

THE WASHINGTON GOACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



WSFCA
Mid-Winter Clinic
2017



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

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

Associate Editor
 Barb Johnston, 421 E. Davies Loop Road
 Lake Stevens, WA 98258; 425-870-3679
 Johnston.barbcliff@gmail.com

WASHINGTON STATE

COACHES ASSOCIATION

A WASHINGTON STATE NON-PROFIT ORGANIZATION

Our Mission

The mission of the Washington State Coaches Association is to support its membership by creating educational opportunities through sport specific clinics, provide resources which enhance the highest possible knowledge, standards and ethics in the coaching profession and to recognize and celebrate excellence of our membership, their families, teams and players.

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From the Editor

The articles in *The Washington Coach* do not necessarily represent the views of the Washington State Coaches Association. We publish articles of varied opinions and perspectives to encourage thought and discussion.

If you read an article in our magazine with which you do not agree, we encourage you to write an article presenting your ideas and insights.

Presidents Message

Darrell Olson

Spring 2017

Fellow WSCA Members,

By the time you read this, we will have put to bed the winter sports season and with it all the excitement and drama found at the state tournaments involving boys' and girls' basketball, boys' and girls' wrestling, swim/dive, gymnastics, and bowling.

Ahead, we prepare for our spring sports season and the unpredictable spring weather that awaits us all!

The WIAA Amendment process is well underway. There are a total of 15 amendments that have been proposed for the 2017-18 school year. Three directly involving high schools, eight that affect high school and middle school, and four that are middle school directed. Be informed on what amendments are up for a vote. Ask your athletic director or principal for a copy of the proposed amendments or log onto the WIAA website. Voting on the proposed Amendments takes place April 28 – May 5.

The WIAA Spring sports rules clinics deadline is March 19. This is a requirement from the WIAA that each spring sport head coach must complete the short 'sports specific' rules clinic. I know this can be a pain in the neck because we think we know all the rules of our sport and because we don't have the time. You may be a little humbled while taking the test at the number of rules you don't know in your sport. Be professional about it and get it done before March 19.

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

As an active member of the WSCA, I encourage to you promote the WSCA to your coaching colleagues that are not members. Our membership continues to grow and grow. Coaches are finding that when you add up all the benefits of membership, it is well worth the nominal \$40 membership dues. The \$3.5 million Liability Insurance coverage you receive as a membership benefit could be a career saver for you!

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

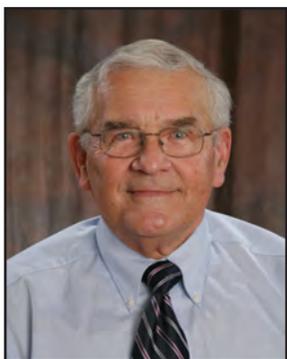
The WSCA Executive Board is made up of a strong group of coaches with extensive coaching experience and a wide variety of coaching backgrounds. They serve as advocates for all middle school and high school athletic programs and support all coaches working with our young athletes. If you have an idea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

Good luck with your spring sports seasons. All spring sport coaches look forward to the beauty and variety of spring weather in the Northwest!

Keep the head down,

Darrell Olson
President, WSCA





From The Sidelines

ORCHIDS

- to the cooperation of several athletic administrators in the WIAA districts for helping WSCA to improve membership benefits.
- to the communities of Yakima and the greater Spokane area for their support of all sanctioned all-state games.
- to athletes and fans who treat opponents with respect and dignity.
- to the many school districts, individual schools or coaching staffs who enroll their coaches in the WSCA.

The WSCA would like to thank the 81 school districts in our state who are continuing to acknowledge the importance of the WSCA by funding WSCA memberships for all their coaches.

Each school has been asked to appoint a Group Administrator as a way to get all coaches correctly registered into the WSCA. Until all coaches are registered and payment made for membership, no WSCA membership cards will be sent. Please encourage your fellow coaches to check with your Group Administrator and get registered. Kennewick, Marysville, Moses Lake, and Yakima are working to be prominent with their coaches and are contacting athletic directors in each of their district buildings. “Good coaches plan. Great coaches plan very detail.”

Have you ever been to a high school athletic event in our state and all of a sudden an announcement is made over the PA system that asks the crowd to please stand, remove your hats and enjoy a high school student athlete singing our national anthem? I observed this at a recent track meet and was amazed to watch over 150 athletes, their coaches, and the spectators stand at attention to view the flag of our country and at the end of the singing, they

applauded showing their appreciation for all that went into competition.

Here is a rough breakdown of the number of coaches from WIAA districts who had coaches attend the WSFCA Mid-Winter Football Clinic. A huge thank you to all who attended a great clinic.

District 1- 20, District 2- 24, District 3- 39, District 4- 30,

District 5- 19, District 6- 8, District 7- 7, District 8- 9, District 9- 4

A coach from the Vancouver area said “As coaches our responsibility is to teach kids life lessons and one of those lessons is the meaning of integrity”. There is a big difference between developing a team and assembling a team.

ONIONS

- to the coaches who register on line and expect their membership card in the next mailing. PLANNING goes a long way.
- to the “so called” scouts and agents who tell high school athletes and their parents that they can guarantee athletes a scholarship.
- to bouncing around school districts—is it fair to have public high school athletes bounce around a school district instead of attending school in their boundary areas? The real question is are these senior student athletes moving for athletic reasons?

Here is an onion that bloomed. As of May 1, 2013 the WSCA had 2,238 registered and paid members and as of November 1, 2013 we had 2,847 registered WSCA members. This writer believes the benefits provided by WSCA have encouraged association growth. On December 16, 2016 the WSCA had 3,725: 1,180 Individual memberships and 2,545 Group Memberships. On February 6, 2017 the WSCA has 3,859 total memberships: 1,306 Individual memberships and 2,553 Group Memberships. Group memberships are paid for by the school. ■

CONGRATULATIONS Fall and Winter Sport Champions

Why Should I Become A Member of the WASHINGTON STATE COACHES ASSOCIATION?

This \$40 question is asked by many high school coaches in our state.

The first answer is that the WSCA is a professional organization for Washington State high school & middle level school coaches. **It exists to support your efforts as a coach.**

THE MAIN PURPOSES ARE:

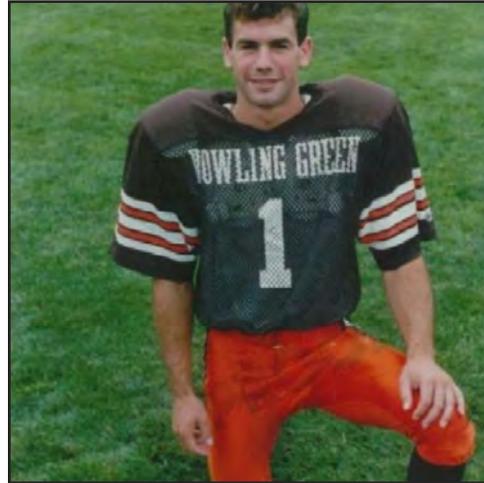
- To offer top quality, affordable places to member coaches in the area's of professional education and training, to earn clock hours and coaching education hours.
- To offer a pass, using your membership card, for entry into **ALL** WIAA state tournaments, **ALL** regional tournaments, and **ALL** district tournament games, state wide!
- To offer **Liability Insurance coverage of \$3.5 million** for our membership while working a scheduled, sanctioned and supervised WIAA sport or event and or in the classroom.
- To offer your son or daughter, who are eligible, an opportunity to apply for WSCA scholarships. (i.e. Burnett-Ennis, Terry Ennis-Varsity Gold)
- To be eligible for your sports' **Hall of Fame** recognition
- To be eligible for your sports' **Coach of the Year** recognition
- To be eligible to coach in sanctioned WSCA all star games. WIAA will only authorize WSCA sanctioned All-Star events.
- To receive reduced fee's at WSCA sponsored coaches clinics and WIAA clock hours toward coaches education certification and/or salary placement.
- To honor member coaches for their coaching achievements through our **Career Awards** program
- To receive quarterly issues of **The Washington Coach** magazine. Magazine is now online at www.washcoach.net or, upon request, coach can receive a hard copy of the magazine mailed to them by making your request to Jerry Parrish.
- To provide reimbursement to each sport group for enrollment in WSCA.

OTHER BENEFITS:

- Check our WEB page for up to date information - www.washcoach.net
- **Membership registration is online at www.washcoach.net**
- Coordination with the state governing association (WIAA)
- Input through the Individual Sport Association Reps into the WSCA
- **By becoming a member of the WSCA, you are taking a proactive approach to avoid problems in the future ■**

The BLITZ is BACK

by Lane C Dowell



High school coaches, our local media offers no better friend than the affable and dedicated **Paul Silvi**, who has reincarnated the High School Sports Blitz on KING 5. Silvi hopes to have the show back full speed ahead this next Fall.

The Blitz used to run on King 5 Saturday mornings at ten for half-an-hour. Initially it featured prep football's big game highlights with excellent analysis and interviews. As time marched on, other sports moved into the KING sports limelight and the show began to cover and highlight the entire prep year...Fall through the Spring.

The former Bowling Green athlete, who does an excellent job covering the big money boys feels that the games that are played for fun deserve attention and provide plenty of enjoyment.

Former Washington Husky and South Kitsap Head Football Coach Eric Canton had this to say about the Blitz Being Back.

Perhaps you remember this show, which as I recall, aired on King 5 at 10 am Saturday. It was a half an hour of the weeks big games, excellent athletic highlights and analysis. As I recall this programing carried through the entire year.

I loved it because it promoted the beauty of the games our athletes played for fun.

Thanks for caring and the great attention you give to high school sports Paul. ■

These are the coaches you need on your staff!

