

THE WASHINGTON COACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



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For more information contact the below:
Secretary-Treasurer, Jerry Parrish
18468 8th Ave NE, Poulsbo, WA 98370
360-271-1377, washcoach@gmail.com

Magazine Editor, Mike Schick
2110 Richardson Drive
Puyallup, WA 98371; 253-848-9321
WSCA-Editor@comcast.net

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

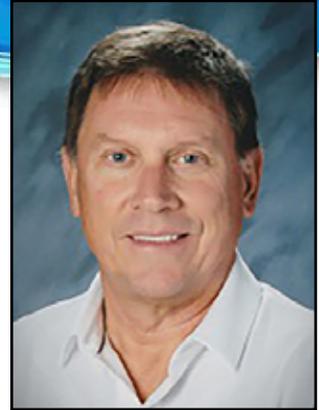
Darrell Olson

Fall 2018

Fellow WSCA Members,

Welcome back!!!

September is here, fall sports are underway, school is back in session, and everyone is undefeated and believing they can win their conference championship. What a great time of the year. I begin my 41st year in the education/coaching profession and the fall is my favorite time of the school year. Everybody is refreshed, everything is new. Those of you that are new head coaches or new to the coaching profession, you are jazzed and ready for your 1st season to begin.



This is also the time of year when WSCA membership is underway. Don't forget to get yourself registered online at washcoach.net. There are some minor changes/additions to the registration process. Coaches will now be able to select the multiple sports you are coaching. **Please be mindful that the #1 sport you select is where \$10 of your registration goes to, to support that sport with clinics, All Star games, or professional growth opportunities.** Your professional association is here for you and all middle and high school coaches. Additionally, after registering online, pay your \$40 membership dues online with a credit card or send a check to Jerry Parrish immediately. Your membership card gains you entrance to all post season events (that's all sports) state wide. Too many times coaches register but don't follow through with paying their \$40 membership dues and are left wondering why their card has not been sent to them. Our Executive Secretary will not send out WSCA cards to any coach until dues have been paid. Plan ahead, follow through, and get your registration and payment done on time before post season rolls around.

Speaking of WSCA membership, in this issue of the *WASHINGTON COACH* (pg 6) there is a very important information filled article written by Dan Weedin, First Underwriters, Inc./Toro Consulting, Inc. He, in great detail, explains our one million dollar personal liability insurance that each member receives with their membership. It is very important that you understand what exactly this insurance covers and how to access this coverage if you think you need it. PLEASE TAKE TIME TO READ IT. If you have questions after reading the information, I would encourage you to reach out to Dan and have a further conversation with him. He is here to help coaches.

A reminder to ALL paid coaches of the 2018-'17 WIAA Rules test and your sports specific rules test. These are required of all paid coaches in middle and high schools. Deadline for said tests are:

Fall Sports	September 9
Winter Sports	December 2
Spring Sports	March 17

Here's to a successful fall sports season for everyone. Don't forget to renew your membership as soon as possible.

Keep the head down

Darrell Olson
President



From The Sidelines

By Jerry Parrish

At the recent Washington State Coaches Association Executive Board meeting, Mike Colbrese, WIAA Executive Director, was our guest and keynote speaker. Mike shared some important information pertaining to the workings of the WIAA office. Among the items shared was the timeline and process for the selection of the next Executive Director with Mike's well deserved retirement coming next year. (*Editor's note: The Search Plan and Timeline may be found on the WIAA website-About-Executive Board-Meeting Summaries & Minutes-June 3, 2018-Attachment 6*). The WSCA Executive Board is hopeful that we will be involved and provide a voice in the selection process.

Mike also gave several examples of situations the staff deals with consistently. Classification questions, tournament brackets concerns and eligibility issues were just a few of the daily agenda contents that the WIAA staff handles.

One of the newest concerns is the RPI rating system to be used for football. Three committees will address the football playoffs seeding. The committee membership is presented below. Everyone will not be pleased with results of their work but the committees will do their very best.

Another big step forward in the WIAA to make our competitive schools the best they can be.

Football Seeding Committee Announced by the WIAA for 2018 Season

The committee will be tasked with seeding the 16-teams in each WIAA Classification (eight-team for the 1B classification) for the State Football Championships. Teams will still qualify for the playoffs through the WIAA District allocation system and the committee will have no bearing

upon which teams qualify for the State tournament. Once the field is determined, the seeding committee will rank and place teams in the first round of the bracket based on their performance throughout the regular season and playoffs. This system will replace the draw system which has been used in previous seasons.

The committee is scheduled to meet before the season starts on August 12, and again at the conclusion of Week 10 to assign seeding position.

An application process was used to select knowledgeable and qualified people from around the state. The selected members were divided into three committees to focus on specific classifications.

1B/2B Seeding Committee

1. Brian Bailey (Head Coach Entiat HS)
2. Jon Davidson (Retired Coach, Currently assists at Toutle Lake)
3. Jay Hawkins (Head Coach Tonasket HS)
4. Jim Holman (Head Coach Asotin HS)
5. Kyle Kimble (Head Coach Pomeroy HS)
6. Buck Marsh (Superintendent/AD/HC at Darrington HS)
7. Tom Sanchez (AD/Former Head Coach South Bend HS)
8. Aaron Van Tuyl (Sports Reporter The Daily Chronicle)
9. Matthew Evans (Publisher of Evans Rankings)
10. Doug Ashmore (Former Coach Napavine, Onalaska, Centralia)
Ryland Spencer (Cascadia Preps)
Scott Odiorne (ScoreCzar Rankings)

Continued on page 4

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1A/2A Seeding Committee

1. Elia Ala'ilima-Daley (Principal / Former Head Coach & AD at Cascade (Leavenworth))
2. Pat Alexander (Retired - 41 yr Assistant coach Tumwater HS)
3. Brycen Bye (Head Coach Clarkston HS)
4. Jay Dodd (Head Coach Blaine HS)
5. John Hallead (Head Coach Columbia (White Salmon) HS)
6. Cody Lamb (Head Coach LaSalle HS)
7. Shawn Perkins (Head Coach Mark Morris HS)
8. Dan Teeter (Head Coach Lakewood HS)
9. Jeff Weible (Head Coach North Kitsap HS)
10. Jim Wright (Head Coach Sultan HS)
Ryland Spencer (Cascadia Preps)
Scott Odiorne (ScoreCzar Rankings)

3A/4A Seeding Committee

1. John Barrington (Mead HS AD)
2. Ross Filkins (AD and Head Coach at Peninsula HS)
3. Matthew Gracey (Head Coach at Heritage HS)
4. Monte Kohler (Head Coach/AD at O'Dea HS)
5. William Marsh (Retired AD /Head Coach Eastside Catholic HS)
6. Adam Mathieson (AD & Head Coach Mountain View HS)
7. Scott Nordi (AD at Lakes HS & Gridiron Classic Co-coordinator)
8. Mark Perry (Current AD Snohomish HS)
9. Jay Turner (Head Coach Oak Harbor HS)
10. Lauren Smith (The News Tribune & The Olympian)
Ryland Spencer (Cascadia Preps)
Scott Odiorne (ScoreCzar Rankings) ■

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Why Should I Become A Member of the

WASHINGTON STATE COACHES ASSOCIATION?

