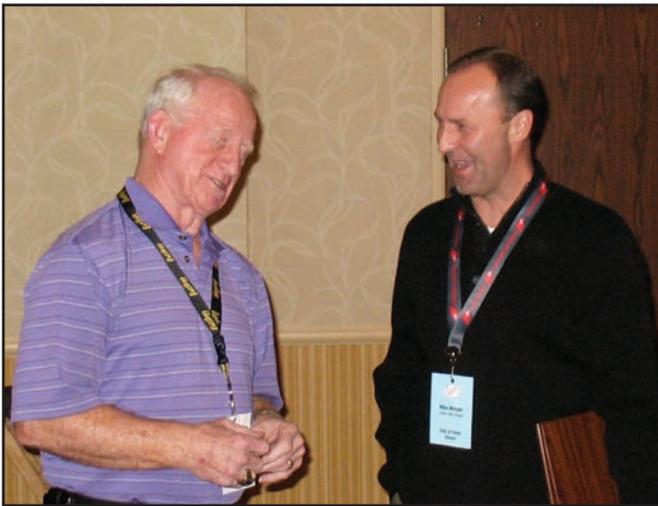


# THE WASHINGTON GOACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



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# From The President

Spring 2014

Hope that this finds you all in good health as you are either wrapping up your winter sports season, preparing for the spring, or fully rested from the fall. How about those Seahawks! What a great experience for our state of Washington. Their Super Bowl victory was something that brought us all together as one as we all reveled and felt a part of their success this past year. At the time of this current letter, I had to just postpone our winter WIBCA meeting due to the heavy snowfall that recently took place. I very much look forward to these meetings and the collaboration that takes place with good friends and colleagues. I can honestly say that being a part of WIBCA is one of the great rewards of coaching. Had a quick conference call early in the AM after the snowfall to discuss with several board members how to best handle the situation and in talking to our board members it reminded me that, although we may differ in opinion at times, our respect and commonality of doing what is best for coaches and student-athletes is our main mission. My point here is what are you doing to make your sport better?

There is no doubt each of you wakes up each day with the daily goal of making your team better. We each go about that in our own unique way but that is what makes coaching great. Since we have our own way of doing things, a way that each of us believes in, that there is how you can make your sport/association better-respectful collaboration! Each of you has an Individual Sport Association (ISA) representative that meets with other ISA's bi-annually to discuss many different topics and share ideas to make the WSCA and each association better and stronger. That being said each of you can make your association that much better by simply GETTING INVOLVED. How you may ask? Contact your ISA rep whose email is located towards the front of this magazine. Attend any association meetings your sport may have, email ideas and thoughts to your ISA rep, or help out at an All State contest your association may put on. Simply GET INVOLVED. You find it will make you a better coach, it will add to the rewards of you coaching position, and mostly you will find it fun.



As I wrap up another season coaching at Mountlake Terrace I look forward to the off-season.....why? Well it is the "off-season" and we all need to catch our breath. However, I much look forward to the opportunity to make myself better as a coach. I look forward to the clinics and professional development opportunities. I look forward to watching the NCAA tournament and seeing the teams and coaches and their X and O strategies they use and jotting them down. I look forward to hearing from other high school coaches what makes their programs successful. I look forward to hearing all this, putting it down, and next June and November trying something new and different with the student-athletes I am fortunate to coach. As with teaching, coaching and the professional development opportunities that are out there simply make us better and more confident in the job we do.

Please continue to promote the WSCA to your colleagues and fellow coaches that are not members. It is quite obvious that as our membership grows to a record number that coaches are not cancelling membership; rather numbers show that more and more are finding that the benefits far outweigh the nominal fee. If you ever have any questions or suggestions on how we can make our association better please contact your ISA representative or I as we would like to hear your thoughts and ideas.

Respectfully,

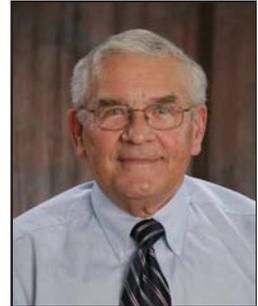
Nalin Sood  
President, WSCA ■

# From The Sidelines

by Jerry Parrish

**“There is a King in every crowd”**

*Russell Wilson, Seattle Seahawks*



The annual WSFCA football clinic held in Everett was very successful. Good attendance and coach Ed Laulainen and his clinic staff put on a good worthwhile clinic. I like the slogan—“High school clinic for high school coaches” as the theme used for the entire agenda and it was closely followed.

One of the highlights of the mid winter clinic was the induction of new WSFCA Hall of Fame members. The new members are Gordy Elliott (Auburn), Rob Friese (Willapa Valley) and Dave Ward ( Sedro-Woolley). Each coach did an excellent job sharing with the audience what coaching had done for them and a large deal of gratitude was offered for being able to coach great young athletes. Each also shared experiences they had that were “forever memories”.

Another highlight of the clinic was the presentation of a valued award to the creator of Hawkes Squawks. WSCA President Nalin Sood wrote a letter of praise presented to coach Dee Hawkes for his 40 plus years of service to the WSCA. “See you around, I hope” is the keynote that Dee has used to close his many columns. Washington Coach magazine Editor Mike Schick and many other coaches praised coach Hawkes and his tongue in cheek columns aimed at critical issues in Washington State High School athletics. Dee, a job well done.

Also honored were Greg McMillan (Selah) the Gold Helmet Award winner for his contributions to the football coaches association and Dave Rasbach, sports writer from the Bellingham Herald, was presented the Silver Helmet Award .

## ORCHIDS

■ As of February 8, 2014, WSCA’s membership is 3179—an all time membership high for this time in the year. Membership has been emphasized by the WSCA Executive Board by promoting WSCA membership dues be paid using credit cards. Also, many school districts in our state are joining in registering many of their coaches.

■ Basketball and Wrestling coaches who took the initiative to create their own clinics. WIBCA and Girls Basketball held their clinic in October in Yakima. The first weekend in November, the Wrestling coaches had a great clinic in the Tri-Cities. Keep up the good work and hope these clinics blossom in the future.



■ The Washington State Track and Field Coaches Association held their annual clinic in Everett in mid January. Good attendance and the new Hall of Fame Inductees for Track and Field are Lloyd Pugh (South Kitsap), Phil Pugh (North Mason), Cliff Nixon (Bellevue) and Mark Smith (Tacoma Baptist). ■



# THE SEQUENTIAL TEACHING OF COORDINATION EXERCISES

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

Coordination, defined as the balanced and effective interaction of movement resulting in a harmonious functioning of parts for effective results, is an essential ingredient in a successful sports career. It is the ability of the body to move easily, efficiently, and effectively in executing a given skill.

As in most aspects of learning, there is a sequence of actions which if followed will most likely lead to a successful outcome. Coaches generally agree that three levels of mastery exist, with each level dependent upon the learning and executing of the previous level.

## **Level one - Learning a movement with little emphasis placed on the speed of the motion.**

- ◆ According to sports scientists, the best means of developing coordination is with games and simplified ball games. This is especially true for the younger school-age child between seven and 12 because doing so fits this age groups psyche. The middle-aged students and athletes between 12 and 14 are attracted to the more difficult tasks such as obstacle courses, standing in front of a partner and mirroring of their movements, and acrobatics or gymnastics.

## **Level two - Increasing the speed of movement while maintaining precise control of the movement patterns.**

- ◆ During a child's pubescent period, the performance of coordination and the development of technical prowess in an exercise depend to a certain extent at what stage they are at in their growth spurt. If they are gradually increasing in height and overall body size, while at the same time developing a deeper reservoir of skills it is easier for the coach to increase both the volume and the difficulty of their coordination training.
- ◆ On the other hand, if the growth spurt is rapid, as evidenced by noticeably large physical changes in

their body, then it is best to limit the quantity of the more challenging coordination exercises. After they regain better control of their body, they can once again resume training with the more complex exercise patterns.

## **Level three – Changing some of the movement pattern exercises with new ones or do the previously learned ones under changing conditions.**

- ◆ An athlete responds best to periodic change and if you expect to see results then consider changing out 10 to 20% of your old exercises and replacing them with new coordination exercises. Following this recommendation is important for this reason: in sports that stress precise techniques, the ability to improve constantly depends a great deal on having a large repertoire of learned movement patterns. Each one builds upon the preceding one.
- ◆ However, don't throw these exercises out forever. They are still usable with new groups. Along a similar line, you may want to consider getting rid of the ones that were ineffective.

Now this last point relies upon the recognition of what the speed barrier is. For those of you who are not familiar with it, in broad terms it means if you have an athlete that you are always pushing to go as fast as they can in every practice, they will learn to only go that fast. There has to be a break, otherwise they will remain stagnant in their speed, which will lead to an early plateau that is difficult to break through. A similar barrier exists in

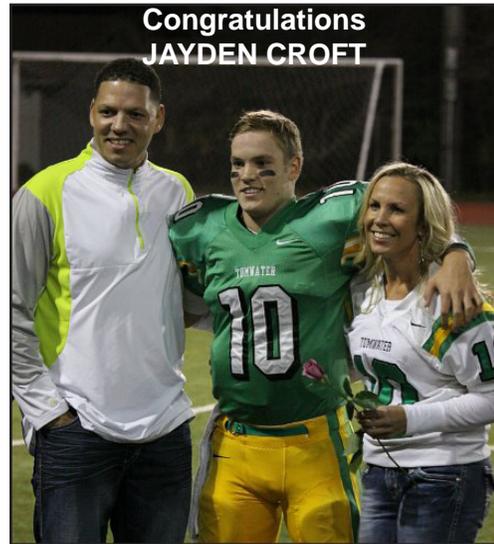
As in most aspects of learning, there is a sequence of actions which if followed will most likely lead to a successful outcome.



### Terry Ennis Scholarship

The Washington State Football Coaches Association announces the presentation of its prestigious Terry Ennis Scholarship award to Jayden Croft.

The award recognizes an outstanding senior football player who represents the finest qualities of integrity, academic excellence, intensity and leadership. Jayden attends Tumwater High School and will graduate this June.



Jayden is pictured with his parents Tana Otton and Derric Croft.

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strength training if the athlete keeps lifting too often at a consistent high intensity.

The same is true for coordination exercises. Using the same exercises all the time creates staleness in a program. This ultimately leads to a decline in your athlete’s ability to learn a greater quantity of these complicated coordination movements. Which means another athlete with these advanced skills will leave them behind in competition.

**Change the conditions** by adding distractions, additional opponents, tighter coverage, slight resistance (the added resistance must not under any circumstances alter

the exercise technique), speed chutes, bulky clothing.... Use your imagination when changing the conditions under which the coordination exercise is performed.

But always keep in mind that the technique they learned has to remain impeccable during these different conditions otherwise the training session will be wasted.