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

Sport Associations Board Representatives

Athletic Trainers	Lorrie Howe	Eastmont	howel@eastmont206.org
Baseball	Jesse Benedetti	East Valley (Yakima	benedetti.jesse@evsd90.org
Basketball - Boys	Nalin Sood	Mountlake Terrace	soodn@edmonds.wednet.edu
Basketball - Girls	Dan Taylor	King's	dtaylor@crista.net
Cheerleading	OPEN		
Cross Country	Joe Clark	Lakes	jclark@cloverpark.k12.wa.us
Fastpitch/Softball	Tom Harmon	Nooksack Valley	tom.harmon@nv.k12.wa.us
Football	Adam Fisher	East Valley (Spokane)	fishera@evsd.org
Golf	Jim Anderson	Jackson	janderson2@everettsd.org
Gymnastics	Ryan Fleisher	Issaquah	issygymnastics@yahoo.com
Soccer	Aaron Radford	Kentwood	aradsoccer@comcast.net
Tennis	OPEN		
Track & Field	Dawn Geiser	Skyline	geiserd@issaquah.wednet.edu
Volleyball	Tawnya Brewer	Burlington-Edison	tbrewer@be.wednet.edu
Wrestling	Brett Lucas	Todd Beamer	blucas@fwps.org ■

WSCA Executive Board

Email addresses

President

Darrell Olson, Everett, dolson@everettsd.org

Past President

Nalin Sood, Mt Lake Terrace, soodn@edmonds.wednet.edu

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Jerry Parrish, North Kitsap, washcoach@gmail.com

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Mike Schick, Edgemont JH-Retired, wsca-editor@comcast.net

WIAA Exec Board Representatives

Ed Laulainen, Kelso, coached@kalama.com

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Lifetime Achievement

Tom Harmon, Nooksack Valley, tharmon24@hotmail.com

Career Recognition

Brett Lucas, Todd Beamer, blucas@fwps.org

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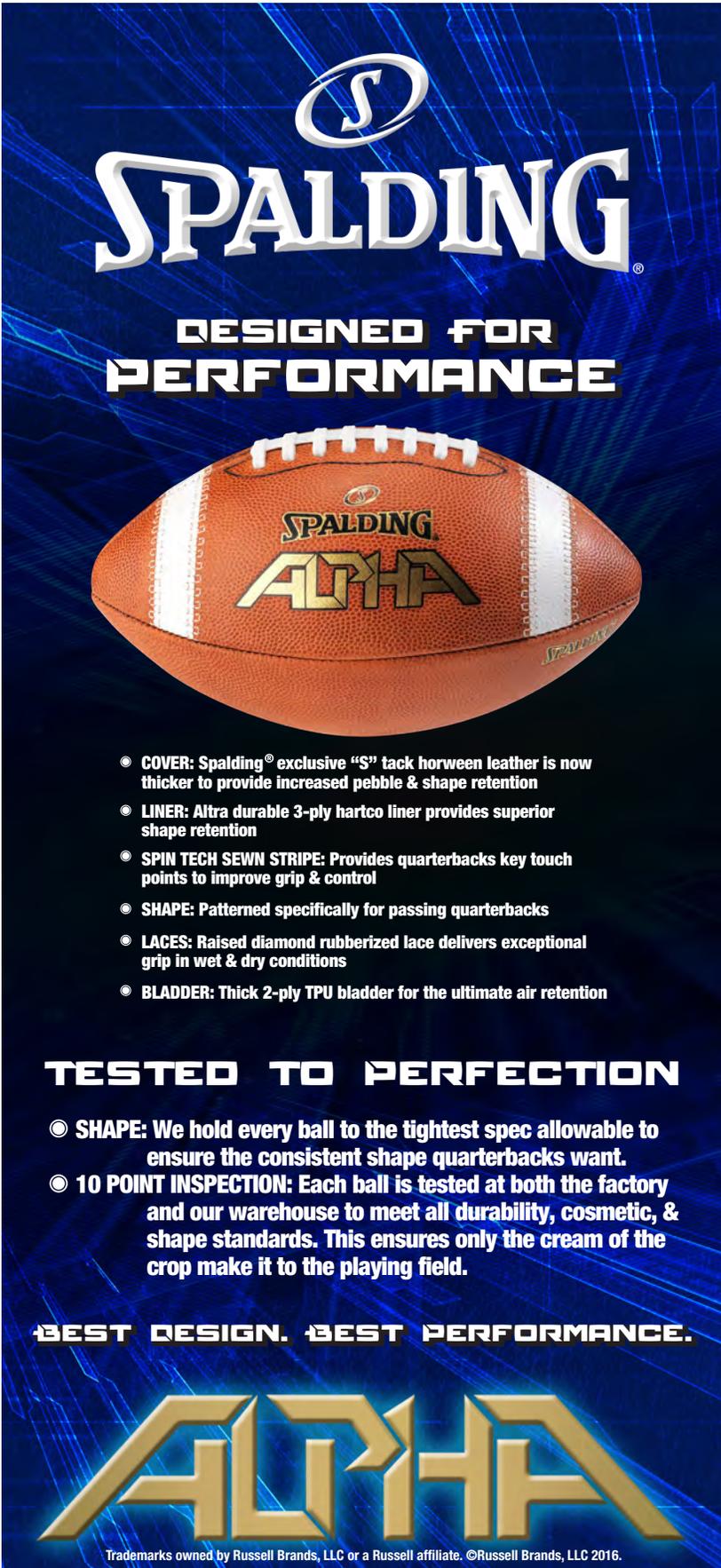
Sue Doering, Colfax, sued@colfax.k12.wa.us

AD Liaison: West

Bob Bourgette, Kennedy, bobbourgette@gmail.com

AD Liaison: East

Bill Alexander, Quincy, aalexand@qsd.wednet.edu ■



The advertisement features a central image of a Spalding Alpha football against a blue background with a circuit-like pattern. The Spalding logo is at the top, followed by the word 'SPALDING' in large, bold, white letters. Below that, the text 'DESIGNED FOR PERFORMANCE' is written in a smaller, bold, white font. The football itself is orange with white stripes and has 'SPALDING ALPHA' printed on it. To the right of the football, there is a list of features in a circular bullet-point format. At the bottom, the text 'TESTED TO PERFECTION' is written in a bold, white font, followed by 'BEST DESIGN. BEST PERFORMANCE.' in a similar font. The word 'ALPHA' is written in large, gold, 3D-style letters at the very bottom. A small copyright notice is at the bottom right of the advertisement.

SPALDING
DESIGNED FOR PERFORMANCE

- COVER: Spalding® exclusive "S" tack between leather is now thicker to provide increased pebble & shape retention
- LINER: Ultra durable 3-ply hartco liner provides superior shape retention
- SPIN TECH SEWN STRIPE: Provides quarterbacks key touch points to improve grip & control
- SHAPE: Patterned specifically for passing quarterbacks
- LACES: Raised diamond rubberized lace delivers exceptional grip in wet & dry conditions
- BLADDER: Thick 2-ply TPU bladder for the ultimate air retention

TESTED TO PERFECTION

- SHAPE: We hold every ball to the tightest spec allowable to ensure the consistent shape quarterbacks want.
- 10 POINT INSPECTION: Each ball is tested at both the factory and our warehouse to meet all durability, cosmetic, & shape standards. This ensures only the cream of the crop make it to the playing field.

BEST DESIGN. BEST PERFORMANCE.

ALPHA

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The Risk of Overuse Injuries

OVERUSE INJURIES CAN BE CAUSED BY

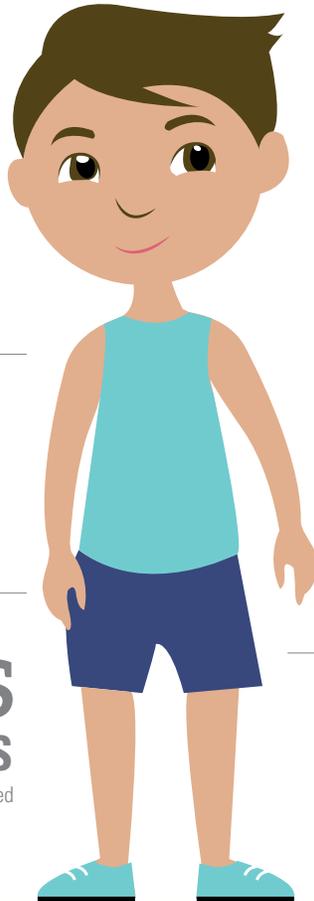
training errors, improper technique, excessive sports training, inadequate rest, muscle weakness and imbalances and early specialization.

LONG-TERM CONSEQUENCES INCLUDE

loss of playing time, reduced function and psychological exhaustion.

SYMPTOMS OF OVERUSE INJURIES

tend to be gradual, resulting in athletes going undiagnosed and untreated for longer periods of time.



COMMON OVERUSE INJURIES ARE

general stress, inflammation and tendinitis.

INJURIES TO THE GROWTH PLATE CAN RESULT

from repeated microtrauma, which is microtearing of the muscle fibers and connective tissues.

STRESS FRACTURES

occur when shock that can't be absorbed from fatigued muscles is transferred to the bone.

OVERUSE INJURIES ARE MORE FREQUENT IN



Rowing • baseball • volleyball • cross-country
• track and field • other low-contact sports

APPROXIMATELY **50%** of all sports-related injuries for pediatric athletes—children ages 6 to 12 and adolescents ages 13 to 18—are due to overuse

Acute overuse injuries occur when there is too much activity, too quickly, while chronic overuse injuries result from repetitive activities over the course of several weeks or months.

