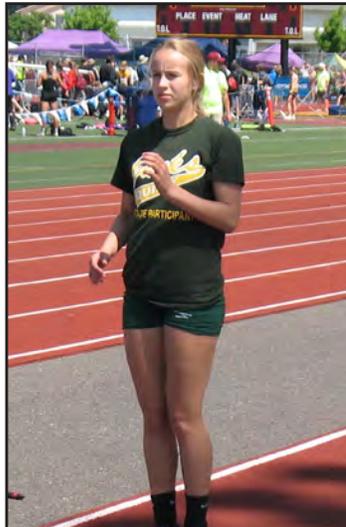
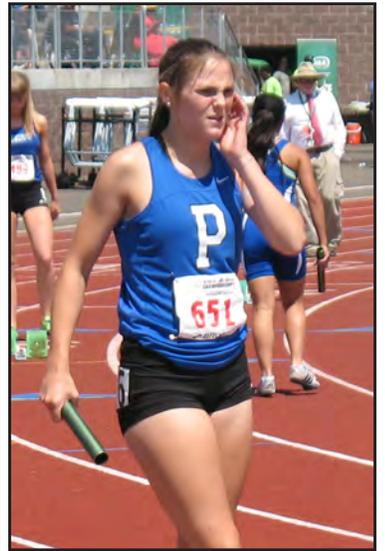


THE WASHINGTON COACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



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Do you have photos you want to submit for our cover?
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Presidents Message

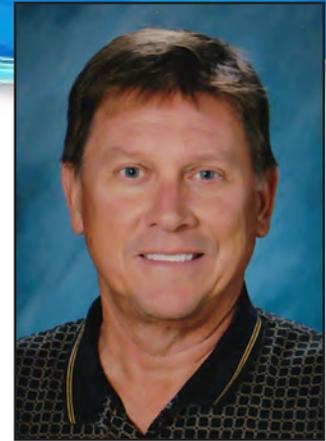
Darrell Olson

Summer 2015

Fellow WSCA Members,

Happy summer!!!

As you read this, I hope you are enjoying everything our Pacific Northwest summers offers. Be it boating, fishing, golfing, playing a little tennis, hiking, walking, wine tasting, micro-brew sampling, running, softball, or sitting at the beach..... whatever it may be, relax and have a blast. Take the Washington Coach magazine with you on trips, hikes, or camping and take a 'selfie' with the magazine and send it to Mike Schick, our magazine editor. He likes tracking all the places the magazine is taken and read.



For all of us in the coaching/education profession, this is the “decompression stage” of our year. Time to reflect on the past school year and our athletic seasons, be it a successful one or a not-as-successful-as-we-would-have-liked year, either way it’s time to let it go.

For some of our coaches, summer is a great time to get those continuing education clock hours through clinics, workshops, or summer classes. Football coaches will be busy with their two All-State football games and the state golf coaches will be working overtime doing ‘lab work’ at their annual state golf coach’s clinic at Bear Creek Country Club in July.

The WIAA Amendment process is over, voting has taken place, and there are changes coming in some sports. If you have not done so, talk to your AD or Principal or get on the WIAA website and become informed on the changes that will be in effect this next school year. It is vital that head coaches get involved in this process each year and become educated on issues in your sport that may be in the amendment proposal stage. I don’t know of any coach that likes surprises when it comes to the WIAA amendment process. Be involved and be informed.

August 1st marks the new membership year for the WSCA and 2015-'16 membership applications will be up on our website and ready for online registration. Get on this early and renew your membership. And don’t forget to send in your payment!! Too often, our Executive Secretary gets the wrath of coaches because they don’t have their membership cards to use for the fall district and state tournaments, only to find out they themselves DID NOT send in their membership dues after they had registered online. Complete the process! If you don’t use a credit card at the time of online registration, then send a check in right away. This will make life for Jerry Parrish much quieter.

Enjoy the summer. Be thankful for all the blessings we see and don’t see.

Keep the head down,

Darrell Olson
President



From The Sidelines

by Jerry Parrish

The 9th Annual Seahawk Mentorship Academy was recently held at the VMAC center in Renton. The Seattle Seahawks High School Coaches Mentorship Academy is truly one-of-a-kind experience that connects younger head and assistant high school coaches with veteran high school coaches. The program helps to develop mentorship relationships and reduce the amount of coaching turnover at the high school level.

The discussions were centered around three major concerns: 1) helmets (safety) 2) tackling techniques and 3) positive conditioning.

The concerns were tied together and presentations aimed at meeting the WIAA Directive for football safety. There are three options and it appears at this time option 3 is favored where school districts could develop approved training. Safer tackling techniques and drills, Proper equipment fitting, Concussion recognition, response and return to play protocol would be taught. USA Football's High School Heads Up Football program can be viewed on USA Football.com web site. Another part of this site

explains the Four Levels of Contact which helps to define contact. WSFCA also has a power point presentation which shows Rugby Tackling Progression for football.

