice

their disappointment with the coaches, often speaking on a personal basis. Some feel that it's open season to let loose of their frustration.

The Ugly: In recent years, some football issues have gotten out of hand. Let's start with year around training where the summer months are wide open. Whether you agree or disagree with using June and July to go full speed ahead, this practice needs boundaries. A caution flag should be raised for the safety and protection of the player from injury. The worst case scenario involves coaches whose egos interfere with what's best for their programs. They are more concerned with winning rather than focusing on their players or teams. Also, it is my observation and experience that some overzealous parents want to be heard and can, if agitated enough, put pressure on the coach to be fired.

College Football

The Good: It is refreshing to see so much athleticism on the field at all levels, which uses speed to accelerate the game. There are welcome signs that spread football and no huddle offenses are pushing the game much faster, which can provide a thrill a minute. This puts the defense in a move and shake mode. As preached by the AFCA for years, it is good news that the business of taking the head (helmet) out of the game is being coached. No doubt these changes have helped to curb head concussions. The teaching of fundamentals, especially blocking and tackling techniques, has vastly improved. Coaches have realized there is no need to go overboard with full pad hitting practices. From a coaching standpoint, user friendly programs deserve merit badges for this practice. The perception that most college programs are run clean is certainly true. One must cling to the hope that college football is coming of age on how to handle today's complex players. It is refreshing to see coaches who won't tolerate a player breaking team rules.

The Bad: Not much has changed in the programs that continue to recruit players who barely qualify academically, or have character issues. There is no true argument for recruiting kids as young as fourteen – leave them alone! To use technology, such as texting with no restrictions on time and place, has already opened up a can of worms. Playing fast and loose with the NCAA rules is another cause for concern, and this usually involves recruiting. Changing the kickoff time for television revenue still bothers this old coach. However, we shouldn't kid ourselves; the college game is getting to look more like the professional game. How exactly did this happen? We may need a calculator to follow the money.

The Ugly: It defies comprehension that college football coaches and officials would cover up such despicable crimes such as sexual or domestic abuse. On a personal note, after the AFCA Conference in New Orleans in 1992, I

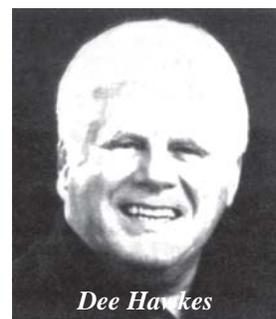
sat next to Jerry Sandusky on a hotel shuttle to the airport – we talked about linebacker play! It was a shock later to learn the worst case scenario about this man. Isn't it a sad commentary that almost every week some player receives a suspension or is dropped from a team for rule violations? For serious crimes, criminal charges are warranted, but there are always those who escape punishment. Nothing is more arrogant than to ignore or turn a blind eye and pretend that nothing has happened. It's unfortunate that many coaches feel great pressure to win at all costs. There's been considerable discussion about the role alumni or big money boosters play in keeping programs on the center stage. Chances are, you are frustrated too.

Scanning the Summer Squawks

Seldom, if ever, has a coach stayed as long as Jerry Parish, who returns to coach the offensive line at North Kitsap High School. It will be his 54th year of teaching the game, and there is no sign of him turning in his whistle. Head Coach Jeff Weible played QB for Parish during his prep days. This combination of the old and the new speaks volumes about what they can accomplish. . . . These days, there is always a need to raise money for your program. What caught my eye is the unique sale put on by the Prairie basketball team. They sold mattresses, even king size. . . The sheer scope of technology serves the Stanford football team fine where every player and coach is given an Ipad and a digital playbook. . . . Over the course of his long and distinguished career, former Mercer Island basketball player, Quinn Snyder, has done it all. He saw three final fours while playing at Duke and as an assistant coach there. He was NBA bench coach for Philadelphia, the Clippers, and the Lakers. He was the head coach at Missouri, the developmental coach for the San Antonio Spurs, and now he'll be the first assistant with the CSKA team in Moscow, Russia. Along the way, he also earned a law degree and a MBA. To be sure, Quinn will impact the Russian players, because he is a strong teacher of the game. Now, his dad, former coach Gary Snyder, needs to upgrade his passport. . . . Personally, I am rooting for Major League Baseball to impose rules to prevent the tobacco chewing, bubble gum, and spitting everywhere as captured on television.

These days, it's hard to imagine trying to coach with so many distractions. If my analysis is correct, the coaches with better training and understanding will impact their athletes. Anyone concerned with prep issues and who needs a sounding board, just let me know at: hawkes32@comcast.net. In the season ahead, have fun.

See you around, I hope. ■



TO CLIMB THE LADDER OR NOT TO CLIMB THE LADDER -ADVICE TO YOUNG COACHES FROM A YOUNG COACH-

By Jared Van Acker, Head Coach, Grafton High School, Yorktown, Va.

Article reprinted with permission from American Football Monthly/Gridiron Strategies

“I wish I would’ve known that when...” or “If I could do it all over again...” are some of the common phrases that many young coaches make after getting a chance to move up the ladder in the coaching profession. As a young varsity head football coach entering my 30’s, it seems weird to give advice to young coaches looking to make the leap to a higher level of coaching. No matter what level, there is a constant revolving door and moving up and down on the coaching ladder year in and year out. I personally have moved up the ladder pretty quickly in the high school coaching ranks. I was an assistant coach for one year in Illinois while I was still a college student. After my college football playing days were over after knee surgery, I wanted to “hang up my cleats and replace them with a whistle,” pay it forward and give young men the opportunity to play football the way I learned.

After graduation, I was offered and accepted a job in Central Virginia at William Campbell High School, a small-school located just outside of Lynchburg. I was a defensive assistant there for three years. I then applied for and was offered the head coaching position at Galax High School, located in southwestern Virginia, which is a small-school with only 400 total students that plays in the smallest classification in the state. I was only 25 years old and recently married.