WOMEN'S SPORTS, INCLUDING



Field hockey • soccer • cross-country • volleyball

HAVE THE MOST OVERUSE INJURIES

PREVENTING OVERUSE INJURIES

- Avoid specialization and repetitive sport activity at a young age. Athletes who participate in a variety of sports tend to have few injuries and play longer.
- Limit training in one sport to no more than five days a week with at least one day off from any organized physical activity.
- Take time off from one sport for two to three months each year to allow physical injuries to heal, the body to

- recoup and for the athlete to focus on strength training and conditioning. This is also a psychological break that can help the athlete avoid burnout and overtraining syndrome.
- Pediatric athletes should only play one overhead throwing sport at a time and should avoid playing the same sport year-round. Participation in multiple sports throughout the year provides a wider range

- of skills as well as rest from repetitive, single-sport activities.
- Although there aren't injury thresholds for specific sports or age ranges, data suggest limiting vigorous physical activity to 16 to 20 hours a week for pediatric athletes.
- Conduct a pre-participation physical exam on an annual basis to detect life-threatening conditions as well as factors that may predispose the athlete to overuse injuries.

Athletic Trainers: A valuable part of your team

Lorrie A. Howe LAT, ATC, Eastmont Sports Medicine Instructor
WSATA Secondary Schools Chair, howel@eastmont206.org

What is Athletic Training?

Athletic training encompasses the prevention, examination, diagnosis, treatment and rehabilitation of emergent, acute or chronic injuries and medical conditions.

Who are Athletic Trainers? (ATs)

Athletic Trainers are highly qualified, multi-skilled health care professionals who collaborate with physicians to provide preventative services, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions.

Athletic trainers are sometimes confused with personal trainers. There is, however, a large difference in the education, skillsets, job duties and patients of an athletic trainer and a personal trainer. The athletic training academic curriculum and clinical training follows the medical model. Athletic trainers must graduate from an

accredited baccalaureate or master's program and 70% of AT's have a master's degree.

Why use Athletic Trainers?

Athletic trainers provide medical services to all types of patients, not just athletes participating in sports, and can work in a variety of job settings. They can improve functional outcomes and specialize in patient education to prevent injury and re-injury. ATs are able to reduce injury and shorten rehabilitation time for their patients.

In Washington State, Athletic Trainers are Licensed Healthcare Providers. As Licensed Healthcare Providers we are trained in the evaluation and treatment of concussions/brain injuries. As per RCW 28A.600 – Zackery Lystedt Law – Athletic Trainers are authorized to treat and return student-athletes to play. ■

WSGBCA chooses five for the 2017 Hall of Fame Ceremony

The Washington State Girls Basketball Coaches Association selected five members to their Hall of Fame. This year, in Schirmer Auditorium at King's High School in Seattle, the WSGBCA will honor the following coaches into its 2nd Class of Hall of Fame Inductees on Friday, March 17th at 6:00 p.m. The banquet begins with a dinner social followed by the induction ceremony. Cost is \$35 preordered before March 10th and \$45 at the door. RSVP or for questions contact Bryan Peterson at petersonb@cascadechristianschool.org.

Below are the first inductees of the Washington State Girls Basketball Coaches Association

Chris Gibson, White River

Jim Greene, Reardan/Pomeroy

Marda McClenny, Walla Walla

Jim Stinson, Davenport

Charlotte Wirth, Walla Walla



The WSGBCA would like to congratulate this year's inductees and look forward to honoring many more in the future.

JUST PLAY FAIR?

By Lane C Dowell



Marvin Williams...Charlotte Hornets

Nathan Adrian...five times an Olympic Gold Medalist

Which of these former **Bremerton High athletes** was heavily encouraged to attend a Seattle area private school that was an athletic giant but chose to stay in his hometown saying, “This is my home and these are my friends. They are important to me and I want to play with them. If I am good enough to play college ball, they will find me no matter where I play?”

Should there be separate Leagues and a Playoff System for Public and Private Schools?

This last Fall a certain Snohomish County school caused quite a furor when many schools in their league forfeited games to the mega state power rather than risk injury at the hands of the super teens.

To have or not to have separate leagues/playoffs? Is this a battle between **Just Play Fair** and **winning at any cost**?

Does a solution to this perceived problem call into play the **integrity of school administrators and mentors** or **restructuring leagues and playoffs** to foster equity for all concerned?

In this article we will talk with some of our state’s respected coaches and athletes who have been involved in the question of public vs. private schools and a member of the WIAA Executive Board. Due to their position of influence, some have asked to remain anonymous.

From the COACHES:

In the words of a longtime, very successful gridiron mentor, who is still very active in promoting the sport of football and the importance of quality coaching...

I do know there is a lot of talk about forming private school leagues. There is talk about WIAA assigning clas-

sification to what league classification private schools should play and finally a RPI rating system like Oregon and many other states use to get a better bracket assignment going into the finals. The basketball teams are going to use this as a training ground for making sure #1 teams do not play other #1 teams until the semi-finals.

For our team this fall, we would have been seeded away from **Archbishop Thomas Murphy** until semi-finals weekend and not have had to play them so soon.

I need to be careful to not ruffle WIAA feathers as I am relatively sure the WIAA is doing homework on the issue. What the change will be I am not sure but am reasonably sure that there will be some sort of adjustment made. Perhaps WIAA will wait until BBB is over to see how the rating system worked.

I do know a couple athletic directors in the Snohomish county area are who very unhappy with out and out recruiting by ATM.

Personally, I would like the private schools to recruit against each other for prime athletes. I do believe the Marysville School District Athletic Director is very irritated by ATM recruiting two seniors-to-be athletes from Marysville Pilchuck and one senior to be from Marysville Getchell. Blatant recruiting!

Jeff Weible... became the head coach of one of the very best teams on the Olympic Peninsula and has continued building this program into a perennial top team. It is my opinion that the North Kitsap Vikings may have played 2A Champions ATM tougher than any other this season.

My feelings on this subject are pretty simple. It's a very unfair advantage for private schools to get a kid who has played varsity level football at another school and then the next year that same kid can transfer to a private school and not to sit out. That is not possible for a kid to do who goes to public school.

An athlete from Archbishop was an all-state running back last fall at Marysville-Getchell and transferred to ATM for his senior year. This is the main issue. If a kid wants to transfer and sit out a year and play JV then I am fine



with that because that is what we would have to do at a public school.

I also believe that if a private school has kids from more than five area high schools on its team then the private school should have to play at the 4A level. That would make the playing field much more level if we could get those two things to happen.

I do give ATM credit for trying to move up to the 3A level last spring, but the Wesco 3A would not accept them. I know they would rather play at a higher classification because they do not belong in a 2A/1A league that they are currently in. I hope the WIAA will step in and force a 3A or 4A league to take them in.

Continued on page 12

Steve Corda:

Coach Corda offers an interesting perspective concerning separation of public and private school interaction.

Corda spent a number of seasons as an assistant football coach at Bremerton High School prior to transferring and fulfilling the same duties at Seattle's private school power, O'Dea.



We asked Corda if he thought there should be a separation between private and public school competitions:

This an interesting question. Especially in light of the difficulties Archbishop Murphy faced this season, during which Olympic High School demonstrated some real brass.

There's nothing quite like Friday Night lights and Washington State does a great job giving young athletes a chance to compete, learn values and prove themselves. There's not much I would change about that. That said, I could support a league with two divisions - one for public schools and another for private schools.

In my four seasons as an assistant at O'Dea, all of our post-season losses came at the hands of public school teams.

A good, competitive team is a good competitive team, whether

*they're public or private. I know **O'Dea has a 1A student population, but plays up to a 3A.** I'd only float an idea like a private-public split division league in light of Archbishop Murphy's difficulty in finding schools willing to compete this regular season. But that was an extreme example and hopefully something that never happens again.*

2. In my four years at O'Dea, I NEVER saw an example of open recruiting of a student-athlete. Not once!

*In fact, I saw just the opposite. One year that I was there, there was conversation of a prominent athlete from another Metro League school who reportedly wanted to transfer to O'Dea after completing his sophomore year. This transfer would never have been allowed. **O'Dea has strict policies in place about transfers.** Not only was there no recruitment of student athletes, O'Dea's administration expressed the importance of avoiding even the slightest APPEARANCE of recruiting.*

*By the time I joined the O'Dea staff, Monte Kohler was well into his second decade of tremendous success leading the O'Dea athletic department. And that success created a lot of interest in student athletes in joining the O'Dea Brotherhood - truly a one-of-a-kind high school experience. Not to mention the fact that more than **90 percent of O'Dea students moved on to higher education** after graduating from O'Dea.*

Many times I saw potential O'Dea students and athletes walk through the gym - sometimes when playing a CYO basketball game, sometimes at an Open House. Countless times I saw these athletes look up at the banners hanging from the rafters or walk over to the Wall of Fame. I saw them admire what previous members of the O'Dea Brotherhood had accomplished. I saw them imagining their team hanging a banner or their picture joining the wall of fame.

Several of O'Dea's games were broadcast On Demand throughout the season. And the network that is now called Root Sports broadcast the WIAA State Semifinals and Final Game in football and the Semis and Finals of the Basketball tournament. I coached a lot of kids who watched Taylor Mays' Fighting Irish squad play their way to the State Final and decided they wanted to be a part of the O'Dea tradition. I'm sure just as many watched Mitch Johnson's Irish squad and later Jamelle McMillan excel under the brightest lights and on the biggest stage in Washington State High School athletics and decided they wanted to wear the Maroon and Gold and learn the game from the late, great Phil Lumpkin.

Long-time coaches at the school saw an increase in the numbers of applicants to the school following a deep - and televised playoff run. One coach even referred to it as "The Fox Sports Northwest Effect."

*When my "honorary nephew" showed an interest in playing football, his dad, a friend of mine since college, and I coached in the first year of the Everett Wildcats youth association. It was a **Pee Wee league designed as a feeder***

program for Archbishop Murphy. There was a very close relationship between the Youth program and the High School program. There was even a Buddy program where Youth players were paired up with Varsity players and got to take part in some special events. Like shadowing their Varsity Buddy through a school day, an opportunity to meet and chat with their Buddy after an Archbishop Murphy home game. But “Buddy” programs of this type aren’t unique to Archbishop Murphy or private schools. I’ve coached in other youth programs that did similar outreaches from the Varsity to the Youth players and I’ve heard of several others.