The highlights from the Pacific Northwest Football Hall of Fame luncheon May 15 in Lynnwood were numerous. A fantastic turnout, a marvelous job by Steve Raible as the master of ceremonies, and a great wealth of stories and comments by the honorees. Among those: Tom Ingles acknowledging the friends and colleagues with whom he's coached; the importance of family support mentioned by Jamaal Kears (brother of inductee Jermaine Kears), Mario Bailey and Ted Berney; and Dwayne Hatch's story about coaching the Wing-T and Italy and other faraway places.

ORCHID

To Sam Reed, state track meet director and the Tacoma School District for organizing over 1800 track and field participants in 2A, 3A and 4A classifications. Bill Harris, Federal Way, and Mike Taylor, Yelm, the meet co-directors, provided a great athletic experience for the participants.



Effective Immediately the Washington State Coaches Association has changed its website domain address.

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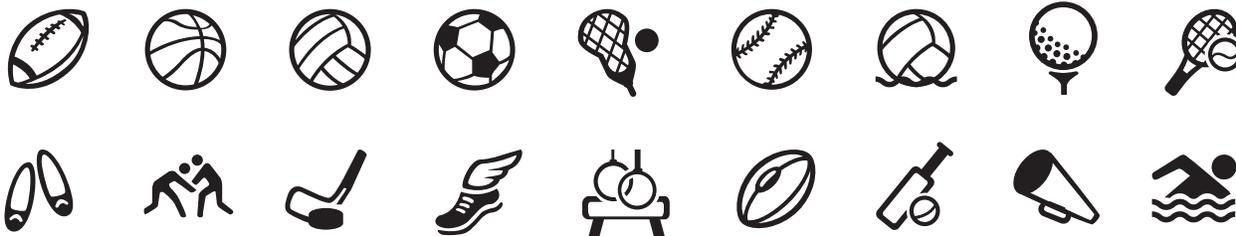
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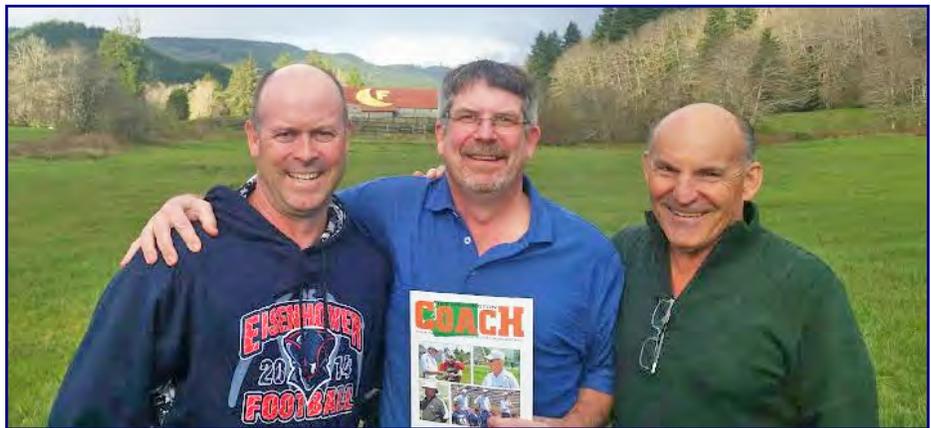


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Pictured left to right, Greg McMillan, Rob Friese, and Tom Bate somewhere on the Friese Plantation.

**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 _____

Watch for updates in a future issue.

THE KENT PLAN GOES ON THE ROAD

by Lane C. Dowell

“Following the presentation we heard from as many as 5 different school districts across the state that are moving to begin program development and implementation of a certified official’s program for the 2016 track and field season.”...Chris Kunzelman

*Now in its third season the plan crafted by **Chris Kunzelman** and endorsed by Kent School District Athletic Director **Dave Lutes** recently took its message to the **WS-SAAA Conference in Spokane** where the ever-passionate Kunzelman outlined for our state’s athletic directors, the value of having USATF trained and certified officials for secondary school Track and Field meets.*



Chris (l) and Steve Kunzelman (r)



Dave Lutes Kent School District Athletic Director

*Currently, there are five school districts in various stages of implementing the Kent Plan, which eradicates the **LIABILITY** of using untrained volunteers, by hiring certified officials trained to administer competitions **SAFELY**, accurately, and efficiently with the rhythm that every athlete cherishes.*

*A focal point of the Kent Plan is the **hiring of a Meet Manager**, who works with the school/district athletic director to plan and maintain the continued training of officials, provide meet set-up and wrap-up with the help of student workers, etc. **The Meet Manager allows coaches to coach, as in other major sports.***

The prime mover that will drive this plan to success is the Athletic Director. Kent District AD Dave Lutes is a **past president of WSSAAA and paved the way for Kunzelman to talk in Spokane.** We chatted with the gregarious Lutes concerning the acceptance of the Kent Plan by Evergreen State AD’s.

WA Coach...Dave, how did the Kent Plan get on the WSSAAA agenda?

Dave Lutes...WSSAAA has multiple topic breakout sessions at the annual conference. Ken Van Sickel, 2015 Conference Chair, was gracious enough to offer us two sessions at our request.

WC...What is WSSAAA and what impact do they/can they have on the WA secondary school scene?