This \$40 question is asked by many coaches in our state. The first answer is that the WSCA is a professional organization for Washington State high school & middle level school coaches. We exists to support your efforts as a coach. Additional, we are here:

- to offer top quality, affordable places to member coaches in the area's of professional education and training, to earn clock hours and coaching education hours.
- to offer a pass, using your membership card, for entry into **ALL** WIAA state tournaments, **ALL** regional tournaments, and **ALL** district tournament games, state wide!
- to offer **Liability Insurance coverage of \$1 million** for our membership while working a scheduled, sanctioned and supervised WIAA sport or event.
- to offer your son or daughter, who are eligible, an opportunity to apply for WSCA scholarships. (i.e. **Burnett-Ennis, Terry Ennis, Student Teaching**)
- to be eligible for your sports' **Hall of Fame** recognition
- to be eligible for your sports' **Coach of the Year** recognition
- to be eligible to coach in sanctioned WSCA all state games. WIAA will only authorize WSCA sanctioned All-State events
- to receive reduced fee's at WSCA sponsored coaches clinics and WIAA clock hours toward coaches education certification and/or salary placement
- to honor member coaches for their coaching achievements through our **Career Recognition** and **Life Time Achievement** programs
- to provide reimbursement to each sport group for enrollment in WSCA

OTHER BENEFITS:

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

Washington State Coaches Association Insurance

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

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

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

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

The insurance policy is underwritten by K&K Insurance.

Additionally, the association has just recently procured the opportunity for each member coach to register for pre-paid legal services. This is important for you because insurance does not come into play when a coach has an issue related to their job or reputation. I've spoken with countless coaches over the years as your consultant who had questions regarding allegations by parents, issues with their contract or employment, and multiple other issues that fall under legal help. I've had to advise them to find an attorney to protect their reputation and their jobs.

This new program through *Legal Shield* is not included in your membership, however the ability to sign up at a discounted fee is made available through their affiliation. At the time of this writing, the process of implementation was not completed, but by the time you read this, it should be complete. For members interested in having legal protection for themselves in the event of any legal issue (both professional and personal) this option is available to you.

I've been where you are. I spent six seasons as head girl's basketball coach at North Kitsap High School, and an additional two years after that as a volunteer coach for the boy's basketball program. I am fully aware of the pressures you face and the immense responsibility you have. The association is working hard to provide you with liability protection and discounted legal services to create greater peace of mind and confidence. I'm happy to help in that regard and am available to you.

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

Editor's note: Previous liability insurance information in this publication as well as on our website has incorrectly listed the the coverage to our association members as \$3.5 million. The coverage is \$1 million. This error came about through a misunderstanding of the association's total insurance coverage verses the per member coverage limits. Through Dan Weedin's article and this additional information from Dan listed below, we hope to clarify your liability insurance coverage and sincerely apologize for our mistake in publishing the incorrect amount of coverage.

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

FUTURE OLYMPIANS



by Lane C Dowell

Having just completed the 2018 season for the most-participated-in NFHS sport, FIELD and track, we thought it fitting to keep pace with one of America's top sports publications, Sports Illustrated, that in a late July issue selected our nation's top prep female and male athletes of 2018.

Congratulations to Washington's Karlee Freeman, 2B Raymond High and Trey Knight, 2A Ridgefield High, our state's best!

Gatorade is in its thirty-third year of recognizing the top high school athletes in the USA. To be selected as a recipient, athletic excellence is coupled with academic achievement and character on and off the field of play.

2018 Evergreen state selectees for FIELD and track are a couple of competitors that any coach would welcome into his/her program. Being somewhat of an aficionado of the Throws, I am proud to say that both left a very successful mark on the season just completed.

Karlee and Trey have a like character when competing...a great work ethic, tremendous drive to be the BEST they can be, and a never quit attitude.

Both are very nice people with a genuine caring for their fellow man. Both excel in the classroom.

Knowing KARLEE FREEMAN...Beat Your Best!

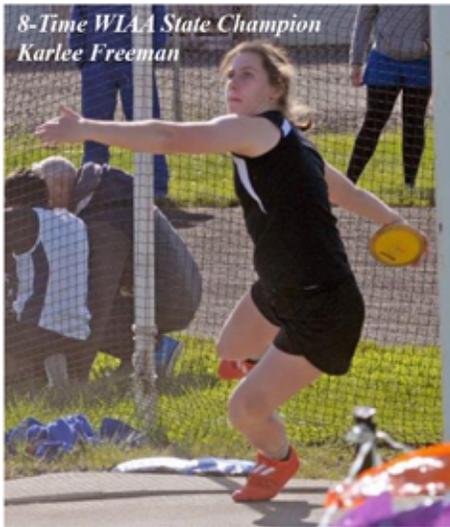
- ◆ 8-Time WIAA State Champion
- ◆ Set a State 2B Shot record - 48'6"
- ◆ Discus 173'7" – 4-time State Champion
- ◆ Javelin - 130'1"
- ◆ Won the state meet high hurdles as a sophomore (2016) 4th in the 100m this season

Dan Lange, the Throws Coach at USC where Karlee has accepted a full-ride scholarship says, "She is becoming a Trojan to throw!"...No Heptathlon, Coach?

She studied the Hammer with St. Martin's U Throws Coach and former WSU All-American Dwight Midles. When her travel schedule got too tedious she had to put it aside. After a comparatively short time with Coach Midles, her PR mark was nearing 145'.

Do not be surprised if Coach Lange, who coached another Washington state athlete, Capital High's Adam Midles, to All-American status with the ball and wire, gets Freeman back in the groove.

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8-Time WIAA State Champion
Karlee Freeman

Freeman has volunteered as a nursery school aid, a youth basketball and volleyball coach, and a referee. When she could not play due to knee rehab, she became the team manager for basketball.

Knowing TREY KNIGHT... I'm just a sophomore

One need go no further than Bob Gourley's National High School Hammer Throw Leader Board (over 150 boys listed) for vindication of this young man's prowess. Trey was America's #1 in the "dance of the ball and wire"* this entire spring...233'10" (12 lb. ball).



Trey Knight - #1 this spring on Bob Gourley's National H.S. Hammer Throw Leader Board

As a sophomore, Knight won the 2A state title in the shot put and discus, helping the Ridgefield team to a runner-up finish. His best throw in the shot put of 63'5" ranked 17th in the nation, and his top discus mark of 187'6" ranked 34th.

Off the track, Knight has volunteered at Daybreak Youth Services serving Christmas breakfast to residents, and he also donated time as a youth track coach. He maintained a 3.77 GPA.

As athletes answered questions about their impending scholarships to throw and study next year, an unknowing official at this season's Washington State High School Hammer Championships, asked Trey, "Where will you be going to college next year?" Knight humbly replied, "I'm just a sophomore. I have awhile yet." Wow!

You'll see this affable young man with a near 4.0 GPA in the OLYMPICS someday.

COACHES OF THE YEAR

I realize I show an obvious bias. My choices are....



Softball Coach, Dusty Anchors

Ridgefield's DUSTY ANCHORS, who through two very successful seasons as the head Softball Coach of the Spudders, battled stage 4 heart disease because of Agent Orange contacted

while serving as a helicopter pilot in Viet Nam.

When told that he needed to get his affairs in order for he had little time to walk the face of our Earth, Anchors told his charges that he was going to coach the 2018 season...his goals to again get them to state and to walk his youngest, Kelsey, down the aisle on July 21. Both goals accomplished, Dusty, with that big cheesy Anchors smile, answered his former KBRO sidekick's query at Super K's wedding reception, "Well what is your new goal?" Without pause, he responded, "To coach these gals next season." No quit in this man! We love you, Chief.