From the ATHLETES:

Noah Garguile...Bremerton Knights

Dominic Garguile and wife Shawna...O’Dea Irish



These two first cousins’ fathers played together for hard-nosed HOF Coach Chuck Semancik at Bremerton’s West High. Both cousins were team leaders, who received league honors: Noah, a great two-way player, opted to play for his hometown team, while Big Dom, 6’6”...300 lbs. DL went to O’Dea in pursuit of a “good Catholic education.

Both were excellent students Noah continued his education at the Air Force Academy and played a tough DE... we will never forget that game at Tennessee, while Dominic was the uncover OT for the Big Red at Cornell. Many thought the UW sure could have used the big guy his senior season.

***Noah...**For me it was a no brainier, playing with my buddies, for my city, for my community was all I ever considered. Going to a private School like O’Dea or Bellarmine; knowing you were going to win because they had “talent dropped off at their door step every year” didn’t fuel me the way playing for my hometown did, with “KNIGHTS” emblazoned across my chest. My dad is and always will be proud to be from Bremerton. This city has giving so much to my family and we are eternally thankful. In return I wanted to make them proud. My dad instilled that hometown*

Continued on page 14

Continued from page 13

Bremerton pride in me, so I never gave a serious thought to playing at a private school.

Do I think that playing for one of those private schools, who consistently have a winning program, would have helped me get recruited to a “better” college? Probably. In programs with such depth at every position, iron sharpens iron. The **competition to earn that starting spot is higher, which generally pushes many players further than they would have otherwise.** Not to mention the **relationships that those programs have with college recruiters,** which undoubtedly opens up doors that might not have otherwise.

Education-wise, there is something to be said for the quality of a private school, however, **I am convinced that you can get a quality education at any school you go to as long as you put your nose to the book and have the desire to learn.**

Dominic... *I am not sure what insight I can provide regarding high school recruiting since I am pretty disconnected from that world. But I will tell you this, I was never recruited to go to O’Dea.*

There were many factors that contributed to my choice for high school. Growing up I had dueling visions of both being a Knight and part of the Fighting Irish. Something that I realized wasn’t really possible as high school came closer. My Uncle Steve went to O’Dea, he gave me his jerseys with Garguile emblazoned on the back. I have vivid memories of watching O’DEA play at Seattle’s Memorial Stadium as a 4 or 5 year old. When it came time to go to high school, O’DEA had just won a state championship in football and was in the middle of their 27 game winning streak. **Being part of the winning tradition at O’DEA certainly influenced the decision.**

Athletics played a role but it was not the only factor in the decision, I always told myself that I would use **athletics to either pay for or get myself through college.** I felt like **O’DEA would give me the best opportunity** at that point to do so. The fact that it was a Catholic education was important as well. My immediate family and I were very active in the Parish at Star of the Sea at that time and my parents had the means to send my brother and me to O’DEA.

Marvin Williams: *It was very evident in our community that this rising super star was highly coveted by Seattle basketball powerhouse O’Dea. The big guy made it very clear from the start that he wanted to stay home saying as mentioned, “If I am good enough they will find*

me, no matter where I am getting my education.

I vividly recall the parade of collegiate coaches that dotted the crowds during Marvin’s Knight Basketball career. I swear that North Carolina’s Roy Williams had a cot under the bleachers. Coach Williams won the Marvin lotto and lured the big guy away from the PNW to Chapel Hill, where the Bremerton great helped the Tar Heels win an NCAA title his frosh year prior to being drafted...one-and-done by Atlanta’s Hawks.

From a MEMBER of the WIAA EXECUTIVE BOARD:

In general, **I do not favor a separation of public and private. I do expect all schools to embrace a sense of equity, fair play and prioritizing the development of positive character over wins on the scoreboard.** What I have found is - you can’t always legislate common sense or fair play!

Currently, there are two committees at the WIAA addressing this issue: One regarding the way WIAA is structured (leagues form and join a WIAA district, and districts receive allocations to state). The other on classification and how we classify schools.

So, there are some interesting questions coming out of these committees:

1. Is there a better way to structure the WIAA that would lead to more equity? **In many states the state sets up the leagues and the regions/sections/districts that feed into the state tournament. We do it the opposite.**

2. There is a strong correlation between free and reduced lunch rates and success in the post season, as follows: Generally, the higher your schools level of poverty, as measured by free and reduced lunch rates, the lower your success in athletics. Some exceptions (inner city basketball), but a **classification model that used free and reduced lunch rates as a factor would help to level the playing field.**

3. Some notable private schools choose to opt up to the highest classification (Bellarmine, Gonzaga, Kennedy, etc.) and do just fine. **Why do some choose to only play where their private school enrollment places them? Are they prioritizing success over fair play? Should private schools be forced to opt up to a higher classification?**

Perhaps some combination of these three things may address the concerns. I have hope!

In Conclusion:

Is there a problem that needs WIAA attention? Is there a need for a watchdog force to investigate supposed recruiting or an abuse of open enrollment as suggested earlier in our article? In the interest of fair play, is the integrity of our administrators and mentors sufficient to insure a level playing field? Or should youngsters be allowed to attend any school they wish for a better education or to be more visible to college recruiters much like the open enrollment policy used in many of our state's districts allows...better education? The answer?

Hopefully all the major players will get together in the best interest of those who Just want to Play Fair a game they love. The WIN at any cost attitude has no place on Washington prep gridirons.

Congratulations to the 11 ATM football players who signed letters of intent.

Author...Coach Lane C Dowell has been a member of the WSCA for 48 years and a contributor to The Washington Coach for many of those years.

During his football coaching career, Dowell Assisted Football HOF Coaches Chuck Semancik and Phil Pugh, as well as, Doug Smith, who holds the record for most consecutive victories in the Olympic League.

He is also a WSTFCA HOF Coach. ■

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FIVE MINUTE CLASS SPECIALS

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

Measuring heart rate

A five minute special, used at the end of the strength class serves as a break to the heavy lifting and helps aid in recovery and restoration of the body. These are fast paced exercises, continuous in nature, targeting one of two specific areas.

The coach, not the student, picks a **conservative weight** for each participant in the room because, for the majority of these specials, the targets are the smaller muscles. The use of a heavier weight is contraindicated since the larger weight will often disrupt the proper muscle firing sequence causing substitute assistant muscles to enter the lift which leads to an altered lifting pattern. In other words, the weight is causing the student to cheat the weight up to get the repetition finished.

Another factor to consider when doing these is the heart rate. Keeping it within a recognized standard range is safest. And that range for all intents and purposes will be between 70% and 85% of their maximum heartrate (MHR)¹

There are several methods you can follow when doing these sessions. Some are specifically timed for both work and rest, whereas others use a combination of exercises, one following another until the series is complete, ascending reps with variable rest periods, or descending reps with variable rest periods between reps.

Specifically timed-Tabata training sets

The Tabata protocol originated from Japanese scientist Izumi Tabata, back in 1996. He designed these workouts to maximize the results of his athletes training time.

His original training session sequence consisted of a 5-minute warm up, eight intervals of 20 seconds of an all-out effort each exercise, followed by a 10-second rest. After these eight intervals, he required a 2-minute cool down. Little did he know what he would spawn in the fitness world, especially for busy people, thus, making this ideal for the class room.

Because of his work, the Tabata training protocol is recognized worldwide as a highly efficient and effective method of exercise. It provides an intense but short session workout. Not only do you get a good workout from this, the American Heart Association states that these short bursts of high intensity exercise does in fact improve your cholesterol levels, blood sugar, and weight control amongst type 2 diabetics better than sustained episodes of lower intensity 30 minute sessions.

Even though the sessions are defined as being in the 70 to 90% of maximal effort, these are person specific. One person's 70, 80, or 90% will or at least may be different from another person simply because of the differences in fitness levels.

This type of training may sound too hard to do, but the beauty of it is how easy it can be tailored for each person because intensity is a self-determined factor in the protocol. The individual sets the parameters of duration and difficulty for each session.

Regardless of the intensity you choose, always warm up first. This may seem silly but the high degree of difficulty necessitates a good warm up so your muscles, heart, and lungs are ready for the tough time ahead.

Each of the five phases consists of an intense period of twenty seconds followed by a moderate rest time of ten seconds. During these intense, difficult periods, you want to keep your heart rate in the appropriate target heart range of between 70 and 90%.

- Variations on the Tabata work to rest ratio (W:R), such as 20/20, or even a sets of 20/05 are useful if not overused. Due a short cool down before the class ends.
- Repetitions and rest variations, generally for repetitions above twelve up to as many as twenty-five to thirty with the rest periods as long as it took to do the exercise (1:1)
 - Examples: Bodyweight squats, pushups, runs in place, leg raises, flutters, prone back extensions.... virtually any type of calisthenics or dumbbell work

exercises. If you have enough barbells for each student these can also be used.

Combination exercises

When using the combination exercises everyone must be set up with the proper weight for each exercise so there is no downtime getting the weight. For example, when working the deltoids, the weights have to be ones that allow proper form and technique for each exercise in the sequence. Since the repetitions are high this necessarily limits the chosen load.

Deltoid series example:

They each need a set of dumbbells and one barbell.

Twenty reps for each of these:

- Front raises into rear raises into side raises into military presses without rest between any of the exercises.

Rotator cuff muscles example:

Heavy weights are contraindicated for the following series of rotator cuff exercises. Two and a half to five pounds is more than adequate for most older students. Strive for local muscular endurance, as it is essential to these small muscles.

Ten to twelve reps each:

Warmup: Compass direction Pendulums, into circular counterclockwise and clockwise motions and then each of these all of which are performed on the floor

- Laying external rotator
- Laying internal rotator
- Laying straight arm external rotator

- Laying supine perpendiculars rotator

Lower body

- Calf raises into stiff leg deadlifts (legs bent 10-15°). Obviously, if any of your students have a preexisting low back issue this may not be a good combination for them.

