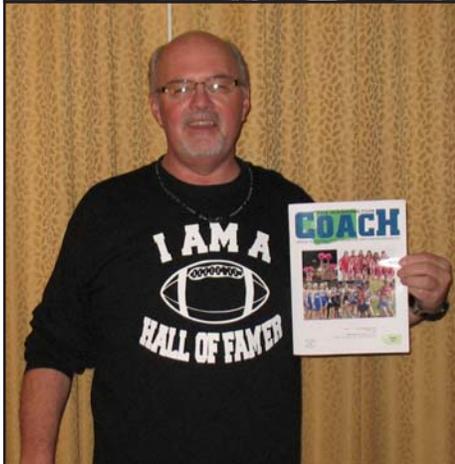


# THE WASHINGTON GOACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



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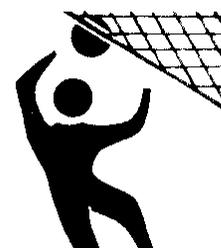
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Do you have an article you would like to have published in the **Washington Coach**?

Email Mike Schick at  
WSCA-EDITOR@comcast.net or mail to  
2110 Richardson Drive  
Puyallup, WA 98371

Summer deadline is May 14.

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# *From The President*

## **Two Things I Have Been Thinking About**

- 1) There is always something to learn.
- 2) The importance of being involved in your professional associations, ie. the Washington State Coaches Association and your individual sports association.

I've been playing, coaching, and teaching volleyball for 37 years. Some days I wonder (especially when people ask) how much longer I am going to coach. At the moment, I am coaching volleyball to junior high girls and loving it.

One of the things that has influenced that longevity is coaching clinics. Coaching clinics have enabled me to be involved in the growth and development of the sport, have given me fresh approaches to teaching the fundamental skills of volleyball and have provided me ideas for incorporating strategies at different skill levels. Listening to exceptional coaches and motivators has also given me a new set of lenses through which to evaluate my own coaching philosophy and program.

As important as clinics have been to my development as a coach, of equal importance has been my involvement in the Washington State Coaches Association. I have been an active member since 1984 when I needed to join so my players could play in the All State Volleyball game. I have seen our Volleyball Association go through several presidents and then restructuring. With the retirement of several key coaches, our volleyball organization has been treading water. After our last association meeting, I was reinvigorated by the willingness on the part of many coaches to get involved. We have restructured and reorganized. Young coaches are stepping forward and assuming leadership. Many others were willing to pitch in and help. Our Individual Sport Rep was so excited by what we accomplished that he went home and researched several states and has started a committee to address some issues we are facing in our sport. I was excited to see new and old faces working together to benefit our sport. A new vibe is in the air.

These are two things that have benefited me in my career as a coach. I would encourage you to do the things that infuse life and energy into your coaching experience. You'll never regret time spent developing your knowledge and abilities as well as your professional relationships.

Have a great spring and finish strong.

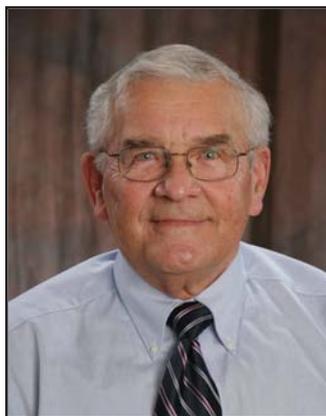
Your WSCA President,

Sue Doering



## FROM THE SIDELINES

by Jerry Parrish



### ORCHIDS

- ❑ It was my pleasure to attend the annual Track and Field Coaches clinic in January at the Everett Holiday Inn. The clinic was well attended and kind of had a special personal interest. Forty years ago I had the privilege of being part of a staff to open Pilchuck High School. One of the “rookie” teachers on the Pilchuck staff was Larry Royce. Coach Royce was honored as a member of the track and field coach’s Hall of Fame. Larry is currently the head girls’ track coach at Bellevue Christian.
- ❑ Other winners were John Mires (Mead) boys’ coach of the year. Media winners were Mike Cane (Everett Herald) and Dale Grummert (Lewiston Morning Tribune).
- ❑ Tuck Gionet (Snohomish), Daunte Gouge (King’s), Chuck Bowden (Central Valley), and Ed Sloan (Bellevue Christian) were the driving force in organizing and conducting another banner clinic for the track and field coaches.
- ❑ The football coaches also had a Hall of Fame induction (see pages 8-9) along with their annual mid-winter clinic. The inductees were Bill “Alex” Alexander (Quincy), Scott Grabenhorst (Toutle Lake), Monte Kohler (O’Dea) and Don Clegg (Wilson). Dan Heltsey (Bethel AD), Rick Stubrud (Archbishop Murphy AD), and Mike Schick (Edgemont Jr High, Puyallup AD) did a great job honoring the WIAA District Coaches of the Year (see pages 10-12). WSFCA has three categories head coach, assistant and middle level/junior high coach of the year. In addition, the WSFCA has Gold and Silver helmet awards. Jerry Jones (Sports editor of the Colfax Gazette) won the Silver (media) helmet award and Kevin Griffin (Seattle Seahawks) won the Gold Helmet award for his contributions to football in the state of Washington.

- ❑ Thanks to WIAA office staff for sharing information regarding minutes from WIAA Executive Board meetings and current documents regarding proposed amendments.
- ❑ Thanks to Ron Williamson, Assistant Superintendent for Secondary Education (Kennewick School District) and Fran Christianson (Moses Lake School District) who were very helpful in getting 100% of their district coaches to properly enroll with the WSCA on line membership registration. The WSCA is going to enlist the help of these educators later in the Spring to further eliminate “bumps in the road” for future on line registration. Thanks!
- ❑ The Snohomish School District is paying for all their coaches at all district athletic levels and are also enrolling all volunteer coaches. Great work Snohomish!

### ONIONS

- ❑ The remainder of this school year and 2012-2013 will not be enjoyable in our state’s financial support of public education. Frequently, school administrators look to cut monies from extra-curricular programs to save a few dollars. Most school extracurricular budgets are less than 1% of the entire budget, but the stu-

*Continued on page 4*

**From The Sidelines**

## CONCERNS

dent activities and athletes get targeted because some administrators realize that the public will react and find some way to support extracurricular programs. Also, secretaries and custodians, the very backbone of most good schools are also getting chopped. Is this fair? I think not. How about the legislature saying you can add 4% to your levy lid to help school districts get out of the mud hole? To me, this is a cop out.

The on line registration bumps in the road are leveling off. Over 3,000 have completed the on line registration. Registering on line provided very important information in three categories: 1) you were entered on the roster of our liability insurance coverage; 2) you were also signed up to receive the WASHINGTON COACH; and 3) the information is available to be shared with our membership. The various categories provided making correct communication much easier for the WSCA. Thanks for your persistence and patience. ■

### Drop us a line!

WSCA email address [Jparrish21@comcast.net](mailto:Jparrish21@comcast.net)

WSCA web page address is: [www.washcoach.org](http://www.washcoach.org)

**RENEW YOUR MEMBERSHIP - TAKE ADVANTAGE OF BENEFITS AVAILABLE**

## Online Registration: Blessing or Curse?

The Washington State Coaches Association has steadily increased in size the last few years. In 2007-2008 we had 2779 members and at the present time we have 3031 members. In the past, we filled out our registration form every year, wrote a check and sent it to Jerry Parrish. It was Jerry's job to input all that information into the computer—yes, time consuming and labor intensive. This last summer, after researching options, the WSCA Board decided it was time to go to electronic registration. We invested in the software. Jerry spent extra hours learning the system and working through the glitches. We are in operation and this technology will allow us to better serve the members of our Association. I think that is a blessing.

So what's the curse? Several challenges have arisen from going to online registration. It takes a little techno-savvy to navigate the process. It took me three tries and several emails to Jerry to get registered. It can be tough figuring out the directions and then remembering to send the check. We have quite a few people that have yet to pay. Another challenge is remembering to sign up. Coaches will get an email reminding them to sign up each year, but if they don't read it or simply put it off, it can be forgotten. Then, they suddenly remember when a state tournament comes and they don't have a pass. This doesn't ever happen, does it Jerry?

We have worked through many of the problems with the system. Clear directions are on the website, [www.washcoach.org](http://www.washcoach.org). PLEASE ask the coaches in your district if they have signed up online. If necessary, print off the directions for them or give them the last issue of the coaching magazine.

Most importantly, **make sure you send in your check. Without payment there is no membership; without membership there is no coverage or benefits.** Once we receive your payment, it will take about 7-10 days to get your membership card.

We can do so many things with this technology. The first time we do anything with technology it seems like a chore, but soon it becomes routine. We will continue to streamline the process and in the meantime your suggestions are always welcome. Let's make this a blessing. ■

# VOLLEYBALL MEETING

Jan Kirk, WSCA Board Member

On Saturday, February 12, approximately 100 volleyball coaches from throughout the state had a meeting chaired by Sue Doering, Colfax HS and Jan Kirk, Fife HS. It was very productive and the main topics of conversation were organization and the state volleyball tournament.

Years ago, Buzzie Welch and Nancy Zehnder organized the volleyball coaches and it worked very well, but when both of them retired the organization fell apart. The meeting was to see if we could organize again and thus communicate with coaches through our respective leagues. The following was decided upon:

**East President:** Judy Kight, Mead HS. Judy will be assisted by Megan Dorman, St. John Endicott; Sue Doering, Colfax; Kara Moffat, Lakeside Nine Miles Falls and John Lafever, Grandview.

**West President:** Tawnya Brewer, Burlington-Edison. Tawnya will be assisted by Laurie Creighton, Olympia; Alex Shaker, Concrete; Suzanne Marble, LaConner; Tana

Croft, Tumwater and Patti Hoelzle, Ferndale.

There was much discussion about the new format for the state volleyball tournament. Positives were two of the sites being on the West side of the state—it was felt that this would help with attendance and the concept of 1 vs 2, 3 vs 4, 5 vs 6 and 7 vs 8 instead of 3 vs 6, 4 vs 7 and 5 vs 8 as it has been in the past were positive changes. Most coaches however, were still very concerned about the concept of playing 2 out of 3 games in the consolation rounds. It was felt that since we play 3 out of 5 all season long, that same format should continue into the state tournament.