D W I G H T MIDLES... the former WSU All-American Hammer Thrower, now coaching at St Martin's University (track and FIELD Throws coach) was a pioneer in starting the Hammer throw for youth in our state. After 18 state



championships, which draw in an excess of forty athletes from all over the Evergreen State, Midles, not resting on his laurels, continues to impart his passion for this unique event to all that show interest.



Central Valley coach ALAN WARDSWORTH has done a remarkable job of planting the ball and wire seed that is rapidly growing east of the Cascades. Spokane Valley's CV facility is phenomenal. Next year's Washington State High School Hammer Championship will be contested at the

Central Valley facility the Sunday after our state meets are held.

IMPROVING THE SPORT OF FIELD AND TRACK FOR ALL WHY NOT THE HAMMER?

HAMMER...It's as SAFE as We Want to Make It, and the Rewards are many.

Like Tackling in Football and the Pole Vault, we (WSTFCA/WIAA/NFHS) can SAFETY-PROOF THIS UNIQUE EVENT that season after season provides numerous Evergreen State athletes' college money for their mastery of the ball and wire.

This year's Bob Gourley's National Hammer Reader Board showed over 150 boys and nearly the same number in the ladies column who twirl the Hammer.

At this year's Washington State High School Hammer Championship, our 18th consecutive, there were 44 preps who competed and reaped the college scholarship bounty. Our top graduating senior boy, Ian Frost from Mary M Knight High (Elma, WA), was ranked third nationally with a season best of 218'05". The MMK grad received a scholarship to Cornell.

Our top two ladies were Pullman High's Mayyi Mahama, ranked third in America, who spun her 4K ball a record best...193'6". She netted a ride to Penn, while Kentlake's Jordan Fong (ranked 8th in the US) received a scholarship to attend Stanford.

NO SINGLE EVENT in the sport of FIELD and track produces more scholarships than the HAMMER. Yes, it is a throw but very unique and therefore stands alone. Much like a distance competitor is a runner yet trained differently from Sprinters.

Why not sanction this event and invite more to learn to mentor athletes such as mentioned. Conduct coaches certification clinics. Have competition areas certified. Ask John Schultz j.t.schultz@comcast.net how to build a SAFE CAGE FOR \$200, and a lot of passion to help KIDS. We need coaches like Dwight Midles, Henry Midles, Alan Wardsworth, Todd Taylor, Chris Beard, Lex Strong, John Schultz, Howie Kellogg. George Mathews, Mike Hinz, John Sells, Jay Adams, etc.

WHY I CALL THE SPORT I LOVE FIELD and TRACK

From one T & F coach to another.... Although some might see me as a pain in the rear...not the reason I persist in the naming of the sport as FIELD and track.

This may sound self-serving. I hope not, but over the years of my coaching, officiating, competing, and presenting clinics to improve the officiating base for this great sport, I witnessed many situations where the importance of the field events were pushed way beyond the back burner.

Working as the Field Event Referee for Jennifer Kubista, the woman that brought the state large school meet back to Tacoma...Mt. T. I recall many times where the meet schedule was violated by overzealous Starters who were seeking to move the meet along, often leaving athletes reporting to the Starting Line to find their race/run gone or with little pre-race warmup time.

To be very frank, few athletes, coaches, and officials had never heard of, let alone understood the concept of Excused Time. I find ET still very complicated for many.

Going back in my history of working with Jen, the year foggy, I vividly recall being her Field Event Referee at a WCD meet at the Lincoln Bowl and a young frustrated coach being very upset that his HJ athlete was sitting out in the rain on a rather blustery day. She was accompanied by all other Girl's HJ finalists except one young lady who left to go to the upper field for the Discus.

The head official told me that the girl had been away for 19 minutes and, being one of the top jumpers, they were waiting for her to jump at X height. Not fair play for any of the participants that were cooling down as they waited for Lady X. Yes, I did sanction another warmup time for all, but that put the meet schedule in jeopardy too.

This was the key moment that brought me to research/study ET and include it in officiating clinics I was pleased to do in the PNW.

Getting many Starters to realize that they did not run

Continued on page 10

Continued from page 9

the meet and the schedule did was a little more difficult.

The SCHEDULE runs the meet and the concept of Excused Time, if adhered to, allows a smooth progression for all.

Yes, Track has been an accepted name of the sport, but to remind all connected that the athletes competing in Field events are just as important as those on the track, and deserve every right to compete under the rules, I will forever call it FIELD and track, so we all remember... officials, coaches, athletes, and fans.

EXCUSED TIME...see the WIAA website and research under Track and Field Excused Time to see how this, in the opinion of your author, still misunderstood concept should be appropriately applied.

REMOVE THE COMPETITION KILLER...the OPEN PIT CONCEPT...

Why does Field and Track, one of the most popular sports in the nation for high schoolers, not have JV programs like other sports with fewer competitors. One might also ask why this sport does not INSIST on CERTIFIED PROFESSIONAL OFFICIALS.

I recall dear friend, Tuck Gionet**, telling us the WESCCO had JV meets early in the week during the season.

Your athletes spend hours, often in bad weather, excitedly preparing to COMPETE against those with different colors. For the most part they want to go head to head with an opponent. Simple enough! So why in the heck are they thrown into a big mish mosh of good to beginning athletes and told you have until X time to get your four or more trials in.

Coaches, it may involve a little extra time but you can certainly plot out a method for each meet so that the better throwers/jumpers can compete in one flight and, if no JV program exists, let the beginners compete a bit later if need be in an open pit...uugghhh! Let them work their way onto the throwers/jumpers varsity.

NOTHING LIKE COMPETING ONE vs ONE to elicit top marks.

IMPROVE YOUR OFFICIATING by encouraging those who may normally officiate your competitions to

become USATF certified to insure that your athletes will have a VERY SAFE, accurately, and efficiently administered competition that establishes a rhythm for your athletes.

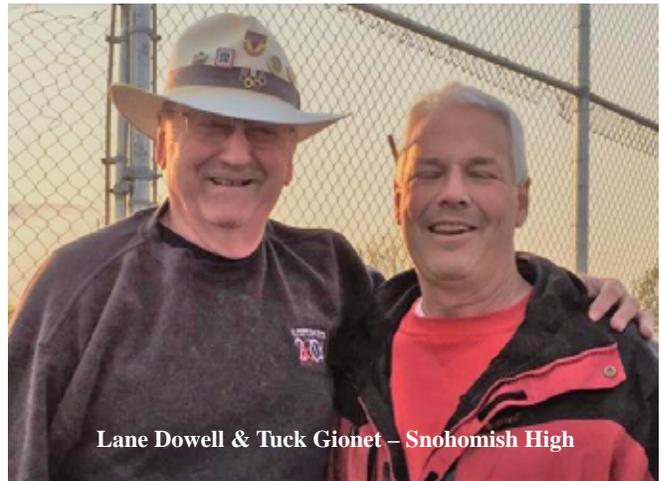
To find out when/where the next USATF Officials Certification clinic will be held contact.

Chris Kunzelman Chris.Kunzelman@kent.k12.wa.us
Ed Viering edviering@comcast.net

*Hal Connolly, the 1956 Olympic Games (Melbourne...Gold Medalist) wore ballet slippers to insure better foot work. Thus, the dance of the ball and wire.

**Tuck Gionet was a pioneer in so many ways that helped grow our sport. He was not afraid to try something new if he could see the benefit to athletes and his sport...