DL...WSSAAA is the professional association of Interscholastic Athletic Directors from all secondary schools in the state of Washington. Many initiatives and position statements taken by WSSAAA have a direct impact on WIAA rules/regulations and how athletics are conducted in schools across our great state.

WC...Have you had any feedback from AD’s who may have attended the conference?

DL...WSSAAA officials have told me that the presentation was very well received and Chris Kunzelman did an outstanding job delivering the targeted information.

WC...Do you have any speculation as to how Chris’ appearance may affect Track & Field statewide?

DL...The grass root efforts to improve the manage-

ment and safety of Track & Field competition by infusing certified officials/judges is a school-by-school, district-by-district effort and decision. Chris's efforts can only add to that campaign. **We are not at the tipping point yet, but we are gaining momentum with every school and district that hears the message and takes steps to improve the sport for their students.**

When one discusses the Kent Plan, you can feel the energy of the Kent District Administrative Assistant and USATF National Level Official Chris Kunzelman, the Kent District Meet Manager and creator of the Kent Plan. We asked her about the experiences she had at the WSSAAA Conference in Spokane.

WC...What expectations did you have going to the annual conference?

Chris Kunzelman...Personally, I just wanted to have the opportunity to open the eyes and minds of our state's Athletic Directors. To help them to see and understand what our coaches are working toward and how, with a little support, this vision could easily become the state-wide standard.

WC...What were the key questions/concerns of the gathered AD's?

CK...I was impressed by the thoughtfulness of the ADs' questions. They were particularly interested in looking at "out of the box" ideas for how this big district idea could work in smaller rural communities that only put on one or two meets per season and then the rest of the season their athletes are on buses for over an hour to their nearest away meet. There was a lot of brainstorming in the way of multi-district shared resources and alumni/community support options to help with manpower and financial resourcing. Even the larger districts asked great questions regarding turnover of officials, training opportunities and program structure.

WC...Did you feel your response to these was well received.

CK...Yes, it was easy to tell that the ADs were processing the information and giving careful thought as to how it might fit or work in their local situation. It was nice to hear from several ADs that their coaches had returned from the WA State Track & Field Coaches Association Conference and shared the proposal with them prior to coming to the WSSAAA Conference. Many of them made an intentional plan to attend the presentation to hear the plan first hand and to ask their own questions.

WC...How did you feel your presentation went?

CK...Over the 2 sessions we spoke to approximately

60 athletic directors from all areas of Washington State representing every level of high school down to the very smallest of 2B schools. The comments and question of these ADs showed a definitive interest in the statewide move toward the standardization of officiating for track and field. I believe that our presentation simply provided them with the support resources to help put this vision into action. I believe that it may take time to see the full benefit of our proposal; however, **every small step is a victory for our student athletes.**

WC...What action do you think your appearance will stimulate?

CK...Following the presentation we heard from **as many as 5 different school districts across the state that are moving to begin program development and implementation of a certified officials program for the 2016 track and field season.** This is of course our goal...that we help open the minds of the school leadership statewide, to improve liability and ensure a high level of competition across the state.

We could fill a book with the contributions of **lead representative from the WSTFCA, Tuck Gionet.** He is a proponent of anything that will make the sport better for our state's athletes. Improving the quality of NFHS T&F officiating has been a goal of the gregarious WESCO Conference mentor dating back to the year 2000.

WC...What do you hope to see accomplish at the WSSAAA Conference in Spokane?

Tuck Gionet...The goal of the WSTFCA is to get schools that do not already have a plan in place for trained officials to start implementing the plan from the Kent School District. Many schools already pay their officials, but they do not necessarily get them trained.

WC...Why did the WSTFCA buy into the Kent Plan?

TG...It was a plan that works and takes into account the many pieces that we have been advocating for years – trained officials to reduce liability and to give all athletes quality officiating at every meet. **The state meet should not be the first time the athletes see quality officiating.**

WC...Did the coach's membership overwhelmingly/eagerly accept this decision?

TG...It was **received very well by the coaches.** They were very receptive to the idea of quality officiating. It was also a very popular plan in that the **coaches are getting tired of having to administer meets.**

Continued on page 8

Continued from page 7

The Kent Plan in Season Three...

A Work in Progress

Always striving for perfection, we asked Kunzelman to outline the progress made in the third season, and what does she feel still needs to be polished.

Over all, we continue to make tweaks and improvements to the plan. **By adding paid student workers this year** has added an additional level of professionalism to our meets. We've been lucky to get some younger students who we hope will want to stay with the program throughout their high school career. **The key in all levels of this program is longevity.** If we can keep dedicated officials and workers in place with limited turnover we continue to build on quality, dependability and visibility.

One area I'd like to expand our program is by **developing a pool of "emergency" officials.** Life happens and on occasion we have officials that need to miss meets and with our current plan we have certified/trained back-up help. It breaks my heart on the odd day when we have to ask a team for coach support so that we can cover an event. This especially becomes a hardship when the event coverage is needed in the throws. This is due to the location of our throwing venues and the specialty knowledge needed to properly execute throwing competitions in a safe and high quality way. This will be an area of focus as we move into the off-season and into our 4th year.