Ascending reps or descending reps with variable rest periods.

These work by repetition count in this order: 10, 1, 9, 2, 8, 3, 7, 4, 6, 5 or 10, 2, 8, 4, 6 or 9, 1, 7, 3, 5. As you can see, there are built in rest periods (lower rep numbers) of varying length when doing these numbered sequences.

The harder ones begin with a low number and ends up with a high number of reps, such as this series: 1, 2, 3, 4, 5, 6, 7, 8, 9, and 10 and above.

Core work

Core work, with a variety of timed holds, none to exceed 30 seconds due to local muscular oxygen loss within the lumbar extensor area², which can contribute to the attending loss of proper stabilization control. Recent research has demonstrated that a strong core helps prevent low back pain (LBP). However, proper core work progressions are in order since not every student will be able to begin with a basic core exercise.

The classic core exercise is the plank. If your student cannot keep their buttocks down and in line with the rest of their body this is not a good exercise to begin the session.

Instead of having them on their toes, start them out on their knees and elbows. The same can be said for the pushup. If they are unable to hold their body correctly, then have them do modified ones on their knees, leaning on the wall, or leaning on the desk to make the movement less

strenuous.

Here are few of these you can use during the 5 minute specials

- Planks held for up to twenty seconds and then released into a ten second rest for up to 5 sets.
- Pushups for ten seconds and a rest for ten for 4-5 sets
- Squat thrusts for fifteen seconds with fifteen seconds rest for 4-5 sets

Measuring heart rate³

Target Heart Rate and Estimated Maximum Heart Rate directly from <https://www.cdc.gov/physicalactivity/basics/measuring/hearttrate.htm> web site.

NOTE: *the age examples used in the CDC site were changed to the ages (15 and 18) for this article along with the percentages matching these ages.*

One way of monitoring physical activity intensity is to determine whether a person's pulse or heart rate is within the target zone during physical activity.

For moderate-intensity physical activity, a person's target heart rate should be 50 to 70% of his or her maximum heart rate. This maximum rate is based on the person's age. An estimate of a person's maximum age-related heart rate can be obtained by subtracting the person's age from 220.

For example, for an 18-year-old person, the estimated maximum age-related heart rate would be calculated as $220 - 18 \text{ years} = 202 \text{ beats per minute (bpm)}$. The 50% and 70% levels would be:

50% level: $202 \times 0.50 = 101 \text{ bpm}$, and
70% level: $202 \times 0.70 = 141.4 \text{ bpm}$

Thus, moderate-intensity physical

Continued on page 18

Continued from page 17

activity for an 18-year-old person will require that the heart rate remains between 101 and 141.4 bpm during physical activity.

For **vigorous-intensity physical activity**, a person's target heart rate should be 70 to 85% of his or her maximum heart rate. To calculate this range, follow the same formula as used above, except change "50 and 70%" to "70 and 85%". For example, for a 15-year-old person, the estimated maximum age-related heart rate would be calculated as $220 - 15 \text{ years} = 205 \text{ beats per minute (bpm)}$. The 70% and 85% levels would be:
70% level: $185 \times 0.70 = 143.5 \text{ bpm}$,
85% level: $185 \times 0.85 = 174.25 \text{ bpm}$

Thus, vigorous-intensity physical activity for a 15-year-old person will require that the heart rate remains between 143.5 and 174.25 bpm during physical activity. *(These are numbers I will never see again!)*

Taking Your Heart Rate

Generally, to determine whether you are exercising within the heart rate target zone, you must stop exercising briefly to take your pulse. You can take the pulse at the neck, the wrist, or the chest. We recommend the wrist.

You can feel the radial pulse on the artery of the wrist in line with the thumb. Place the tips of the index and middle fingers over the artery and press lightly. **Do not use the thumb.**

Take a full 60-second count of the heartbeats, or take for 30 seconds and multiply by 2. Start the count on a beat, which is counted as "zero."

(Footnotes)

1 <https://www.cdc.gov/physicalactivity/basics/measuring/hearttrate.htm>

2 **Progressions of Isometric Core Training**
Mendrin, Natasha MS; Lynn, Scott K. PhD;
Griffith-Merritt, Halecia K. MS; Noffal, Guillermo J. PhD

Strength & Conditioning Journal:

August 2016 - Volume 38 - Issue 4 - p 50-65

doi:10.1519/SSC.0000000000000233

3 <https://www.cdc.gov/physicalactivity/basics/measuring/hearttrate.htm> ■

The Seahawks Academy

The Seahawks Academy is an annual gathering of high school football coaches from all sections of Washington state. Each year top veteran coaches and new coaches gather over a two-day period to share ideas, concepts, and current trends important in creating and sustaining a successful high school football program.



Each participating coach is asked to present on a given topic addressing the many domains of coaching including, safety, organization, practice protocols, game-day preparation, aligning technology with effective coaching goals, and many others.

Most important, significant time is spent on **safe practices** as related to correct tackling and blocking techniques, limiting practice contact, and concussion protocols. The Seattle Seahawks have been vital partners in this endeavor by providing in-house coaches and other staff as clinicians.

Another additional benefit of the Seahawks Academy is the opportunity for coaches across the state, at all classifications, to voice concerns and offer possible solutions through Washington State Football Coaches Association (WSFCA) governance.

The WSFCA appreciates and values the support provided by the Seattle Seahawks and NFL. This workshop is hosted by Paul Johns, Director of Youth Football & Legends Projects, Seattle Seahawks. ■



The 52nd East/West All-State game will be played on June 30th in Moses Lake. This football game was established in 1947 and played until 1959 under various titles State vs Seattle, Tri-City vs State and East vs West. In 1978, the game resumed as the North vs South and two years later the East vs West format returned and is in use today. In 1995, the Earl Barden Classic was established and at the present time the Washington State Football Coaches Association sponsors two games for high school football players in the state.

As in the Earl Barden Classic, the players on the rosters for the East/West game were selected from nominations of the coaches from each league in our state. The selection process took place at the Washington State Football Coaches Mid-Winter Conference in January. The rosters will be finalized by the end of April.

The players will arrive in Moses Lake on June 26 to begin preparation for the game on Friday night. We would like to invite any football coaches who may wish to attend practices or the game come to Moses Lake for a week of Summer Football.

Coaches Plan to Attend

Earl Barden Classic	Saturday	June 24 th	1:00pm	Moxee, Washington
East/West All-State Game	Friday	June 30	7:00pm	Moses Lake, Washington

For more information, please contact:

East/West Coordinator
Pat Hymes
pathymes@kelsosd.org
360-560-0881

East/West Game Manager
Loren Sandhop
lsandhop@mlsd.wednet.edu ■

WASHINGTON STATE FB COACHES ALL-STAR GAME



23rd ANNUAL EAST-WEST EARL BARDEN CLASSIC



WHEN: SATURDAY, JUNE 24th, 1PM

WHERE: Earl Barden Stadium East Valley HS, Moxee, WA
(Yakima)

The 2017 Earl Barden All-Star Classic will be held for the 23rd straight year on June 24th at 1pm at Earl Barden Stadium at East Valley HS in Moxee. What a great place to play the Earl Barden Classic, at Earl Barden Stadium! The teams are selected from the nominations of the coaches from each league in our state. The selection process took place in early January and rosters will be available in the late spring.

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

We have always embraced any football coaches who would wish to become part of this game. If you are interested in becoming a "gopher" for the Classic, please contact me and I will get you "on the team!" Head Coaches for the 23rd Annual Earl Barden Classic are: East – Jay Hawkins, Tonasket and the West – Josh Fay, Napavine . A camp schedule is available from Coach Alex by email.

LET'S ALL MEET IN YAKIMA ON JUNE 24th FOR SUMMER FOOTBALL.....

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

201 C St. SE, Quincy, WA 98848
509-237-1590 (c) 787-3501 (w) Quincy HS
Alexfb1@msn.com (h) aalexand@qsd.wednet.ed (w)

East Team Co-Chairs:

Mike Lynch, lynchm@ritzcom.net
Greg McMillan, mcmillan.greg@yakimaschools.com

West Team Co-Chairs:

Tom Sanchez: tsanchez@southbend.wednet.edu
Jesse Bussanich: jessebussahich@hotmail.com

Game Site Manager

Mark Mochel, EV High School
Mochel.mark@evsd90.org ■





MVP DRIVE

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

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

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

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

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

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

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

MORE THAN JUST TACKLING

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

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

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

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

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

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

ROGERS

What do you think?

Dan Teeter, Head Football Coach - Lakewood High School
President – Lakewood Coaches Association
In collaboration with Curt Kramme, Head Football Coach-
Lynden High School

Greetings all,

I wanted to float an idea out there to see what you guys think. I know that we have a mix of public & private school coaches represented here, which I think is a really good thing.

With all of the news and controversy that surrounded Archbishop Murphy this year, and has been under the surface for a long time in other leagues as well, I am constantly looking for solutions to make things better. There is probably never going to be a perfect scenario, but in my mind any improvement is worthwhile.

I have not been a proponent of having public and private schools separate in the past, although this is common in many states. I have enjoyed good competition with several private schools and also didn't believe that we had enough private schools in the state to make this a real possibility.

I have been talking with a few other coaches and have an idea that I think is at least worth throwing out there to hear people's responses and whether it would improve things or not.

Here is the idea. Do not change any leagues or classifications. Allow public and private schools to compete together as they have always done and preserve any rivalries etc. that may exist.

When it comes to playoff time split into public and private playoff brackets at that time.

There would be a public 4A, 3A, 2A, 1A & 2B playoff as well as a Private Division 1 (4A/3A/2A) & Private Division 2 (1A/2B) playoff bracket. The 1B (8 man) schools would not differentiate between public & private.