All coaches should know that Tony Batinovich, head coach at Puyallup HS, serves on the Washington State Coaches Board as your representative. He would enjoy hearing from you. He can be reached by email at [batinoam@puyallup.k12.wa.us](mailto:batinoam@puyallup.k12.wa.us).

Stay involved and let your representative hear from you. ■

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## 2011 WIAA/Dairy Farmers of Washington/Les Schwab Tires State Cheerleading Championships

by Pam Headridge, WIAA Tournament Manager, WA State Cheerleading Coaches Association President  
Photos provided by Doug Felts, <http://www.flickr.com/photos/dougfelts>

Comcast Arena in Everett was the host site for the 2011 WIAA/Dairy Farmers of Washington/Les Schwab Tires State Cheerleading Championships on January 22, 2011. Fifty-two teams competed in the 10 divisions/classifications. Participating squads included the following schools: Arlington, Auburn Mountainview, Ballard, Battle Ground, Bellarmine, Bellevue, Bethel, Cascade Christian, Central Kitsap, Coupeville, Decatur, Eastlake, Eastside Catholic, Enumclaw, Foss, Foster, Hanford, Heritage, Hudson Bay, Juanita, Kelso, Kent Meridian, Kentwood, Kings, Life Christian, Lynden, Marysville Pilchuck, Meadowdale, Meridian, Moses Lake, Mt Si, North Central, North Thurston, Oak Harbor, Peninsula, Prairie, Shelton, Skyline, Skyview, South Kitsap, Stadium, Steilacoom, Tahoma, Thomas Jefferson, Timberline, Union, and WF West.

Teams must qualify at a WIAA/WSCCA supported event. The teams qualify for WIAA State competition in one of three ways:

- (1) Must score at least 195 as a minimum qualifying score after all deductions (based upon the cumulative scores awarded by three (3) judges) in the competition, or
- (2) Score in the top 50% of high school teams at a qualifying event, or
- (3) Receive one of the top fifty scores of all competing teams during the competition season.

In the end the success of all the teams was walking into the Everett Arena, knowing that all their sweat, daily practices, hard work and sacrifices had paid off. To be a member of one of only 52 teams that qualified was the reward in itself. The routines were only two and a half minutes long and one mistake could take them out of the top spots so receiving a trophy that day was truly just an added benefit. The glory, the victory, the success for each team that day was "Being a part of the State Cheerleading Championships!"

### State Trophy Winners

#### 1A-3A Small

- 1<sup>st</sup> - Life Christian
- 2<sup>nd</sup> - Cascade Christian

#### 4A Small

- 1<sup>st</sup> Union
- 2<sup>nd</sup> Battle Ground

#### Medium (Combined)

- 1<sup>st</sup> Skyline Green
- 2<sup>nd</sup> Mt Si Red

#### Large (Combined)

- 1<sup>st</sup> Hanford

#### Super Large (Combined)

- Kentwood Silver

#### 2A/3A Coed

- 1<sup>st</sup> North Thurston
- 2<sup>nd</sup> Enumclaw

#### 4A Coed

- 1<sup>st</sup> Heritage



Union High School



### Non-Tumbling Small (Combined)

Tie 1<sup>st</sup> Steilcoom  
Tie 1<sup>st</sup> Kentwood Green  
Tie 2<sup>nd</sup> Mt Si Silver  
Tie 2<sup>nd</sup> Auburn Mountainview

### 2A/3A Non-Tumbling Large

1<sup>st</sup> Decatur

### 4A Non-Tumbling Large

1<sup>st</sup> Skyline Silver

A special shout-out goes to the Burlington Edison High School cheerleaders and their coaches Lindsey Rosales and Amber Winsor for volunteering to work the entire day at this event. Also a big thank-you to Coach Anne Taylor and the Eastside Dream Elite team, a special-needs cheerleading squad. They ended the event with a standing-ovation performance. ■

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**Marc Yonts [myonts@charter.net](mailto:myonts@charter.net)**



## Hall of Fame Inductees



### Monte Kohler

Monte Kohler has been a member of the O’Dea faculty and staff since 1985 and serves as athletic director, head varsity football coach and head coach of the track and field team. Under his leadership, O’Dea football teams have won 20 league titles, 3 state championships and named academic state champions 3 times. Kohler’s track and field teams have won 17 league championships as well as 3 state championships. He feels very fortunate to have been able to teach and coach so many wonderful young men and outstanding football players. O’Dea is proud of the outstanding achievements of coach Kohler’s football and track and field teams. Kohler is a graduate of Loyola HS in Missoula, Montana and Carroll College in Helena, Montana. Monte is very thankful for the friendship and loyalty of his coaches and very proud of the fact that 16 former players are now coaching in the program. Monte enjoys spending time with his lovely wife Jana, son John Edward, daughter Cody Marie and step-daughter Ashley and step-son Race.



### Bill Alexander

“Coach Alex” graduated from Leavenworth HS in 1970. He graduated from CWSC in 1975 after playing two years for coach Tom Parry. He began coaching in Twin Falls, Idaho in ’75 and moved to Sequim in 1978. Alex received his first head coaching position at Bridgeport in 1980 and

led the Mustangs to the state title in 1988. In 1990, Alex

moved to Quincy where he was the head coach for 17 years until his coaching retirement in 2006. He led the Jackrabbits to their first ever playoff game and qualified for the playoffs 11 times. Under Coach Alex, the Jacks had their highest state placing ever (3rd in ’92) and their only undefeated season in ’98. Alex’s pride and joy has been the creation of the Earl Barden All-Star Classic football game for 2A/1A/B players. Since 1995, over 1,300 players have participated in the Summer classic. Both his sons have played in the game. The friendships that Alex has developed with other coaches is one of his most cherished memory. Alex and his wife Jan have been married for 38 years and have two sons, Michael and Scott. Michael and his wife Andrea presented Coach Alex and Jan with their first grandchild, Paxton, this past Summer.



### Scott Grabenhorst

Scott graduated from Naselle HS and then attended Olympic Community College where he played football for two years. He then went on to Eastern Washington University, playing football for two more years, and earning his degree. Scott’s career began with five years in La-

crosse and then on to Toutle Lake where he has been for 32 years. Scott has amassed 161 victories in his career and has taken Toutle Lake to three state championship games. A long-time head basketball coach, Scott is currently the district superintendent at Toutle Lake. Scott feels blessed in knowing many outstanding assistant coaches and players throughout his 37 years as a head coach. The relationships with fellow coaches, students and supporters in the league and throughout the state have been truly rewarding. Scott and his wife Tammy have a daughter, Kara and a son, Kevin as well as seven grandchildren.



## Don Clegg

Don was raised in Boise, Idaho. He attended Boise State University and graduated with a BA in History. He started teaching and coaching freshman football, track and wrestling at Central Junior High in Nampa, Idaho. In 1971, he transferred to Borah High School in Boise where he taught and

coached for 17 years. He was part of 3 undefeated teams and in '81 their team was rated as one of the top ten in America. During his last four years at Borah, he was also the head baseball coach. In 1988, Don left Borah to become the head football coach and assistant track coach at Wilson High School in Tacoma. While at Wilson, he and his staff have been in district or state playoffs 7 times. During his many years of coaching, he has loved the friendships he has made with his assistant coaches and players and the relationships he has established with fellow coaches he has met and competed against. In his 41 years of coaching, he has been blessed to have the loving support and help of his wife of 35 years Debbie and his daughter Karen. ■

---

## Past Burnett-Ennis Scholarship Winners

### “Where Are They Now”?

**Frank Lynch**, son of coach Mike Lynch, received the Burnett-Ennis scholarship in 1995. In 2010 Frank received his PhD in Mathematics from the University of Utah, his BA in 1999 from Linfield College; and is currently teaching Mathematics at Occidental College, Los Angeles, CA. He also enjoys refereeing collegiate, high school and youth lacrosse.

**Danielle Lynch**, daughter of coach Mike Lynch, was awarded the scholarship in 2004. She received her BA in Psychology in 2008, and her BA in Secondary Mathematics Education from University of Idaho. She is currently teaching mathematics and AVID at Sammamish High School. She also serves as advisor to Honor Society and student body activities.

**McKell Wonhoff**, a 2006 Burnett/Ennis scholarship recipient and graduate of Willapa Valley High School, graduated from St. Martin's University last Spring with a degree in teaching. She is teaching 5th grade at Raymond Elementary.

**Michael Alexander**: Michael was a 3-year track and football letter winner at CWU and graduated in 2001. He finished his MBA this year and is a Media Advertising Manager for Gannett, Inc. in Phoenix, AZ.. He is married to Andrea who this year presented Coach Alex and Jan with their first grandbaby, Paxton.

**Scott Alexander**: Scott graduated from CWU in 2002 with a BA, Ed. Degree in Spanish. He was also a letter winner in track and football and is currently the holder of

the CWU PV record. He has been travelling the world and teaching abroad for several years with a quick stop in Quincy to teach/coach football and track from 2009-10.

He is currently travelling the Far East and places unknown to his mom and dad....hopefully when we retire we will be able to “follow” him at least a little....!

**Brett Jacobs**, son of coach Ben Jacobs, received the Burnett-Ennis Scholarship in 2009. Brett completed his freshman year at WSU last June where he was the starting left fielder on the baseball team which made it to the NCAA Regional Championship Game. Brett is an Accounting major with a 3.3 gpa. He spent the summer in New Hampshire to play baseball in the New England League.

**Melissa (Heltsley) Hughes** is a 2000 scholarship award winner. She is currently teaching in Arizona and was named Teacher of the Year in the Sahuarita School District.