This week we hosted the Kent All-City Meet where the 4 Kent high schools competed against each other for the bragging rights and a nice

trophy. Following the meet **I was approached by several seniors from the winning team with gratitude and appreciation. Jarrod McMeen, from Kentwood, personally wanted to let me know that we put on great meets and thank me for improving his high school track experience.**

If there is one down side to report after all this success, it would be that we've made life too easy for our coaches. I say this with a smile of course! **We have allowed our coaches the opportunity to coach and spend time with their athletes during the meets.** We have to continually remind them that at the meet they still have a couple of "home" team responsibilities.....hurdle help and relay judges. However, if this is the worst of our issues, I can live with it!

To implement the Kent Plan takes understanding, patience and a desire to make things better for our athletes and this great sport. If done correctly it will greatly lessen LIABILITY and allow coaches to do just that... COACH.

To be very blunt, driving for the implementation of the Kent Plan in your district/school is taking a huge

step toward making TRACK and FIELD a REAL SPORT.

Lane's Bio: He is a retired teacher/FIELD and track coach at West High in Bremerton, who is a member of the Washington State FIELD and track coaches HOF.

Dowell, a USATF Official's HOF nominee, became a USATF Master Level Official and was selected to officiate, primarily the throws, at fifteen national open championships. He was selected as a head judge from 2000-2008. This included three USA Olympic Team Trials.

In 2005 he was selected by USATF as the National Field Event Official of the year...the Horace Crowe Award.

Lane has been selected on numerous occasions to be the Field Event Referee for prep state championships and qualifying competitions.

Lane became well known for his appearances at coaching education and officials certification clinics throughout the PNW.

Dowell still competes in Master's/Senior Games FIELD and track and qualified for the 2013 and 2015 National Senior Games in the Shot Put and Discus. He is currently #2 ranked in Washington for his age group.



Lane C Dowell (l) and Tuck Gionet (r) at the 2015 Eason Invitational Hammer Throw

9th Annual
2015 High School Golf Coaches Clinic
Sponsored by the WSCA



Bear Creek Country Club

Woodinville, WA

July 7, 8, 9, 2015



Clinic Instructors:

Doug Kauffman, Head Golf Professional – Bear Creek CC

JD Cline, PGA – Director of Instruction

Cost: \$225, for WSCA members

Clinic will include:

- 2 rounds of golf with cart and 2 lunches
- *Open for the first 24 members to sign up!*
- 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 2014-15 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: _____

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Please call Bear Creek Country Club with any questions at (425) 881-1350, or you may email questions to headpro@bearcreekcc.com. You can mail your registration to Bear Creek Country Club, 13737 202nd Ave. N.E., Woodinville, WA 98072; or fax your registration to (425) 869-0894 and attention it to Doug Kauffman.

Deadline for registration to Bear Creek CC is July 1 or the first 24 who register.

SEEING THE FIELD: New Blitz Clips From Baden Sports Get In Your Face

Latest football innovation from Renton-based Baden snaps on a facemask to simulate the “visual chatter” of game day



Blitz Clips from Baden Sports are about 1-inch wide and 3 inches tall, and snap easily to a facemask.

RENTON – A new training aid from Baden Sports promises to have football players seeing the practice field in a whole new way.

Created by former NFL and University of Washington quarterback Hugh Millen, the product, known as Blitz Clips, snaps easily to a facemask and creates a realistic visual obstruction that simulates the interference or “visual chatter” a player experiences during games.

Blitz Clips can be tilted or worn in combinations to vary the degree and difficulty of visual obstruction; they're ideal for quarterbacks and offensive skill-position players, but also have benefits for linebackers and kickers. We visited with Millen recently to learn more about why he and Baden developed Blitz Clips and how he envisions the new tool helping players of all ages.

Q: When did you come up with the idea for Blitz Clips?

Millen: It's something I've been thinking about for a long time. I always knew

vision was a huge factor for a football player. As a quarterback, the visual challenge of being in the pocket is real and a huge factor is how much your vision gets blocked.

Q: How much of a role does visual interference play in quarterbacking?

Millen: I played 24 years of football from every level and as a quarterback, your vision is constantly impaired, no matter if you're playing in high school or the NFL.

I would ask every quarterback I encountered in the pros about it. I'd say: “Out of 100 reps from the pocket, how many times is your vision blocked enough that you wished you could have seen better?” John Elway told me 40 percent. Troy Aikman said 40 to 50 percent. Rich Gannon said 60 or 70 percent. The highest I heard was Jason Garrett, who said 90 percent of the time. So it's a huge part of playing the position.

Q: What exactly do Blitz Clips simulate?

Millen: They give a player a realistic look at the type of

visual interference he'll get in a game situation.

Let's take the quarterback position, for example. You might only get a glimpse of your receiver before he disappears from view behind an offensive lineman or a defender. There's an impulse in your brain that wants you to wait to throw until you see the receiver clearly. Well, if you wait until he's open, he's covered. You have to anticipate him being open. That's the only way to play the position. If your brain is even in a subconscious sense reluctant to throw the ball early because your vision of the receiver is momentarily blocked, you can't play. That's what Blitz Clips train you to overcome.

Q: How big are they?