BLESS YOU TUCK! You are one of a kind!



*Lane C Dowell USATF Master Level Official #9586
Head Throws Official 3 USA Olympic Trials
Head Throws Official for 3 WMA Championships
WSTFCA HOF Coach*

*WCSA Lifetime member
National Qualifier Senior Games (Throws)
Co-creator of the Washington State High School
Hammer Championships (currently 18 yrs. old)
Correspondent for the Washington Coach ■*

DEADLINE

WASHINGTON COACH Magazine

Next Issue - Winter December 1

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

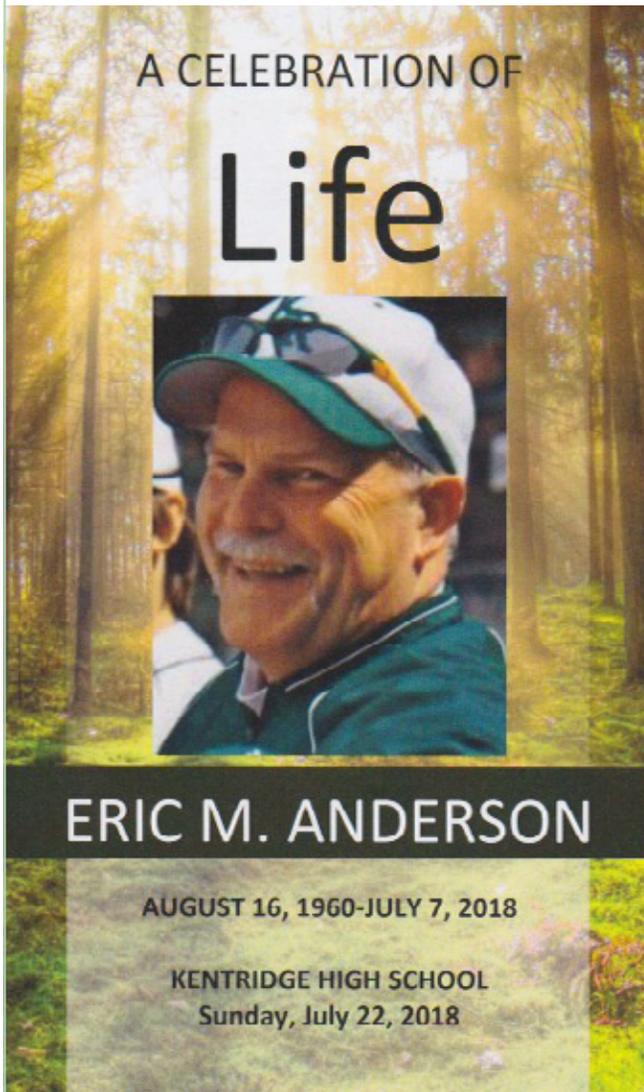
SUBMISSION PROCESS

Submit via email as an attachment to Mike Schick at WSCA-EDITOR@comcast.net

If you do not have access to email, mail to: *Mike Schick, 2110 Richardson Drive, Puyallup, WA 98371*



Hearing their final whistle... Eric M. Anderson



“It’s a Great Day to be a Charger!”



**With special thanks from
Principal Mike Albrecht and the Kentridge Staff**

Eric Anderson has left a lasting impact on the Kentridge Community. His dedication and commitment to Kentridge High School and our community created memories for students that will last their lifetime. Eric was the face of Kentridge for the last 20 years. He organized and facilitated hundreds of events, assemblies and athletic contests. All of us in the Kentridge community have been profoundly affected by his skills as a leader and his ability to make all of us feel valued and important. We are forever grateful for all that Eric has done for Kentridge High School, our community and each one of us. We will all continue Eric’s legacy and will be “Livin’ the Dream” each and every day!



ACCLIMATING TO THE HEAT

The following is NOT medical advice.

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

A physically active athlete creates body heat in hot or hot/humid environments. In order to rid the body of this heat, sweating takes place. When the sweat evaporates off the body cooling takes place.

Heat associated difficulties happen when the body is unable to regulate its internal temperature. Normally this takes place through the usual control mechanisms. However, in some cases due to vigorous physical activity, especially in high heat/humidity, they become overwhelmed. Once this begins, heat regulation becomes inefficient. If not recognized and corrected, the process stops working. This may lead into a medical emergency. When in doubt, call EMS out.

An athlete needs to acclimatize their body prior to participating in extremely hot/humid environments. Doing so allows specific adaptations that aid in reducing the physiological stress such as heart rate, core temperature, and sweat adaptation to take place. Additional benefits include improving their work capacity in a heated environment and building their confidence in their ability to play under these conditions.

Generally, your athletes safely acclimatize to the heat if they are working out in the heat during the day at a lower intensity and volume. Moving the workouts away from the cooler early morning hours into the latter part of the morning for the first of the daily sessions helps get them acclimatized to the heat. The same is true in the afternoon: changing the workouts from the evening to the late

afternoon, again keeping in mind the lower intensity and volume for the workout.

By changing the workouts to the hotter part of the day, reducing the intensity and volume and then gradually increasing both progressively adapts them mentally and physically to the heat. Thus when the temperature is high on game night they will be ready to compete at the highest level.

Full disclosure: I am a veteran and fully believe in and support our military. This does not imply that I always support all of the missions our national leaders decide to send them on...again and again. And again.

According to the US Army¹
"Heat acclimatization works on a principle of repeated bouts of heat exposure that are stressful enough to safely elevate core temperature and provoke the sweating mechanism. Limited physical activity accompanied by rest in hot environments will result in only partial acclimatization. Acclimatization requires a minimum daily heat exposure of two hours when combined with endurance and mobility, and strength and mobility training.

Research has shown that repeated bouts of shorter duration exercise, like those found in speed running, allow for acclimatization more safely than sustained activity in the heat. Initially, Soldiers will train at a lower intensity and shorter duration, then safely progress, increasing physical exercise intensity, duration, and volume to achieve optimal acclimatization in warm/hot environments.

In most cases, Soldiers can acclimatize in approximately three weeks. Soldiers will maintain acclimatization for approximately one week with about 75 percent of acclimatization lost within three weeks once the Soldier no longer remains in that environment. Soldiers of low fitness levels or those susceptible to heat injuries may require additional days/weeks to fully acclimatize.

Soldiers must consume sufficient amounts of water to replace water lost due to sweat. Sweating rates greater than one quart per hour are not uncommon. Acclimatization increases sweating rates, which in turn increase water requirements. A risk to acclimatized Soldiers is dehydrating faster than their water intake. Dehydration reduces thermal regulatory advantages achieved through acclimatization and high levels of physical readiness."

Injuries due to heat accumulation.

If any of the following symptoms of a heat related condition develop, make them stop doing the activity, and immediately provide the correct first aid treatment, within your skill level and training.

Heat cramps, muscle spasms, muscular twitching, can be painfully uncomfortable and may affect the abdominal muscles, arms, back, and calves. The primary reason is the lack of salt and water in the large muscle groups caused by an inadequate intake of fluids or electrolytes.

Management of this condition is to stop the activity, move to a cooler location, and drink water or a sports drink with carbohydrates and electrolytes. Sometimes mild range of motion stretching, direct pressure and gentle massage to the area helps manage the muscle cramp.

If no improvement is noted then notify EMS.

Heat exhaustion, heat stroke, and hyponatremia cases require medical intervention

Heat exhaustion develops from a higher than normal internal temperature and too much fluid loss, often through sweating.