**DJ Heltsley** is a 2004 Burnett-Ennis Scholarship recipient. He recently completed his Masters in Education and is a first year teacher at Columbia Junior High in the Fife School District

**Rachelle Ridout**, daughter of coach Kevin Ridout was awarded the Burnett-Ennis Scholarship in 2009. Rachelle is currently a sophomore at Linfield College in McMinnville Oregon studying to be a math teacher/coach. She played on the Wildcat fastpitch team last year which took 2nd in the nation and will playing again this year. She is carrying a 3.8 grade point average and is very grateful for the help she received with the Burnett-Ennis scholarship. ■



# Washington State Football Coaches Association DISTRICT AWARD WINNERS



## DISTRICT I



HEAD COACH- Bill Evans, Anacortes HS, 2A  
ASSISTANT COACH - Dustin South, Anacortes HS, 2A  
JR HI/MIDDLE SCHOOL - Kyle Bigham, Cavelero JH

## DISTRICT IV



HEAD COACH -Tom Sanchez, South Bend HS, 2B  
ASSISTANT COACH - Greg Wonoff, Willapa Valley HS, 2B  
JR HI/MIDDLE SCHOOL - George Harris, Rochester MS

## DISTRICT II



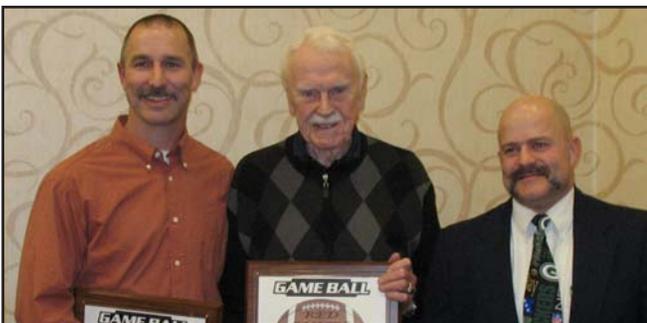
HEAD COACH -Monte Kohler, O'Dea HS, 3A  
ASSISTANT COACH - AJ Parnell, Juanita HS, 3A  
JR HI/MIDDLE SCHOOL - No Nominee

## DISTRICT V

*No photo available*

HEAD COACH - Scott Biglin, Kamiakin HS, 3A  
ASSISTANT COACH - Gilbert Marquez, Kamiakin HS, 3A  
JR HI/MIDDLE SCHOOL - Mark Skeen, Housel MS

## DISTRICT III



HEAD COACH - Jon Randall, Clover Park HS, 2A  
ASSISTANT COACH - Red Smith, Bellarmine HS, 4A  
JR HI/MIDDLE SCHOOL - Kelly Susee, Kalles JH

## DISTRICT VI



HEAD COACH - Doug McGill, Eastmont HS, 3A  
ASSISTANT COACH - Brandon Harle, Wenatchee HS, 4A  
JR HI/MIDDLE SCHOOL - Colin Davidson, Cashmere MS

## 2010 Silver Helmet Award

As printed in the Whitman County Gazette, 1/27/11  
By Joe Smillie

The Gazette's Jerry Jones was awarded the 2010 Silver Helmet by the Washington State Football Coaches Association. Colfax Coach Mike Morgan received the award for Jones at the association's annual banquet Friday night at Bellevue.

"I've always been a sloppy typer; half of my action pictures are out of focus, and I miss a lot of the big plays," Jones wrote in his acceptance and thank you letter. "Sports Illustrated never called."

He has been covering Colfax and Whitman County news and sports for the Gazette for 45 years.

The award is presented by the association each year to recognize individuals who contribute to high school football.

"I can't remember a time when Jerry wasn't on the sidelines," said LaCrosse Principal Doug Curtis, former long-time Colfax Coach who led the Bulldogs to their first state win at Seattle's King Dome in 1981.

Award recipients are nominated for the award by coaches from around the state. Jones' name was put forth by a number of current and former coaches.

"Once they got four letters it was all over," said Coach Morgan. "I got a text on my phone telling me 'enough! He's it.'"

Jones began writing at the Gazette in June of 1965. Since then, Jones and a series of trusty Nikons have been regulars at Friday night football games, Saturday after-



*Jerry Jones (on the left) and Mike Morgan, football coach at Colfax.*

noon wrestling matches and weekend night basketball games.

In his acceptance letters, Jones said he has counted 31 times "his" teams, Colfax or Whitman League teams, have advanced to the state title finals.

"He's definitely a fixture in Whitman County," said Ken Lindgren, who just stepped down as Tekoa/Oakesdale/Rosalia football coach. Lindgren is another coach whose high school athletic feats, at Tekoa, were covered by Jones.

"That's what I always like about Jerry," said Curtis. "Whenever he interviewed us he would be constantly laughing. Sometimes I'd wonder to myself what was so funny, but Jerry's laugh was always there to add perspective – to say this isn't life and death."

### DISTRICT VII



HEAD COACH - Greg Whitmore, Lind-Ritzville HS, 2B  
ASSISTANT COACH - Dave Howard, Mary Walker HS, 2B

*not available for photo*

JR HI/MIDDLE SCHOOL - Todd Kinley, Colfax JH

*not available for photo*

### DISTRICT VIII



HEAD COACH - James Sharkey, Ferris HS, 4A  
ASSISTANT COACH - Gary Van Velson, Ferris HS, 4A  
JR HI/MIDDLE SCHOOL - No Nominee

*Continued on page 12*

**DISTRICT IX**



HEAD COACH - Bob Clements, St. John-Endicott HS, 2B  
*not available for photo*  
ASSISTANT COACH - Dan Hill, LaCrosse  
Washtukna HS, 1B  
JR HI/MIDDLE SCHOOL - Kaleb Madison, Tekoa-  
Oakesdale/Rosalia, 1B

**2010 Gold Helmet Award  
Kevin Griffin, Seahawks**



*Kevin of the Seattle Seahawks and his wife*

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# The Face of Perseverance and Mental Toughness...

by Lane C Dowell

from the *Long and Strong Throwers Journal*

Britney Henry, who began her fascination with the ball and wire while attending Lewis and Clark High School in Spokane, Washington, is our state's first to medal at the USATF National (open) Championships.

It is my pleasure to tell Britney's story. As our Q&A with her unwinds, the reader will note that we have woven into the narrative comments from some of Britney's coaches, who have been very instrumental in her development from novice to USATF national medalist to...???

**Long and Strong:** *How old were you and why did you become a Hammer thrower?*

**Britney Henry:** The first time I saw the hammer being thrown was at a track camp. I was 15 years old. I remember standing on the long jump runway of Spokane Falls Community College and looking over at the hammer ring. This thrower was whirling a ball and chain around her head, spinning and letting it go. I asked one of the coaches what that thrower was doing. I asked him if I could try it. The coach from the community college put me in contact with hammer coach Arnie Tyler.

**LSTJ:** *Tell us about your early coaching and why you stuck with the event when your first coach was called back to military duty?*

**BH:** Arnie was a great coach. He learned to throw the hammer from my present coach, American Record Holder and 1996 Olympic Silver Medalist, Lance Deal. He taught me good, solid hammer techniques while I was

in high school. He said that if I was ranked in the top 5 in the US, I would be invited to go and learn from the best at the Olympic Training Center. I don't know why, but that really stuck with me.

I was lucky enough to have a very supportive high school (Lewis and Clark in Spokane, WA). After track practice, I was allowed to throw the hammer on the football field. Mr. Yearout let me do this, as long as I filled-in all the holes. My senior year, I broke the state high school record in the hammer and put myself into the top 5 in the country, earning that spot in the Junior Elite Camp. That camp is where my dream of being an Olympian started.

**Arnie Tyler Jr., Britney's first hammer coach,** is a vital member of our US Military now serving his fourth tour in Iraq. In introduction of his son's comments concerning Britney, Arnie Tyler Sr., who coaches high school age hammer throwers in the Yakima area of our state, had this to say, "Arnie had 10 hammer throwers receive full college rides, Brit was the best!"

My apologies for the delay. Been getting another unit out of the door to the sand box (Iraq), and I left with them. We arrived last night to 125 degrees and a lot of brown....

Brit has always been a tremendous spirit. She came to me as a hurdler from Lewis and Clark HS in Spokane and wanted to try the hammer. Nothing real far, maybe 50' day one, but she was hooked, like many of us have been before her. Amazing what

dedication can do, add a little fearless throwing, a few mistakes that can hurt in the hammer, a little frustration when it doesn't go far enough, and a LOT of technique. You don't have to be big, just better. She is proof this is true. Brit stayed the course her senior through my mobilization in 2001 after the WTC and other attacks. I could not be there but would touch bases periodically. **Her dedication never waned.** Boy, did that pay-off.

Her 167'+ competition throw as a high school athlete was a consistent throw in practice where she had a lot of throws farther. Britney was ALWAYS giving it her ALL. I figured she would learn the control piece later. Just keep throwing to 180' and be satisfied you gave it your all at the end of the day. Easier said than done some days after three fouls (infrequent), but she could ALWAYS say she gave it everything she had.

**LSTJ:** *Do you feel that starting to throw the Hammer during your prep years helped your development? Why?*

**BH: Being exposed to the hammer during my high school days is a major reason why I am, where I am right now.** I got hooked on this event at an early age and was lucky enough to get a small taste of success. By breaking the state record and being able to attend the Junior Elite camp, I felt that I had a future in the event.

Participating in sports, in general, at an early age fills your tool belt with all the extra that you need in life. Con

*Continued on page 14*

Continued from page 13

centration, patience, prioritizing and commitment are all tools that you will need in life. Learning them at an early age puts you that much more ahead.

**Ramona Pagel is currently the USATF Women's Shot Put Record Holder/ Javelin Development Coordinator** and a three-time Olympian in the Shot Put. She coached Britney out of high school at South-eastern Louisiana University.

I think we were the only conference in the country that did not have hammer, and we were going to start the event! At the Junior Elite Camp, Kent (former UCLA shot putter) and I discovered Britney. She was a very enthusiastic, talented athlete that I thought would fit well with the program I was trying to build. I offered her a full-ride, which she accepted, but the day before she got to SE Louisiana, we found out that we still would not have hammer in our conference. We honored her schol-

arship, and she finished 3rd at Junior Nationals. Britney is a great person, and a hard worker. I think you will see her in London!

**Lance Deal, American Men's Hammer Record Holder** and a Silver Medalist at the 1996 Atlanta Olympic Games. Coach Deal has been Britney's coach at the University of Oregon.

Britney continues to grow in her development as an elite hammer thrower. It did not start with me nor did it start in the last two years. Along with all the things listed in question #3, she has been able to find a way to stay in the sport. This has allowed her to mature in all ways that are necessary to throw at an elite level. She has benefitted from her time at the Olympic Training Center in Chula Vista and her exposure to other high level athletes, as well as, excellent coaches such as Dan Pfaff and Ty Sevin. Being near family is good for Britney and the presence of her

grandmother and other family and friends have given her a good foundation on which to stand.