Millen: We designed Blitz Clips to take up the same amount of space in your angle of view as a lineman would if he were standing between two and four yards away. In terms of actual measurements, they're about 1-inch wide and 3 inches tall. You can easily carry them in your pocket.

Q: Did you have anything like this as a player?

Millen: Nothing. In individual periods, you might have a coach run at you or sometimes throw a bag at you, but nothing that attached to your helmet. This is a pass rush on a stick. It's a pass rush you can put in your pocket.

Q: Are Blitz Clips only for quarterbacks?

Millen: No. Wide receivers and tight ends will get a lot of benefit from using them because Blitz Clips can simulate both the visual interference a receiver gets from an immediate defender and the visual chatter of the line that presents itself when a receiver looks back at the quarterback on routes inside the numbers.

Linebackers and running backs can also use Blitz Clips to simulate the visual obstructions created by blocking linemen and

pursuing defenders. And kickers and punters can attach Blitz Clips to the top frame of their facemasks – pointing down – to simulate the visual distraction of a rush.

Q: When would a player wear Blitz Clips?

Millen: Start with warm-up and individual periods, but then also during 1-on-1 and even 7-on-7. And though it wasn't the original purpose, they can even be worn during 11-on-11 for maximum visual obstruction.

The great thing about Blitz Clips is coaches don't have to alter their practice plans to use them. I tell coaches, you can do everything that you do now. Keep doing the drills that you think help your team and just add Blitz Clips to make those drills a little more difficult and realistic.

*“Every quarterback from 8 to 38 can benefit from Blitz Clips.”
- Hugh Millen, former NFL quarterback*

Q: How many Blitz Clips should a player wear at one time?

Millen: I'd recommend starting with three or four spaced equally across the field of vision.

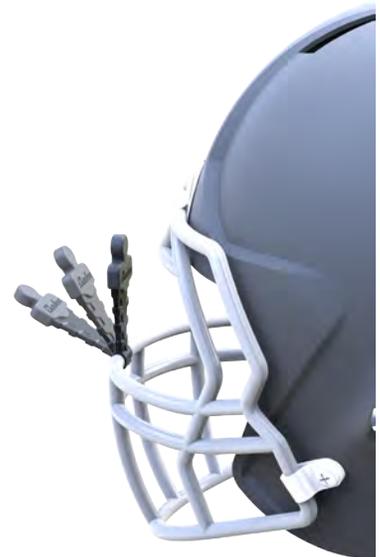
Q: What about the angle of the Blitz Clips?

Millen: I'd start with them a little higher than 45 degrees – not quite directly upright.

Q: Who did you show Blitz Clips to during the development process and what was the feedback?

Millen: We had Blitz Clips on a lot of high school quarterbacks and even tested them with three different Pac-12 teams. We found that after guys had Blitz Clips on for 15 or 20 minutes, then took them off, it was like Dorothy when she first sees the Land of Oz. You just don't realize how wide open your vision is until you've trained without your vision.

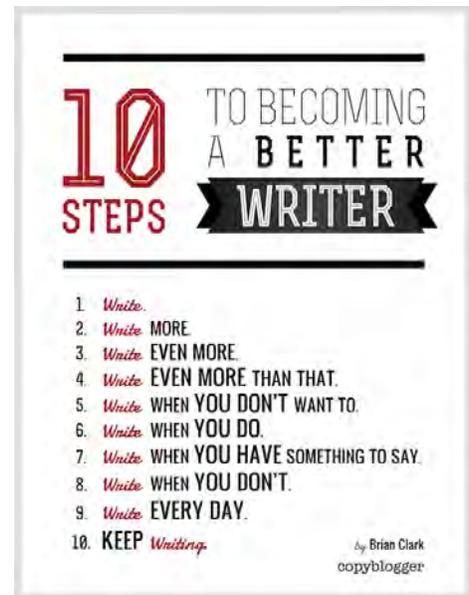
Blitz Clips come in packs of five and are available through team dealers or on Baden's website, www.badensports.com.



ARTICLES WANTED

Interested in having an article you have written about your sport published?

The Washington Coach welcomes submissions for sport related articles - articles about your team, a coach, an extra ordinary athlete, philosophies, etc. Submit your work to wsca-editor@comcast.net to be considered for the next magazine.



DEADLINE

WASHINGTON COACH Magazine

Next Issue - Summer: August 14

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

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

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2110 Richardson Drive
Puyallup, WA 98371



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.

High School All-Star Football

Presented by the Washington State Football Coaches Association

Director Rick Giampietri

15528 E. 27th Ave, Spokane Valley, WA 99037

Cell (509) 701-5100 Phone (509) 924-9263 Email: rgiampietri@cvsd.org

The 3A/4A All-Star Football game will be played in Spokane on July 3rd 2015. ***They will be staying at the Comfort Inn & Suites at 12415 East Mission Avenue in the Spokane Valley.*** It will feature 70 players selected on their football ability, leadership, and character. To be nominated for the game they must have had recommendations from their coach and principal. Selection was held on January 23rd in Everett and rosters will be completed in April.