As the old saying goes, “variety is the spice of life.” Once you have accepted this fact, you are going to produce better athletes. ■

# WSSCA ALL-STATE 2013 FALL SOCCER TEAMS

## GIRLS 4A, 3A, 2A, 1A, AND BOYS/GIRLS 2B-1B

COACHES-POLL, AS VOTED ON BY WASHINGTON STATE SOCCER COACHES ASSOCIATION MEMBERS

### Class 4A

**MVP** – Savannah Hoekstra, Forward – Central Valley  
**Coach of the Year** – Andres Monroy – Central Valley

#### First Team

**Forwards** – Devan Talley, Jr, Issaquah; Gabriela Pelogi, Jr, Federal Way; Savannah Hoekstra, Sr, Central Valley; Morgan Weaver, Soph, Curtis

**Midfielders** – Lexi Klinkenberg, Sr, Kentridge; Anyssa Devera, Soph, Camas; Jordan Branch, Sr, Skyline; Jessica Udovich, Jr, Puyallup

**Defenders** – Lyrik Fryer, Jr, Issaquah; Brooke Pingrey, Sr, Snohomish; Abbey Porter, Jr, Skyline; Maddie Sjothun, Sr, Union

**Goal Keeper** – Megan Charlton, Sr, Kentwood

#### Second Team

**Forwards** – Mia Corbin, Soph, Tahoma; Alysha Overland, Jr, Moses Lake; Kelsey Turnbow, Fr, Central Valley; Rachel Wheeler, Sr, Issaquah

**Midfielders** – Stephanie Overland, Jr, Moses Lake; Abby Morrow, Sr, Inglemoor; M’Kenna Hayes, Sr, Kentridge; Kelli Sullivan, Jr, Skyline; Annie Hoffman, Jr, Issaquah

**Defenders** – Megan Spataro, Jr, Olympia; Abbie Litka, Sr, Skyline; McKenna Stocker, Jr, Central Valley; Amanda Ellinghaus, Jr, Curtis

**Goal Keeper** – Molly Stinson, Sr, Woodinville

#### Honorable Mention

**Forwards** – Kara Marbury, Sr, Mead; Delaney Lindahl, Jr, Union; Peyton Chick, Soph, Kentridge; Amanda Johnston, Jr, Skyline

**Midfielders** – Ameer Hussen, Fr, Todd Beamer; Melissa Foster, Sr, Union; Jordyn

Bartelson, Soph, Puyallup

**Defenders** – Lynnae George, Jr, Jackson; Ally Carrigan, Jr, Kentridge; Mason Minder, Soph, Camas; Martha Heaps, Sr, Mead

**Goal Keeper** – Marie Matthews, Jr, Camas

### Class 3A

**MVP** – Ellie Heiden, Sr, Forward – Kamiakin  
**Coach of the Year** – Tami Nguyen – Liberty

#### First Team

**Forwards** – Isabelle Butterfield, Sr, Bellevue; Natalie Vukic, Sr, Bainbridge; Ellie Heiden, Sr, Kamiakin; Madison Reynolds, Sr, Columbia River

**Midfielders** – Mary Ann Santucci, Sr, Seattle Prep; Madison Adams, Sr, Bonney Lake; Margot Maraghe, Jr, Nathan Hale; Sydney Shintaffer, Sr, Hanford

**Defenders** – Sophia Wagner, Sr, Auburn Mountain View; Ana Delgadillo, Sr, Columbia River; Lauren McKinney, Sr, Kamiakin; Bree Lane, Sr, Southridge

**Goal Keeper** – Frida Swensen, Sr, Shorecrest

#### Second Team

**Forwards** – Emily Crichlow, Sr, Meadowdale; Jacquelyn Anderson, Sr, Liberty; Milla Benedetti, Sr, Mountain View; Amanda Klep, Sr, Marysville-Pilchck

**Midfielders** – Brianna Turley, Sr, Kamiakin; Hannah Sanders, Sr, Southridge; Charlene Burger, Sr, Columbia River; Hannah Templeton, Soph, Kennewick

**Defenders** – Rachel Ensign, Soph, Kamiakin; Ashlee Pedersen, Sr, Mt. Spokane; Carly Bannerman, Jr, Ferndale; Tyfani Chin, Sr, Foss

**Goal Keeper** – Abby Rockewell, Sr, Seattle Prep



### Honorable Mention

- Forwards – Rilee Castilla, Fr, Kamiakin; Emma Bergstrom, Sr, Interlake; Chelsea Delgado, Sr, Hazen
- Midfielders – Celia Story, Jr, Bainbridge; Michelle Foster, Sr, Southridge; Faimee Farrell, Sr, Interlake
- Defenders – Bret Baysinger, Sr, Hanford; Heather Donais, Soph, Kamiakin; Olivia Ovenell, Soph, Seattle Prep
- Goal Keeper – Emily Busselman, Sr, Hanford

### Class 2A

- MVP – Alyssa Murray, Defender – Sumner  
Coach of the Year – Robi Turley – Sumner

### First Team

- Forwards – Rylee Seekins, Soph, Hockinson; Taryn Ries, Fr, Ridgefield; Kim Hazlett, Soph, Squalicum; Whitney Lowe, Sr, Black Hills
- Midfielders – Cali Crisler, Sr, Archbishop Murphy; Madi Gale, Sr, Fife; Brooke Lancaster, Jr, Sumner; Makensie Forsyth, Sr, Prosser
- Defenders – Alyssa Murray, Jr, Sumner; Cecilia Nguyen, Sr, Archbishop Murphy; Rachel Dorr, Soph, Squalicum; EmmyLee Holt, Jr, Mark Morris
- Goal Keeper – Jamie Lange, Jr, Sumner

### Second Team

- Forwards – McKenzie Cook, Jr, Klahowya; Kim Dorr, Soph, Squalicum; Kristi Bartz, Jr, Archbishop Murphy; Sadee Kallis, Sr, West Valley Yakima
- Midfielders – Hattie North, Jr, Bellingham; Alex Rankin, Sr, East Valley Spokane; Claire Feeney, Soph, Archbishop Murphy; Emily Webster, Sr, Sehome
- Defenders – Katie MIndnich, Jr, Sehome; Alyssa Barden, Soph, West Valley Yakima; Brooke Richardson, Jr, Archbishop Murphy; Sydnie Cole-Vogler, Jr, Hockinson
- Goal Keeper – Stephanie Gibson, Sr, West Valley Yakima

### Honorable Mention

- Forwards – Jordan Thompson, Fr, Sumner; Sierra Parsons, Sr, Foster; Jordyn Voyles, Jr, Ridgefield; Laruen Gibb, Sr, Squalicum
- Midfielders – Julia DeVere, Jr, Squalicum; Riley Steele, Soph, West Valley Yakima; Taylor Sekyra, Jr, Lake Washington; Michelle Saunders, Jr, Squalicum
- Defenders – Davien Engeberg, Jr, West Valley Spokane; Julia Carter, Sr, WF West; Megan Fox, Jr, Ridgefield; Jessica Ingle, Sr, Fife
- Goal Keeper – Amber Nielson, Sr, Fife

### Class 1A

- MVP – Beth Stella, Forward – Kings  
Coach of the Year – Alex Duxbury – University Prep

### First Team

- Forwards – Beth Stella, Sr, Kings; Machaela Graddy, Sr, Eatonville; Mia Bladin, Sr, Northwest; Alissa Soo, Sr, University Prep; Sofia Barsher, Sr, Seattle Academy
- Midfielders – Taylor Lunde, Sr, Meridian; Tianna Helm, Sr, Cashmere; Linnea Soo, Sr, University Prep; Deanna Avalos, Jr, La Salle
- Defenders – Jocelyn Cook-Cox, Jr, Lakeside; Ashton Perry, Sr, Kings; Morgan Gaston, Jr, Seattle Christian; Olivia Thomson, Sr, University Prep
- Goal Keeper – Regan Gibbs, Jr, Naches Valley; Emily Mark, Sr, Seattle Academy

### Second Team

- Forwards – Grace Martin, Sr, La Salle; Camryn Althausser, Sr, Rochester; Claire O'Brien, Sr, University Prep
- Midfielders – Heidi Fronk, Jr, Kings Way; Kaley Roberts, Soph, Naches Valley; BryLee Whitney, Sr, Warden
- Defenders – Lily O'Connor, Sr, La Salle; Karissa Culley, Sr, Meridian; Hannah Quinn, Fr, Montesano; Noelle Huck, Jr, Naches Valley
- Goal Keeper – Heidi Blankline, Jr, Eatonville

*Continued on page 8*



### Honorable Mention

- Forwards** – Tyler Lime, Jr, Naches Valley; Ashley Cook-Cox, Sr, Lakeside; Haley Belanger, Sr, Meridian; LeeAnn Rhoden, Sr, Montesano; Brooke Goldsmith, Sr, Elma; Abigail Kim, Soph, Seattle Christian
- Midfielders** – KK Voss, Sr, Eatonville; Anna Parker, Soph, Kings; Megan Barwick, Jr, Seattle Academy; Sierra Seymour, Jr, Rochester
- Defenders** – Makenzie Matthes, Jr, Naches Valley; Gretta Quinn, Sr, Kings; Sara Dougan, Jr, Lynden Christian
- Goal Keeper** – Sydney Gospodinovich, Fr, Meridian

### Class 2B-1B - Girls

- MVP** – Caroline Bridgewater, Midfield – Bear Creek  
**Coach of the Year** – Brandon Gonzales – Bear Creek

#### First Team

- Forwards** – Desere'e Doty, Jr, Crosspoint Academy; Emma Laurion, Jr, Crosspoint Academy; Sara Hastings, Soph, Bear Creek; Regyn Gaffney, Jr, Adna
- Midfielders** – Caroline Bridgewater, Sr, Bear Creek; Brittany DiGenova, Sr, Bear Creek; Jill Leszynski, Soph, Bear Creek; Chayse Jones, Sr, Crosspoint Academy
- Defenders** – Sammy Olson, Jr, Bear Creek; Fridah Mwaura, Sr, Mt. Rainier Lutheran; Aisha Herrejon, Sr, Bridgeport; Melyssa Nocis, Soph, Adna
- Goal Keeper** – Tessa Bruland, Sr, La Conner

#### Second Team

- Forwards** – Mary Davis, Soph, Ocosta; Natalie Sakuma, Sr, Mount Vernon Christian; Jodi Anderson, Jr, Evergreen Lutheran

- Midfielders** – Sage Atkins, Jr, Napavine; Tori Hammond, Sr, Seattle Academy; Grace Hamre, Soph, Napavine; Kaitlyn Cultee, Sr, La Conner
- Defenders** – Samantha Martinez, Fr, Bridgeport; Viridiana Santana, Bridgeport
- Goal Keeper** – Dallas Parker, Sr, Evergreen Lutheran