I served as the head coach for three years at Galax High School and then accepted the head coaching position at Grafton High School last year. Grafton has an enrollment of just under 1,400 students and is located in historic Yorktown in the famous “757” Hampton Roads football hotbed. We went 8-3 and made it to the playoffs for the first time since 2005. I was selected the Bay Rivers District Division 4 Coach of the Year for reversing Grafton’s record from 4-6 to 8-3 and finishing second in our district behind eventual Division 3 State Champion, Poquoson. I was blessed with a talented group of athletes who played their hearts out for our coaching staff and each other. I’m a firm believer in the quote “It’s not about X’s and O’s but rather Jimmy’s and Joe’s”. They believed in the system that I brought and played together. I was surrounded by a great group of coaches who taught the game with passion and was supported by the best administration in the state.

I find it interesting that at the young age of 30 and only with 8 years of coaching experience that I have gone through the highest of highs, the lowest of lows, and everywhere in between in my coaching career. Because of this I feel compelled to share my experiences and give advice/suggestions to young coaches who are looking to climb the ladder in the coaching profession. Here is a list of 10 things you need to consider if you are looking to move up the ladder in coaching.

10 THINGS YOU NEED TO CONSIDER WHEN YOU WANT TO CLIMB THE LADDER

1. Administration
2. School/Athletes
3. Community/Parents
4. Resources/Facilities
5. Control/ Decision-Making
6. Finances/ Fundraisers/ Booster Club
7. Success/ Hype
8. Scenario
9. Staff/ Personnel
10. Beginnings

Administration

Do they support their coaches when complaints are made, or do they tuck their tail and bow to the pressure? Do they play small or big town politics? Do they let you coach or do they micromanage? Are they willing to think outside-the-box and try something new or are they set in their ways? Remember, one thing you cannot control is the ever-changing face of your administration. You may get hired by one administration and they could be gone the next year. The new administration might have someone already in mind for your position and maybe they have a different vision than yours. While all of the other topics on this “top ten” list are important, it is vital to have a great and supportive administration. Otherwise, you’re setting yourself up for failure.

School/Athletes

When considering taking the next step up the coaching ladder, it is important that you take a look at the school

and the athletes that walk the hallways. There are many different scenarios that you will need to look into and research when making such critical decisions. Weigh the pros and cons of a big school vs. a small school and how the school population impacts your level of athletic ability. Investigating the school's past football history will reveal whether or not it was a football powerhouse with a strong tradition or a perennial loser that is the laughing stock of the school. Is the position an opportunity for a rebuilding or reloading situation? Are there athletes roaming the hallways who, for one reason or another, have not played in previous years? Does the school have other sports that are very successful, which interfere with participation in the football program? These factors are important with regards to the success of the program. Remember, in our cutthroat profession, if you don't win, you won't be there for long.

Community and Parents

The community and parents of your athletes can either be a valuable asset or a thorn in your side. Inquire about community and parental involvement with the football program and determine if it is a positive contribution to its success. It is also important to know how involved and supportive the parents and community have been with past football coaches. Does the school allow big town/small town politics to rule its athletic programs? Unless you are an alumnus looking to come home, or an assistant desiring to move up in the ranks, you will be an outsider. In addition, discovering how community and parent participation in fundraising and financially supporting the program is essential. It is important for new, young coaches to open up to the community and parents to gain their support. They can become your biggest ally in how effective and successful your program can be.

Resources and Facilities

While resources and facilities won't make or break a decision to accept a coaching position, they are an influential part of building a solid foundation for your program. When you are researching a possible job position, you will want to look at the facilities that you will use for your football program. You need to assess the facilities and determine if you have good enough facilities to be successful.

How is the school's weight room? Do they even have a weight room? Do you have a field house or is the locker room in the school? Do they even have a locker room? Is there enough storage for all of your equipment? How are the practice fields? Do you even have a practice field or

will you have to practice on the game field? Is the equipment in good condition and do you have to acquire new pads and helmets to be a successful program? Is your school planning to get any "up-grades" or even "down-grades" in the next couple of years such as renovations, new stadium, building of a new school, etc? All of these things can positively or negatively affect your program.

Control/Decision-Making Power

Another element that is very important is your voice and decision-making power for your program. How much power will you really have when it comes to the program? Will you have input in scheduling of future opponents? Will you get to determine what style of offense or defense you will run for your program? Will you have the authority to interview, hire, or fire assistant coaches on your staff? Though you may be the head football coach, there is a chain of command with the athletic director, school principal, superintendent, and school board who are really in control of the school and athletic programs. You will need to research how much influence they may or may not have on your program.

Do they micro-manage or do they let you run your program? Do you have to get approval before you spend money earned through fundraising efforts? Will you be able to fundraise for your program? Do they have a track record of getting involved in the football program or using "executive power" over previous coaches? Remember, if you are going to be responsible for the program, you will want to make sure that you are truly in control of your football program. If you are not in control of the program, it really isn't your program and decisions made by others may positively or negatively affect your program and your ability to be successful.

(Part II will be published in the Winter issue of *The Washington Coach*).

About the Author

Coach Jared Van Acker recently finished his second year as the new head coach at Grafton High School. He has helped lead Grafton to back-to-back Division 4 playoff appearances and earning a #1 seed in the region in 2011. Last season, he was also named Coach of the Year for the Bay Rivers District. Van Acker was previously the head coach at Galax High School. He also served for three years as an assistant coach at William Campbell High School in Naruna, VA. Van Acker played three years of college football at Quincy University and received his Bachelor's Degree from Western Illinois University. ■

A CENTRAL FIGURE: FUTURE WILDCAT LIFTS WEST TO EARL BARDEN CLASSIC VICTORY

June 24, 2012 by Scott Spruill, Reprint Yakima Herald

YAKIMA, Wash. — Jordan Todd wasn't going to miss this for anything. Not even if it meant criss-crossing the state so he wouldn't miss the biggest priority of the week — his high school graduation.

Saturday's 18th annual Earl Barden All-Star Classic was that important to the running back from Interlake.

And a bunch of guys from his side of the mountains were sure glad it was.