Approximately half of these players will be continuing their football career in college, but most will be playing their final game. This will be the 51st All-Star game in our state. The last two years were played in Moses Lake and before that in Everett.

This will be the seventh time the game has been played in Spokane (1995, 1997, 2000, 2005, 2008, 2011, 2015).

The game will be played at Central Valley High School and we expect a great crowd for the 7 pm start on July 3, 2015.

Summer Classic 2015

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**WASHINGTON STATE FB COACHES
ALL-STAR GAME 21st ANNUAL
EAST-WEST EARL BARDEN CLASSIC**



WHEN: SATURDAY, JUNE 20th, 1PM

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

The 2015 Earl Barden All-Star Classic will be held for the 21st straight year on June 20th at 1pm at Earl Barden Stadium at East Valley HS in Moxee.. What a great place to play the Earl Barden Classic....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 the players that have accepted their nomination and elected to play are included on the roster. This roster will be available late spring.

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

We have always 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 21st Annual Earl Barden Classic are: West – Randy Davis, Cascade Christian and the East – Shawn Perkins, Mark Morris. A camp schedule is available from Coach Alex by email.

LET'S ALL MEET IN YAKIMA ON JUNE 20th FOR SUMMER FOOTBALL.....

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

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THE VIEW FROM THE VALLEY

Life is Like a Bootleg

by Rob Friese, Superintendent, Willapa Valley School District

Long ago, back in the late 70's and early 80's, while I was playing football at Willapa Valley, Hall of Fame coach Alphonso "Bud" Sanchez and his trusted sidekick Greg "Won" Wonhoff somehow came up with the idea to begin documenting some of the crazy things players would utter in the locker room. The infamous "Quote Book" has become legendary in the Valley, and even has a sequel that began sometime during my coaching career at the same school—"Quotes II, Won Returns". During that time I began to realize that many of these quotes, unbeknownst to the players, had real philosophical meanings, while others just make no sense at all. The following will scratch the surface of the future literary acclaimed book that will be written.

The title of the book came from one of my favorite quotes. While coaching players we all have tried to utilize mnemonic devices (look it up for those of you who are linemen). When teaching linemen how they needed to block on called plays, we always told them that blue 26 was a running play to the right, outside the six-hole, but when we called 26-bootleg that means opposite. This prompted one lineman to quip in the locker after practice, "You know, life is like a bootleg, always do the opposite". This made me think about the profound nature of this quote. In life and in football if we always do what is easy or what is expected or we take the easy path, then we never take risks. It reminds me of much of the same idea in the Robert Frost poem, The Road Not Taken. A whole chapter can be dedicated to this idea, and I'm sure good coaches will come up with their own examples of how this may apply to coaching.

One of the things we always prided ourselves in as coaches was the concept of teaching athletes more than just how to play football, but also to learn about the traits that make young people successful in life. Being an English teacher at one time, one of the important lessons we instilled in players was the All-Important necessity of good grammar. One of the best quotes to exemplify my point was when one player was questioned as to why he didn't want to get his ankle taped by Won, our premier tape guy, "Because, he tapes too tight and he corrects my grammar". The toughest one to correct was the

world record quadruple negative stated by a female track athlete after being asked if she was just going to urinate right outside the bus on a long trip back from Forks, "Yea, I ain't got nothin' no one's never seen before". Sometimes our tutelage did get players in trouble though, such as the call I received from a patron complaining about a rude player selling fundraising tickets door to door. Apparently after one of our players asked how he was doing, and he replied "Good", our state champion lineman corrected him with "That would be WELL". Well, he was correct. I believe I "knewed" when the idea to focus on grammar began early on when a player exclaimed, "I knewed that was gonna happen, I just knewed it, I knewed it way down deep". When informed that he had just made the quote book with that statement, he exclaimed, pointing at two respective coaches, "You're a liar, and you don't know nuthin".

Yet another chapter will be devoted to how well we trained our players to pay attention to detail and to always focus on the smallest of things so that they don't become big things, such as being a technician of the game. This certainly happened in our dreaded film sessions when one player wanted to get the most out of it; "Would you shut up so I can see myself". Yet another player, who really wanted to get down to specifics, quoted "Run that play again, I want to see what I hit my nuts on". Players were also exceptional at evaluating talent and which players deserved to play, and also demonstrate where we are from—"He can't play defense, he can't even put in hay".

Some players also philosophized on inevitability and karma in life. While dressing for a game, one player surmised, "Every time my socks fall down my pants go up". Another player was apparently on the same wavelength when he complained, "Every time I get my pants on either I have to go to the bathroom or my butt itches".

We also need to understand how this is a different world that our athletes live in compared to what we experienced. Some coaches seem to fight to hold their players to a standard that they remember when "we were in high school". Well, they may have been raised

in a whole different time period, which became apparent while I was trying to fire up the troops for our last league game, of which we should win very easily (which is always tough). In order to not come out flat I did what all coaches would do... I lied. I told the players that Hoquiam had shut down their football program for the year (that was true) and that several great athletes had become eligible at North Beach (not true). One of the players asked who the players were that had been picked up. I, in a quick recovery, said that I was not sure of all their names, but the quarterback was Bart Starr. The player responded disinterestedly with, "Ha, never heard of him".