### Class 2B-1B Boys

- MVP** – Jeremiah Lee, Midfield – Grace Academy  
**Co-Coach of the Year** – Mark Ruhlman, Grace Academy and Mark Grimm, Waitsburg-Prescott

#### First Team

- Forwards** – Jonathan O'Neil, Sr, Crosspoint Academy; Tyler Houtsma, Jr, Mount Vernon Christian; Casey Slattery, Sr, Tacoma Baptist; Erik Muelheims, Sr, Saint George's
- Midfielders** – Caleb Bonner, Sr, Shoreline Christian; Jeremiah Lee, Jr, Grace Academy; Pablo Guirao, Jr, La Conner; Kirk Gartrell, Sr, Riverside Christian
- Defenders** – Matt Arlt, Soph, Saint George's; Austin Letterloh, Sr, Tacoma Baptist; Joshua Lee, Sr, Grace Academy; Alex Davisson, Sr, Bear Creek
- Goal Keeper** – Peter Worrall, Sr, Saint George's

#### Second Team

- Forwards** – Kyle Huber, Sr, Crosspoint Academy; James Hurd, Jr, Mount Vernon Christian; Ivan Figueroa, Fr, Waitsburg-Prescott; Nik Avakyan, Sr, Saint George's
- Midfielders** – Ernesto Valdovinos, Jr, Waitsburg-Prescott; Luke Blankenbeckler, Sr, Bear Creek; Luis Garcia, Soph, Waitsburg-Prescott
- Defenders** – Stan Leszynski, Sr, Bear Creek; Colin Cremers, Soph, Saint George's
- Goal Keeper** – Isaiah Van Dam, Jr, Grace Academy; Ben Cooksley, St, Tacoma Baptist ■





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## TALK TO YOUR COACH TO LEARN MORE.

# Sports Nutrition Navigator

## WIAA Coaches Express 2013 FAQs



More than 30 coaches attended the WINForum nutrition clinic at the WIAA's Coaches School Express at Kentlake High School. WINForum Advisor and Former UW Athletics Dietitian, Emily Edison MS, RD, ACSM-HFS, offered suggestions on how coaches can talk to their athletes about nutrition. The following questions and answers came from coaches attending the WINForum session. **E-mail your questions and comments to [info@winforum.org](mailto:info@winforum.org). Review Emily's complete presentation at [WINForum.org/WINForum](http://WINForum.org/WINForum) clinic summaries.**

**Question:** *What role does nutrition play in making athletes bigger, faster and stronger?*

**Answer:** Muscles may be made in the weight room – but they are actually maintained, repaired and rebuilt in the kitchen. After a tough work out, dietary proteins are critical in muscle tissue recovery. Our bodies digest the protein we eat to create a pool of amino acids, which produce new muscle proteins. Our cells can't manufacture these amino acids without the proper dietary proteins, found in lean meat, dairy and eggs. Without the enhancement from adequate sleep, balanced nutrition and constant hydration, those extra reps may just be useless.



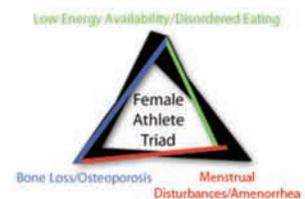
**Question:** *How can we encourage healthy eating on a budget?*

**Answer:**

- Buying in bulk helps to get the best value. Bagged apples, for instance, are cheaper than individual apples and bulk string cheese packages will cost much less than singles from your local grocery store.
- Making a surplus of food when you prepare a meal helps to make the most of the ingredients and saves time. Freeze extra portions for convenient weeknight fuel.
- Planning menus ahead of time and keeping a list can help save hundreds of dollars a year on the grocery store bill. Experts say that making a list helps avoid the "impulse" purchases we end up making – items we really don't need.
- Looking for deals, buying generic, and participating in customer loyalty programs are just a few other ideas for eating well on a budget.

**Question:** *What do I need to know about the "female triad" and how can I effectively talk to my female student-athletes?*

**Answer:** In female athletes, an energy deficit may be seen in the form of the Female Athlete Triad, which refers to the relationship between low energy availability, loss of menstrual periods, and



bone loss. The health-related consequences of the Triad, such as osteoporosis, can be devastating and even end a young person's athletic career. Coaches should consider approaching their student-athletes if there are signs of fatigue, decrease in performance, withdrawal, depression, moodiness, frequent bathroom visits after eating, or if injuries are not healing. In a private setting, express concern, use examples, set a time to follow up and encourage communication with parents. To get more information about the Triad, go to [www.femaleathletetriad.org](http://www.femaleathletetriad.org)

**Question:** *How can we get student-athletes to take nutrition more seriously?*

**Answer:** Tell your athletes that underestimating the role nutrition plays in daily life will leave one athlete vulnerable to a competitor who takes it seriously and has the edge. High-school student-athletes are not only competing at an entirely new level, they are also still growing. So in addition to the normal nutritional needs of a teenager trying to reach full growth potential, the brain-power expended for studies coupled with the physical demands of high school sports is a new reality of responsibility, balance and discipline that should get any student-athlete's attention.

The Washington Interscholastic Nutrition Forum (WINForum) provides science based nutrition information to help coaches and athletes understand the importance of healthy eating for peak performance. WINForum recommends healthy, well-balanced eating that includes fruits, vegetables, whole grains, protein and low fat or fat-free dairy. Go to [www.facebook.com/WINForum](http://www.facebook.com/WINForum) to Like us, and follow @WINForum.org on Twitter.



## WASHINGTON STATE FOOTBALL COACHES ASSOCIATION Hall of Fame 2013



**Dave Ward**

Dave graduated from Shadle Park HS in 1972 and then earned a degree from Whitworth College with a major in English in 1977. After starting at linebacker for three years on Pirate teams that won a league championship his senior season, Dave became the offensive line coach as a graduate assistant. He recalls beating EWU in football three of the four years he attended Whitworth.

Dave was hired in the Cheney School District teaching various grade levels and coaching multiple sports. The Ward family relocated to Whidbey Island in 1990 where Dave was offered the head football job at Oak Harbor HS a year later. The Wildcats earned a berth in the state playoffs for five of the last six years Dave coached at Oak Harbor winning the school's first state championship in 2006.

After 18 years in Oak Harbor and 30 years of teaching in the state of Washington, Dave retired in 2007. Archbishop Murphy HS hired Dave to lead their football program in 2008. Over the next four years, AMHS football teams posted a 48-6 record with four trips to the state semi-finals

and two trips to the state championship game.

In March 2012, the Sedro-Woolley School District offered Dave the opportunity to return to public schools to teach English and coach football. The Cubs qualified for the state playoffs last season and finished with an 8-3 record. Dave has been in the state playoffs in 10 of the last 12 seasons with three different teams and a combined record of 118- 27. Dave and his wife Chris met at Whitworth and have been married for 37 years. They are currently building a home in the Skagit Valley where they hope to once again retire.



**Rob Friese**

Rob graduated from Willapa Valley HS in 1981 where he was a member of three state championship teams, two in football and one in basketball. He walked on at Eastern Washington University to play football. Rob played for coach Dick Zornes until 1985 making it to their first ever Division 1AA quarterfinal appearance. Later, that team was inducted into the EWU Hall of Fame. Rob was inducted into the Hall of Fame as an individual player as well.

His first head coaching job was at Ocosta HS from 1986-1990 before he moved back to Willapa Valley. Rob followed Hall of Fame coach "Bud" Sanchez and became the head coach from 1994-2010. In that time Rob's teams posted a record of 143-47, won 10 league titles and two state championships in 1997 and 2001.

He has been involved with the Earl Barden Classic All State football game as one of the Westside coordinators ever since he coached in the game alongside Hall of Fame coach, Tom Bate, in 1997. Rob retired from coaching in 2010 after becoming the superintendent of Willapa Valley Schools. He and his wonderful wife, Lisa, have been married for 28 years and have three children, Shawn, Laura and Chelsi.



**Gordon Elliott**

Gordon graduated from Lake Washington High School in 1972. He attended Spokane Falls Community College for two years where he also played football before attending the University of Puget Sound where he graduated with honors in Political Science in 1976. Planning to go to

*Continued on page 12*

Continued from page 11

law school, Gordon attended graduate school at the University of California-Davis. While at UC-Davis, he earned a Master's degree in Political Science and worked as a graduate assistant in the football program for the '77 season. Gordon returned to UPS as the defensive backfield coach for the 1978-79 season.

He started his high school coaching career as an assistant coach at Mt. Vernon HS from 1980-82. His first head coaching position came at Camas HS in 1983 where he spent two years before taking the head job at Columbia River HS for the next eight years.

Gordon left the high school coaching ranks in 2004 when he returned to his alma mater to become the head coach of the Loggers at UPS for the next eight years. In 2012, Gordon took the head football position at Auburn HS where he currently is today coaching and teaching AP Government and Civics.

Over the years, Gordon has been proud of many former players and assistant coaches who have continued into coaching at both the high school and college levels. He is very proud of his teaching and coaching family. Gordon's wife, Sue, has coached various sports throughout their 33 year marriage. While continuing to teach

physical education, Sue retired as the girl's cross country coach at Graham-Kapowsin HS two years ago to spend more time being a grandma.

Gordon and Sue's daughters include, Amanda Paulson who is the Career Counselor at Auburn Mountainview HS and her husband, Chris is the head football coach at Kentlake HS. Jenna Chantler is an English teacher and volleyball coach at Sumner HS and her husband Aaron is the head football coach at Gig Harbor HS. Gordon is having a great time being a grandfather to Ava Paulson (19 months) and Noah Chantler ( 2 months). ■



## Hearing their final whistle...

To honor the passing of coaches from our membership, this column will serve as a means to share our respects. If you know of a coach who has passed and wish to have this information placed in our magazine, please send the information to [wsca-editor@comcast.net](mailto:wsca-editor@comcast.net).