Some of the symptoms may include heavy sweating, pale, cool skin, nausea, and vomiting. Complaints of a headache or dizziness and the feeling of weakness often accompany a person suffering from heat exhaustion. Other symptoms as seen in the US Army PT program reports are “excessive thirst, fatigue, lack of coordination, increased sweating, cool/wet skin, dizziness, and/or confusion.”

The conditions listed above require a complete stoppage of activity, moving to a cooler place, loosening of the clothing, cooling the head, torso, and neck areas with cold water, and using a fan to speed up the evaporation of the water on their body. Continue their care by placing them supine with legs raised about 6-12 inches, if conscious give them water or a sports drink with carbohydrates and electrolytes. If no improvement is noticed activate EMS.

Heatstroke is a life threatening medical emergency, dial 911 and get professional help on scene quickly.

Heat stroke occurs due to the internal heat regulating system of the body shutting down. This generally takes place in a hot humid setting because the body cannot get rid of the excessive build of heat.

The danger lies in the fact that too much heat can quickly and permanently damage sensitive organs, including the brain and spinal cord both of which are sensitive to excessive heat.

Symptoms of heat stroke include an altered mental status; their skin will be red, very warm or even hot to the touch and completely dry. If heavy physical exertion was taking place prior to the incident there may be heavy sweating. They may even collapse and be subject to a seizure. They could have rapid pulse and/or rapid breathing. Additionally, dizziness and/or confusion could be present along with a loss of consciousness.

Once these conditions are noted, immediate steps to stop the progress of the continued heat buildup are necessary. You must be aggressive in lowering their temperature. Move them to a cool location. Start by spraying cold water on the victim, cover them with a sheet soaked in water and use a fan to help the evaporation move faster.

Use ice packs on their head, neck, armpits and groin areas. The most effective method of cooling is immersion up to the neck in cool water.

If the person is not responding to you, then place them on their side in the recovery position. This protects their airway.

The US Army in their publication says to “give water and/or electrolyte sports drink while awaiting medical attention.” This means only if they are conscious and not throwing up.

The first aid classes my district gives to us states in their handbook² “do not force the person to drink fluids.” This, in my opinion, makes good sense because if they are not throwing up and are mentally alert perhaps a drink of water or a sports drink would be fine if they are thirsty and asking for a drink.

Hyponatremia is overhydration. It is a life threatening medical emergency, dial 911 and get professional help on scene quickly.

For a long time we have been told to drink, drink, and drink, more fluids to keep us well hydrated. Well it just so happens, you can drink too much! Hyponatremia is a life threatening condition if left unchecked.

Pronounced hi”po-nah-tre’me-ah, it means a deficiency of sodium in the blood or salt depletion. Put more medically it “is a disorder in fluid-electrolyte balance that results in abnormally low plasma sodium concentration”. Although rare, this can be a lethal condition if left medically untreated.

If you are a “salty sweater” and are a small framed, light-bodied individual, you may be at risk before your heavier partners. A small body means it takes less fluid to dilute the extra cellular fluid. Losses of a large amount of sweat and/or salty sweat increase the rate of sodium loss in the body. Add in the extra water without sodium and the stage is set.

Drinking too much before and during prolonged exertions in a hot, humid environment contributes to the condition. Hyponatremia is a situation whereby blood concentrations of sodium fall to an abnormally low level. This precipitates a rapid and dangerous swelling of the brain that in severe cases leads to seizures, coma and finally death. It does it in this manner:

- “A sustained decrease in plasma sodium concentration disrupts the osmotic balance across the blood brain barrier, resulting in a rapid influx of water into the brain. This causes brain swelling and a cascade of increasingly severe neurological responses (confusion, seizure, and coma) that can culminate in death from

Continued on page 14

Continued from page 13

rupture of the brain stem. The faster and lower the blood sodium falls, the greater the risk of life threatening consequences”.

- Symptoms of non-fatal hyponatremia may include no symptoms or relatively moderate gastrointestinal disturbances such as bloating or mild nausea.
- As Hyponatremia progresses, the symptoms become more severe and may include a throbbing headache, vomiting, wheezy breathing, swollen hands and feet, restlessness, unusual fatigue, confusion and disorientation.
- The final stages of the condition will display seizures, respiratory arrest, coma, permanent brain damage, and death becomes more likely.

The main cause of hyponatremia is

too much fluid in the system. However, it can also result from excessive sweating and dehydration from the lack of fluid. The mechanism of injury in both cases is an unbalanced state of the sodium in the system.

This risk can be reduced by making certain that fluid intake does not surpass the sweat loss and by the ingestion of fluids containing sodium to replace that lost in the sweat. (Reference 1)

Symptoms of Hyponatremia include displaying signs of confusion, becoming progressively weaker or rapidly show weakness, are nauseous, and start vomiting.

Frequently this condition is misdiagnosed and treated as if it were a case of dehydration.

Protect your athlete by monitoring them closely. Begin treatment for heat exhaustion. If their symptoms

continue or develop into something more severe with rehydration, then begin replacing their salt loss.

Hopefully, by this time EMS is on scene and will make a more thorough examination of your athlete’s status. Immediate transportation to a medical facility is necessary. If they are suffering from hyponatremia, they DO NOT need to drink more water.

<http://www.armyprt.com/>

References for Hyponatremia:

1. Sports Science Exchange by Bob Murray and John Stofan 2003
2. Exercise Physiology by William D Cradle, Frank I. Ketch, and Victor L Ketch. Lippincott Williams and Wilkins. © 1996

(Footnotes)

1 <http://www.armyprt.com/>

2 BasicPlus CPR,AED, and First Aid for Adults ■

YOUR SPORT REPRESENTATIVES

These are the coaches you need on your staff!

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

Sport Associations Board Representatives

Athletic Trainers	Lorrie Howe	Eastmont	howel@eastmont206.org
Baseball	Jesse Benedetti	East Valley-Yakima	benedetti.jesse@evsd90.org
Basketball - Boys	Nalin Sood	Mountlake Terrace	Soodn@edmonds.wednet.edu
Basketball - Girls	Dan Taylor	King's	knights.in.gods.armor@gmail.com
Cheer	OPEN		
Cross Country	Joe Clark	Lakes	jclark@cloverpark.k12.wa.us
Football	Mark Keel	Central Kitsap	MarkK@ckschools.org
Golf	Andrew Hershey	Shorewood	andrew.hershey@shorelineschools.org
Gymnastics	Ryan Fleisher	Issaquah	issygymnastics@yahoo.com
Soccer	OPEN		
Softball	Tom Harmon	Nooksack Valley	tharmon24@hotmail.com
Tennis	Brooks Hazen	Puyallup	hazenbf@puyallup.k12.wa.us
Track & Field	Kevin Eager	Gig Harbor	wstfcaprez@gmail.com
Volleyball	Suzanne Marble	LaConner	smarble@lc.k12.wa.us
Wrestling	Brett Lucas	Todd Beamer	blucas@fwps.org ■