Todd ran for 134 yards and tied a Classic record with three touchdowns, including the game-winner to give the West a 34-28 victory in the event's first overtime game at East Valley's Earl Barden Sr. Field.

The Class 2A player of the year, who broke the state's all-time single-season rushing record last fall, checked in Tuesday morning with 70 of the state's best 2A, 1A and 2B seniors.

After Wednesday's morning practice, Todd and his coach Jason Rimkus drove back to Bellevue for Interlake's graduation. They returned Thursday in time for the afternoon practice.

"It was kind of hectic but completely worth it," Todd said. "Getting to know all these guys was great. I know we weren't together that long, but we bonded quickly and now I'll always remember these guys."

For those who looked closely, yes, that was a Central Washington University logo on his Interlake helmet along with other decals traded with teammates.

"I picked that up in Ellensburg on the way over here," he smiled. "I can't wait to get started with Central football."

The feeling is clearly mutual as the Wildcats have landed an impressive talent. Overlooked by bigger pro-

grams because of his 5-foot-7 height, Todd was elusive on the edges, tough in the middle and explosive in the open field, The 2A state 100-meter champion scored on runs of 2, 3 and 10 yards and was an easy pick for the West's offensive MVP.

As was Renton's Anthony Gold for defensive MVP. When the West was scrambling to survive a wild East comeback, Gold came up huge with a PAT interception and 76-yard kickoff return in the fourth quarter and another interception in the end zone to thwart the East's

lone overtime possession.

After Gold's OT pick, which finally subdued Waitsburg-Prescott's dual-threat quarterback Zach Bartlow, the West stayed firmly planted on the ground with five running plays and Todd ended the Kansas tiebreaker session with a 10-yard off-tackle burst.

After a slow start when the East didn't manage a first down until late in the second period, Bartlow came alive to rally his team from a 28-16 deficit with less than two minutes left.

A safety and Bartlow's 9-yard touchdown run pulled the East within 28-25 with 39 seconds left. After the East's Kroft Sunderland of Dayton recovered an onside kick, Bartlow hooked up with Cle Elum's Travis Kretschman on a 41-yard pass that set up Deer Park's Zach Mohr for a 21-yard field goal with six seconds to go.

Of Bartlow's 244 yards of total offense, 196 came in the fourth quarter and overtime.

"At the end we really got in a rhythm," said Bartlow, the East's offensive MVP. "The first half was pretty rough and there wasn't much timing. But we got in urgent mode in the fourth quarter and I started seeing the defense a lot



better. I'm at my best running and throwing, and that got me rolling at the end."

Prosser's Isaac Anderson, who scored 61 career touchdowns for the Mustangs, came out of the backfield and caught four passes for 41 yards in the slot. He also had two returns for 25 yards.

"We didn't have too many guys that played slot and the coaches liked the way I was catching the ball (in practice)," said Anderson, who's headed to NAIA Montana Western in Dillon, Mont. "It was intense (at the end). We knew we had the guys to do it and we were motivated."

Mohr had game-high totals of five receptions for 59 yards, kicked field goals of 34 and 21 yards and produced the onside kick that Sunderland recovered.

Chelan's Cole Schwartz, who returned an interception 60 yards to set up the East's lone first-half score, was named the East's defensive MVP.

Christian Melton of Lakewood (West) and Alex Hachman of West Valley-Spokane (East) received \$500 most inspirational awards.

East 7 0 3 18 0 — 28

West 7 14 0 7 6 — 34

West — Evan Truax 13 pass from Ben Broeker
(Jake Clizbe kick)

East — Dylan Green 1 run (Zach Mohr kick)

West — Jordan Todd 2 run (Clizbe kick)

West — Clizbe 10 run (Clizbe kick)

East — FG Mohr 34

East — Zach Bartlow 11 run (pass failed)

West — Todd 3 run (Clizbe kick)

East — Safety, running back tackled in end zone

East — Bartlow 9 run (Mohr kick)

East — FG Mohr 21

West — Todd 10 run

INDIVIDUAL STATISTICS

RUSHING — East: Bartlow 15-86, Justin Berarducci 6-22, Caleb Garza 5-11, Green 7-1, Isaac Anderson 1-0, Nathan Roberts 1-minus 1. West: Todd 18-134, Clizbe 2-15, Iopu Ignacio 3-11, Tucker Stanley 1-9, Jesse Wallace 1-9, Trevon Myhre 7-5, Truax 1-2, John Murphy 2-1, Anthony Gold (Renton) 1-minus 4, Broeker 2-minus 13.

PASSING — East: Bartlow 14-35-2-158, Berarducci 3-7-1-29. West: Broeker 7-18-0-84, Myhre 4-14-1-40.

RECEIVING — East: Mohr 5-59, Anderson 4-41, Travis Kretschman 3-50, Berarducci 2-23, Nathan Nobbs 1-6, Kody Berens 1-5, Roberts 1-3. West: Gabe Gutierrez 3-17, Truax 2-19, Murphy 2-12, Denver VanderYacht 1-35, Zach Wimberly 1-20, Wallace 1-11, Jake Archer 1-9. ■



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FROM A PAST PRESIDENT

Dear Coaches,

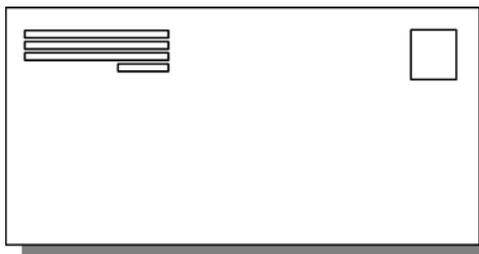
I feel an Olympic year is a good time for this article. We are having trouble finding new, young coaches to take the lead in our Individual Sports Associations. A true Olympic athlete and coach take the lead as an honor for his or her country. They give of themselves for the good of their sport. For example, Washington Interscholastic Boys Basketball Coaches Association president Nalin Sood of Mountlake Terrace High School, and the executive board of WIBCA, have been looking for good, young coaches to take over the leadership of this association. We have young coaches come to the meetings but instead of taking over and leading the work for the only state sectioned all-state game, the Washington State All-State Senior Basketball game, they listen to what we do and then go start their own all-star games to make money for themselves or their own program. This is just one example, but all of our state sports need some young coaches to step up and give of themselves and help their sport for the good of all our student-athletes.