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# Washington High School Football Coaches HALL OF FAME

## 1978 Charter Members

Stan Bates	Ted Hippi
Jim Ennis	Bill McLaughlin
Bill Frazier	Rich Rowe
John Heinrick	Roy H. "Sandy" Sandberg
A. J. "Swede" Lindquist	Ed "Bull" Tenoski

## 1979 Inductees

John Boitano	Bill Diedrick, Sr.
Lou Boni	Felix Fletcher
Leon Brigham	Bill Nollan
Walter E. "Swede" Lindquist	

## 1980 Inductees

Henry Bendele	Marshall "Dutch" Shields
Fred Brown	Carl Sparks
Al Eklund	Bob Tisdale

## 1981 Inductees

Roy Carlson	Bill Marx
John Cherberg	Dick Stultz
Emmett "Mutt" Schroeder	

## 1982 Inductees

John Goodwin	Rowland "Red" Smith
Elmer Huhta	Dwight Pool
Wilbur "Shorty" Luft	

## 1983 Inductees

Bruce Blevins	Ray Hobbs
John Suzick	Glenn Rickert
Chuck Semancik	

## 1985 Inductees

William A. Ames	Dave Holmes
Herm Pein	Robert "Pinky" Erickson
Keith Gilbertson	Emerson "Em" Morgan
Gordon Prentice	Phil Sarboe

## 1986 Inductees

Dick Armstrong	Gerry Austin
Enoch Bagshaw	Lee Bofto
Kenneth O. "Buck" Hammar	Jack Swarthout

## 1987 Inductees

Lynn Rosenbach	Jack Collins
Harry Bird	Leo G. Hake
Werner Neudorf	Rodney Giske

## 1988 Inductees

Charlie Dean	John Anderson
Tom Byrne	Tom Parry

## 1989 Inductees

Tony Gasparovich	Mickey Naish
------------------	--------------

## 1990 Inductees

Rollie DeKoster	Tom O'Brien
Larry Munizza	Mike Silvey

## 1991 Inductees

Jerry Connors	Chuck Tarbox
Otto Kofler	Jon Wahl

## 1992 Inductees

J.D. Covington	John Rowley
Jim North	Lloyd Rowley

## 1993 Inductees

Pat Hoonan	Jerry Parrish
George Potter	Bob Winters

## 1994 Inductees

Bob Bartlett, Sr.	Jack Stark
Ed Laulainen	Ed Troxel

## 1995 Inductees

Don Anderson	Landy James
Dick Clark	Gene Smith

## 1996 Inductees

Terry Ennis	Jim Fouts
Ed Fisher	Sid Otton

## 1997 Inductees

Bob Colleran	Gary Moore
Fran Rish	

## 1998 Inductees

Donald Harney	Tom Merrill
Mike Huard	

## 1999 Inductees

Bob Lucey	Jack McMillan
William "Dutch" Schulz	

## 2001 Inductees

Rick Giampietri	Dwaine Hatch
Jerry Redmond	

## 2002 Inductees

Mike Lynch	Alfonso Sanchez
Vic Randall	Rick Stubrud

## 2003 Inductees

Dave Braddock	Joe Ortolf
Alex "Sandy" de Carteret	Fred Vogel

## 2004 Inductees

Tom Ingles	Tom Oswald
Dick Nicholl	Gary Smith

## 2005 Inductees

Steve Gervais	John Giannandrea
Bill Heglar	Bob Nielsen

## 2006 Inductees

Tom Bate	John Boitano
Frank Naish	

## 2007 Inductees

Bob Bourgette	Dan Graham
Larry Lunke	

## 2008 Inductees

Dennis Dahl	Greg Gavin
Dick Zatkovich	

## 2009 Inductees

Jack Craig Beverlin	Ron Rood
Tom Moore	

## 2010 Inductees

Bill Alexander	Don Clegg
Scott Grabenhorst	Monte Kohler

## 2011 Inductees

Bob Ames	John Hook
Phil Pugh	Phil Zukowski

## 2012 Inductees

Dave Lutes	Bill Beattie
John O'Rourke	Del Talley



# Hudl

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If you know of any worthy recipients, please notify Greg McMillan or Jerry Parrish.



WASHINGTON STATE FOOTBALL COACHES ASSOCIATION  
**DISTRICT AWARD WINNERS 2013**



**Head Coach** Brandon Carson,  
 Marysville-Pilchuck HS, 3A  
**Assistant Coach** Mitch Robbins, Lakewood HS, 2A  
**Jr. Hi/Middle School** Cabe Vanderyacht, Blaine MS



*Brandon Carson Mitch Robbins*



**Head Coach** Charlie Kinnune, Mount Si HS, 3A  
**Assistant Coach** Kyle Noble, Liberty HS, 3A  
**Jr. Hi/Middle School** No Nominee



*Kyle Noble Charlie Kinnune*



*Keith Ross Shaun Finnegan*



**Head Coach** Keith Ross, Sumner HS, 2A  
**Assistant Coach** Shaun Finnegan, Sumner HS, 2A  
**Jr. Hi/Middle School** Rob Thomas, North Tapps MS



*Jeff Zenisek Dan Kielty Tom Wetterauer*



**Head Coach** Jeff Zenisek, Tenino HS, 1A  
**Assistant Coach** Dan Kielty, Camas HS, 4A  
**Jr. Hi/Middle School** Tom Wetterauer, South Bend JH



**Head Coach** Steve Graff, Chiawana HS, 4A  
**Assistant Coach** Jeremy Scroggins, Royal HS, 1A  
**Jr. Hi/Middle School** Eric Bozorth, Royal MS



*Steve Graff Eric Bozorth*



WASHINGTON STATE FOOTBALL COACHES ASSOCIATION  
**DISTRICT AWARD WINNERS 2013**



**Head Coach** Erick Judd, Okanogan HS, 1A  
**Assistant Coach** No Nominee  
**Jr. Hi/Middle School** Mickey White, Foothills MS



**Head Coach** Jim Wood, Freeman HS, 1A  
**Assistant Coach** Kelly Neely, Freeman HS, 1A  
**Jr. Hi/Middle School** Todd Kinley, Colfax Jr/Sr



*Jim Wood Kelly Neely*



*Mike McLaughlin Dan Figueira*



**Head Coach** Mike McLaughlin, Mt. Spokane HS, 3A  
**Assistant Coach** Dan Figueira, Mt. Spokane HS, 3A  
**Jr. Hi/Middle School** No Nominee



**Head Coach** Gary Dorman, Touchet HS, 1B  
**Assistant Coach** Leland Weber, Touchet HS, 1B  
**Jr. Hi/Mid School** Ron Redman, Garfield-Palouse MS



**Gold  
 Helmet**



*Greg McMillan  
 Gold Helmet Award Winner*



**Silver  
 Helmet**



*David Rasbach Silver Helmet Award  
 winner with Coach Jamie Plenkovich*

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**8<sup>th</sup> Annual**  
**2014 High School Golf Coaches Clinic**  
sponsored by the WSCA

Kayak Point Golf Course  
Stanwood, WA  
July 7, 8, 9, 2014

**Clinic Instructors:**

**Dave Boivin, PGA Director of Instruction – Kayak Point GC**  
**Steve Stensland, PGA Professional & General Manager**  
**Cost: \$195, for WSCA members**

**Clinic will include:**

2 rounds of golf with cart  
2 lunches at The Fire Creek Grill  
Driving range work learning relevant drills for high school golfers  
Short game drills and work at the short game area learning how to teach the short game  
Classroom topics will include: program philosophies, the mental game, rules of golf, course management  
**Guest Speakers:** will include local college golf coaches and will be named later

**WIAA 16 Clock Hours available for purchase on site**

**Registration Information:**

You must be a current 2013-14 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: \_\_\_\_\_  
Credit Card: \_\_\_\_\_ Credit Card Number: \_\_\_\_\_ Exp Date: \_\_\_\_\_

**Purchase Order: Please let Kayak Point GC know if you will be paying with a school district 'Purchase Order', so arrangements can be made for billing your school. Make checks payable to 'Kayak Point Golf Course'.**

Please call Kayak Point Golf Course with any questions at (360) 652-9676, or you may email questions to [steve.stensland@golfkayak.com](mailto:steve.stensland@golfkayak.com). You can mail your registration to Kayak Point GC, 15711 Marine Drive, Stanwood, WA 98292; or fax your registration to (360) 652-3812 and attention it to Steve Stensland.

# BURNETT-ENNIS SCHOLARSHIP

**Deadline: April 15<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

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## **Athletic or Extracurricular Participation**

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

*Please continue with application on reverse side.*



**See page 32 for Burnett-Ennis Student Teacher Scholarship Application .**

continued from previous page

## BURNETT-ENNIS SCHOLARSHIP

**Deadline: April 15<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 15<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>.**



## 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

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

# WRESTLING

## 2013 HALL OF FAME INDUCTEES



### BRIAN HIGA

Tahoma HS 1984-present  
Tahoma Middle School 2001-present

Brian Higa has been part of the Tahoma wrestling program since 1984. He was the head coach for the Bears from 1984 until the 2001 season. As the head coach, his team's placed in the top 8 at state over ten straight years, including two AA state championships in 1991 and 1996. Higa coached 53 State place winners including 12 state championships. Many of his wrestlers went on to wrestle in college. Some of the most notable champions that Higa coached were three-time state champions Ricky Christian and Zhon Kuraspediani, two-time state champion Jens Pulver, and Higa's first finalist, Mark Bonthius. All of these wrestlers went on to compete in college.

Coach Higa has been selected as the league coach of the year five times, and in 1991 was selected as the AA Washington State Coach of the Year. He was also nominated as Washington State Coach of the Year to the National Wrestling Coaches Association in 1996. The Tahoma teams had a league dual meet record 85-42-1, and an overall record of 141-87-1 over his 17 seasons.

Since stepping down as the head coach after the 2001 season, Higa has served as the middle school head coach, and an assistant at the high school for the Tahoma program. Coach Higa is a gifted teacher

and a great strategist. He is one of the best at scouting an opponent and making adjustments with the athlete to help find a way to win against the toughest opponents. Higa is a middle school math teacher, and he has four children with his wife Amy.

Nominated by Chris Feist and Doug Burnham, Tahoma HS



### BARRY KNOTT

Bellarmine Prep 1969-1973  
Nathan Hale HS 1974-1990  
Lake Washington HS 1992-1997  
Arlington HS 2011-2013

Barry Knott coached at four Washington high schools during his twenty-seven years before retiring from coaching in 1997. Barry spent four years at Bellarmine Prep before moving to Nathan Hale where he spent 16 years as a coach and teacher. During his time at Nathan Hale, Barry's teams won seven straight Metro League titles (from 1983-1990) and compiled a record of 71-1-1 during this period. Nathan Hale was successful at the regional and state level, and Knott was named Nathan Hale's "Coach of the Decade" in 1990. Success followed Knott as he moved to Lake Washington and became the head coach in 1992. Academic success took an important role in the Kang Wrestling program. In 1994, the Kangs won the state Academic Wres-

ting State Championship, finished 2nd in 1995, and took 3rd in 1993 and 1996. In 2011 he returned to coaching, assisting Rick Iversen at Arlington HS. Knott was selected the Regional Assistant Coach of the Year both seasons at Arlington. Knott coached at Arlington, despite battling pancreatic cancer.