Only she can know what her next goals truly are. I think they are lofty and rightly so. I know it sounds trite, but she can be as good as she wants to be.

**LSTJ:** Will you tell us three things about Britney Henry that may not be known to the general public?

**BH:** I was born in Anchorage, Alaska. I only lived in Alaska for two years and then moved to San Diego. I did get to go back to Alaska a few years ago and love it. I can't wait to return.

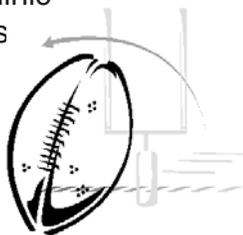
I am an only child. I guess my parents thought I was perfect enough.

Besides going to the Olympics, number one on my bucket list is to fly in an F-16. I watched *Top Gun* way too much when I was a kid, and I love to go fast! ■

## Football Coaches

Please mark your calendars for the WSFCA Mid-Winter Conference to be held January 27, 28, 29, 2012 at the Hilton Hotel in Bellevue. For more information, continue to check the WSCA

website:[www.washcoach.org](http://www.washcoach.org). All high school, junior high and middle school football coaches are encouraged to contact clinic coordinator, Ed Laulainen, to provide suggestions for clinic topics, speakers, or ideas to make the clinic a success. Ed may be contacted at [coached@kalama.com](mailto:coached@kalama.com) or (360) 423-7378.



## NFHS Launches Online Publication

NFHS announced their new online publication for high school coaches – NFHS Coaching Today. NFHS Coaching Today can be accessed from the home page of our Web site – [www.nfhs.org](http://www.nfhs.org) – as well as from the home page of our Coach Education site – [www.nfhslearn.com](http://www.nfhslearn.com).

Following is the direct link to the site:  
[www.nfhs.org/CoachingToday/](http://www.nfhs.org/CoachingToday/)

This replaces the NFHS Coaches' Quarterly, which is no longer being printed. Through the availability of this publication from our home site as well as from our coach education site, we have the potential of reaching hundreds of thousands of coaches nationwide. Material on the site will be changed regularly, with new features and department articles being posted each month. The NFHS Coaching Today Publications Committee is responsible for approving all editorial material.

Bruce Howard  
Director of Publications and Communications  
National Federation of State High School Associations  
PO Box 690  
Indianapolis, IN 46206  
[bhoward@nfhs.org](mailto:bhoward@nfhs.org)

# BURNETT-ENNIS SCHOLARSHIP

**Deadline: April 20<sup>th</sup>**

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 9<sup>th</sup> grade

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## Athletic or Extracurricular Participation

Sport                      Years                      Letters                      Honors

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*Please continue with application on reverse side.*

continued from previous page

**BURNETT-ENNIS SCHOLARSHIP**  
**Deadline: April 20<sup>th</sup>**

**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.

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

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**Check list:**

Application    Letter of Recommendation    Transcript    Resume

*Your application must be received before April 20<sup>th</sup>.*  
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 30<sup>th</sup>.**

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**Deadlines for the *WASHINGTON COACH* Magazine**

Next Issue - Summer: May 14

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](mailto:WSCA-EDITOR@comcast.net)

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

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*5<sup>th</sup> Annual*  
**2011 High School Golf Coaches Clinic**

*sponsored by the WSCA*

Canyon Lakes Golf Course - Kennewick, WA

July 11 & 12, 2011

**Home to the 2009 & 2010 4A Boys State Championships**

**Clinic Instructor:**

**Matt Mandell, PGA Head Golf Professional**

Canyon Lakes is the highest rated course in Tri-Cities; it is the only 4½ star rated course in Eastern Washington and home to the largest green in the Pacific Northwest.

**Coaches Clinic will focus on:**

High school program philosophies  
Fundamentals of the swing  
Coaching the mental game  
Rules of golf  
Teaching the short game  
Course management  
Golf lab  
Coaches round table

**\$295 cost of the Coaches Clinic includes:**

2 rounds of golf plus cart  
Lunch each day  
Morning coffee/juice/donuts  
1 night stay in designated motel  
'Canyon Lakes' golf shirt  
Coaches competition each day  
One-on-one swing analysis from PGA teaching pro

**16 WIAA Clock Hours available**

**Registration Information:**

**You must be a current 2011 card carrying member of the WSCA to participate in the clinic.**

Coaches Name: \_\_\_\_\_ High School: \_\_\_\_\_

School Address: \_\_\_\_\_ City: \_\_\_\_\_ zip: \_\_\_\_\_

Home Address: \_\_\_\_\_ City: \_\_\_\_\_ zip: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Home Phone: \_\_\_\_\_ WSCA card number: \_\_\_\_\_ Golf Shirt size: \_\_\_\_\_

Credit Card: \_\_\_\_\_ Credit Card Number: \_\_\_\_\_ Exp Date: \_\_\_\_\_

Name of person to share room: \_\_\_\_\_

Please call Canyon Lakes Golf Course with any questions at (509) 582-3736. You may email your registration to matt@canyonlakesgolfcourse.com or fax your registration to (509) 585-0914 Attention: Matt Mandell.

**Deadline for registration is Thursday, July 7 at close of business**



# FAT AND VITAMINS IN THE DIET

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

NOTE: In the previous edition, the protein requirements listed in the paragraph beginning with "For example," were recommendations for carbohydrates instead of protein.

*The corrected information reads as follows:*

For example, your endurance trained athletes may need 1.2-1.6 grams/kg during their heavy training periods and a strength training athlete may need anywhere from 1.4-1.7/kg. More protein is required to build mass than to maintain it, so once size and, to a lesser extent, strength goals, have been met an athlete can back off a bit on the protein intake. These amounts keep the body in a positive nitrogen balance status, which in turn supports continued growth. Thus far there does not appear to be any evidence that greater protein intake will accelerate the rate of protein recombination and rebuilding.

My apologies for the mistake, more protein in is not the answer and certainly not as much as was previously and erroneously listed.

## Minerals

Even though there are at least twenty minerals that are important to the functioning of the body, we generally focus on only a few of them.

- Calcium and phosphorous because of their importance in building and maintaining healthy bones
- The trace mineral, iron, because of its role in blood formation
- Zinc helps build and repair muscle and ensures the proper functioning of the immune system
- These four minerals, sodium, potassium, chloride and magnesium, help maintain fluid balance in our body

It can be safely said that females are more at risk of having a mineral deficiency than males, particularly so if their energy intake is low. A high quality multi-vitamin will be more than adequate in fulfilling these mineral recommendations.

## Fluid Intake

Proper hydration begins with the realization that hypohydration, an insufficient amount of water in the body, leads to physical and mental distress. This distress will adversely affect the capabilities of your athlete on and off the field.

There are many factors to consider when drinking the correct amount of fluids throughout the day, amongst which are the frequency, concentration of the drink, electrolyte contents, when is the most opportune time to drink, and the volume. Every athlete must settle on their own individual plan by eventually finding the one that fits their circumstances the best. This is not as simple as it seems since the development of these individualized plans comes by way of through meticulous trial and error.

A cautionary note here: Too much water can lead to a life threatening condition known as hyponatremia. Telling an endurance athlete to drink as much as they can is a dangerous practice and if you are doing this you may want to reconsider as it could be placing your athletes in a serious situation.

Marie Dunford, PhD, RD in Advanced Exercise Nutrition recommends an athlete drink:

- 500ml of fluid, two to three hours before exercise (500 ml = 17 ounces = 2 cups)
- 150-350 ml of fluid at 15-20 minute intervals during exercise starting at the beginning of the session (150-350 ml = 5 – 12 ounces, 8 ounces is one cup)
- $\geq$ 450 to 675 ml for every pound (0.5 kg) lost during exercise (450 to 675 ml = 15 to 22 ounces = 2 to 3 cups)

If you, as their coach, pay attention to your athlete's nutritional questions, you will be in an ideal position to gently guide them along the path of healthy eating and drinking habits. ■

# Scholarship for Student Teachers

## BURNETT-ENNIS STUDENT TEACHER SCHOLARSHIP

**Deadline: April 20<sup>th</sup>**

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 student teaching during the next year.

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 College Education Department.
- Submit your College Transcripts.
- Submit a short essay (250 words or less) that would include the answers to the following questions.
  - a. Why do you want to teach?
  - b. Previous experience coaching and teaching kids?
  - c. What do you want kids to say about you?
- After being awarded the scholarship, you must submit a letter from your college student teacher advisor as to verification of your placement.

### Personal Information (please print clearly)

Name \_\_\_\_\_  
Last First M.I.

College 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

**Check list:**  Application  Letter of Recommendation  College Transcript  Short Essay

***Your application must be received before April 20<sup>th</sup>.***  
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 30<sup>th</sup>.**

# HAWKES SQUAWKS

by Dee Hawkes  
Retired



One thing nice about retirement is that you have the leisure to look at time management in a different way. You can be up early, have coffee with your cronies and still be back home for oatmeal, catch up on some reading other than the sports page, and then figure out how to spend the rest of the day. But when you're coaching, managing time becomes a high priority. There are too many things to do with so little time to get it done, and before you bat an eye, it is game time. Being in competition brings on a whole new set of duties and issues in regard to the sport you're coaching.

I now have the leisure time to continue writing the *Squawks* whenever the mood suits me. Although this retiree has been talking about the preps for over 38 years, my prevailing view is that I still have some squawking to do. I have no plan for remaining silent as yet.

## **FULL TIME SPORT – NO TIME OFF**

When conversations turn to the preps, most of the older folks don't quite understand why an athlete puts all of his marbles in one basket.

Although not always a star, in the old days it was fun to play every sport you could, if given the chance. Acting under a different set of rules, playing each season with a new set of friends always seemed like the thing to do. It is difficult for us to sympathize with coaches whose parents buy into year round training where there is so much emphasis on off-season training. This includes all the time youngsters spend with personal trainers and specialist coaches. Just how

likely is the chance that all this effort will bring a scholarship? Clearly there is a need to build strength, improve speed, and get better skilled in the off season, but not without some reasonable down time. Determining what's best for athletes out of season isn't easy to define. My message is that we should do what's best for the athlete, and at times, back off.