In order to avoid being too lengthy, if it's not too late already, the realization I have come to is that these are the exact things that I miss about coaching. Not just the challenge, the competition, the coaching camaraderie, the winning, etc., but the relationships and effect that we all have on student-athletes. If there is one thing that I learned from the time I was a young coach to the time I became a veteran coach was the idea of listening to your players. Not just listening to some of the goofy things they say, but also listening to them on the field. Players

can tell a coach a ton if we just listen. Some would say it would be unheard of to let the players call a play, but many times I would go out to the field during a game where we had a critical decision to make. I would ask, "What do you guys think?" More often than not one of the players would say, for example, "Run T-21, I can take my guy out every time". And, as a true trusting coach I would say, "OK, but if it doesn't work you will never play another down here". Of course I was kidding. ■

An Opportunity for your Athletes

Athletic Directors and coaches, each week throughout the school year, the WIAA recognizes twelve varsity athletes, a male and a female from each of the six classifications, who exhibited an outstanding performance from the previous week. To nominate an athlete for consideration, please fill out the form at <http://www.wiaa.com/FormEntry.aspx?ID=16>. You must fill out every field before submitting. The weekly deadline is Tuesday before 12:00 PM. All varsity level students in good academic standing at their schools are eligible to receive the WIAA State Athlete of the Week Award. Students may win the WIAA State Athlete of the Week Award once during any given academic year. Each winner of the WIAA State Athlete of the Week Award will receive a letter of recognition from the WIAA Executive Director, a commemorative WIAA State Athlete of the Week T-Shirt and certificate. Winners will be announced weekly on the WIAA website. For more information, please contact aaron@wiaa.com. ■





HEAD POSITION AND ITS EFFECT ON STRENGTH

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

The position you keep your head in, especially while doing standing and sitting exercises, has a tremendous effect on the overall posture maintained throughout these exercises. For example, flexing the neck causes an automatic reflex relaxation in the erector muscles. This creates a potentially dangerous situation when squatting, and deadlifting, not to mention any type of cleaning lift such as a clean and jerk or the snatch.

To protect yourself or your lifters, it is vitally important that the neck be in a definite extension position. This helps to create a powerful contraction of the trunks' postural muscles when lifting off the ground. However, extending the neck to such a degree that it creates a hollow in the back brings on another problem; it asymmetrically loads the spinal discs. This offset loading of the discs then exposes the lumbar spine to injury.

To prevent these problems, lift in such a manner that the spine is held, as closely as possible, in the neutral position, without any exaggerated kyphosis or lordosis positions.

By keeping the head in the proper position, you almost automatically ensure that the back places itself into a strong stabilizing posture with the erector muscles and spinal ligaments sharing the load. Keep in mind that hyperextending the lumbar region puts a much higher load on the muscles and a hyper flexion position vastly increases the load on the ligaments. Avoid both positions.

A rotational movement, while the spine is hyperextended or hyperflexed, puts it into a highly vulnerable position with an injury most likely to occur. Since, as we've seen in the preceding paragraphs, positioning of the head precedes back movement, spinal rotation starts by rotating the head. Therefore, the coach and

individual must pay particular attention to ensure that the head is maintained in a solid straightforward manner.

Often times you will notice a trainee while doing the squat, deadlift, good mornings, and even the bench press looking to the side. This frequently happens during the hardest part of the lift, which creates an abnormal amount of tension on the neck and in a standing position, on the back. If they are lucky, they may only get a minor muscle strain and nothing more serious from these head rotations.

Note: A lifter, while bench pressing who pushes their head backwards into the bench is putting a tremendous amount of cervical hyperextension on the fragile structures of the neck, which can lead to a lifelong injury.

Further along the same lines, a person squatting while tilting their head back and hyperextending their neck, seemingly looking at the ceiling, is asymmetrically loading their cervical spine and often with a heavy load on their shoulders. Conversely, flexing the head downward generates a particularly dangerous situation because the lumbar spine moves into a hyperflexed position in response.

Closely related to the movement of the head, is the movement of the eyes. To help maintain the correct posture for the squat, the eyes should be looking directly ahead and focused on some distant point. Not, at the ceiling!

Be aware that people moving into the line of vision of the lifter can disrupt the lifters eye focus. Astute coaches are aware of this and minimize this from happening. However, it also does not mean the coach cannot stand in front, off to the side, as they observe the lifter during the course of the lift. To do otherwise would be negligent on the part of the coach.

Coaches Top Sport Nutrition Questions: Answered by Experts

ANSWERING YOUR SPORTS NUTRITION FAQs

By Emily Edison, Sports Dietitian/Nutrition Coach
Coordinator of the WINFORUM

WINFORUM.org

At WINFORUM, we love hearing your questions about sports nutrition for performance! We compiled your most frequently asked questions (FAQs) and posed them to local sports nutrition experts. Here is what they had to say...