Barry coached 34 state competitors, 10 state place winners, 65 league champions and 7 regional champions. He has served as a Regional Representative to the WSWCA Board and as chairman of the Metro League's Wrestling Coaches Committee. Barry has led two cultural exchange teams to Japan (1984) and Russia (1987), and was a coach for the Washington State Centennial Games. He has received numerous awards including the Darrell Whitmore "Outstanding Sportsmanship" Award in 1997, Region 11 Coach of the Year in 1990, and Metro League Coach of the Year on several occasions. Barry was retired from teaching, and enjoyed singing in barbershop quartets, golf and playing the guitar.

Nominated by Rick Iversen, Hall of Fame Member



### GEORGE PAULUS

Sunnyside High School 1987 - Present  
Sunnyside Jr. High School 1978 - 1986

George Paulus started in the Sunny-

*Continued on page 21*

## “WHEN I WANT YOUR OPINION.... I’LL GIVE IT TO YOU”

by Coach Don Papasdero

*Note....a version of this article appeared in “Coach” magazine in 2009. In discussions with Mike Schick, our talented editor, we agreed that I should revise and republish this. The associations from Oregon and Hawaii challenged their memberships to emulate this article with their own particulars.*

### Today’s Washington Football Coach.....

This fall I was my 37th year in coaching high school football. I have been blessed to have worked for, learned from and adored 6 WSFCA Hall of Fame members. In addition, I have competed against, listened to, admired, “broke bread with”, and claimed friendship with a myriad of worthy coaching legends. As I worked at the WSFCA clinic last week, I was struck with how much this mystical game has changed. We continue to grow...but we also claim kinship with those legends from the past here in Washington. We are special group of professionals that need to look at



where we came from, where we are, and what the future holds.

With this in mind, I condemn those of you who long only for “the good old days” in Washington football coaching. I was there...it was great, but frankly, coaching “back in the day” pales in comparison to the expertise, efforts, professionalism, and performance of today’s coaches. I strongly feel that our roots are so strong that our state is at the very cutting edge of instruction, schemes, and top rate football. In addition, we continue to offer a myriad of growth opportunities for our coaches. The WSFCA is top rate...Washington football is top rate...and the future of this game we love is in great hands. Let’s take a look at what I think we should be doing as a Washington football coach in the 2000s!

### Today’s Washington Coach Remembers...

- ❑ Suspension helmets: but adores the helmets of the 90’s and 2000’s
- ❑ How many games were won by writing plays on napkins: but craves Power Point presentations.
- ❑ Doing 100% of the athletic tap-

ing: but is so grateful for athletic trainers and student-trainers.

- ❑ Reel-to-reel and VHS... but is amazed at how much superior our game tapes are today with HUDL
- ❑ Bud+Duffy Clinics, The Heinrich Camps, The All-Star Camps:... but loves today’s clinics and College camps
- ❑ Muddy practices and games:... but loves clean, fast and dry football on the new surfaces.
- ❑ What it meant to “tough it out”:... but praises the empathetic, honest approach we now employ.
- ❑ The arguments about “State Rankings”: but whole-heartedly support our 32 team playoffs.

### Today’s Washington Coach Speaks About...

- ❑ How much the game has improved, the value of sportsmanship, the importance of joining the WSFCA,
- ❑ the evils of specialization in high school, the emphasis on academics, the merits of team play,
- ❑ avoiding the glitz and phony behavior of pro football, how classy some of the college recruiters are, deploring the advent of these “club sports” like Lacrosse, train-

ing without illegal substances, how the

- youth of today is GREAT, the importance of coaches who are educators, teaching safe play, the quality of friendship in the coaching fraternity and what a joy it is to be around youth and football!

### ***Today's Washington Coach Feels...***

- **Pride** when they call him "Coach"... **Pain** when ignorant administration forces good people out of coaching, **Incensed...** when we discover disloyalty on our staffs **Frustration...** when you are beat by teams that are recruiting in your neighborhoods, **Glee** when young coaches have passion for long hours, **Sadness** when kids quit football, **Outrage** when gutless opponents run up the score, **Emptiness** when the players don't want to hug you and his teammates, **Righteousness...** when you are confronted

by phony coaches who insist on one-sport specialization **Grief and Sadness** when he lost... Mick Naish, Jim and Terry Ennis, Gary Moore, Rollie Robbins, Keith Gilbertson Sr., John Boitano Sr, Tony Gasparavich, Dick Armstrong, Bill Brickert, Wayne Purdom and John Fullerton.

### ***Today's Washington Coach Should Damn well know...***

- How AWESOME Seattle Prep, Newport, Interlake, Wenatchee, Snohomish, Everett, Lake Stevens, North Kitsap, Shelton, Tumwater, Lake Washington, Kelso and South Kitsap teams were at various eras. These teams were virtually unbeatable. The names...Coaching legends like Don Reed, Black Tom Perry, Paul Walroff , Bill Alexander, Everyone's pal...Randy Hart, Jack Stark, Lee Bofto, John Goodwin, Kevin Thomas, Dave Lutes, Chuck Tarbox, Tom Mer-

rill, Dick Nicholl, Ed Laulainen, Jerry Parrish, Dave Carson, Rollie Robbins and Ed Fisher. If you coach, and do not know these names, fix it immediately.

### ***Today's Washington Coach Should....***

Celebrate the way we treat head injuries, ignore the media attention devoted to some of

professional footballs' bad behaviors, keep telling kids to play more than one sport, be valuable

teachers in our buildings, follow The WIAA directives with impunity, encourage ex-players to become coaches, go to clinics, keep fighting off those sore throat practices, laugh a lot, and keep loving this wonderful game!

### ***3 and out Baby....***

"Ego sum valide, tamen ego mos superstes." ■

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*Continued from page 19 - Wrestling*

side community at the junior high school level, where he coached for eight years. His teams went 76-4. In 1987 he moved to the high school as an assistant coach, and took over the head coaching position in 1989. Over the 25 years, Coach Paulus led his team to many honors, awards and championships, including a dual meet record of 224-51-3 while placing in the top-ten at state fifteen times. His teams won two regional titles along with nine league titles. He coached 17 state champions, 27 state finalists and 81 state placers.

Paulus was named league Coach of the Year on eight occasions, Region 4 Coach of the Year five times, and in 2012 was selected as the 3A Coach of the Year. He also received the City of Sunnyside "Mayor Award" for outstanding achievement and service to the community.

Coach Paulus uses a balanced combination of technique, conditioning and tough love in his coaching, and expects his athletes to exhibit a good work ethic, fair sportsmanship and exemplary citizenship, both on and off the mat.

He models and encourages his athletes to apply the valuable lessons of teamwork, hard work, and dedication to all areas of their lives, enabling them to be successful in school, work, relationships and in overcoming adversities.

George Paulus has been married to his wife Kathy for 32 years. They have three children, Brett, Kendra and Reece and 6 grandchildren. He continues to teach and coach in Sunnyside.

Nominated by Jason Moyer, Sunnyside HS ■



### About the Author:

Brian Brunkow is a San Diego-based WA and CA attorney who counsels sports parents on divorce issues and NCAA football recruiting strategy. Brian can be reached at [brian@brunkow-law.com](mailto:brian@brunkow-law.com).

## NCAA Athletic Recruiting: The Players, The Scorecard

by Brian Brunkow, Esq.

“Listen, here’s the thing. If you can’t spot the sucker in the first half hour at the table, then you ARE the sucker.” Rounders, 1998

Like it or not, the recruiting game is an adversarial process with lots of moving parts, negotiations, bluffs, with promises made and promises broken. So it is so important for coaches to spend time with new and inexperienced sports parents on preparing them for handling the recruitment process.

Sports parents need a working knowledge of all the moving parts - this includes the recruitment calendar: what is a quiet period, dead period, contact period, evaluation period and when do these periods take place during the year? What is the difference between an unofficial visit and an official visit? How many official visits can a student athlete take at the DI and D II levels? What are eligibility requirements, “core courses”, sliding SAT/ACT scales, academic redshirts, qualifiers, non-qualifiers? How does a non-binding verbal commitment at one school impact a binding letter of intent to another? Can a homesick student athlete back out after signing a letter of intent? And on and on and on it goes.

After practicing law for 13 years I still find NCAA compliance and bylaws baffling sometimes. It’s not quite the federal tax code, but the NCAA Division I Manual weighs in at a robust 432 pages of rules, exceptions to the rules, and exclusions to the exceptions...to the rules. And very few pictures.

Yes, it’s exciting for student athletes and sports parents to see that very first recruiting letter in the mailbox. But remind student athletes and parents that initial interest from a school is just the start. Overworked, busy sports parents grinding away

to keep a roof over their heads must spend time getting familiar with all the different recruiting rules and restrictions involved. It’s not simply about running a 4.40 and becoming first team all-state. That won’t hurt. But that alone won’t get it done.

As families prepare for recruiting season, the first step to protecting their interests is to understand the cast of recruitment characters involved and their motivations. Don’t be the sucker at the table.

“Selling Mom”: when a recruiter steps into a living room they have one job – and that is selling mom. Recruiters know that if mom isn’t on board chances are they are not taking her child away for the next 4-5 years. What this means: if the student athlete is on the academic/athlete bubble, don’t be overly-flattered by the attention. The recruiter might be overselling to hedge their bets on possible recruiting fall outs. On the other hand, if the student athlete is a top prospect, use this knowledge as leverage – athletic financial aid packages are negotiable. Knowing the strength of your position in negotiations is so important when there are hundreds of thousands of dollars in educational expenses, and future salary opportunity, at stake.

Moms need to assess who has the leverage at the table. And negotiating leverage is a moving target depending on how events unfold during the process.

“Grads & Grades”: parents should find out if a disproportionate number of athletes on the team share a...let’s just say, an unusually high number of the same major. Are, perhaps...80% of the team’s players enrolled as “general studies” majors? What is the team’s overall GPA and how does that compare to other programs at the school and the conference? What percentage of the team actually graduates?

(There are Division I basketball programs out there with absolutely appalling graduation rates.) Do the athletes graduate on time? Are those graduation rates trending up or down lately? Are graduates able to secure meaningful employment after their athletic career ends?

Parents and athletes are responsible for becoming educated on each school's track record. Identify and then discuss any red flags for where that program's priorities are concerning academics and development of the student-athlete for a career outside of sports.

Call each program's compliance department to get this information. Unlike with coaches and recruiters, there is no limit to the number of times a family can be in contact with a school's compliance department and academic advisors. Be assertive.

**“Recruiters”:** Let's take football as an example - does the coach consider the athlete a “fit” or a “fill” at wide receiver for his program? In football, coaches fill the depth chart 3-deep. And coaches are always hedging their bets for fall-outs in recruiting. So expect recruiters to oversell how much they want the athlete to sign with his program. Who is sitting in the parents' living room – the head coach, position coach, or low-level assistant? The person sitting across the table in the living room is a “tell” for how much the program wants the athlete as a “fit” rather than a “fill.”