The Washington State Coaches Association helps us in many ways. The two I want to talk about is the \$8 reimbursement we get from joining the association and WSCA help with the All-State Senior games. We all know about the \$1,000,000 liability insurance, free entry to all District and State contests, coach's magazine, eligible to coach in All State Senior games, eligible for the hall-of-fame, your son or daughter eligible for the WSCA scholarships and other perks for only \$40. But are you also aware that \$8 goes back to your individual sports association so they can use it for their own awards and individual all-star games to honor their players and coaches. The coaches in charge of their associations know how important this money is to run a sports association. PLEASE JOIN THE COACHES ASSOCIATION for yourself and the good of your sport. WSCA also has provided \$500 to \$750 to individual Senior All-State games if you get your paperwork done and turned in by March 1st to Bill Alexander, athletic director at Quincy High School or myself.

If the Olympic fever has hit you and you want to give of yourself for the good of your sport and your athletes contact me and I will help get you in contact with the appropriate people. Have a great year.

YOU GOTTA LOVE IT!!!!

Pat Fitterer
Coachfitterer@hotmail.com ■



Drop us a note...

We would love to hear from you.

wsc-editor@comcast.net

BURNETT-ENNIS SCHOLARSHIP

Deadline: April 20th

By completing the information required in this application, you will enable us to determine your eligibility to receive funds provided specifically to help students whose parent(s) are members of WSCA. This application becomes valid only when the following has been submitted. This scholarship is open to any member's son or daughter planning on attending an institution of higher learning.

To be eligible for the scholarship:

- Your mother or father must be a member of the Washington State Coaches Association.
- Submit the below application.
- Submit one letter of recommendation from your principal, counselor, or teacher.
- Submit your High School Transcripts.
- Submit a resume of your high school activities (including community, school, or church activities)

Personal Information (please print clearly)

Name _____
Last First M.I.

High School Attended _____ Date of Birth _____

Permanent Address _____
Street City Zip Code

Permanent Home Telephone number ____ (____) _____

Parent/Guardian _____ Years Member of WSCA _____

Address of Parent/Guardian if different from applicant:

Street City Zip Code

Academic Information GPA _____

Briefly describe any scholastic distinctions or honors you have won since the 9th grade

Athletic or Extracurricular Participation

<u>Sport</u>	<u>Years</u>	<u>Letters</u>	<u>Honors</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Please continue with application on reverse side.

continued from previous page

BURNETT-ENNIS SCHOLARSHIP

Deadline: April 20th

College Goals College planning to attend _____

In order to formulate a better concept of who and what you are; we would like you to respond as you feel appropriate to the following questions. Please keep it brief and to the point.

1) Describe your contribution to “athletics or activities” in your school.

2) Describe how athletics and coaches (or a coach) have affected your high school life and your future plans.

Check list:

Application Letter of Recommendation Transcript Resume

Your application must be received before April 20th.
Mail To: WSCA Scholarship, 708 S. Lake, Colfax, Wa 99111

Selected winners must submit a picture of themselves with their member parent to the WSCA by June 30th.

Log on to www.washcoach.org

The Washington State Coaches Association (WSCA) is proud to provide a new nonprofit service designed to assist families in being properly educated about the athletic collegiate recruiting process.



NCAA/NAIA/JUCO
Eligibility and Recruiting
Webinar

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LIFETIME AWARDS

2011								
NAME	SCHOOL	FALL	YRS	WINTER	YRS.	SPRING	YRS.	TOTAL
ROB FRIESE	WILLAPA VALLEY	HS FB	24	JV BBB JH BBB	2 8	HS TRACK	19	53
RICK GIAMPIETRI	CENTRAL VALLEY	HS FB	41	HS WR	36	HS GOLF HS SB HS TRK	20 5 3	105
TOM HARMON	NOOKSACK VALLEY	HS FB MS FB	14 13	C BBB	7	HS BB HS SB	4 28	66
JOEL WINGARD	PENINSULA	HS XC JH FB	32 2	HS BB JV BB C BB	2 1 1	HS TRK	34	72
RUDY OCHOA	OTHELLO	MS VB	16	MS WR	23	HS SB	16	55
MICHAEL ECKHART	MUKLESHOOT	HS FB	27	HS BB	27	HS SB	22	76
CHRIS WALLISTER	LAKESWOOD	HS FB	16	HS GBB	25	HS SB HS GOLF HS TENNIS	7 10 2	60
EUGENE VICTOR	SACJ MS FED/WAY	MS FB MS SB	1 1	MS GBB MS BBB	22 23	MS VB HS TENNIS JH TRK	23 1 1	73
JOHN MITCHELL	SNOHOMISH	HS FB JH FB	32 2			HS TRK JH TRK JH GSOC	2 17 1	54
DAN DITTMER	N. MASON	HS XC HS VB MS VB MS FB	12 8 7 12	MS WR MS GBB	5 2	HS TRK MS TRK	26 12	84
ERIK LINDBERG	OAK HARBOR	HS XC HS FB JH FB	11 3 1	JV BB HS WR JH WR	2 1 3	HS TRK JH TRK	26 3	50
FRANK PETRINO	ONALASKA	HS FB MS FB	16 9	HS BBB MS BBB	16 12	HS SB HS TRK	3 2	58
GORDON PITTS	OKANOGAN SD EPHRATA SD	HS FB MS FB	13 21	MS BB	2	HS TRK MS TRK	11 21	68
2012								
BOB BOURGETTE	KENNEDY	HS FB	41	HS WR	9	HS SB HS BB	11 10	71
PAT FITTERER	HIGHLAND KENTWOOD SEHOME EISENHOWER ELLENSBURG	HS FB MS FB	6 8	HS BBB	35	HS BB HS TRK MS TRK	2 14 8	73
DARRELL OLSON	EAST VALLEY COUPEVILLE EVERETT	HS TENNIS HS FB	2 2	HS BB	27	HS GOLF HS BB	20 1	57



The Washington State Football Coaches Association's 2013 Mid Winter Clinic

This year the Mid Winter Clinic will be held January 24,25,26 at the Holiday Inn in Everett, a different location this year. Clinic and registration information will be found on the WSCA website, washcoach.org, later this fall.