For the Private school playoffs, the brackets would be 8 teams rather than 16. They could have their championship games either on Thanksgiving which could be pretty cool or the Saturday after Thanksgiving.

There are 9 private school teams in 4A through 2A. The top 8, based on an RPI system would qualify.

There are 16 private school teams in 1A & 2B. The top 5 teams from 1A and the top 3 teams from 2B would qualify.

Here are the private schools with football. I don't think I missed any, but it's possible.

4A: (3 teams)

Gonzaga Prep – 4A
Bellarmine Prep – 4A
Kennedy Catholic – 4A

3A: (5 teams)

Eastside Catholic – 3A
O'Dea – 3A
Bishop Blanchet – 3A
Seattle Prep – 3A
Lakeside – 3A

2A: (1 team)

Archbishop Murphy – 2A

Based on Maxpreps rankings from this past season, here is what the Private School Division 1 (Larger schools) Playoffs would have looked like this year.

(Actual seeding would be based on an RPI, rather than Maxpreps. I just used Maxpreps to have a general idea of how to rank the teams)

Division 1: (Larger schools)

1. Archbishop Murphy (2A) vs 8. Bishop Blanchet (3A)
2. O'Dea (3A) vs 7. Kennedy Catholic (4A)
3. Eastside Catholic (3A) vs 6. Seattle Prep (3A)
4. Gonzaga Prep (4A) vs 5. Bellarmine Prep (4A)

Out: Lakeside (3A)

Division 2: (Smaller schools)

1A: (9 teams) (top 5 teams from 2A qualify)

Cascade Christian – 1A
King's – 1A
Lynden Christian – 1A
Bellevue Christian – 1A
Cedar Park Christian – 1A
King's Way Christian – 1A
Seton Catholic – 1A
Charles Wright Academy – 1A
La Salle – 1A

2B (11 man): (6 teams) (top 3 teams from 2B qualify)

- Tri-Cities Prep – 2B (11 man)
- Chief Leschi – 2B (11 man)
- Life Christian Academy – 2B (11 man)
- Northwest Christian – 2B (11 man)
- DeSales Catholic – 2B (11 man)
- Liberty Christian – 2B (11 man)

Based on Maxpreps rankings from this past season, here is what the Private School Division 2 (Smaller schools) Playoffs would have looked like this year.

Division 2: (Smaller schools)

1. La Salle vs 8. DeSales (2B)
2. Cascade Christian vs 7. Tri-Cities Prep (2B)
3. King’s vs 6. Lynden Christian
4. Northwest Christian School (2B) vs 5. King’s Way Christian

Out:

9. Charles Wright Academy
10. Life Christian Academy (2B)
11. Cedar Park Christian
12. Bellevue Christian
13. Seton Catholic
14. Liberty Christian (2B)
15. Chief Leschi (2B)

1B (8 man): (5 teams) (1B public & private would not split)

- Rainier Christian – 1B (8 man)
- Seattle Lutheran – 1B (8 man)
- Evergreen Lutheran – 1B (8 man)
- Tacoma Baptist – 1B (8 man)
- Sunnyside Christian – 1B (8 man)

Would love to hear your thoughts.

Dan Teeter, dteeter@lwsd.wednet.edu, 360.770.4175 - cell

These are samples of what the brackets would have looked like this year as well as highlighting the private schools from the actual tournaments from this year so it is easy to identify what games would have been changed. Based on district seedings to qualify for the State tournament if the private schools were not in the public tournament, the early round matchups would likely be different. Also listed are which private schools that did not make the tournaments this year would have qualified for the alternate private school tournaments are also listed.

Division 1 Private Championships

1	Archbishop Murphy (2A)		
8	Bishop Blanchet (3A)		
4	Gonzaga Prep (4A)		
5	Bellarmino Prep (4A)		
3	Eastside Catholic (3A)		
6	Seattle Prep (3A)		
7	Kennedy Catholic (4A)		
2	O’Dea (3A)		

Did not qualify: Lakeside

These teams did NOT make the state tourney in 2016 but would have qualified for the Division 1 Private Championships: Bishop Blanchet, Gonzaga Prep, Seattle Prep, Kennedy Catholic

Division 2 Private Championships

1	La Salle (1A)		
8	DeSales (2B)		
4	Northwest Christian School (2B)		
5	King’s Way Christian (1A)		
3	King’s (1A)		
6	Lynden Christian (1A)		
7	Tri-Cities Prep (2B)		
2	Cascade Christian (1A)		

Did not qualify: Charles Wright Academy, Life Christian Academy, Cedar Park Christian, Bellevue Christian, Seton Catholic, Liberty Christian, Chief Leschi

These teams did NOT make the state tourney in 2016 but would have qualified for the Division 2 Private Championships: DeSales, King’s Way Christian, King’s Lynden Christian

Continued on page 24

Continued from page 23

4A Championships

Round 1 Quarterfinals Semifinals Championship

Monroe				
Sumner	Sumner			
		Sumner		
Mariner	Woodinville			
Woodinville				Camas
Graham-Kapowsin				
Camas	Camas			
		Camas		
Skyline	Skyline			
Eastlake				CAMAS
Bellarmine Prep				
Lake Stevens	Lake Stevens			
		Skyview		
Skyview	Skyview			
Chiawana				Richland
Bothell				
Moses Lake	Bothell			
		Richland		
Sunnyside	Richland			
Richland				

1 other public school would have qualified for the 4A tournament

3A Championships

Round 1 Quarterfinals Semifinals Championship

Bonney Lake				
Squalicum	Bonney Lake			
		Kamiakin		
Gig Harbor	Kamiakin			
Kamiakin				Kamiakin
Lakes				
Southridge	Lakes			
		Eastside Catholic		
Eastside Catholic	Eastside Catholic			
Timberline				Kamiakin
Peninsula				
Mountain View	Peninsula			
		Meadowdale		
Kelso	Meadowdale			
Meadowdale				O'Dea
Lynnwood				
Lincoln	Lincoln			
		O'Dea		
Ferndale	O'Dea			
O'Dea				

2 other public schools would have qualified for the 3A tournament & for the semi-finals

2A Championships

Round 1	Quarterfinals	Semifinals	Championship
Black Hills Lynden	Lynden	Lynden	
West Valley (Spokane) Franklin Pierce	West Valley		Archbishop Murphy
Archbishop Murphy	Archbishop Murphy	Archbishop Murphy	
North Kitsap			
Washington Tumwater	Tumwater		Archbishop Murphy
W.F. West River Ridge	River Ridge	Liberty	
Steilacoom Liberty	Liberty		Liberty
Eatonville Ellensburg	Ellensburg	Ellensburg	
Sedro-Woolley Pullman	Sedro-Woolley		

1 other public school would have qualified for the 2A tournament & the championship

2B Championships

Round 1	Quarterfinals	Semifinals	Championship
Ilwaco Toledo	Toledo	Toledo	
Raymond La Conner	La Conner		Napavine
Kalama Napavine	Napavine	Napavine	
Mabton Pe Ell/Willapa Valley	Pe Ell/Willapa Val		Napavine
Lake Roosevelt			
Northwest Christian	Northwest Christian	Asotin	
Asotin Tonasket	Asotin		Liberty
Liberty Kittitas	Liberty	Liberty	
Tri-Cities Prep Dayton-Waitsburg	Dayton-Waits		

2 other public schools would have qualified for the 2B tournament

1B (8 man) Championships

Neah Bay Tacoma Baptist	Neah Bay	Neah Bay	
Naselle Lummi Nation	Lummi Nation		Neah Bay
Colton			
Sunnyside Christian	Sunnyside Christian	Odessa-Harr	
Almira Coulee Hartline Odessa-Harrington	Odessa-Harr		

8 Man tournament will mix Public & Private schools

Spring Sports Alert:

Spruce Up Your Eating, Power Up Your Game

By Emily Edison, MS, RD, CSSD | Momentum Nutrition

Are you bored with what you are eating? Feel like you eat the same thing day in and day out? Does your body and brain need some spring-cleaning? If you want to play your best this spring, a little “spring cleaning” of your diet may be just the ticket.

Powering up your eating this spring is as easy as 1...2...3....



- 1. Try some new recipes:** Find EASY to make recipes your family will love, using Pinterest and healthy eating sites like Cooking Light. For fast sports minded meals and snacks use phrases like “5 ingredient”, “quick and healthy”, and “on-the-go”. Look for meals that contain carbohydrate, protein and veggies to promote recovery and fuel the body for the next day. I also recommend doubling the recipe at dinner to create easy pre-practice mini meals and healthy snacks on the go.
- 2. Create a plan:** Research shows planning meals saves money, time and helps us all eat healthier, leading to improved

performance, on the field and in the classroom. But we know first hand, planning meals (sifting through recipes and making lists) that make everyone happy is a daunting task. So we gathered our favorite apps and online sites that will support your quest for nutritious spring eating.



- ◆ **Pepperplate:** A mobile app and meal planning tool that excels at organizing your recipe collection, planning your meals based on those recipes, building you a shopping list, and helping you cook the recipes you want to try. It is easy to use but requires a little time to get your recipes collected.
- ◆ **Plan to Eat -** A menu planning and grocery list organizer that is user friendly and eye catching. It's great for organizing your recipes, makes meal-planning a drag-and-drop affair from your recipe list onto a calendar, and will automatically generate your shopping list week by week. This program is also great also with special diets.
- ◆ **Paprika -** Paprika's focus is on recipe management, but it also includes smart grocery

lists and a menu planner that lets you add recipes to your plan. Paprika will also help you when you're in the kitchen, walking you through each recipe step-by-step, complete with cooking timers and notifications when it's time to move on to the next step. Like having Rachel Ray, in your home!

- ◆ **Expert TIP:** Block out time on **Sunday**, a lower key day to sit down and create your plan for the week.