And remind parents that verbal commitments by a high school athlete to a college, and a college coach to a high school athlete, are not binding. A coach may accept a non-binding verbal from a frosh all-star quarterback and then back out of that commitment years later on signing day if the coach finds a better fit for the position. Is the athlete a fit or a fill?

Parents and student athletes should also be clear that they are signing a binding letter of intent with the school, not the coaching staff or the football program. The college coaching profession is a vagabond, mercenary life. It is a brutal, ladder-climbing scramble for these guys and coaches move programs frequently. The head or position coach parents and athletes develop rapport with in the living room may not be with the program next summer. They may not be with the program next week! Parents should ask their child, “If the coach moves on, if you didn't play football, would you still select this school, and why?”

**“Agents”:** if there is one absolute in the recruiting game it is this – amateur athletes and parents should avoid agents trying to build a relationship with the student-athlete. There is no faster way to destroying amateur eligibility and putting a black mark on a reputation than

accepting representation, vague promises of future representation, or benefits like housing (see Reggie Bush) or cars from an agent to a student-athlete or family. And with the immediacy and reach of social media any interaction by a student-athlete or family with an agent will get noticed and posted.

The NCAA bylaws strictly prohibit this student-athlete/agent relationship under § 12.3.1.1 and .2. This includes both written and verbal arrangements and both present and casual promises of future representation after the student athlete has completed their amateur eligibility in that sport.

But it's not all bad news – the Seattle Seahawks QB Russell Wilson played professional baseball before entering his senior football season at the University of Wisconsin. It is okay to play a sport like baseball professionally and amateur college football but review, review, and review again before signing an agency contract for any particular sport the athlete plays as a professional. Make use of the school's “Professional Sports Counseling Panel” to review proposed professional sports contracts, NCAA bylaw § 12.3.4

Lastly, keep in mind the general rule regarding use of agents under NCAA bylaw § 12.3.1: “an agency contract not specifically limited in writing to a sport or particular sports shall be deemed applicable to ALL sports, and the individual shall be ineligible to participate in ANY sport.”

**Alumni & Boosters:** whatever I said about agents, well, double that for boosters. Inducements are illegal. Money, cars, gifts, family housing, hell, a free taco lunch to talk about a kid's athletic future is off the table when it comes to boosters and the recruiting of student-athletes. And pretty much every college program has a “Buddy Garrity” type somewhere close by.

Under NCAA bylaws, boosters are prohibited from recruiting high school athletes both before and after a National Letter of Intent is signed. And any recruiting violation by a booster is attributed to the school.

The NCAA bylaws are unforgiving when it comes to boosters - under § 13.02.14.1, once an individual or entity is classified as a university's “representative of athletic interests,” aka “booster,” they wear the brand of booster for life! There is no coming back from Boosterville. Beware Boosterville.

So that's about it. Those are the main players holding cards at the recruiting table: mom, coaches, current players, academic and athletic and compliance departments, agents and boosters.

Study up. Don't be the sucker at the table. ■

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# THE GREAT DIVIDE

## High School Track & Field Records & the Rules that Do & Don't Govern Them

by Steve K. Bertrand

Recently, we were hanging a new track & field records board in our gymnasium at Everett's Cascade High School. As we were watching it being affixed to the wall, a fellow coach asked, "What criteria do you use for the establishment of track & field records?"

I thought about the question... The answer wasn't simple. As a matter of fact, it was the proverbial "can of worms". My response would make some people happy. Others not. I finally told my colleague I'd be back in touch when I could answer his question fully. As I walked away, I muttered something about needing to "get my ducks in a row".

As records have come & gone over the years, it has become necessary to attach some criteria to the establishment of school records. In the fifty years since Cascade was built, many changes have taken place in the sport of track & field. To name a few, we have seen the change from yards to meter distances, cinder to synthetic surfaces, & hand-held to fully automated timing (FAT). In the meantime, athletes, coaches & records have come & gone.

Furthermore, the opportunities for athletes to compete extend beyond the regular track & field season. Athletes now compete in both pre & post season competitions. When I was a kid if you traveled outside Snohomish County it was a pretty big deal. Today, athletes travel the world.

After numerous conversations, it appears the criteria track & field coaches in the state of Washington are using regarding the keeping of school records runs the gamut. Now, it is well-known high school athletes in the state of Washington fall under the jurisdiction of the Washington Interscholastic Athletic Association (WIAA). It is also common knowledge the WIAA embraces the National Federation of State High School Associations (NFHS) rules for prep sports. Track & field is no exception.

Where things begin to break down regarding school records are when one looks closely at the NFHS Track And Field Rules Book. Very little is stated about how a coach is to go about establishing parameters for the keeping of their school records. The information provided is either vague or non-applicable.

Furthermore, the WIAA does not wish to dictate to schools regarding this matter. "We are pretty much hands off on regular season stuff & leave individual sports matters to each League," said Mike Colbrese, Executive Director of the WIAA. "We are an advisory association whose job is to assist & disseminate information." The WIAA also shuts

down its jurisdiction over high school sports following the state meet. State records must be set in the state meet (not during the season). This policy is also adopted by most, if not all, Leagues & Districts. In other words, League records are set in the League meet. District records are set in the District meet.

Nowhere do we find much language speaking to what criteria a coach is to apply to his or her own school track & field record-keeping. Not at the NFHS, WIAA, Washington State Coaches' Association (WSCA) Washington State Track & Field Coaches' Association (WSTFCA), Washington State Cross-Country Coaches' Association (WSCCCA), District, League, &/or School District levels. So, without a state rule &/or policy dictating the process by which a school district sets its record policy, upon whom does the responsibility ultimately fall for the establishment of track & field record-keeping criteria for each high school? Answer – the high school track & field coach.

As a result, in their search for an answer to this question, many coaches have turned to Track & Field News (T&FN). Whether they know it or not, most track & field coaches operate somewhere between NFHS & Track & Field News rules. Consequently, there is a lot of varied interpretation by coaches regarding the establishment of track & field school records.

This matter raises a few questions. When should a high school track & field athlete's career end? Does it matter whether he or she is competing in their high school uniform? In order for a school record to be set, does an athlete have to be representing their high school when they compete? Should records relying on hand-held times be recognized? If so, what method should we use for

converting hand-held times? Should high school athletes be allowed to compete against collegiate athletes? Does the coach need to be present when the record is set?, etc... Thus, the debate begins.

After talking with coaches, athletic directors, association presidents (past & present), & executive directors, coaches appear to be recognizing the end of a high school athlete's track & field career at various times. I've heard from coaches who end an athlete's opportunity to set school records with the State Track & Field Championship.

Others allow athletes to establish school records up till they graduate from high school. Still, other coaches allow records till July 31<sup>st</sup> (Coaches not allowed contact starting August 1<sup>st</sup> through start of their competitive season.), or August 31<sup>st</sup> (Following graduation, seniors become collegiate athletes on September 1<sup>st</sup>). Obviously the later arguments would allow athletes to set records after graduation. All arguments have their merits. All are debatable.

We find a variety of interpretations due to the fact Track & Field News set the following guidelines for acceptance of performances. "All marks recorded in bona fide competitions, including pre and post-season meets, from the beginning of the indoor season until August 31<sup>st</sup>, subsequent to completion of the school year, are considered acceptable high school marks." (Page 4, 32<sup>nd</sup> edition) This raises another question. What criteria do we attach to a "bona fide" competition?

It appears the Washington State Track & Field Coaches' Association aligns themselves with this guideline. At last January's annual Washington State Track & Field/Cross-Country Coaches' Convention at Everett's Holiday Inn, the WSTFCA distrib-

uted information from Scott Spruill's long-standing publication "Washington Track & Field".

This semi-official publication recognized by the Washington State Track & Field Coaches' Association does not follow NFHS rules regarding track & field records. It follows the rules of Track & Field News.

Further searching shows a listing of National High School Track & Field News Records. These high school records ratified by the T&FN Records Committee go through August 31<sup>st</sup> of an athlete's senior year. However, they have appended a section "noting the best marks made in high school-only competition". T&FN Records by such notable athletes as Galen Rupp, Darrell Robinson & Shawn Barber were set following their high school season during the months of June, July & August.

Daunte Gouge, president of the Washington State Track & Field Coaches' Association, had this to say on the matter. "I believe the track & field coach should be responsible for the keeping of their school's records. Personally, I do not want anyone dictating rules to me on how I keep my records. Athletes in my program at King's High School have until July 31<sup>st</sup> to establish school records. This is due to the fact starting August 1<sup>st</sup> we move into the "No touch" period for high school coaches in Washington. In smaller high schools, many times kids don't have a chance to run just one event during the regular season. They are competing in 2, 3 or 4 events. Post-season competition allows an athlete to relax a bit & focus on one event. Whether or not an athlete is in our school uniform when

they set a record in my program isn't an issue."

Phil English, cross-country/track & field coach at Yakima's Eisenhower High School, & arguably one of the best coaches in the nation, added these comments. "We need to give kids as much opportunity to compete & be recognized as possible. Our school records fall in line with Track & Field News. They go through August 31<sup>st</sup>. If records are close, I will convert hand-held times. Furthermore, it is my belief coaches do not want administrators dictating to them on this matter."

**I've heard from coaches who end an athletes opportunity to set school records with the State Track & Field Championship.**  
**Others allow athletes to establish school records up till they graduate from high school.**

University Prep's Mark Cullen, cross-country/track & field coach, past president of the Washington State Cross-Country Coaches' Association (WSCCCA), & WSCCCA Hall of Fame inductee, brought further insight to the issue. "We can't simply use National Federation rules regarding track & field. They are too confining. Furthermore, is it the National Federation's place to dictate to individual high schools? It certainly isn't the WIAA's place to do so." Cullen, an administrator himself, who has been instrumental in the development of WIAA policies over the years, allows post-season competitions. He also embraces the "no uniform" policy. Cullen feels coaches should be allowed to establish their own guidelines regarding records.

The question came up, if administration has problems with how coaches

*Continued on page 26*

*Continued from page 25 - The Great Divide*  
 keep their records, are they also prepared to choose who gets cut/who doesn't, whose in the starting lineup/who isn't, whose chosen captain/who isn't, & who letters/who doesn't, etc... in a given coaches' program?

If you were to visit various high school gymnasiums throughout the state of Washington, you'd find a variety of things being done regarding record-keeping. Just speaking to track & field, I've seen everything from yards to meters, hand-held to FAT, & pre-season, in-season & post-season records. As T&FN does not recognize hand-held times, I've seen some records converted to times equivalent to FAT. I've seen some record boards that are a mix of hand-held & FAT times. I've seen yard & meter records posted side-by-side. What is being done throughout the state varies from school to school, sport to sport, & coach to coach. Who's right? Who's wrong?