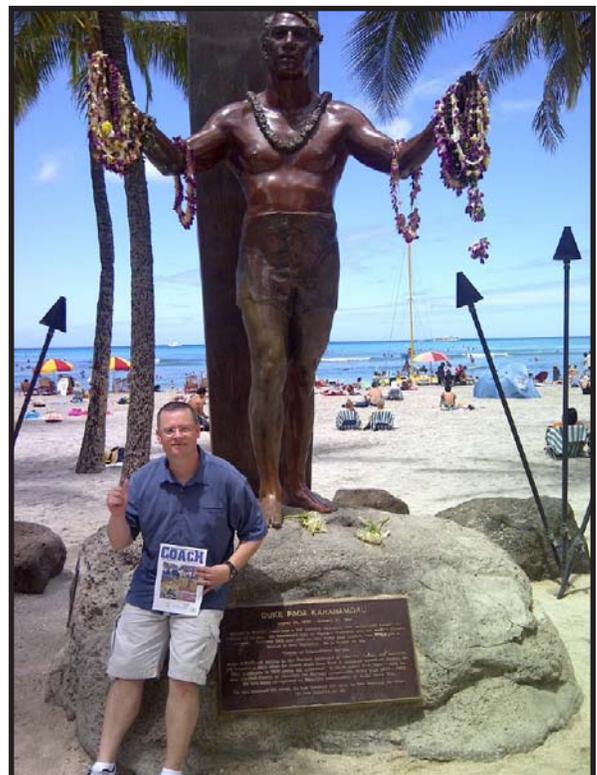
*"A clinic sponsored by high school coaches for high school,
junior high and middle school coaches"*

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Kirk Parrish- Waikiki Beach, Hawaii



Plantar Fasciitis— Disabling pain

By Bjorn Svae, President Posture Dynamics

That “first step” pain in your heel that usually gets better after being on your feet for a while is likely Plantar Fasciitis. If the pain is chronic, it has become an injury that heals best by temporarily using an arch support to immobilize the foot. The pain comes from micro-tears where the fascia under the foot attaches to the heel bone. This can be caused by tight Gastrocs pulling too hard on the Achilles tendon, but most often the increased tension on the fascia comes from the feet pronating too much. Hyperpronation occurs when the arch drops causing the ankle to move forward, inward and downward, which also rotates the leg internally. This is an extremely common problem. Over 80% of people structurally hyperpronate to various degrees, but it is not always easy to spot because over 60%

of people who do will subconsciously try to compensate for it by favoring the outside of their feet. They supinate their feet until the foot is flat on the ground, but when the weight transfers to the forefoot, the muscles are not

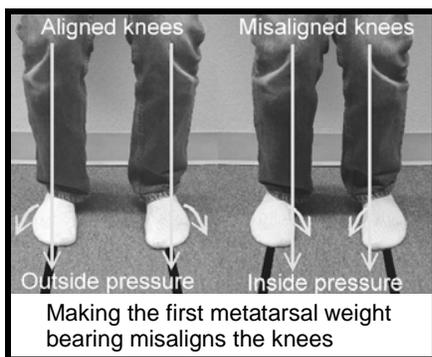
strong enough to prevent the arch from falling and the foot from hyperpronating. The fascia becomes over-tensed because of the lengthening of the arch and twisting of the foot.

If you think the logical approach to the problem would be to stop the feet from hyperpronating, you have the right idea, but don't run out and buy arch support orthotics to prevent the arches from falling. With Plantar Fasciitis, arch supports is just a temporary solution.

Hyperpronation is a structural problem of the foot and the reason the brain tries to compensate for it is to maintain better posture and body mechanics.

Here is an easy way to understand why the arches drop and cause hyperpronation—The Skiers

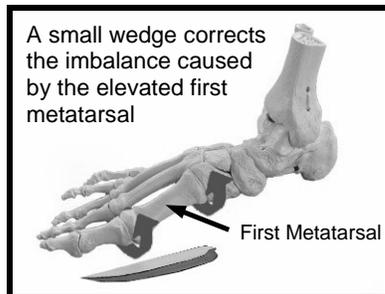
Crouch: Stand with your feet shoulder width apart, *pointing straight forward and parallel*. Keep your heels on the ground, lean slightly forward while doing a ¼ knee bend. Make sure your knees are tracking right so *the middle of your knees align over the middle of your feet*. While in this posture, slowly move your knees toward each other until you feel weight bearing pressure on the balls of your feet behind your big toes. If the middle of your knees move past the second toe, it means that the inside of your feet are not



weight bearing when your legs and knees are in alignment. Now, move your knees back over the center of your feet again. If it feels like you shift your weight to the outside of your feet, your first metatarsal is not supporting your arch, so it collapses. If you do the same exercise again, but at the same time scrunch your feet (like picking up a towel from the floor), you bring the first metatarsal and big toe to the ground with force so you prevent your arch from collapsing and your feet from hyperpronating. The solution is not to support the arch but to bring the first metatarsal down to the ground. This stabilizes your feet, and removes the excessive tension from the fascia.

Fortunately, pushing your first metatarsal and big toe to the ground can be put on automatic by putting a very small reminder

inside your shoes. You can even try this at home without purchasing anything: By adding a reasonably



firm pad underneath your first metatarsal head—essentially under the big toe joint, that part of your foot will feel weight bearing pressure slightly sooner. The brain and your

body respond as they always do when your toes (metatarsals) touch the ground. They push back against the ground, so making the first metatarsal and big toe feel the ground just slightly sooner make them push back slightly sooner—just like you did when you scrunched up your feet. It balances your feet and stops the hyperpronation. Voila! The reason you got PF is gone. Remember to remove the arch supports 7-10 days after the pain is gone.