## **BONE OF CONTENTION**

It defies comprehension. West Ridge Academy is a private boarding school in Utah for kids with behavioral problems. The students are put through a strict academic program and therapy for 10 months. The coaches, basketball players, and fans are programmed to lose every game they play in the season. For example, almost all the girls are playing organized basketball for the first time! So why in the world would they play a school like Christian Heritage, which beat them 108-3, and who started in the first quarter with a full court press. There is no mercy rule or running clock. The principal at West Ridge said, "There will be no policy changes; sometimes games are lopsided affairs. It's the nature of the game."

It remains obvious that ideals of sportsmanship, competing on a level field, the setting of goals, are not a concern, and according to the coach, being embarrassed really doesn't matter too. How unfortunate for those academy players to compete with coaches who believe players need to learn to sink or swim first. It would be sad if nothing changed for this out of touch world of prep sports.

Then on other hand, two Iowa high

school girls' basketball teams broke the national record for total points scored in a game. When we zero in on the score, which was 240 points, there apparently was no time to stop and play defense.

## **A MUST READ FOR BASKETBALL COACHES**

Scanning the horizon for new ideas in sports is fun and very interesting. Most books fall by the wayside, but a few are worth serious consideration, such as the new book by Troy Miles called "The Virtual Game of Basketball." Troy invites the readers to a basketball place where they might not have been before. His approach is to apply the math and science of the game, which never changes, in order to promote successful play. He states "Virtual Play" is the martial art of basketball. This book is about the fundamentals that center on economy and strategy of movement. Precision or "clean" techniques, such as explosive starts, stops, and the use of angles to create leverage and directional turns, in the long run will require less physical effort. This book demonstrates how to eliminate unnecessary movements. With "Virtual Play" all elements for a maximum outcome are broken down into digestible parts, which you can program into your system. It's based on the ability of the athlete to apply fundamentals with the use of a math and physics discipline.

Basketball books are a dime and dozen, mostly written with plenty of

Xs and Os and jammed full of basic fundamentals. What Troy's book gives you is the ability to look at the game more seriously and with a different set of eyes on body movement and basic fundamentals. As a basketball coach, one has to ask whether to stay in the box or move your comfort zone and see what "Virtual Play" has to offer. Troy was born into basketball and he began his journey as a player, fan, coach, and now as a trainer. You will pleasantly be surprised. Pick the book up on Amazon.com.

### SIDELINE SQUAWKS

Kudos to the Make-A-Wish Foundation for sending 13 kids and their families to the Super Bowl from all over the country. One of them was a 14-year old boy from New Jersey with a life threatening kidney illness. What made it special for him was his passion for football, which he can't play. . . . I am appalled, but not surprised, that the basketball rules for dribbling and traveling are not enforced. . . . Also, in games where both teams run and gun, it is my belief that a fourth official would certainly help in calling the physical play which occurs in the paint. . . . This quote from Oregon Football Coach Chip Kelly really has value. "Every day, you show who you are by what you do." Action has always spoken louder than words. . . . Neilan Pierce is the name of the youngster whose three-point shot with three seconds left gave his Squalicum Storm basketball team a victory. For the rest of his life, this special memory will have him telling, demonstrating, and bragging about how the ball swished through the net. . . . It would be hard to estimate the number of players Tom Merrill coached over his long distinguished career. For his love and dedication to the game, Tom was awarded the prestigious Tony Gasparovich Memorial Coach Award at the Seattle Chapter

of the National Football Foundation Brunch. Former winners include coaches Dave Lutes, Don James, Tom Ingles, Bob Jones, Jerry Parrish, Frosty Westering, Terry Ennis, Rollie Robbins, and John Fullerton. . . . One thing for sure, two of the best female wrestlers in the country are from this state. They are Kiana Will (Kingston HS) and Lauren Richardson (Bremerton). Both ladies compete in the 112 lb division.

### WE'VE GOTTA HAND IT TO THEM

Scanning the horizon for prep beat writers, there are three who caught my attention: *The Yakima Herald* has Scott Spruill, who covers the Yakima Valley with his prep blog, Meg Wochmick does the same for *The Olympian* covering 20 schools, and Greg Jayne, who writes for the *Vancouver Columbian*. They do more than just cover scores, statistics, and post league awards. They serve their local scene with stories and features about prep athletes. There is nothing amateurish about college recruiting. Everything under the sun, from arranging meetings with celebrities and giving red carpet treatment, which includes gifts, is used to sign a player. The stories told by recruiters read like a fable. College sports recruit, rebuild, and repeat using a turnstile that never stops turning. These days, recruiting services reach back into junior high programs to evaluate potential talent in any given sport. You don't have to look too far with a full menu online. My squawk is that this practice is out of bounds.

### WAIT A MINUTE

I have a big time beef with some coaches during the selection process to award post honors for

those who played. Too often, those who earn and deserve recognition for their stellar performances are bunched in with players who just played. At one time, during league meetings, there was an emotional tug of war to get your athlete nominated and selected. I've been there and done that. Now, it seems to come with the territory for some leagues to honor almost everyone who plays. Instead of a starting eleven football offensive players there are seventeen. In basketball, a starting five turns into eight, and everyone receives some sort of recognition even though it wasn't deserved. All league honors in any particular sport should be limited to the number of positions. As one climbs up the competitive ladder, bestowed honors should have value. It is not like playing in a youth sport where a trophy is awarded just for being on the team. There is far too much of this practice going on in all prep sports. At times, the media does the same thing. When everyone is honored to some degree, then really no one is.

This column allows me to reconnect with the past, enjoy the present, and keep following the new breed of coaches who teach their sport with class. So what is next? If you have something to share or just want to speak your mind, please email me at: [hawkes32@comcast.net](mailto:hawkes32@comcast.net). There is a time for all things.

See you around, I hope. ■

## RATES

If you would like to advertise in the *Washington Coach*, check out our rates!

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½ Page	4 Issues	\$320.00
¼ Page	4 Issues	\$200.00

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Contact Mike Schick at 253-848-9321

## ATHLETIC HALL OF FAME

The Federal Way Public Schools Athletic Hall of Fame honors district employees who have made a major impact on the district's athletic programs. The honorees represent the finest in athletic administration, coaching, program development and support. The common thread among the second class of four is a devotion to the students of the Federal Way Public Schools and leadership in the district's activity programs.

We are pleased to honor our 2010-2011 Hall of Fame class in tribute to those who paved the way.

### Steve Shireman

Steve Shireman attended high school at Sumner High where he lettered in football, basketball, and track. He went to State in track and his relay team set Sumner High School records in the 100, the 400 and 880 relay.

He attended college at Central Washington on a track scholarship where his relay team is still the current record holder for the 1600 meter relay set in 1968.

Steve began his 40 year teaching career at Lakota Junior High and completed it at Todd Beamer High School. During his career he taught PE, Health, Math, Science and History. He coached in the district for 33 years. His track teams took 13 district track championships. He coached several undefeated Boys' and Girls' Basketball teams and two undefeated, volley ball teams.

He retired after teaching high school at Todd Beamer and now lives in Edgewood where he just built a new home. His son Mike has replaced him at Lakota. Mike teaches Science.

### Terry O'Donnell

Terry grew up in West Seattle and went to Seattle Prep and Seattle University. At Seattle Prep, he played varsity baseball and basketball.

He began coaching in Federal Way in 1957 at Federal Way Junior High where he coached baseball.

He moved to Lakota when it opened up and he coached baseball and basketball at the school.

He then moved on to Thomas Jefferson High School in 1968 where he coached golf, track and basketball.

In 1977 he moved to Decatur where he coached golf, track and girls' basketball until 1992. In his career, he coached Dan Spillner and John Olerud Sr., both of whom played major league baseball. In track, he coached Merle Gregg, a state champion hurdler, and Tim Lyon, who was a state champion golfer.

### Jim Shireman

Jim graduated from Sumner High School in 1961, attended Washington State University his freshman year and Western Washington University his sophomore year. He interrupted his college education spending some time in the Army and traveling around Europe before eventually returning to WWU in 1968. He met his wife Dotty at Western and they were married in 1970. He has two daughters, both of whom are married, working and who each have two sons. They all live fairly close, so he sees his family often. Dotty and Jim are both retired and spend time each week helping take care of their grandsons, something they enjoy doing very much.

After graduating from WWU with a teaching degree in 1970, Jim began teaching at Sacajawea Junior High. He coached football at Sac for two years and then transferred to Illahee Junior High in 1973. At Illahee he coached football for 20 years and track for 18 years. In 1993, he transferred to Saghalee Junior High coaching track there for five years and football for four years. In 1998, he joined the Federal Way School District's Information Technology Services (ITS) Department where he worked for nine years until his retirement in 2007.

Jim says his teams won some games, won a few district championships and lost some games and championships. Regardless of whether his team's won or lost, he worked hard to recognize students' efforts and successes over the years.

"I believe we helped them feel good about themselves and take pride in their accomplishments. The very talented and inspiring teachers and coaches I was fortunate to work with and I fostered a strong team spirit and instilled school pride in our kids that was felt both on the field and in the classroom."

## Gil Juvinall

Gil graduated from Grandview High School in 1949. He participated in football, basketball, baseball and track. He then attended Central Washington University and graduated in 1953.

Gil spent the next two years in the Army, basic training in El Paso, Texas, and then a tour of duty in Korea.

He began his teaching career in Toppenish in 1955, teaching junior high 8<sup>th</sup> grade English and History. He later taught Math, Journalism and Speech. He coached football, basketball and baseball while at Toppenish.

Gil began officiating refereeing basketball, baseball and football games as a member of the Yakima Officials Association. After moving to the west side, he joined the Tacoma association and continued officiating until the late 1970's.

Gil married his wife Ruth in 1957 and they have three kids, daughters Patricia and Nancy and son John.

Current Hall of Fame members Sam Mitchell and Gary Brines both coached basketball in Toppenish as well. They both moved to Federal Way after Gil and people in Toppenish often referred to Toppenish as the coaches farm club for Federal Way.

Gil and his family moved to Federal Way in 1963. He started teaching at Mirror Lake Elementary and then

moved to Federal Way High School the following year. He taught social studies and English and then later P.E. and driver's training.