To answer my colleague's question, I will say the following. I have always believed I will find a way in the classroom & on the athletic field to help a kid be successful right up until they receive their diploma. After all, doesn't this address the bigger picture? Life beyond the classroom. As coaches, aren't we using sport to prepare young people to confidently & competently face the real world?

My wife, Donna Marie, who is Executive Director of the Seattle Children's Museum, provided some insight regarding changes we are faced with in life. It applies to the issue regarding records. "When a community, no matter its size, sets a standard for record keeping, it is a benefit for all – past, present and future. As records are set, all interested parties celebrate that mark in history. No one can ever take away that milestone. Some look at a broken record as making a person irrelevant. Just the opposite. It is a reminder of the fullness of history. It becomes a part of all the milestones that bind a community. After all, I think we are pretty

glad that many went on to break the record for flight that Orville and Wilbur set. And we absolutely remember and honor the Wright brothers for their place in history. That mark can never be taken from them."

The criteria I have established regarding track & field records at Cascade High School falls comfortably in the middle of this debate. I'm neither too Republican nor too Democratic. Don Dalziel, past track & field coach, Athletic Director for the Shoreline School District, & Sports Representative for the 3A/4A track & field coaches in the Western Conference, would disagree. "I believe a season ends with the state meet," said Don. I respect his position. Still, here are my criteria:

1. In order for an athlete to pursue a school record following regular season competition, the coach must first approve it.
2. The chosen competition must be a bona fide (sanctioned) cross-country/track & field meet.
3. The competition must be presided over by USAT&F accredited officials.
4. The distance run must be certified (accurate).
5. The event must utilize a computerized timing system (FAT).
6. The competition must be under the supervision of the coach. (Note – Exceptions to this rule might include Golden West, etc... due to the reputation of the meet.)
7. The record must be set prior to graduating from high school (diploma in hand).
8. The record must be set during a season you were a member of the cross-country/track & field program.
9. You must be academically eligible.
10. The competition must be an advertised (published) event.
11. The event must be over the same distance (No distance conversions!)
12. The athlete need not be in school uniform.

13. You must break the existing record (No conversions!)
14. Athletes may compete in state, national &/or international competition. (See USAT&F &/or IAAF guidelines)

Retired Edmonds cross-country/track & field coach, Tom Campbell, notably one of the most successful coaches in the state of Washington (12 state titles), past president of the WSCCCA, & Hall of Fame inductee, made the following comment. "This should be a non-issue to everyone but the coach who keeps the record." I agree. However, there will always be the athlete, parent &/or administrator who questions your methods. We all know coaches who are meticulous record keepers. We also know coaches who aren't.

If this matter makes people uncomfortable, probably the best thing one can do is draft up a policy for establishing school records. Once it's written, give a copy to your athletic director for perusal. It wouldn't hurt to post this on your sports website &/or hand out copies at your annual parent clinic. As a public servant, you do owe the community you work for a reasonable explanation as to how & why you go about things the way you do. Your rules should have some merit so long as they are clear, logical & consistent.

There's an often-used quote people drop into conversations when they can't see eye-to-eye. It goes like this – "Let's simply agree to disagree". It's a way of settling arguments. And, after a nod & handshake, it allows both parties to walk away winners. However irritating I may have found that quote over the years, it may be a pretty good place to leave the issue regarding high school track & field records.

*\* Author's Note – Should you wish to comment on this article, feel free to contact Daunte Gouge at dgouge@crista.net. ■*



## SPORTS NUTRITION TIPS HELP COACHES TALK TO ATHLETES



Coaches and trainers attending the WIAA accredited Coaches School Express session at Kentlake High School heard former UW athletics dietitian Emily Edison, M.S. R.D., conduct a WINForum clinic to describe ways to talk to student athletes about nutrition.



A carbohydrate rich dinner with lean protein and healthy fat should be consumed within an hour of practice or a game. An ideal dinner would be salmon, green beans, brown rice, milk or chicken and veggie pasta, green salad, and milk.

Research has shown that lowfat chocolate milk immediately following exercise contains the desired carb/protein ratio for repairing muscle damage, replaces lost electrolytes, muscle and liver glycogen (energy stores).



“Nutrition science calls for a balance between rest, eating, workouts, school,” Emily told 30 coaches attending the WINForum clinic session. “Student athletes should eat three meals every day starting with breakfast, which jump-starts metabolism and builds a base for the rest of the day. At least three of the food groups should be consumed at every meal: fruits and veggies; whole grains; lean meats and low fat or fat free dairy.”



Put the **WINForum Sports Nutrition Game Plan** to work for your athletes! Emily summarized contents of the WINForum Sports Nutrition Game Plan and other WINForum resources.



Emily Edison, MS, RD, ACSM-HFS, WINForum Coordinator, Sports Dietitian, Certified Personal Trainer and Owner, Momentum Nutrition and Fitness  
[www.momentum4health.com](http://www.momentum4health.com)

Evaluations from coaches provide insight for future clinics and social media posts. Based on these evaluations, the WINForum team will research and post more information about nutrition and the female triad; inexpensive meal options that kids fix themselves; why student athletes should take nutrition seriously; how/what athletes should eat before morning practices; quick recipe ideas; how to maintain weight; and how nutrition can make athletes bigger, faster and stronger.

## Washington State Track and Field Coaches Hall of Fame

Sponsored by Super Jock n Jill

All of our inductees today represent what is best about the profession of coaching. They are all respected beyond their statistical success as being dedicated to the sport of track and field, committed to serving their school and community and for their positive guidance and mentorship of the young athletes they coached. Each inductee strived to help his athletes reach their highest level of performance through positive encouragement and hard work. Each played an important role in the lives of the athletes they coached. Their influence is better measured in the lives of the young athletes they mentored and coached. It is with great honor that we recognize the important achievement and contribution of each as we welcome them into the Washington State Track and Field Coaches Hall of Fame.

### Phil Pugh

Phil Pugh attended Mt. Si High School graduating in 1958. As a senior, he ran 4:36.4 and placed 9<sup>th</sup> at the State Meet in Pullman. At that time, there were no classifications for various size schools. Upon graduation, he attended WSU running cross country for Hall of Fame coach Jack Mooberry. He transferred to Everett Junior College where he won both the mile and 2 mile at the State J.C. Meet. During a 1960 meet at UW, he ran a 4:25.0 PR in the mile. He went on to complete his collegiate career at Western Washington University.

Phil began his coaching career at Westbrook Junior High School in the Clover Park School District in 1968, serving as an assistant coach for six years. He then took an assistant coaching job working mainly with distance runners at North Mason High School. In 1977, he teamed up with Mark Muxen as a Co Head Coach. In 1982, with a new school under construction, no track was available so they did not compete that spring. The next year, 1982, Coach Pugh became the head coach of North Mason and he served in that role until his retirement in 1998.

During his time as coach, the teams at North Mason had a number of exceptional athletes. The Boys teams

had state champion teams in the 4 x 100m and 4 x 400m relays. They had individual athletes place at state in the 100m, 200m, 400m, 110m Hurdles, 300m Hurdles, Long Jump, Triple Jump, Shot Put and Discus. The Girls teams had state champion teams in the 4 x 100m and 4 x 200m relays. They had individual state champions in the 100m, 200m, Long Jump and Javelin. They had individual athletes place at state in the 800m, Mile and Discus. Both the Boys and Girls teams had numerous athletes win district titles and place at district meets. Coach Pugh has been officiating at League, District and State meets since 1999. He currently serves as a member of the State Track & Field Advisory Committee at WIAA.

### Cliff Nixon

At last count, Cliff Nixon has coached for 54 years at six different high schools and middle schools. Family is big in his life! He comes from a family of fourteen (14) kids – he is the second oldest and the oldest son – he has five children, nine grandchildren and one great grandson. Cliff attended Lincoln High School from 1951 – 1954. He attended Everett Junior College and then enlisted in the U.S. Army working as a medic. In 1960, he graduated from

the University of Washington with an Education degree having majored in Physical Education and minoring in Social Studies and Math.

Upon graduation from UW, Cliff began teaching at Arlington Junior High, where he coached football, basketball and track and field. He coached and taught math at Tyee Junior High School from 1966 – 1983, coaching football, basketball and track and field. In 1981, he coached the Mercer Island track and field team. He moved to Bellevue High School, coaching cross country and track and field from 1982 – 1986. He had a three-year period of teaching math at Tillicum Junior High School. He served as the head cross country coach and head track coach at Interlake High School from 1987 until 1994. In 1994, Cliff joined the Newport High School coaching staff serving as the head cross country coach from 1994 – 1996. While at Newport, he held the title of head and assistant track coach from 1996 – 2004. From 1997 - 2009, Cliff joined John Hill as the assistant cross country coach at Bellevue High School. He also coached track and field at Bellevue from 2005 – 2010. Currently, Cliff is coaching at Newport High School.

In addition to coaching on the high school and junior high levels, Cliff founded the Cascade Striders Track and Field Running Club in 1972. It was the first local club to allow opportunities for both boys and girls to compete in age group track and field and cross country. Today, the program is recognized as one of the Northwest's premier youth running programs. Cliff has had a very positive impact on a large number of other coaches and on a long list of young athletes through the sport of track & field.

### Mark Smith

Mark Smith was an outstanding athlete before he began his teaching and coaching career. Attending Curtis High School, he lettered in football, basketball and track and field. He is the school record holder in the discus and won the 1970 State Title in the discus. He attended PLU where he is the record holder for the discus. He was an NAIA All-American from 1973 – 1975, winning the NAIA National Championship in the discus in 1975. He graduated from PLU with an education degree in 1975 and began his teaching and coaching career at Scio Middle School in Oregon.

From 1978 – 1983, he taught at Ford Junior High School and served as an assistant track and field coach at Franklin Pierce High School. From 1984 – 1994, he served as the head

track and field coach at Washington High School. His 1989 and 1990 Boys teams at Washington won the State Championship. From 1995 – 1998, he served as an assistant track and field coach at Tacoma Baptist High School. He returned to Washington High School to serve as the head track and field coach from 1999 – 2007. He then coached as an assistant track and field coach at Tacoma Baptist from 2008 – 2011. He added to his track and field duties the position of Athletic Director at Tacoma Baptist in 2007, which he currently remains. In 1991, he founded the football program at Tacoma Baptist and he has served as the head coach ever since. He worked with eleven individual state champions and three relay team state champions. His track and field teams won eleven league championships, eight West Central District 2A championships, and had a dual meet record of 92 – 9, with a streak from 1985 – 1992 of 47 straight dual meet wins. His 1988 Washington team was picked as the #1 Dual Meet Team in Washington State.