WSCA LIFETIME ACHIEVEMENT

2017 WELCOME NEW MEMBERS!

NAME	SCHOOL	FALL SPORT	YRS	WINTER	YRS.	SPRING	YRS.	TOTAL
BRETT LUCAS	TODD BEAMER	HS FB	1	HS WR	20	HS B SOC	13	58
		MS FB	5	MS GYM	6	MS VB	5	
		HS VB	4			G TENNIS	1	
		HS GSC	5					
STEVE BERTRAND	CASCADE (EVERETT)	HSXC	43	MSBB	1	HS TRACK	30	100
				HSBB	3	MS TRACK	12	
				MSWR	10	HS TENNIS	1	
GEORGE FAIRHART		FB	30	GBB HS	2	HS TRACK	26	60
EATONVILLE	MORTON JR HIGH			GBB JH	2			
FRIDAY HARBOR								

2016

NAME	SCHOOL	FALL SPORT	YRS	WINTER	YRS.	SPRING	YRS.	TOTAL
DON PAPASEDERO		FB	39	BBB	11	GOLF	22	80
14 DIFFERENT SCHOOLS						BASEBALL	8	
MIKE SCHICK	EDGE MONT JH	MS FB	31	BBB	8	MS TRACK	25	79
				GBB	15			

2015

NAME	SCHOOL	FALL SPORT	YRS	WINTER	YRS.	SPRING	YRS.	TOTAL
TOM BETROZOFF	WILLAPA VALLEY	FB	20	GBB	23			53
				BBB	5			
				BBB JV	5			
MIKE CARLQUIST	OKANOGAN	FB	2	BBB V	30	SB	2	54
		FB	12	BBB JV	2	TRACK	1	
						TENNIS	2	
						BASEBALL	2	
						GOLF	1	

WSCA LIFETIME ACHIEVEMENT

2014

NAME	SCHOOL	FALL SPORT	YRS	WINTER	YRS.	SPRING	YRS.	TOTAL
ROY YOUNG	HENRY FOSS	GIRLS DIVING	27	BOYS DIVING	34	HS BB	24	101
		MS VB	2			JV SB	2	
						HS SOCCER	2	
STEVE CHAMBERLAIN	OKANOGAN	HS FB	3	HS BB	10	MS BB	3	50
		MS FB	5	MS BB	29			
MICHAEL WILLIAMS	WHITE RIVER	HS FB	4	HS BB	15	HS BB	22	51
		MS FB	3	MS BB	4	MS BB	2	
		GOLF	1					

2012

NAME	SCHOOL	FALL	YRS	WINTER	YRS.	SPRING	YRS.	TOTAL
BOB BOURGETTE	KENNEDY	HS FB	41	HS WR	9	HS SB	11	71
						HS BB	10	
JERRY KING		HS FB	29	GBB	1	HS BBLL	17	54
FREEMAN	EATONVILLE	ASST.				MS BBLL	7	
RITZVILLE								
PAT FITTNER	HIGHLAND	HS FB	6	HS BBB	35	HS BB	2	85
	KENTWOOD	MS FB	8			HS TRK	14	
	SEHOME					MS TRK	8	
	EISENHOWER					HS GOLF	12	
	LASALLE							
	ELLENSBURG							
DARRELL OLSON	EAST VALLEY	HS TENNIS	2	HS BB	27	HS GOLF	20	57
	COUPEVILLE	HS FB	2			HS BB	1	
	EVERETT							
GARY HATCH	SEHOME	HS FB	32	HS BB	8	HS BB	40	80

WSCA LIFETIME ACHIEVEMENT

2011

NAME	SCHOOL	FALL SPORT	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	48	HS WR	41	HS GOLF HS SB HS TRK	20 5 3	117
TOM HARMON	NOOKSACK VALLEY	HS FB	14	C BBB	7	HS BB	4	71
		MS FB	13			HS SB	31	
		MS SB	2					
JOEL WINGARD	PENINSULA	HS XC	32	HS BB	2	HS TRK	34	72
		JH FB	2	JV BB C BB	1 1			
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	1	MS GBB	22	MS VB	23	73
		MS SB	1	MS BBB	23	HS TENNIS JH TRK	1 1	
JOHN MITCHELL	SNOHOMISH	HS FB	32			HS TRK	2	54
		JH FB	2			JH TRK JH GSOC	17 1	
DAN DITTMER	N. MASON	HS XC	12	MS WR	5	HS TRK	26	84
		HS VB	8	MS GBB	2	MS TRK	12	
		MS VB	7					
		MS FB	12					

WSCA LIFETIME ACHIEVEMENT

2011												TOTAL
NAME	SCHOOL	FALL SPORT	YRS	WINTER	YRS.	SPRING	YRS.	TOTAL	YRS.	SPRING	YRS.	TOTAL
ERIK LINDBERG	OAK HARBOR	HS XC	11	JV BB	2	HS TRK	26	50	26	HS TRK	26	50
		HS FB	3	HS WR	1	JH TRK	3		3			
		JH FB	1	JH WR	3							
FRANK PETRINO	ONALASKA	HS FB	16	HS BBB	16	HS SB	3	58	3	HS SB	3	58
		MS FB	9	MS BBB	12	HS TRK	2		2	HS TRK	2	
GORDON PITTS	OKANOGAN SD	HS FB	13	MS BB	2	HS TRK	11	68	11	HS TRK	11	68
	EPHRATA SD	MS FB	21			MS TRK	21		21	MS TRK	21	

HAWKES SQUAWKS

“Paying it Forward” to the WSCA

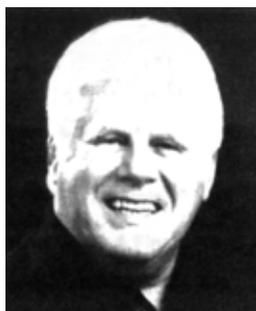
To begin with, my intent is to engage your curiosity and interest in my huge sports book collection. Over the course of time, I have been a participant in the **Pay It Forward** movement. I want to give away my coaching books to the **WSCA membership** at no cost. When you're done with them, please pass on the book to another coach. Under no circumstance do I want my books be given to a thrift store.

(As misfortune would have it, my health issues which included a previous heart condition and diabetes has added Parkinson's which has me downsizing and moving into assistant health care)

My new and last book, My Coaching Journey, has me motoring down memory lane which started in the fall of 1958 at Port Angeles High School. Looking back, it was fun and the relationships were priceless. When ready, it will be in your book package at no charge. If you want, you can pay postage.

If this opportunity to jump into discovering what a 60 year plus book collection of coaching ideas, trends, perspective and wisdom has to offer you in furthering your coaching career, please complete the information below and send it to me.

You'll never know what you might read that can be useful. As a coach you must continue to grow and learn.



The future of any sport is being a life-long learner. A simple approach is to read what other coaches have to say. Remember, the big time is wherever you are at.

See you around, I hope
Dee Hawkes

Hawkes Squawks



I want to GIVE AWAY my coaching books to the **WSCA membership** at no cost. When you're done with them, please pass on the book to another coach. Under no circumstance do I want my books to be given to a thrift store. - Dee Hawkes

Yes, as a student of sport I choose to participate.