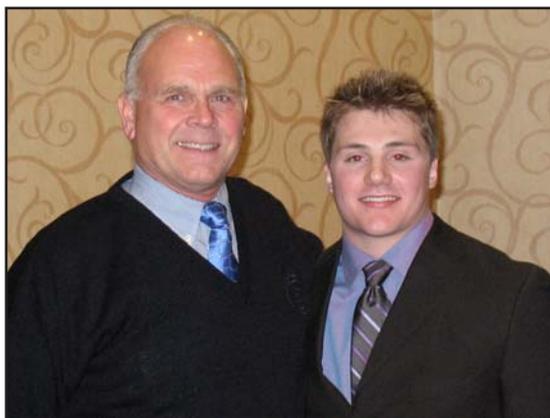
He coached sophomore football for several years and then became an assistant coach for Hall of Fame member Bud Hatley. When Bud became district AD, Gil became the head coach at Federal Way for three seasons. He also coached basketball and baseball for several years under Gary Brines and Bob Stewart.

Later, Gil moved to Illahee and taught and coached football before retiring in 1995. He continued to substitute in the district and teach driver's education until 2005. He and Ruth moved to Selah in 2007 and he continues teaching driver's education and substituting there.

## Greg Stock

Greg grew up in Port Orchard and graduated from South Kitsap High School in 1967. He played football, wrestled and ran track. After graduation, he went to Washington State University and graduated in 1971. One of Greg's teaching assistants at WSU, Ron Johnson, was later a principal in Federal Way and set Greg up with an interview, "and the rest is history," as Greg would spend his entire career in Federal Way Schools. He coached wrestling, baseball and track at Totem and Illahee for many years before retiring from coaching in 2003. ■

## Congratulations Terry Ennis Scholarship Winner RANDALL GORDON



*Randall Gordon and Rick Stubrud, the Athletic Director at Archbishop Murphy High School (AMHS). Randall is from AMHS.*

# Tired of dealing with non-coaching related issues?

Bryan E. Hoddle

www.bryanhoddle.com, 2004 Head Coach-USA Paralympic Track and Field Team - Athens

You only have so much time to teach the fundamentals, to implement the drills and workouts, to guide the teamwork and leadership into a cohesive unit, and to make sure everyone (including the parents) are where they are supposed to be at event time, warmed up and ready to compete! Are you tired of dealing with non-coaching related issues? Don't be.

It would be nice if we could just be a coach, right? Well, I've got news for you... That's not going to happen. If you've been in the coaching profession for any significant amount of time, you know that you also **have** to wear the hats of mentor/coach and sports psychologist for your athletes. This is never more true than today.

Let's look at a couple shortcuts on how to get the biggest returns (performance) using the limited amount of time you have to fulfill these areas that your athletes need from you. Let's face it, we are all in a big time crunch out there and it's to your winning advantage when you can turn around an athlete from "head case" to "mentally tough" in minutes.

## **1. Use your authority power to boost their ego.**

Everyone has an ego and loves getting a ego boost. It's important to always keep in mind that problems at home transfer right smack into your sport. The athlete feels like there are standing in mental quicksand. Forgetting this is probably the biggest reason for coaches not getting everything out of an athlete that they are capable of.

Sports has this cultural history starting from the days of Vince Lombardi when he said things like: "To achieve success, whatever the job we have, we must pay a price."

So when an athlete isn't performing, too many coaches just assume that the athlete isn't willing to "pay the price" and are willing to let them wash out of the system.

You could be throwing away talent!

Kids (and adults) these days have much more pressure and complex problems than we did. Daily life seems to be going faster and faster. The quickest way to help them bypass their problems and put their energy into their sport is to help them transcend their home problems and life challenges and leave them on the sidelines.

Adults are constantly commenting that they had a coach in their lives that influenced them more than their parents. Most young athletes look at their coaches like a Greek god – that is your power to influence! A coach has never had more influence than they do today. Often times it's what we do or the things that happen off the field or court that most impacts what happens on the field/court. Many times you can do more to improve your athlete's performance with a 2-minute conversation than weeks of drills if it goes something like this:

**Coach:** (looking right in the eye and speaking in an empathetic tone) Jones, I can tell something's going on with you. How can I support you?

**Athlete:** Well coach, I've got a lot on my mind. I haven't done as well as I like and stuff is going on in my personal life.

**Coach:** Listen Jones, I hear you and let me tell you something... Whatever your problems are, they can be overcome. All you have to do is believe in yourself and I'm going to get you started right now.

**I believe in you!** I think you have the potential to be one of the best. I know that if you find the strength to succeed here in (sport), then you will know that you have the ability to overcome anything else. I know you have it in you. I've seen you do some amazing things (name the specifics).

I really believe in you Jones! (make your athlete FEEL your words and he/she will reward you with performance like never before).

If you need more help in sorting out your personal life...(you've got some options here)

I will find someone who is really skilled at helping those who are struggling with the things you are struggling with.

or

We're both really busy, but let's schedule a time later when I can give you some help with that. We can solve this with the right plan.

For now, how about putting the personal stuff aside and show me why I believe in you!?

For some strange reason, many coaches rarely do this

kind of thing and it is so effective! Remember, people don't care how much you know until they know how much you care.

Your athlete is a human being with all sorts of things going on in his/her life. These are kids who have not figured out their identity or their personal power and are going through all sorts of crazy changes and obstacles. It's to your advantage to listen to and address these issues without feeling like you have to solve all of their problems. You don't. There is a lot of help at your finger tips.

I think the only thing that holds coaches back from doing more of this is the idea that they think they don't need to or can't find the time to do so! Well, the fact is the more you do it, the better their performance. Seeds invested now, will grow a rich harvest later. Plant those seeds of caring and listening.

**2. Be flexible and let go of your ego.** This is the hallmark of all sports psychologist and what it means is that you have to be what your athlete needs you to be at any given moment if you want their peak performance.

In other words, you will be 10 times more effective if you don't try to force every athlete to go along with your model of the world. Yes, that's what is done at the professional levels because there is more talent than positions and everyone is expendable. No student/athlete you deal with is expendable. Each makes up a valuable part of your team.

Instead, seek to listen to what is going on inside their head and ask yourself: "What does this person need to hear from me right now to make him/her feel powerful

and confident, cared for so they give you their all?"

What many coaches do is hear a problem, check into their memory banks and they ask themselves: "What has worked in the past?" and then they apply it without thinking outside the box.

Every athlete is different and unique! Slow down, open up your possibilities and trust your intuition to say "just the right thing" instead of going with knee-jerk pat responses you've always used. Stop trying to force square blocks into round holes!

Sometimes our way isn't always the most efficient way. Managers at big corporations have long ago learned that each employee responds to different motivational techniques. Take a clue from the business world here as billions have been spent on getting greater productivity from humans...and your athletes are humans.

I'm by no means an expert in this area, but will do everything I can to access those who can help me. There are so many assets out there to help you. This website is a great start and has revolutionized the way I deal with all athletes: [Mentaltoughensstrainer.com](http://Mentaltoughensstrainer.com)

You hold a magic wand as someone they look up to. Take that magic wand and touch those non-related coaching issues. The results will last a lifetime.

*Coach Hoddle is the track and field director for the Northwest Track and Field clinic, held each February. He's worked at the high school level, national level and international level in track and field and is currently working with amputee and traumatic brain injuries who have returned from Iraq and Afghanistan. ■*



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Official Video Producer of the Earl Barden East/West All-Star Game

## GRIZZLIES AT STATE

### The History of Hoquiam High Boys' Basketball in the State Tournament

by Bob McKean, Class of '60 © 2011

The story of the Hoquiam Grizzlies and the state high school basketball tournament is a long and storied one, dating back nearly 90 years. Growing up in the fifties in Hoquiam, I was often mesmerized by family members and teachers telling stories of the glory days of Grizzly basketball. Although annual Turkey Day football contest with Aberdeen remained the high point of the local athletic year, when February rolled around, harbor fans made plans for the annual trek to Seattle. Many made the journey even when their favorite team was not involved. One year a local radio station broadcast every game of the "A" tournament.

The tournament itself is quite a phenomenon. As high school basketball became popular in the early part of the 20<sup>th</sup> Century, it was only natural that the best teams in any area wanted to try their skill against another regional power. In 1922, UW basketball coach Hec Edmundsen had the idea to create a state tournament. After studying those in other states, he came up with a plan which was inaugurated in March, 1923 and had continued, with few changes in format, ever since. The first tournament was an invitational affair, with teams from all parts of the state represented. It was a double elimination tournament, and was held at the UW gym (HecEd Pavilion had not yet been built). Games were played continuously for three days.

For the next twenty years, the tournament remained virtually unchanged. The years following World War II saw an increase in both the number of high schools in the state and interest in high school basketball. In 1946, the WHSAA (forerunner to the WIAA) created a second tournament, called the "B" tournament, for schools with fewer than 300 students, to be held in Tacoma. The number of classes grew to three in 1958, four in 1969, five in 1998 (with new names...B, 1A, 2A, 3A and 4A) and finally the addition of a sixth "1B" class in 2007 for schools with about 90 students or fewer.

Unlike many local legends, HHS basketball stories were rarely exaggerated. In the 1930's and '40's and even on up through 1951, Hoquiam was a dominant figure on the state basketball scene. They were invited to represent the coastal teams in 1923, Chehalis and Vancouver were

chosen to complete the southwest Washington delegation. The Grizzlies lost their opening game to Almira, 17-16, but came back to win two games before losing to Yakima to take eighth place.

Hoquiam competed in seven of the first eight tournaments, placing 3<sup>rd</sup>, 4<sup>th</sup> and 6<sup>th</sup> once each. Beginning in 1934, the Grizzlies went on a great run of success. Those familiar with the Turkey Day game history will recall that those were the glory years for Hoquiam in football as well. The Grizzlies were blessed with great athletes and good coaching. They lost the championship game to Yakima in 1934 and to Valley in 1936, placed 3<sup>rd</sup> in 1938, won the championship in 1939, finished 3<sup>rd</sup> in 1940 and 8<sup>th</sup> in 1941, then took it all again in 1942. They were one of the favored teams again in 1943, but the WHSAA decided to cancel the tourney due to the war. Four more entries and two placings followed in the post-war era, and by 1951 Hoquiam's 18 tournament appearances were exceeded only by state powers Walla Walla and Everett.