Most musculoskeletal dysfunction and pain relate directly to the lack of balance caused by the elevated first metatarsal and big toe. A simple insole fitted with a wedge shape underneath the first metatarsal and big toe, Kinetic Technology™, will prevent Plantar Fascia, shin splints, tight IT bands, tight Achilles tendons, a sore back, painful knees and hips. In fact the ProKinetics® Natural Body Balance Insoles™ work so well they come with a 100% functional money back guarantee.

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WASHINGTON'S OWN TONY VOLPENTEST "FASTEST MAN IN THE WORLD"

Bryan E. Hoddle

2004 Head Coach-USA Paralympic Track and Field Team

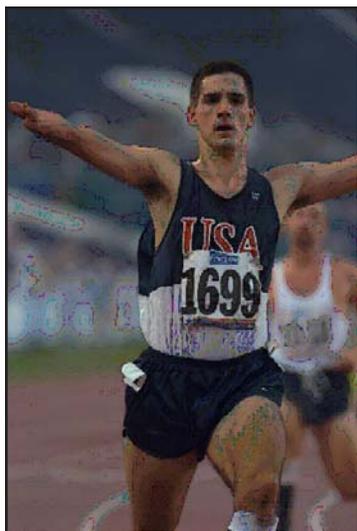
Over the course of 30 years of coaching track and field, I've run into some really special athletes and wonderful people. There are those who demonstrate athletic skills that can only be described as "WOW". There are those athletes who bring a human quality of compassion, leadership and the "it" factor that make them a special part of the team. Then, there is Tony Volpentest.

In 1994, Tony and I crossed paths almost by accident. Tony had graduated from Edmonds Woodway High School, while I was teaching and coaching in the Olympia area. I had seen a story about him on the television show, 48 hours. I was completely blown away by his athletic skills. Here is a guy who had rubbed shoulders with Joe DiMaggio and Arnold Schwarzenegger. He was a 100 and 200 meter world record holder from the Barcelona Paralympics. His gold medals and world records at the Barcelona Paralympics in 1992, simply amazed me. **Oh, by the way, Tony has no hands or feet.** What I would come to learn is what made this champion.

After spending 6 months trying to

track him down, my older son had seen a picture of him in Sports Illustrated for Kids. Tony, I found out, lived just 60 miles north of me. I felt like I might have a better starting block to help him out with his start and set up a better acceleration pattern for his 100 and 200. We met at his parents' home in Mountlake Terrace, WA and realized the Moye Block couldn't be hooked to a timing system so it wouldn't work for him. What did come out of the meeting was a relationship being formed between a coach and an athlete.

As months passed by, Tony and I continued corresponding and Tony asked me in 1995, if I'd be interested in coaching him in a comeback effort at the 1996 Paralympics on US soil in Atlanta. The Paralympics are the 2nd largest sporting event in the world, just



behind the able-bodied Olympics. The distance apart would definitely pose a problem, so after agreeing to coach Tony, he moved to Federal Way, WA to be closer. With no intention of ever wanting to be paid or expecting to be paid for coaching Tony, he informed me that he had someone who would pay me for coaching him.

How often is it that an athlete calls a coach and says, "I have someone to pay you to coach me. Oh, and it's H. Ross Perot." I have a tremendous amount of respect for Mr. Perot. Here was a true American hero. What an honor to be associated with Mr. Perot and Tony. And so the journey began.



I quickly learned that Tony is a champion for more than just his athletic ability. Don't get me wrong, between the chest and knees he was the strongest athlete I've ever worked with, but it was more than just that. He had the desire to be a champion, the focus to be a champion, a supportive family like none other and a willingness to love those around him and make them part of his journey. Bill and Betty Volpentest are simply the greatest in their support of their son.

With 11 months to prepare the work began in earnest. I laid out a plan that would maximize Tony's strengths and correct his weaknesses. The *original blade runner* was up to the task. The sweat and hard work began. The teaching curve would need to be vertical as there was much to learn as we laid out his training plan and racing plans.

As one record after another fell, the 1996 games were upon us. Tony

was ready for the challenge. With Olympic Stadium filled to see Tony, Mr. Perot in attendance and 100's of cameras ready for that finish line shot, Tony dazzled all by breaking the world record. Two days later he won the 200 gold and graced the front page of USA Today. The nation had a hero they could look up to, parents had a role model for their kids and all of Atlanta was abuzz with this super athlete and amazing person.

I vividly remember the night after the 100, when Tony took time to sign autographs for every person wanting one. The smiles and happiness I saw on young kids faces as they got to touch their hero, visit with him and get that coveted autograph was something I'll never forget. What made it more special was watching Tony sign autographs, not because he had to but

because he wanted to. He wanted everyone to feel a part of his journey and success.

I'm not sure I realized that Tony would literally catapult the Paralympics to the level that we see today. He was truly a pioneer. Now the Paralympics are mentioned in commercials along with the able-bodied commercials. **Tony played a large part in that happening.**

Tony and I parted ways in 1997 as he later moved to Arizona. Recently on a visit to Phoenix, I called Tony and we rekindled our friendship via the phone and on-line. I came to find out that Tony was just completing his autobiography, as well as possibly plans for a movie of his life. Tony gave me a copy of his book that I immediately read. Having been a part of Tony's life was really special. To read about his life in whole tugged at my heart and emotions and helped me realize why the guy is so special.



his book. Throughout time, there have been books and stories that captivate and inspire people. The Tony Volpentest story is one that just does that and more. Not only does it captivate and inspire, it also touches your heart in many ways, challenging you to dream big in your life, despite what obstacles you might be facing. This book is more than just the story of the World's Fastest Amputee. It transcends sport and takes you on an inspiring journey about a person who just naturally motivates others to be their best, while also helping others pursue their dreams. Tony makes you part of his story. It's as if you are there living his life right beside him, experiencing and feeling what Tony has felt. In a time in history when people are searching for real heroes, Washington's own Tony Volpentest may be that hero. I highly recommend this book. It's a must read for coaches, teachers, and school children everywhere.