Name _____

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Make a copy of this page and mail to:

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Bothell, WA 98041-0294

Please check all that apply:

Football Basketball Baseball Wrestling Coaches

Another means to submit your request is to send the above information in an email to me at hawkes32@comcast.net ■

An inspired effort by the East in Barden Classic football game

Cullen-led defense, Christensen help East rally in second half for victory

by Scott Spruill
sspruill@yakimahearl.com

June 23, 2018

YAKIMA, Wash. — In a very real way, Triston Cullen set the whole thing in motion on Tuesday. From the start of the Earl Barden All-Star Classic week, the Zillah senior expressed so much excitement and enthusiasm that the entire East squad embraced his outward joy and made him a team captain. At halftime in Saturday's 24th annual game, after five days together, the East presented Cullen with its most inspirational award. And inspire he did. Behind that infectious big smile is one fierce competitor and



from his spot as an edge rusher he and his defensive teammates owned the second half, giving the East a chance to rally for a 20-12 victory at Zaepfel Stadium. The West, with two Big Sky Conference-bound quarterbacks, bolted to a 12-0 lead and was well on its way to a third score when the tide turned with

the first of three interceptions. The East's defense took over from there, allowing just 27 yards and two first downs in the second half, and record-setting receiving by Royal's Corbin Christensen provided the comeback offense. "Triston was an easy pick for most inspirational because he was just so nice and supportive of everyone," said Christensen, who scored all 20 of the East's points with three touchdowns and two PATs. "He Cullen's involvement could be plainly seen on his helmet, which had so many stickers and decals from other teammates that it was impossible to tell it was a Zillah helmet.

"I just love football and this whole week as been awesome," the 6-foot-3, 240-pound Cullen. "It's an honor to be here, and I was excited to just get picked. I was so excited about this I guess it rubbed off. I had fun keeping the guys hyped."

While the attrition of the East's charged-up defense kept the West's early damage at two touchdowns, it took some time to take control of the scoreboard.

In fact, through three quarters, the East still trailed 12-6 and had some drive-sustaining issues of its own. Until, that is, the playbook got simplified to this: Throw it to the tall Royal kid.

Newport's Koa Pancho connected with Christensen on gains of 36 and 21 yards to start the final quarter, the latter tying the game, and on the next possession Selah's Zak Donato found the SCAC East player of the year for the second time on an end zone fade route.

"Zak throws a nice fade ball," said Christensen, whose father and grandfather played in the East-West All-State game. "We had a good chemistry and it felt easy."

Christensen, who led Royal to a third straight Class 1A state title last fall, caught six passes for 105

yards and set Barden records for the most receiving touchdowns and points scored.

“I had no idea what to expect this week. I was just hoping the guys here would be cool enough to get along with,” he said. “But this is a great bunch of guys. It was easy to create a chemistry and we took that into the game.”

Christensen was the obvious choice for the East’s offensive MVP award, and Aberdeen’s Kylan Touch got the defensive honor. North Kitsap’s Dax Solis (offensive) and Kalama’s Corbyn Byrnes (defensive) received the MVP awards for the West.

Donato completed 6 of 12 passes for a game-high 116 yards and two touchdowns and Pancho added 98 in the air and 29 on the ground.

Donato was joined by Selah teammate and lineman Cole Christianson, East Valley’s Alex Hampton and Granger’s Robert Berger contributed to the ground game, and Naches Valley’s Austin Greenwalt recorded a sack on the West’s final possession of the game.

The East’s pass rush and pursuit, which resulted in nine tackles for a loss, never let the prolific passing tandem of Meridian’s Simon Burkett (Eastern Washington recruit) and Nooksack Valley’s Casey Bauman (Montana State) find any time or rhythm. They combined for 11 completions, 85 yards, one touchdown and two interceptions.

“Everybody made a difference,” said Cullen, who will join Donato at Eastern Oregon University in the fall. “The defense just got after it. We had a good pass rush, we shut down the run and got the edge sealed off. It was fun watching a defense played like that and an honor to be a part of it.”

West	6	6	0	0	— 12
East	0	6	0	14	— 20

West — Madden Tobeck 1 run (pass failed)

West — Jordan Purvis 25 pass from Simon Burkett (run failed)

East — Corbin Christensen 8 pass from Zak Donato (run failed)

East — Christensen 21 pass from Koa Pancho (Christensen kick)

East — Christensen 8 pass from Donato (Christensen kick)



INDIVIDUAL STATISTICS

RUSHING — West, Dax Solis (North Kitsap) 8-47, Madden Tobeck (Cascade Christian) 6-18, Casey Bauman (Nooksack Valley) 9-16, Tyquan Coleman (Cascade Christian) 1-6, Austin Lane (Lakewood) 5-0, Noah Lantz (Napavine) 1-(minus 2), Simon Burkett (Meridian) 3-(minus 20). East, Koa Pancho (Newport) 10-29, Zak Donato (Selah) 3-13, James Heer (Liberty) 1-7, Trevor Hilmes (Othello) 2-6, Robert Berger (Granger) 4-4, Kylan Touch (Aberdeen) 3-2, Alex Hampton (East Valley) 2-1.

PASSING — West, Austin Lane (Lakewood) 3-9-1-60, Simon Burkett (Meridian) 4-10-2-52, Casey Bauman (Nooksack Valley) 7-10-0-33, Trystan Lowry (Anacortes) 1-1-0-12. East, Zak Donato (Selah) 6-12-1-116, Koa Pancho (Newport) 5-7-1-98.

RECEIVING — West, Joanthan Cox (Lakewood) 4-46, Jordan Purvis (Napavine) 4-34, Noah Lantz (Napavine) 2-20, Jacob Herz (Kalama) 1-26, Simon Burkett (Meridian) 1-12, Madden Tobeck (Cascade Christian) 1-9, Austin Lane (Lakewood) 1-8, Dax Solis (North Kitsap) 1-2. East, Corbin Christensen (Royal) 6-105, Kylan Touch (Aberdeen) 4-74, James Heer (Liberty) 1-35.

509-759-7852

sspruill@yakimaherald.com ■

W S F C A
MID-WINTER FOOTBALL CLINIC
BELLEVUE HILTON
JANUARY 25, 26, 27 2019

Clinic registration may be found on the
WSCA website, washcoach.net

Early Registration - before December 14 is \$125

Registration - December 15 thru January 4 is \$140

Late Registration - January 5 thru January 25 is \$160

A maximum of 20 OSPI Clock Hours (\$2/hour) are
available for your attendance during the entire clinic

Highlights of your Clinic Registration include:

- ◆ Friday night Spaghetti Feed and refreshments
- ◆ Saturday lunch and Hall of Fame Dinner

HOTEL INFORMATION

Cut-off date for Hotel Registration is January 4, 2019

BELLEVUE HILTON
300 112th SE Bellevue, WA 98004



Contact Hotel by: calling 1-425-455-1300 and request group name:
Washington State Football Coaches Association Rate of \$105+tax

or

Use the e-booking link found on the Mid-Winter Clinic
registration page on the WSCA website ■



MVP DRIVE

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

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

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

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

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

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

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

MORE THAN JUST TACKLING

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

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

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

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

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

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

ROGERS



WIBCA Hall of Fame

Hal Williams, Assistant coach Tenino High School



Having a coaching career that encompassed seven decades, the 2018 Hall of Fame assistant coach has impacted many as an educator, coach and citizen in the town of Tenino.

Upon accepting a teaching position in Tenino in 1959, Hal was soon tapped to coach football that first year and began the track program. After a handful of years teaching, Hal became a principal while he continued to coach basketball, baseball and football on and off until 2012. He lives by the motto, "Be firm, fair, consistent and caring." It has served him well.

Larry Walker, Everett Community College



Larry, a soft spoken but insightful man with a dry sense of humor, was known for treating his players well and keeping their best interests in mind. This

trademark, while modeling and imparting the values of loyalty, honesty and hard work enabled him to succeed as the head coach at Lewis and Clark High School of Spokane, Everett Community College head coach as well as the athletic director at ECC.