The 1936 championship game bears mentioning. It is often mentioned in accounts of state high school basketball much in the same way the story "Hoosiers" celebrates the victory of tiny Milan High School in the 1954 Indiana championship game. Valley High School, in Menlo, Pacific County, knocked off giants Lewis & Clark of Spokane, Walla Walla and Everett in successive games. Their total margin of victory was six points. What is rarely mentioned is Hoquiam defeated Marquette of Yakima, Dayton, and Yakima High to advance to the finals. Valley won, 32-28, in overtime.

Hoquiam remained in the largest class (now 4A) as it changed from A to AA to AAA. The proliferation of large suburban high schools in the 1950's, '60's and '70's made it tougher and tougher for the Grizzlies to compete. In 1964 the tournament was modified to a regional format, with the top four teams advancing to finals. The 1969 Grizzlies ended a long drought by winning the Tacoma regional and beating Everett in the semi-final contest, only to lose to Ingraham of Seattle by a single point in the finals. Again in 1973 HHS advanced to the Tacoma regional, but were eliminated by Rogers of Puyallup.

Two years later Hoquiam moved to the AA level as

## WASHINGTON STATE FOOTBALL COACHES ALL-STAR GAME EAST-WEST EARL BARDEN CLASSIC

WHEN: SATURDAY, JUNE 25, 1PM  
WHERE: ZAEPFEL STADIUM, YAKIMA, WASHINGTON

The 2011 Earl Barden All-Star Classic will be held for the 17<sup>th</sup> straight year on June 25<sup>th</sup> at 1pm at Zaepfel Stadium in Yakima. The teams are selected from the nominations of the coaches from each league in our state. The selection process took place in early January and the players that have accepted their nomination and elected to play are included on these rosters (see following pages).

The game was started in 1995 with the financial and organizational leadership of Earl Barden. Earl was a successful businessman in the Yakima area and was highly influential in the support given by the Yakima community to start this game. Earl passed away in the winter of 1999 and the community of Yakima has embraced the game and continued in its tremendous support of the Classic.

We have always encouraged football coaches to become part of this game. If you are interested in becoming a "gopher" for the Classic, please contact me and I will get you "on the team!."

Anyone who is interested in contributing to the financial support of this event or knows of a sponsor please contact Coach Alex at the address/email/phone listed below.....thanks and Go WSFCA!!!!

**LET'S ALL MEET IN YAKIMA ON JUNE 25<sup>th</sup> FOR SUMMER FOOTBALL.....**

### **Earl Barden Classic Chairman: Bill "Alex" Alexander, Quincy HS**

201 C St. SE  
Quincy, WA 98848  
509-237-1590 (c), 787-3501 (w) Quincy HS  
[Alexfb1@msn.com](mailto:Alexfb1@msn.com) (h), [walexand@qsd.wednet.edu](mailto:walexand@qsd.wednet.edu) (QHS)

### **East Game Coordinator Selection Chair:**

Mike Lynch, [lynchm@ritzcom.net](mailto:lynchm@ritzcom.net)  
Greg McMillan, [mcmillan.greg@yakimaschools.com](mailto:mcmillan.greg@yakimaschools.com)

### **West Game Co-Chairs:**

Rob Friese, [robfr@willapa.wednet.edu](mailto:robfr@willapa.wednet.edu)  
Tom Bate

indicated by their enrollment. They advanced to the regional tournament three times in seven years but failed to advance to the Final Four. In 1988, the WIAA abandoned the regional format and replaced it with four old-style, 16-team double elimination tournaments. Then, in 1998, a "middle sized" class called 2A was created. It was smaller than the "big schools" but larger than the 1A and B classes. Both of these events were fortuitous for Hoquiam. They were finally back in a league in which they could compete on an equal basis, and making the cut at the district tournament meant a trip to The Show.

Beginning in 2002, the Grizzlies went on a five-year

run which netted them five trips to Yakima's Sun Dome for the state 2A tournament. In 2003, 2004 and 2006 they brought home trophies, winning their third and most recent state championship in 2004.

A reshuffling of the numeric limits of the six classes was made in the spring of 2010, and HHS began the 2010-11 basketball season with several returning players and a new league. As of this writing, it remains to be seen how successful the 2011 Grizzlies will be, but they are currently ranked 5<sup>th</sup> in the state in the newspaper polls. It would be a sweet thing indeed for Hoquiam to bring home another state trophy, 88 years after the first one! ■

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**2011 EARL BARDEN FOOTBALL ALL-STAR CLASSIC**  
**EAST TEAM**

<b>First</b>	<b>Last</b>	<b>HT</b>	<b>WT</b>	<b>Position</b>	<b>School</b>	<b>Coach</b>
Brendon	Barrington	6'3"	185	WR/S	Pullman	Craig McCormick
Dominic	Garza	5'9"	161	WR/DB	Prosser	Benji Sonnichsen
Carlos	Ramirez	5'8"	177	RB/LB	Toppenish	Jason Smith
Hayden	Wing	5'9"	160	WR/DB/KR	Kiona Benton	Charlie Hobbick
Keegan	McCormick	5'10"	180	RB/LB	Tonasket	Jay Hawkins
Chance	Watt	5'7"	155	RB/LB/LS	Riverview	Brett Jay
Kramer	Ferrell	5'10"	175	WR/DB	Ellensburg	Randy Affholter
Sawyer	Birdwell	6'5"	190	QB/DB	Colville	Randy Cornwell
Kraymer	Eppich	6'4"	225	WR/DE	Connell	Wayne Riner
Tyler	McNair	6'	190	QB/DL	Cashmere	Phil Zukowski
Brendan	Aguilar	6'1"	160	QB/DB	Omak	Nick Sackmann
Brady	Arnone	6'3"	195	QB/S	Clarkston	Dave Curtis
Alex	Teade	6'1"	185	QB/DB	Colfax	Mike Morgan
Joe	Sullivan	5'10"	165	WR	LaSalle	Jack McMillan
Bryant	Anderson	6'1"	190	TE/WR/DE	Connell	Wayne Riner
Dan	Feeny	5'11"	235	FB/LB	Mark Morris	Shawn Perkins
Kris	Cady	6'	185	RB/SS	Waitsburg/Pres	Jeff Bartlow
Joey	Strehlo	6'3"	215	FB/DE	East Valley Spo	Adam Fisher
Colby	Hanson	6'	190	RB/LB	Clarkston	Dave Curtis
Zach	Tackwell	6'3"	185	TE/DE	Mark Morris	Shawn Perkins
Dylan	Delay	5'10"	185	RB/LB/LS	Royal	Wiley Allred
Kellen	Morgan	6'1"	175	TE/DB	Colfax	Mike Morgan
Paul	Thomas	6'1"	185	TE/DE	Lakeside	Brian Dunn
Manny	Rubio	5'7"	175	OL/LB	Brewster	Ed Ashworth
Clay	DeBord	6'6"	250	OL/DL	Asotin	Sal Lopez
Rex	Lyle	6'	215	OL/DL	Connell	Wayne Riner
Blake	Lesko	5'11"	190	OL/DL	Goldendale	Don Strother
Julio	Barerra	6'1"	290	OL/DL	R A Long	Erik Bertram
Traven	Smith	5'11"	206	G/C/LB	Lind/Ritzville	Greg Whitmore
Sergio	Fuentes	5'10"	220	OL/LB	Kittitas	Merle Watkins
Riley	Schell	6'5"	295	OL/DL	TOR	Ken Lindgren
Will	Peters	6'2"	240	DI/OL	Chewelah	Jim Fisk
Kyle	Bailey	6'4"	240	C/DL	Prosser	Benji Sonnichsen
Quin	Courtney	6'1"	260	OL/DL	Chelan	Darren Talley
Nathaniel	Deardorff	6'1"	225	OL	Zillah	Rock Winters
Adrian	Garcia	5'11"	220	OT	Othello	Roger Hoell
Shawn	Burton	6'4"	300	OL/DL	Deer Park	Keith Stamps
Jake	Reynolds	6'1"	210	TE/DE	East Valley Spo	Adam Fisher

**Head Coach** Mike Morgan  
**Assistants** Greg Whitmore  
 Ed Ashworth  
 Jason Smith

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**2011 EARL BARDEN FOOTBALL ALL-STAR CLASSIC**  
**WEST TEAM**

<b>First</b>	<b>Last</b>	<b>Ht.</b>	<b>Wt.</b>	<b>Positons</b>	<b>School</b>	<b>Coach</b>
Kyle	Warner	6'3"	185	FS	Tumwater	Sid Otten
Zach	Baldwin	5'10"	205	RB/DB	Centralia	John Schultz
Brennan	Casteel	5'9"	175	RB, DB	Chehalis	Bob Wollan
Brady	Grondel	5'10"	175	LB	Tumwater	Sid Otten
Easton	Hargrave	6'3"	195	DE/DT	Tumwater	Sid Otten
Jackson	Kirkpatrick	6'1"	165	WR, DB	Anacortes	Bill Evans
Roman	Reyna	5'10"	205	RB/LB	Lynden	Curt Kramme
Steven	Elsner	6'5"	235	OT, DE	Mount Baker	Ron Lepper
Joshua	Tippins	6'4"	240	OL/DL	Lynden	Curt Kramme
Mitchell	Tripp	6'0"	185	LS, KR	Meridian	Bob Ames
Ryan	Newby	6'0"	190	OL, LB	Meridian	Bob Ames
Zack	Slesk	5'10"	175	QB, DB	Meridian	Bob Ames
Matthew	Friese	5'11"	170	QB, DB	Willapa Valley	Rob Friese
Ryan	Vongmixay	5'9"	150	RB, DB	South Bend	Tom Sanchez
Myron	Smith	5'10"	180	C, LB	South Bend	Tom Sanchez
Brycen	Holmes	5'10"	165	RB, DB	Toledo	Terry Holmes
Wade	Huett	6'2"	280	T	Stevenson	Craig McKee
Jackson	Wargo	6'3"	285	G, NG	Montesano	Terry Jensen
Dalton	Ritchey	6'0"	185	QB,S	Onalaska	John Hallead
Sean	McNealley	6'1"	165	QB/REC	Montesano	Terry Jensen
Reece	Stanley	6'2"	215	TE, LB	Napavine	Josh Fay
Tyler	Dotson	6'3"	230	LT, DE	Adna	K.C Johnson
Isaac	Yamamoto	5'7"	185	RB, ILB	Sequim	Erik Wiker
Ben	Hanson	6'3"	255	T	Kingston	Don Novick
Bakari	Davis	5'9"	185	RB/LB	Lindbergh	Pat O'Grady
Hamzah	Griffen	6'4"	230	TE, DE	Vashon	Clay Eastly
Derek	Simpson	6'2"	215	LB	Cascade Ch.	Randy Davis
Tana	Pritchard	6'4"	205	LB/DB	Clover Park	Jon Randall
Cody	Haavik	5'10"	190	RB, LB	Sumner	Keith Ross
Kyler	Howell	5'11"	195	RB, OLB	Concrete	Ron Rood
Jacob	Hansen	5'11"	203	OL/DL	Orcas Island	Dennis Dahl
Sam	Spiro	6'1"	200	TE, LB	Tacoma Baptist	Mark Smith
Luke	Peterson	6'2"	200	G, LB	Tacoma Baptist	Mark Smith
Tani	Tupou	6'2.5"	270	OL, TE	ABM	Dave Ward
Julius	Tevago	6'1"	295	OL,DL	ABM	Dave Ward
Thomas	Vincent	6'0"	195	QB, DB	Kings	Jim Shapiro
Austin	VanderWel	6'2"	195	QB, WR	ABM	Dave Ward
Justin	Lane	6'2"	210	QB	Lakewood	Dan Teeter