"If you can dream it, you can achieve it." Tony Volpentest

Coach Hoddle is the Director of the Northwest Track and Field Clinic, to be held on Feb. 8 and 9, 2013 at the SeaTac Double Tree Hotel. ■

It's truly my hope that every coach in the State of Washington will go on www.Tonyvolpentest.com and order a copy of

A 2012 Nominee for the OLYMPIC HALL OF FAME

FASTEST MAN IN THE WORLD

The Tony Volpentest Story

TONY VOLPENTEST

Foreword by Ross Perot

 The image is a book cover for 'Fastest Man in the World: The Tony Volpentest Story'. At the top, it says 'A 2012 Nominee for the OLYMPIC HALL OF FAME'. Below that is the title 'FASTEST MAN IN THE WORLD' in large, bold, white letters on a dark blue background. Underneath the title is a yellow banner with the subtitle 'The Tony Volpentest Story' in red. The main image shows three men on a podium; the man in the center is Tony Volpentest, wearing a USA flag jacket and a gold medal. To his left is another man with a silver medal, and to his right is a man with a bronze medal. In the bottom left corner, there is a smaller inset photo of Tony Volpentest running a race, wearing a USA singlet with the number 1699. At the bottom of the cover, the name 'TONY VOLPENTEST' is written in bold black letters, and below that, 'Foreword by Ross Perot' is written in red.



SPOTTING IN THE WEIGHT ROOM

by Danny M. O'Dell, MA. CSCS*D
co-owner of 'The WeightRoom' gym and Explosivelyfit.com, Nine Mile Falls, WA

Spotting provides a measure of protection for the trainee whenever the bar is being lifted over the head, chest or during the squat. Spotters are there for one reason and that is to protect the lifter if the load becomes unmanageable and impossible to complete.

The normal spot, as seen in the majority of gyms, both professional and school settings, would lead an observer to believe that both the lifter and spotter are doing the lift. Lifting is not a partner sport. It is one person pushing or pulling against the load on the bar. It is not two people lifting every repetition and unless there is a force plate beneath the spotter, it is impossible to determine how much of the load the spotter is lifting during the repetition.

Warm up sets do not require a spotter unless the lifter is inexperienced and the spotter is acting in the capacity of the coach. In this case, the spotter is giving corrective verbal cues to the lifter during the lift.

Once the session moves into the heavier workout sets then a spotter is a requirement, at least it is in my gym. This is particularly true when lifting in the cage where the weights will be more substantial.

When does the spotter grab the bar?

Good question and the short answer is when the bar begins to move back from a concentric into an eccentric path or when it moves out of

the groove, before it gets into an unsafe position. If it is not moving, the spotter has to decide how much help they will give in getting it back into the rack. If this is the last set then the spotter may consider adding just enough help to squeeze out that last repetition.

The spotter has to decide whether to closely follow the bar (called a close spot), to take the full load, a

Lifting is not a partner sport. It is one person pushing or pulling against the load on the bar.

partial load; assist in reracking it or guiding it along the correct bar path. This is an especially important point with two or more spotters. It is dangerous to have a well-meaning but inexperienced side spotter lift the bar up and start putting it back in the rack before the opposite spotter reacts.

This puts the lifter into the precarious position of having an asymmetrical load on the bar that immediately throws them off balance and in danger of suffering an injury.

The communication between the spotters and lifter is critical in the prevention of a bar suddenly being whipped up on one side exposing the lifter to a preventable injury or crushing the lifter when it gets totally out

of the groove or is too heavy. One person has to be in control of the spotting crew and that person has to be the one deciding and telling the others what to do during the spot.

There has to be an agreement before the lift begins about the number of repetitions and the signal from the lifter about when to take the bar.

If a single spotter is handling the center of the bar their hands should be in the alternate grip with one in an overhand grip and the other in the underhand grip. This helps prevent the bar from slipping out of their hands.

The spotter should not, must not spot with their fingertips. If they are spotting they must do so with safety in mind and that

means both hands gripping the bar and ready to instantly assist in the racking. When side spotting, the spotters have to have their fingertips interlaced together.

I can assure you that no matter how strong your lifters are, they will not be able to catch a bar falling back on the chest of their lifter if they are not in the correct position with their fingers interlaced together. The extra time it takes to interlace the fingers is all it takes for the bar to be on the chest.

Remember this: If your spotter touches the bar before the lift is finished, IT IS NO GOOD and you have wasted a repetition. ■

Sports Nutrition Navigator

Coaches' FAQs: Hydrate-Refuel-Rest



What follows are frequently asked questions the WINForum has received about sports nutrition. Responses were developed with WINForum Nutrition Advisors/Presenters. E-mail questions and comments to info@winforum.org

Back to school means back to the books and fall sports such as football, soccer and volleyball among others. Make eating right a priority for the best performance in sports AND in the classroom.

What is the best way for athletes to stay hydrated – and why?

Athletes need to be hydrated for sports, no matter the season or the weather. Even athletes exercising outside in cold weather get dehydrated. Encourage your student athletes to stay hydrated all day -- but drinking 14-20 ounces of water 2-3 hours before exercise is recommended. During active warm up, they should drink another 8 ounces of water.

How can athletes 'rehydrate' and 'refuel' following a practice or game?

Refueling is important because your athletes lose a lot of fluid being active. Suggest your athletes weigh-in before and after exercise, because everyone is different. For every pound your athlete loses, they need 16-24 ounces of water. And each one of your athletes should carry a water bottle and not a 'team water bottle'!!! It may be a challenge but within 30 minutes of a game or practice, your athletes should eat/drink carbs and protein. Fruit, yogurt or low fat chocolate milk is suggested to help replenish muscle.

The Washington Interscholastic Nutrition Forum (WINForum) provides objective science based nutrition information to help coaches and athletes understand the importance of healthy eating for peak performance. WINForum has become an active online resource for nutrition news and information intended for informational purposes only and not to be a substitute for professional medical advice, diagnosis or treatment. Go to www.facebook.com/WINForum to become a fan, and follow @WINForum_org on Twitter for timely nutrition tips.