### Lloyd Pugh

Lloyd Pugh began his life long experience with track and field at Mt. Si High School, placing fifth in the 1954 state meet in the mile. Upon graduation, he competed as a distance runner at Seattle Pacific University from 1955 – 1958, plac-

ing 5<sup>th</sup> at the National NAIA meet in the 1500m and 5<sup>th</sup> in the 3000m steeplechase. He credits his interest in coaching as having come from his college coach, Ken Foreman. Lloyd began his coaching career at Marcus Whitman Junior High School in the South Kitsap school district where he managed and directed the Marcus Whitman Relays. In 1962, he began coaching at South Kitsap High School serving as the head coach for twenty-eight seasons until 1989. In 1969, he created and directed the South Kitsap Invitational. In 1990, along with his wife, Mary, Lloyd managed and coached the South Kitsap Track & Field Club, serving 20 years. The club team evolved into the Jaguar Club which has provided age-group competition opportunities for more than 285 youngsters from more than 150 families. During that time, he helped create and manage the Jaguar Invitational. In 1998, he came out of retirement and served as the head coach of Bremerton High School until 2010. It was in 1999 that he began the Bremerton Relay Classic. In the 2011, Lloyd spent one season coaching at Olympic College.

Lloyd was an instrumental member of the group of coaches that reorganized the WSTFCA. He worked with the Washington Cultural Exchange escorting teams to Hong Kong and China five different times. He served as the head javelin judge at the State Championship Star Track Meet from 1990 – 1995. He served as the head javelin judge at the Region 13 USATF Meet and as the head shot put judge at the National Championship meet at UW. He was an innovator as a meet manager offering events like the Steeplechase and the Hammer long before they began to find a place in our sport today. ■



## Track and Field: Sumner Schools to Adopt a Facsimile of the Kent Plan for Professional Officiating

**“It will move track and field to first class status and allow coaches to do what they are supposed to do...coach”**

by Lane C. Dowell

Two quotes come to mind as I focus on the title of this piece. One has been with us as long as this aging coach and then some, **“Where there is a will, there is a way.”**

The second was verbalized by the new Superintendent of the Renton School District, Merri Rieger, who was formerly Assistant Superintendent in Kent. When she was asked if she would implement the Kent Plan in her new district, Rieger, also the head starter for the state big school championships, said, **“of course, it is what is good for our KIDS.”**



The Athletic Director for the Sumner School District, which encompasses Sumner and Bonney Lake High Schools, Tim Thomsen, tells us that when considering the Kent Plan for creating a USATF certified pool of professional officials who will administer competitions in his district: **“I’m moving forward with this important initiative.** My colleague Dave Lutes (Kent Schools AD) has

been an inspiration. We need trained and certified officials for field and track dual meets, XC meets, etc.! I’m heading down that road, and maybe I can inspire others, as **Kent has inspired me.”**

The former javelin thrower now administers one of the finest state track and field qualifying district meets in Washington and apparently feels no bounds when it comes to providing the best in facilities and administration for our athletes. His is truly a first class effort.

Thomsen, who has paid his officials for quite some time, now seeks, as in Kent, training with the resulting certification via USATF for his officials. No hurdle gets

in Thomsen’s way. **“Where there is a will...”**

Could this be the start of the snowball effect that may see other school districts moving toward developing trained, certified professionals for this widely participated-in sport? When asked what does Sumner’s action say to you, Kent School’s Track and Field Meet Manager Chris Kunzelman says, **“It says that we are on the right track!”**

Kunzelman went on to say, **“When you come up with an idea that some people think is crazy, too expensive, or too hard to implement, you can only hope that at least one other person can see even a glimmer of what you are trying to accomplish.** Tim and Sumner School District’s commitment to jump on the train and move toward something similar to our Kent Management Program says that maybe **as a track and field community we are all ready to stop talking about what is needed and start walking the walk.”**

The Kent Program Director spoke to her vision of **moving track and field to first class status.** **“This is one step closer to track and field getting support equal to the other BIG high school sports (football, basketball, & baseball).** If this is the beginning of the snowball effect...I couldn’t be happier.”

Kunzelman continued as she spoke of her recent talk at the Washington State Track and Field Coaches Association annual clinic/convention. **“After speaking recently at the WA State Track Coaches annual conference, I would say there are many other coaches/ADs out there that are interested in this style of program and are looking for ways they can adapt the basic model to fit their district or league’s format.”**

**“As we in Kent kick off season 2, we continue to make improvements and believe our program is growing stronger each year. We’re excited to be able to mentor others as well,”** Kunzelman proudly stated.



Veteran Track and Field/CC coach at **Central Kitsap High, Mark Ward**, applauds Kent and Sumner for their development of trained professional officials. Ward says. "It will **allow coaches to do what we're paid to do, coach**. I live for away meets, so I can actually see my kids compete. At

home meets, none of our staff actually gets to do much except run the meet."

Ward went on. "We need to give our kids the respect that they deserve. It's **hard to take something too seriously when you don't see officials.**"

The wily mentor also offered, "You'd like to believe that this will add a **true level of consistency** between meets. When meets at certain schools are run one way and meets at another school are run a different way, it's hard to teach your kids what it'll be like in the post-season."

We will update the development that these districts

make in future editions of this magazine.

May I leave you with one radical thought? My coaching mentor was great at dropping gems of wisdom. One of which was, "If something is worth doing, put the time and effort (and dare I say money) into it"...for **KIDS** sake.

Boiling the state of grass roots youth track and field administration down to its base, the **LIABILITY** issues raised by allowing non-certified officials to run a meet/event is the same as asking a non-cert to step into our classrooms and teach. **You are asking for trouble!**

For more information on the Kent Plan refer to back issues of our **Washington Coach...Spring and Summer 2013**.

*Author's Bio...Lane C Dowell is a member of the Washington Track and Field Coaches Hall of Fame, who as a USATF Master Level official administered fifteen USATF national championships. From 2000-2008 he was a head throws official at these championships, which included three USA Olympic Team Trials. In 2005 he was selected National USATF Field Event Official of the Year 2005. Dowell, who still competes in Master's Track and Field, and qualified for this year's National Senior Games in the Shot Put and Discus. ■*



Dave Lutes, Kent School District Athletic Director, received the USATF Pacific Northwest Association's 2013 Youth Contributor of the Year award at their annual awards dinner. Dave is pictured with Chris Knuzelman the track and field meet manager for the Kent School District. ■

## Track Hall of Fame members who attended the convention.



*Tim Irvin, Lane Dowell, Dan Blackmer, Phil Pugh, Lloyd Pugh, Mark Smith, Cliff Nixon, Joel Wingard, Bill Harris, Mike Hinz, Eric Lindbergh & Clay Lewis*

# Scholarship for **Student Teachers**

## **BURNETT-ENNIS STUDENT TEACHER SCHOLARSHIP**

### **Deadline: April 15<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 \_\_\_\_\_

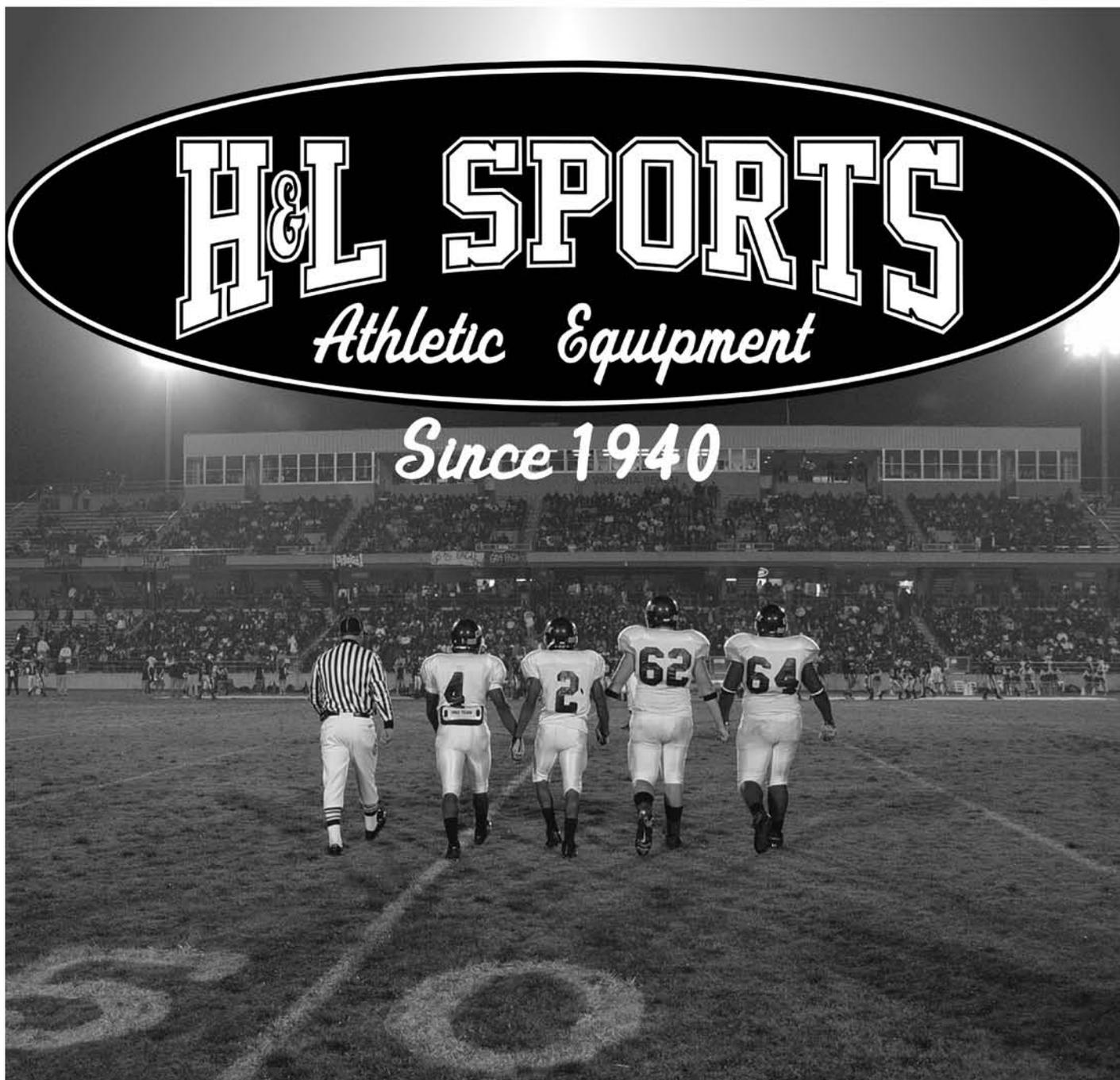
Address of Parent/Guardian if different from applicant:  
 \_\_\_\_\_  
Street City Zip Code

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

*Your application must be received before April 15<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>.**



***Proud sponsor of the Terry Ennis Scholarship***

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