How do I get my athletes to eat healthy in summer?
Remind athletes of the top three summer eating tips:

- 1. Do not skip meals.** Skipping meals leaves your tank running on empty and can lead you to overeating later at night. Simple meals and snacks eaten at regular intervals.
- 2. Listen to your body for hunger.** When you exercise less you will likely need less food. Remind athletes to tune in and ask themselves if they are eating because they are truly hungry. Or perhaps they are you eating because you are bored? Lonely? Procrastinating?
- 3. Drink plenty of WATER.** Water is best for hydration during the summer, unless an athlete is playing in a summer league and then they can consider sport drink. If water is "boring", add fruit to your water bottle for flavor.

****WINFORUM EXPERT TIP:** Use WINforum.org for more ideas on what to eat for meals and snacks during the summer months.

How much protein do my athletes really need?

Athletes at the high school level generally need between .5-.8 grams per pound of body weight. Whether your protein comes from dairy, meat, fish, quinoa or tofu it will provide solid nutrition for repair and rebuild of muscles. Most athletes meet this requirement through food, without the use of supplement. However for convenience, protein powders can provide an easy post workout or before bed supplement. Research shows 20 grams of protein at a sitting is all that is necessary.

****WINFORUM EXPERT TIP:** If you are looking for a protein powder to create a convenient post workout shake, use whey protein (without artificial sweeteners) and combine it with fruit juice or milk. Ideal ratio is 3g carbohydrate; 1g protein, or even better- just use chocolate milk!

Are vegetarian diets ok for athletes?

Choosing to adopt a vegetarian diet is absolutely okay, as long as you are still fueling yourself correctly and maintaining

balance in your diet. Get high quality protein through dairy, eggs and combination foods like peanut butter on toast and beans and rice. Maintain energy levels by getting plenty of complex carbohydrates. Our experts recommend a quick check in with a medical doctor about supplemental iron and Vitamin D.

****WINFORUM EXPERT TIP:** Research shows vegetarian athletes may have slightly increased protein needs than their non-vegetarian athlete friends, so pile on those beans, chop up some tofu and cook up a batch of quinoa. Yum!

Should I be using Creatine in my workouts?

"Creatine works in the body by 'increasing the size of the gas tank in the car', or increasing the energy supply for high intensity activity. Training with Creatine may enhance performance for short periods of intense activity, especially during repeated bouts. However, some athletes don't respond to Creatine supplementation. Creatine may allow strength/power athletes to sustain high intensity training in those who are considered Creatine 'responders.' However, Creatine use has not been studied in high school athletes making it difficult to determine whether it is safe for use. Therefore, it is not recommended for use among high school athletes." -Kelly Pritchett, PhD, RD, CSSD, Assistant Professor in Nutrition and Exercise Science CWU

****WINFORUM EXPERT TIP:** Before trying any supplement, make sure your diet is dialed in. Have a nutrition game plan that is designed for your goals. Be consistent in your efforts with nutrition before experimenting with any potion, powder or pill.

WINFORUM is a science based sport nutrition resource for athletes, parents and coaches. We provide sport nutrition education and support, online and at your school or event. Check us out at <http://www.winforum.org>.

Do you have a question for our experts? Send it to info@WINforum.org

WINFORUM sports nutrition newsletter:
<http://eepurl.com/bn2GYb>



DO NOT LET STRESS AND ANXIETY AFFECT YOUR COACHING

by Stan Popovich
Reprint from Summer 2010

Sometimes, stress and anxiety can become a problem for coaches. The key is to know how to manage that stress and anxiety. As a result, here is a brief list of techniques that a coach can use to help manage their stresses and anxieties as they do their job.

Occasionally, you may become stressed when we have to coach in an important game. When this happens, visualize yourself doing the task in your mind. For instance, you have to coach in the championship game in front of a large group of people in the next few days. Before the big day comes, imagine yourself coaching the game in your mind. By doing this, you will be better prepared to perform for real when the time comes. Self-Visualization is a great way to reduce the fear and stress of a coming situation.

Sometimes we get stressed out when everything happens all at once during a game. When this happens, a person should take a deep breath and try to take things step by step. Do not get overwhelmed by the stress and focus on the present situation.

Another technique that is very helpful is to have a small notebook of positive statements that you can carry around with you. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry around with you. Whenever you feel stressed, open up your small notebook and read those statements at half time or at the next break. This will help to manage your negative thinking.

In every anxiety-related situation you experience, begin to learn what works, what doesn't work, and what you need to improve on in managing your fears and stresses in coaching. For instance, you have a lot of anxiety and you decide to take a small walk before your game to help you feel better. The next time you feel anxious you can remind yourself that you got through it the last time by taking a walk. This will give you the confidence to manage your anxiety the next time around.

Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your fears and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future. Remember that it never hurts to ask for help.

Remember that patience, persistence, and education will go a long way in preventing fear from becoming a factor in your coaching.

BIOGRAPHY:

Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods" – an easy to read book that presents a general overview of techniques which is located at www.managingfear.com

Applications for the Burnett-Ennis, Terry Ennis and the Student Teacher scholarships sponsored by the WSCA may all be found on the WSCA website. Under the "PDF/DOWNLOADS" tab, find the "APPLICATIONS/FORMS" tab. The necessary information and applications may be found here. The application forms for these scholarships will no longer be presented within the pages of the Washington Coach.



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