3. Drink up: Hydration, the age-old topic that comes up every spring and summer when dizziness and fatigue set in, is a crucial piece of an athlete's nutrition game plan.



Just a couple pounds of weight lost in sweat can dramatically deflate performance.

- ◆ **Spring into action** by using our 1...2...3... plan for high performance eating this spring. Try some new foods, have a fueling plan of action and drink plenty of fluids to help you be at the top of your game this spring.

Emily Edison is a recognized leader in the area of sport performance nutrition. She offers individualized nutrition coaching as well as on-site nutrition workshops for your team or organization. She can be reached at emily@momentum4health.com

STAYING HYDRATED

Get ahead of the game with these easy tips for staying hydrated (ACSM guidelines):

EVERY DAY

Drink at least half your body weight in ounces daily (WATER works best):
160 pound athlete drinks 80 ounces per day

BEFORE EXERCISE

Start hydrating 24 hours prior to exercise

- 2–3 hours before exercise: Drink 14–20 fl oz of water
- During active warm-up: Drink another 8 fl oz about 8 swallows/gulps. Here you can also use sport drink.

DURING EXERCISE

Use sport drink when exercising longer than 90 minutes or in hot/humid environments

- Drink at least 16oz of water or sports drink each hour

AFTER EXERCISE

Occasionally weigh yourself before and after exercise. For every pound you lose, drink 16-24 ounces fluid. ■

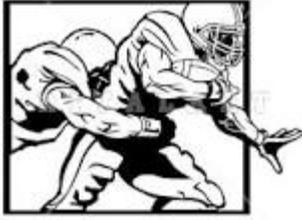


Daunte Gouge was recently hired as the new Parkrose High School Athletics Director. Gouge graduated from Seattle Pacific University in 1993 with a BA in Physical Education. While at SPU he competed on the track team as a four year letterman and on the cross country team for two years. He then received a Master's degree in Sports Science with an emphasis on Sports Coaching from The United States Sports Academy in Daphne, Alabama.

After graduating from SPU Gouge was hired to teach and coach at King's Schools in Edmonds Washington, where he then spent the next 23 years coaching, teaching and acting as assistant to the athletic director. He has coached high school football for 22 years, competing this last season at the championship—a first in the history of the school.

Gouge also coached high school track for 24 years, and as head coach since 2000—during which the high school track program earned 17 state titles.

While head coach, Gouge was also president of The Washington State Track Coaches Association from 2009-2015. Additionally, he served as the Washington State Coaches Association vice president—a position he left to take the job at Parkrose. While at King's, Gouge was awarded state coach of the year three times, as well as the Gill Athletics West Regional Boys Track Coach of the year in 2009. ■



WASHINGTON STATE FOOTBALL COACHES ASSOCIATION
DISTRICT AWARD WINNERS 2016



Head Coach Matt Leonard, Meadowdale
Assistant Coach Terry Kaemingk, Lynden
Middle School Mike VanDaveer, Cedarcrest MS



Head Coach Wayne Maxwell, Woodinville
Assistant Coach Mike Crotty, O'Dea
Middle School No Nominee



Head Coach Tony McCaulley, Neah Bay
Assistant Coach Willis Freeman, Lakes
Middle School Bobby Nix, Lakeridge MS



Head Coach Adam Mathieson, Mountain View
Assistant Coach Joe Krieder, Kelso
Jr. Hi/Middle School No Nominee



Head Coach Scott Biglin, Kamiakin
Assistant Coach Josh Jelinek, Richland
Middle School Jon Ziegler, Royal MS





WASHINGTON STATE FOOTBALL COACHES ASSOCIATION
DISTRICT AWARD WINNERS 2016



Head Coach
Assistant Coach
Junior High

Erick Judd, Okanogan
 Dale Jones, Cashmere
 Kurt Sutton, West Valley JH



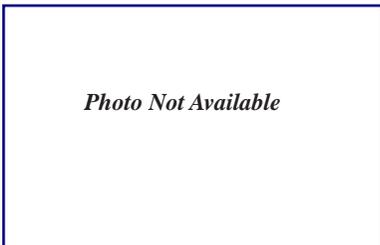
Head Coach
Assistant Coach
Freshmen

Mike Dewey, Liberty (Spangle)
 Mike Ganey, Liberty (Spangle)
 Brad Krueger, West Valley (Spo.)



Head Coach
Assistant Coach
Freshmen

Ryan Butner, Central Valley
 HT Higgins, Gonzaga Prep
 Josh Cowart, Mount Spokane



Head Coach
Assistant Coach
Jr. Hi/Mid School

Ron Redman, Garfield-Palouse
 No Nominee
 No Nominee

GOLD
Helmet
Award



Shelly Thiel

SILVER
Helmet
Award



Dennis Patchin

MASTERS PANEL

Curt Kramme - Head Coach, Lynden HS
Ron Lepper - Head Coach, Mount Baker HS
John Ondriezek - recently retired, Mariner HS
Marty Osborn - recently retired, Kentridge HS

WASHINGTON STATE FOOTBALL COACHES ASSOCIATION

Hall of Fame 2016



CURT KRAMME

Curt Kramme graduated from Blaine High School in 1979. While at Blaine, he started as QB and safety on a team that won the Class A State Championship. The title game was played in the Kingdome. While attending Western Washington University, he began his coaching career at Blaine High School. He coached at Blaine from 1980 to 1984. During his student teaching in the fall of 1985, he was a volunteer coach at Burlington-Edison High School, led by Hall of Fame Coach Glenn Rickert. Upon graduation from WWU in 1986, Curt accepted his first teaching position at North High School in Bakersfield, CA. He was also the Head Football Coach at North High School where he taught and coached as North High for 3 years. He then was hired at Burlington-Edison as an Assistant Football coach, Head Girls Basketball coach, and Head Boys Golf coach. He guided (well, at least drove the van) the golf team to 2 state championships. In the spring of 1991, Curt was hired to be the Head Football Coach at Lynden High School. Since then, he has lead the Lions to 200+ wins, including 7 state championships. He also coached middle school basketball, baseball, and is currently the Head Girls Golf Coach for Lynden. While he enjoys winning a lot, the relationships with the players and other coaches is what he finds most rewarding.

Curt has been married to his wife Wendy for almost 30 years. They have 3 daughters Alayna, Zoe, and Madeline, and one grandson, Grayson.



WAYNE SORTUN

Wayne Sortun graduated from Anacortes High School in 1967. Following in his three older brothers' footsteps, he accepted a scholarship to attend The University of Washington. At the UW, he was one of many quarterbacks on the freshmen football team. Wayne remembers vividly the day his coach, Otto Kofler, told him they were moving him up - up one position and to the right - to offensive guard. As guard, he was a starter for the next three seasons. After graduating in 1971, Wayne moved back to Anacortes where he was a teacher and football coach at the middle school. In 1974, Wayne received a call from his high school coach Bob Dunn, who was now at Olympia High School, offering him a position as Line coach. This was a dream come true. Wayne coached and taught at Olympia High school for the next 12 seasons -highlighted by a 1984 State Championship, in the Kingdome, against East Valley of Spokane.

In 1986, the head coaching position at cross-town rival Capital High School opened upon the retirement of Jack Swarhout. Wayne applied and was hired. Wayne coached the Capital High Cougars for the next 20 years. Thanks to great assistant coaches and talented athletes, Capital won the 2A State Title in 1996, the 3A Title in 1998, and the 4A Runner-Up in 2002. Wayne retired from football in 2007, but continued his teaching, accepting positions in China, Portugal and Egypt.

Wayne continues to enjoy life in Olympia with his

WASHINGTON STATE FOOTBALL COACHES ASSOCIATION

Hall of Fame 2016

wife Kathy, now in their 47th year of marriage. Wayne and Kathy have two daughters, Anna and Kaari -and are Nonna and Bestefar to 3 beautiful grandchildren -Anders, Inga and Adaline. Today, you can find Wayne on the golf course, spending time with his grandkids, or planning his next trip to somewhere in the world.



*Marvine and Kale Makaiwi
accepting for Doug Makaiwi*

DOUG MAKAIWI

Coach Doug Makaiwi graduated from Farrington High School in Honolulu, HI, and continued his football career at Wenatchee Valley College and Central Washington and earned all-league honors at both colleges. He began his assistant coaching career the next year at Winlock while continuing to play semi-pro ball for a few seasons. After serving as an assistant coach for 8 years at Raymond HS, Coach Mak took over the duties as head coach. He was the Seagulls head coach from 1983-2004. His 1993 team won the State B title in the Kingdome. He recently helped coach at North Kitsap from 2011-14.

Coach Makaiwi's family includes his wife , Marvine , 5 children, and 11 grandchildren. The family wishes to say MAHALO for this honor that Coach Makaiwi has received.



BARRY REIFEL

Barry Reifel graduated from Blanchet High School in Seattle in 1976, where he was a three sport letterman and received All-League, All-State, and All-American honors in football. He went on to play two years at WSU and serve as a coaches' assistant for three years. His high school coaching career began while a student at WSU when he coached 8-man football for two years at Garfield High School. After earning a degree from WSU in Vocational Technical Education with a coaching minor he coached 4 years at Stanfield High School in Oregon, and 26 years at East Valley High School in Yakima, WA. While at East Valley he had 12 state playoff appearances, with three semifinal appearances and two second place finishes. His theme for the program at East Valley was "Learning more than just a game ..." Coach Reifel also coached basketball and wrestling at the high school level.

Barry was a high school teacher for 33 years, having also taught in Oregon and Alaska. He lives with the love of his life, Ellen, his wife of 34 years. They have six children and six grandchildren.