Marv Morris, Shorewood High School



For Shoreline's Marv Morris, it has always been about the journey. A quote used by Morris often to focus his teams on making the most of each day building something special was, "it's the striving, not the arriving." Each season was a unique adventure that built a group of young men who learned to trust and depend on each other into a team. Team and relationship building was always at the forefront in that Marv always led his teams to play for each other and never out of fear of their coach.

Nalin Sood, Mountlake Terrace High School



Nalin has a strong sense of roots and loyalty, hence his 31 years and counting of coaching at Mountlake Terrace High School. In 1989, the JV position for men's basketball opened up and coach Roger Ottmar hired the inquisitive and energetic Nalin Sood. Nalin became the third men's basketball coach in Mountlake Terrace history in 2000. He's always believed in feeling comfortable in your own skin and not settling for mediocrity, but striving for greatness, in the classroom and in relationship, just as much as on the basketball court.

WIBCA Award Winners



**2018
Ed Pepple Service
Award**

Mel Moore



**2018 Pat Fitterer
"You Gotta Love It"
Award**

Nick Brown

WIBCA Group Photo



Seated (L to R) Hal Williams, Mel Moore, Nalin Sood, Nick Brown, Marv Morris, Larry Walker

Standing (L to R) Keith Kingsberry, Mike Mullen, Jim Clifton, Jerry Koester, John Peterson, Roger Ottmar, Gary Wusterbarth, Dave Dickson, Al Gleich, Mike Lowery, Pat Fitterer, Pat Mullen, Dave Denny, Bill Bakamus, Tim Kelly, Ed Pepple ■



Burnett-Ennis 2018 Scholarship Recipients



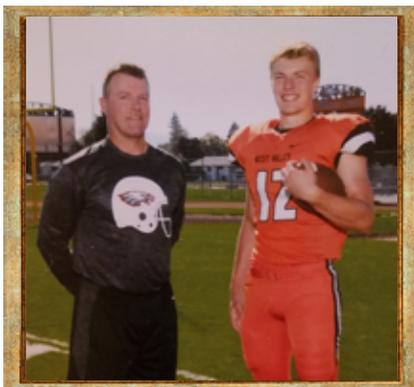
Adam Raab and dad, Robi



*Brock Brewer
and mom, Tawnya*



*Colin Monaghan
and mom, Sandy*



*Connor Whitney
and dad, Craig*



Daniel Mars and dad, Sean



*Emma Aldrich
and dad, Jason*



*Jadyn Mullen, mom Jill
and dad, Pat*



*Kalen Johnson, mom, Kathy
and dad, Ken*



*McKenzie Jamieson
and dad, Jeff*



*Morgan Smith
and mom, Sarah*



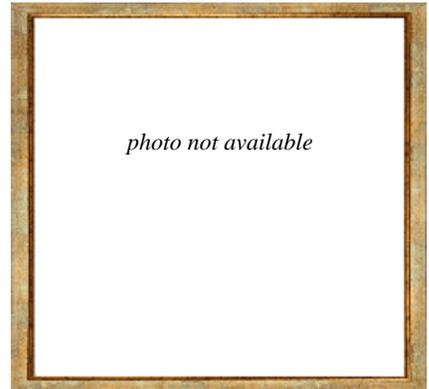
*Natalie Parrish, dad Craig
and mom Janine*



*Samantha Swarhout
and dad, Mark*



Tyler Kert and dad, Trevor



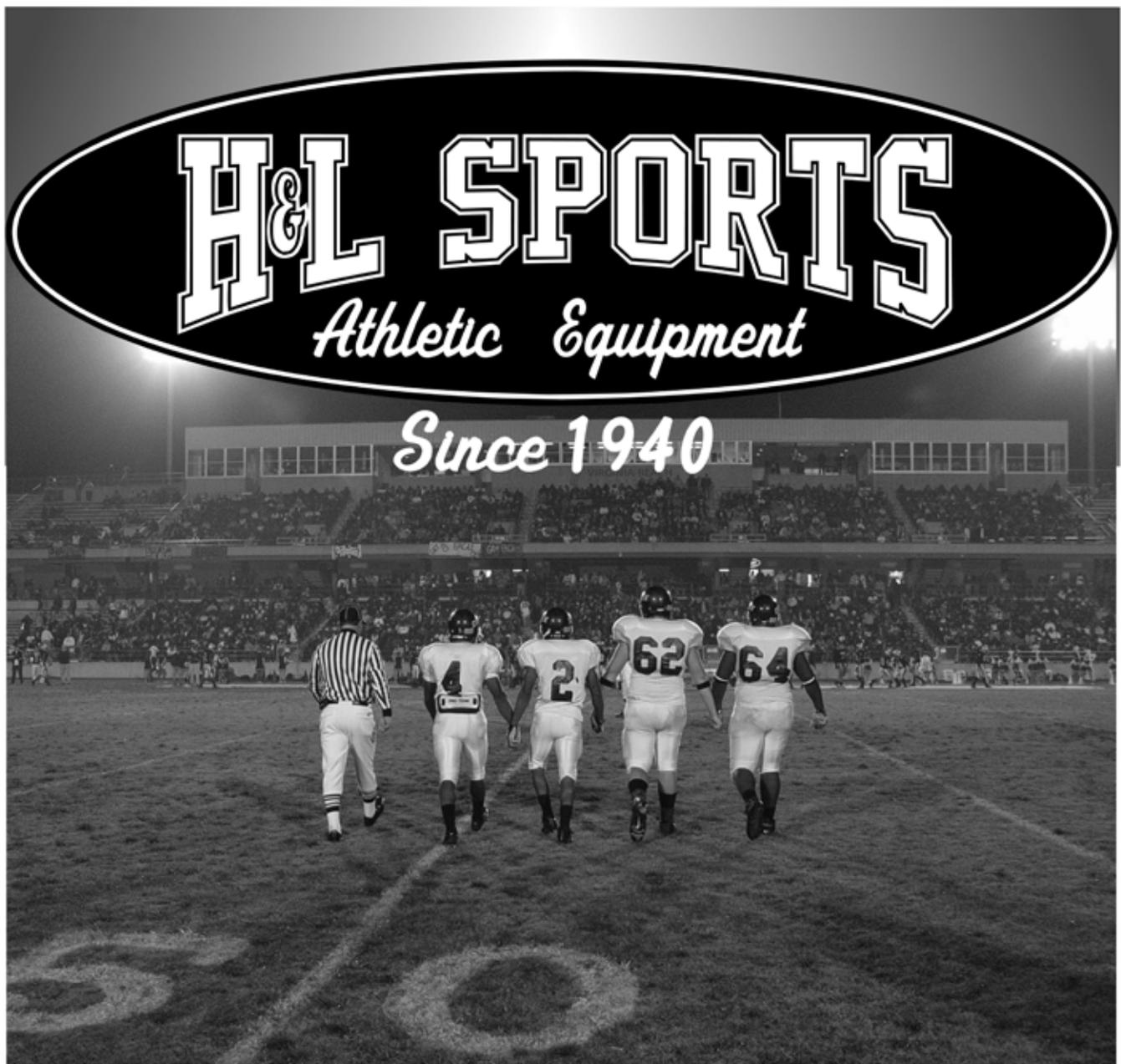
Christian Freund



**Student Teacher
Scholarship Recipient**



*Luke Anderson
and dad, Aaron*



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Western Washington

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cholden@afreps.com

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Eastern Washington

ZAC ROCKWELL

zrockwell@afreps.com

425-501-9778

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