Why is low fat chocolate milk so helpful for recovery?

Studies have shown how low fat chocolate milk delivers a perfect 3-4:1 ratio of carbs and protein that is best to replenish muscle following a practice or game. And chocolate milk is less expensive than most recovery drinks.

Why should athletes eat breakfast every day?

Having breakfast every day builds a base that delivers more energy and speeds metabolism. Student athletes should eat 1/3 of their daily calories at breakfast, and it's not that hard to have a whole grain bagel w/cream cheese and fruit, OR a Granola and nuts cereal w/ milk and fruit, OR a toaster waffle with peanut butter, milk and fruit or visit www.betterbreakfast.org.

How much sleep is best for athletes?

Lack of sleep clouds judgment, affects mood, is linked to weight gain and energy loss. Encourage your student athletes to get approximately 8 hours of sleep each night. If they are having trouble getting to sleep, try a light snack before bed; but avoid high fat, spiced foods and caffeine. Try warm milk - Tryptophan becomes active when the milk is heated solo or with oatmeal, or a bowl of cereal or yogurt and granola.

What foods should they limit?

Your student athletes should avoid foods high in simple sugar, high in fat and heavily processed foods. Limit "C" foods like chips, cookies, candy, cakes, crispy stuff, creamy stuff AND carbonated drinks (Coke et al)! Good carbs come from pasta, rice, potato, corn, fruits, veggies and low fat or fat free dairy.

Top Tips to Promote Healthy Eating

1. Let your athletes see you eating healthy
2. When the bus stops for fast food remember it doesn't have to be "fat food"
3. Remind parents & athletes Food= Fuel
4. Educate your athletes on the importance of each food group for balanced eating

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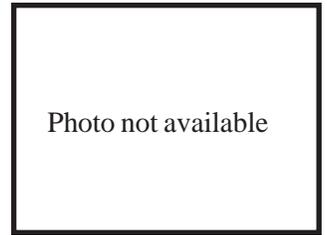
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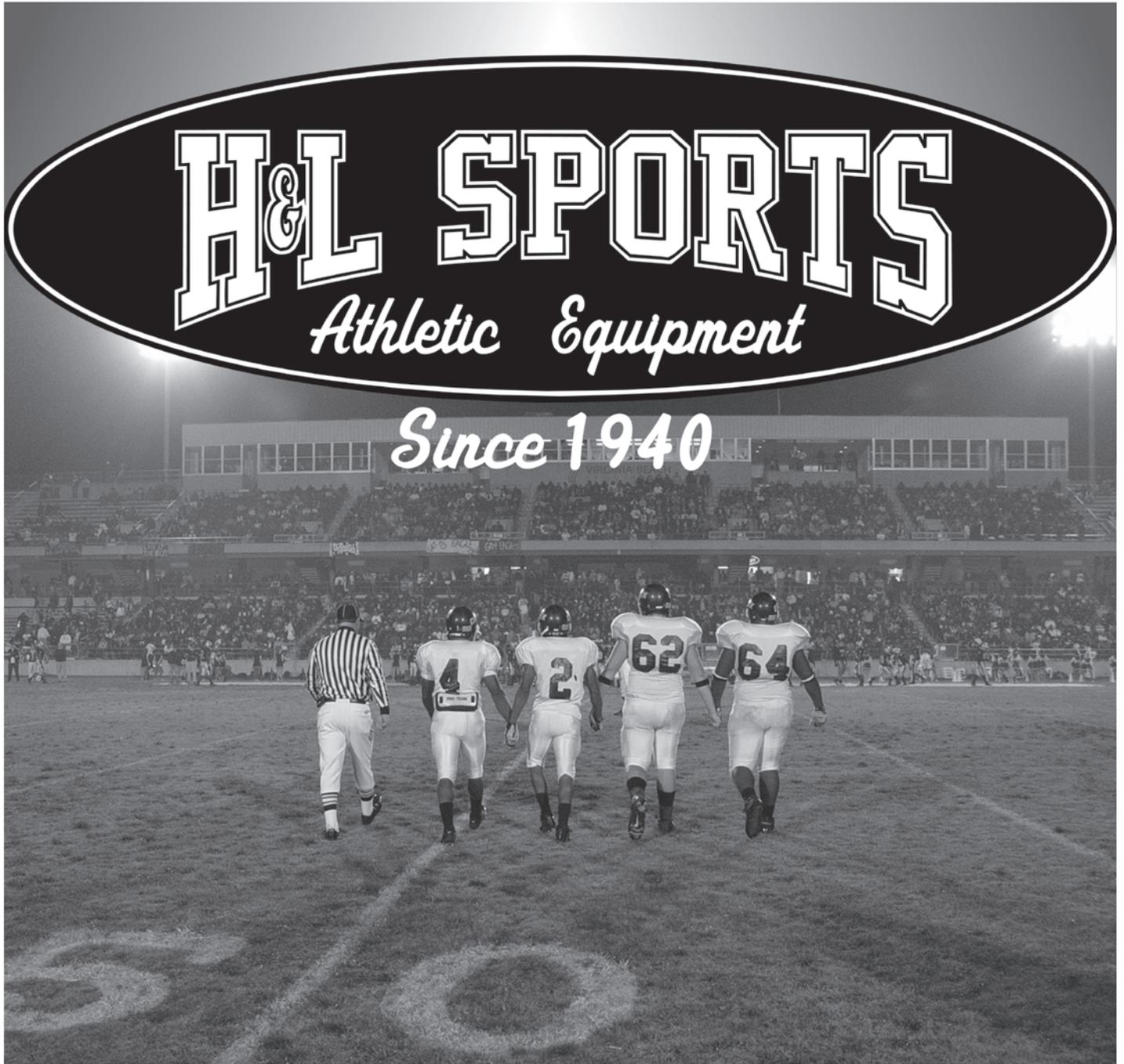
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