After teaching and coaching football for over 30 years, Barry went on staff full time with the Fellowship of Christian Athletes and serves as an Area Director. Barry is a certified presenter for 3 Dimensional. ■

Douglas A.K. Makaiwi

April 24, 1948 - June 2, 2016

Douglas Ah Sui Kaua Kau Kau Ika Uma Uma Makaiwi, a Raymond resident died Thursday, June 2, 2016 at the Willapa Harbor Hospital in South Bend; he was 68. Mak was born April 24, 1948 in Honolulu, Hawaii to John Hahakea Barenaba and Isabel Antonia Ashui (Yap) Makaiwi.

Mak was raised in Honolulu, HI. He graduated from Farrington High School in 1967, from Wenatchee Junior College in 1969 and eventually Central Washington University in 1973 with a Bachelor's Degree. He married Marvine A. Thaut June 5, 1970 in Wenatchee, together they moved to Willapa Harbor in 1976; also living in Ellensburg and Winlock, WA. Marvine survives him at the family home in Raymond.

Coach Mak was an inspirational physical education teacher and coach. He began his career at Winlock School District in 1973-1976; moving to the Raymond School District in 1976 retiring in 2008. He became a Volleyball Assistant Coach for Pe Ell School District from 2008-2011 before becoming an Assistant Football Coach and Head Track Coach at North Kitsap School District from 2011-2015. Mak also worked as a Nisqually Correctional Officer for the Nisqually Indian Tribe from 2015 to present.

Mak was a member of Washington Retired Teacher's Association, the Washington State Coaches Association as well as Our Savior's Lutheran Church and New Life Fellowship Ministries in Raymond. He enjoyed playing his guitar, his ukulele and singing. Papa Mak loved to cook

for his family and friends, especially his Hawaiian fried rice. He enjoyed his time playing poker, canasta and crib with family and friends and watching sporting events on the T.V. and attended big games in person.

His children also became coaches. He enjoyed watching them lead their teams. Papa Mak adored his grandchildren and watched all of their sporting events as well. Most of all he treasured traveling and spending time with his family.

Mak is survived by his wife, Marvine; three daughters, Kaelea Makaiwi of Bremerton, WA, Kabria Amacher of Raymond, WA and Karisa Makaiwi (Hodel) of Lebam; two sons Kalin Makaiwi of Longview, WA and Abe EnaEna of Raymond, WA; a brother Elwood Makaiwi of Ewa Beach, Hawaii and three sisters Ilonian Cluck of Chula Vista, CA and Pat Lamon Makaiwi Kahawai of Kalihi, Hawaii and Ursula Makaiwi of Wahiwa, Hawaii. Papa Mak is also survived by 11 grandchildren.

Memorial donations in Mak's memory may be made to Willapa Harbor Helping Hands at P.O. Box 597, South Bend, WA 98586.

Arrangements and this obituary were in care of Stoller's Mortuary in Raymond.

Aloha Nui Loa,

The Makaiwi Family ■



Terry Ennis Scholarship recipient Seth Bridge with dad Todd and Molly Stubrud sister of Terry Ennis





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DEADLINE

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*



BURNETT-ENNIS SCHOLARSHIP APPLICATION

This scholarship opportunity is open to any member's son or daughter planning on attending an institution of higher learning.

To be eligible for consideration, applicants must meet the following criteria:

- ▶ At least one parent must be a current member in good standing of the Washington State Coaches Association.
- ▶ Complete the scholarship application in its entirety found on the WSCA website (washcoach.org), PDF Downloads, Applications/Forms.
- ▶ Submit one letter of recommendation from your principal, counselor or teacher.
- ▶ Submit your high school transcript.
- ▶ Submit a resume of your high school activities including community, school or church service.
- ▶ Completed applications and required supporting materials must be received before April 15.

BURNETT-ENNIS STUDENT TEACHER SCHOLARSHIP APPLICATION

This scholarship opportunity is open to any member's son or daughter planning on attending an institution of higher learning.

To be eligible for consideration, applicants must meet the following criteria:

- ▶ At least one parent must be a current member in good standing of the Washington State Coaches Association.
- ▶ Complete the scholarship application in its entirety found on the WSCA website (washcoach.org), PDF Downloads, Applications/Forms.
- ▶ Submit a letter of recommendation from your College of Education Department.
- ▶ Submit your college transcripts.
- ▶ Submit an essay (maximum of 250 words) which addresses the following questions:
 - Why do you want to become a teacher?
 - What is your experience coaching or teaching kids?
 - What impact do you wish to make on the profession of education?
- ▶ Upon becoming a scholarship recipient, an official letter from the Education Department verifying your placement as a student teacher will be required. Completed applications and required supporting materials must be received **before April 15.** ■

**The Washington State Coaches Association is seeking information on all past
Burnett-Ennis Scholarship winners**

“WHERE ARE THEY NOW?”

Please complete and mail to Jerry Parrish, 18468 8th Ave NE Poulsbo WA 98370 or email to washcoach@gmail.com

Name _____ Parent-Coach _____

Year Scholarship Awarded _____

Brief summary of scholarship recipient's status _____

Hearing their final whistle...

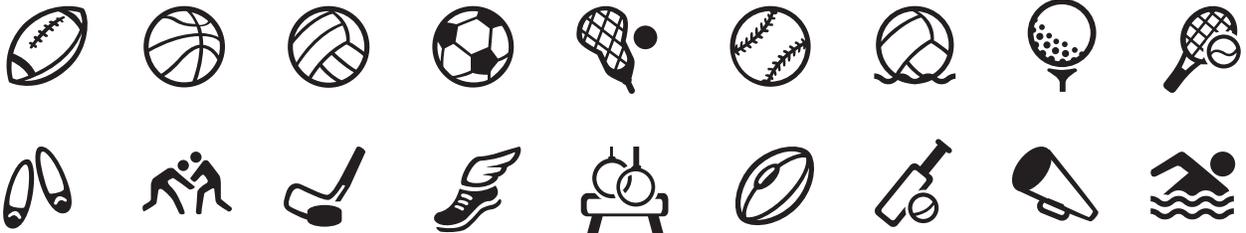


To honor the passing of coaches from our membership, this column will serve as a means to share our respects. If you know of a coach who has passed and wish to have this information placed in our magazine, please send the information to wsc-editor@comcast.net.

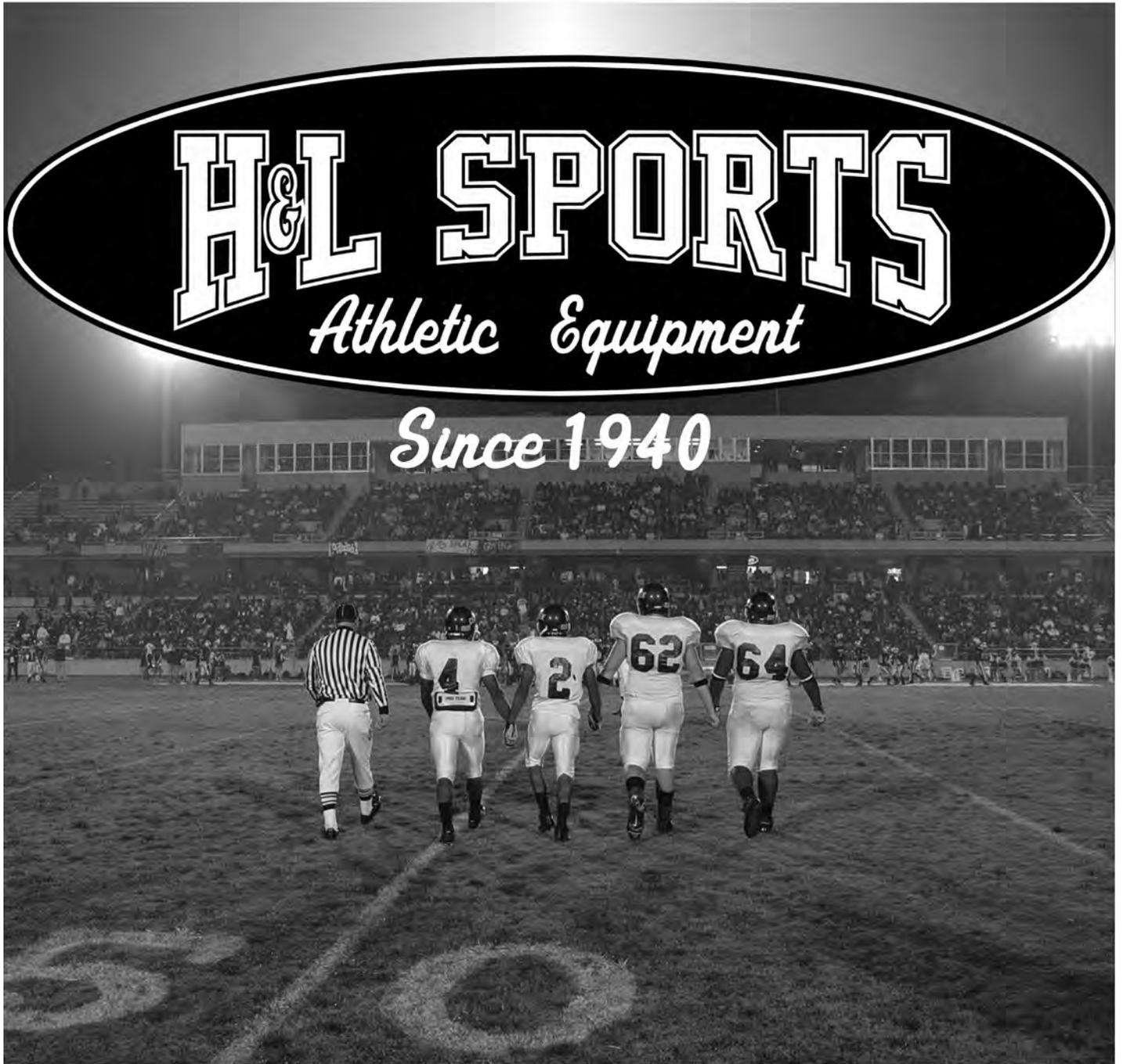


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