**Head Coach** Sid Otten, Tumwater  
**Asstistants** Pat Alexander, Tumwater  
 Josh Fay, Napavine  
 Bob Ames, Meridian

# 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

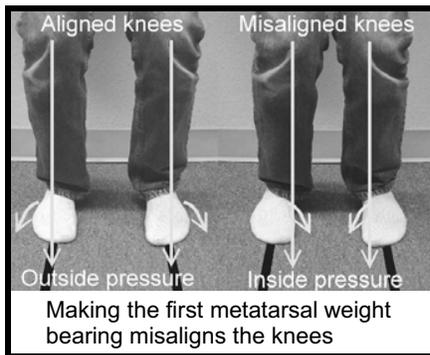
strong enough to prevent the arch from falling and the foot from hyperpronating. The fascia becomes over-tensed because of the lengthening of the arch and twisting of the foot.

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 down 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

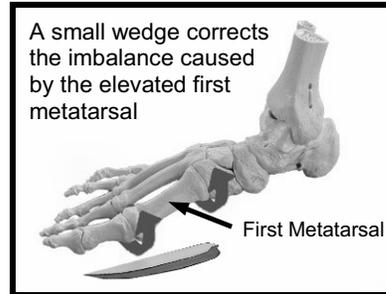
body respond as they always do when your toes (metatarsals) touch the ground. They push back against the ground, so making the first metatarsal and big toe feel the ground just slightly sooner make them push back slightly sooner—just like you did when you scrunched up your feet. It balances your feet 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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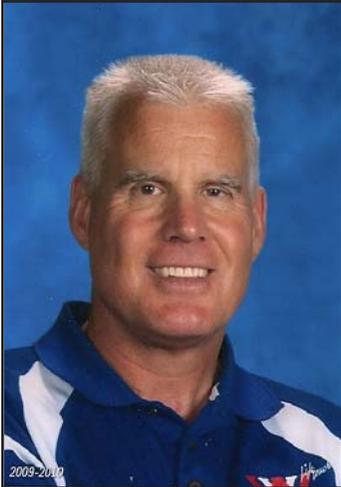
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# Thank You Coach Wonhoff - An Athletes Perspective

by Willapa Valley High School Football Team



*Editor's Note: Greg has coached football for 34 seasons. He also coaches basketball and baseball. Earning his BA in '73, Greg has attended Grays Harbor CC, St. Martins College and Eastern Washington University. He and his wife have 3 children. Coaching teams to state championships in 1979, '96 and coaching his son on the 2001 state championship team have been some of the highlights of Greg's career. Greg be-*

*came a coach because that was the only way he could get a teaching job, but he has remained in coaching in an effort to teach young men preparations for life. His proudest moments in coaching come from the moments when a former or current player says, "thank you." A favorite saying of Greg's, "we'll see." Coach Wonhoff has been in the WSCA for 14 years.*

*Coach Wonhoff is currently the football coach at Willapa Valley H.S.. The below essay was written by his players.*

It is a blazing hot Tuesday afternoon and school is just getting out. Most teenagers at this time are excited to go play out in the sun or hang out with friends, but for Willapa Valley football players it's working time.

I've played football all through high school and every year on Tuesdays it is our "Terrible Tuesday" practice. That is our conditioning practice where Coach Won is pretty much our drill sergeant for two hours. Coach Won works us until we are physically and mentally exhausted. We go through our ropes, we flip tires, run up hills, drive the five man sled, and run with cinder blocks over our heads. Pretty much anything you can think of that would get you tired our football team does it. But this works for us. Now most football players dread having to condition at all let alone a whole practice, but year after year Coach Wonhoff finds a way to make the Willapa Valley football players love Terrible Tuesdays. Coach Won's powerful voice telling us not to give up and that we will not always be tired gives the players confidence that we will obliterate the other teams during the games, which we do. Ev-

ery Tuesday our team will get over to our practice field filled with energy and adrenaline. With every single exhausting concoction that Coach Won has thought up for us to do, we work as hard as we can the whole time no matter what. At the end of practice when I have sweat sliding down my face and my legs feeling like Jell-O, I know that I can thank Coach Won for that.

After a few weeks of these Terrible Tuesdays, we as a football team are in our prime. Not only do we go through the sleds, cinder blocks, and tires, we have the big conditioning at the end. Normally we will do a 12 minute jog/sprint, which we jog for 30 seconds then sprint for 5 seconds for 12 whole minutes. Coach Wonhoff always says this is the perfect simulation to train for a game because a quarter in the sport of football lasts 12 minutes and a normal play in football lasts for about 5 seconds on average. The conditioning gets pretty exhausting, but I always feel that it prepares our team very well for game situations. Another conditioning exercise we have at the end of practice is ten perfect tens. We run ten 10 yard sprints with Coach Won telling us the count that it's on. If we jump offsides, then we have to start all over. This is a really good drill because it not only conditions the team but it helps us not jump offsides.

It doesn't matter what team we're playing because we will be the faster players at the end of the game. This is the picture if you don't know what I'm talking about. It will be about the 4<sup>th</sup> quarter with ten minutes left and our offense will break the huddle and sprint to the line of scrimmage because that is what we are taught to do. When we get there and get down in our stances while the other teams' defensive line will be down huffing and puffing and looking up to see our team ready to come back and get some more. This is a bad sight for those big linemen to see all these little guys ready to blow them back again. Being well conditioned is a big part of the game and whenever I feel like I'm getting tired I always hear Won's voice in the back of my head," C'mon Bobby you know that your better conditioned than the other team!"

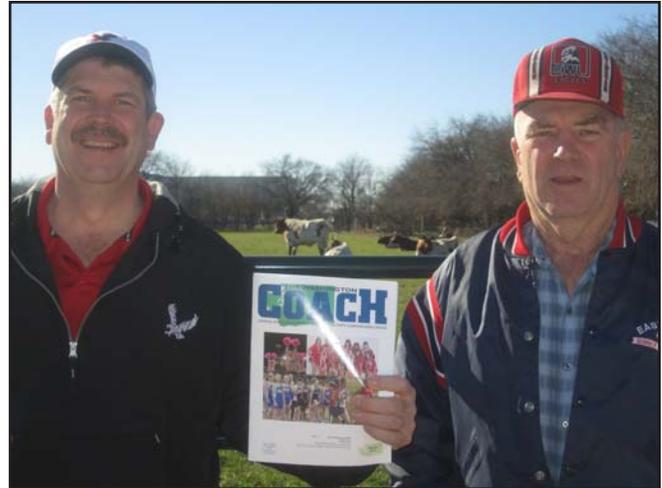
Since my freshman year, our football team has been the Pacific League champs every year. The Willapa Valley Vikings have dominated the Pacific League and every football season we thank Coach Wonhoff for that. I

*Continued on page 32*

## On the road with *The Washington Coach*!

Take your copy of "*The Washington Coach*" on the road, send us a picture and tell us where you are. You will have great reading anywhere you go. Send your picture and information to: [wsca-editor@comcast.net](mailto:wsca-editor@comcast.net)

Jordan Sneva, Stanwood High School Head Cross Country and Track & Field Coach - made this snowman with his son in January.



Rob Friese and his dad Skip, with some longhorn cattle in the background, were in Frisco, Texas to watch Eastern Washington University win the national championship.

## Washington State Football Coaches Association TERRY ENNIS SCHOLARSHIP



Watch for the application in our  
*Summer issue.*

*Continued from page 31 - Coach Wonhoff*

do not think that we would excel as a team if we were not well conditioned. And almost every Tuesday Coach Won will tell our team, "Nobody is working as hard as us boys!" This makes me believe that we are the hardest working team out there, and that makes me work even harder. I specifically remember my junior year playing against Concrete in the first playoff game. This was my first year starting and would be the first playoff game that I'd ever played in. I was extremely nervous and Coach Wonhoff must have been able to tell because he came up to me and said, "Bobby, just remember how hard you've worked to get here and you'll do fine". As the announcer yelled out my name for starting lineups, I totally forgot my nervousness and looked over at Coach Won and just smiled. We ended up winning that game by a landslide and I was

so happy afterwards. Coach Wonhoff's words always seem to stick in my head in football and are the one motivators that keep me going during the times that I am most tired.

Coach Wonhoff is the most inspirational coach that I've ever had. His words are constantly going in my head telling me to try harder or not to give up. No matter what he says it always seems like the perfect "pump up" words. "Pump those legs boys!" "Just get done what we need to get done." There are millions of quotes that Coach Wonhoff says throughout the day but the one that defiantly inspired me the most was during the playoff game. I was so nervous but Coach Won's words seemed to relax me and made me play great. There aren't many coaches out there like Coach Wonhoff and am I sure glad that I have him as a coach! ■



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