

THE WASHINGTON GOACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



Washington State Coaches Association Registration/Renewal Process

We have made some significant changes this year for renewing your membership.

We have moved to an online system that will allow you view and edit your profile as well as print your membership renewal.

Here is the process:

Step 1 – Go to <http://www.wscamembers.org/pre-register-1.php> and enter your phone number and email account that was used when you originally registered and press continues.

Step 2 – After pressing “Continue” from Step 1 you will see your membership profile information. Please take a moment to review the information and make any adjustments to bring your membership profile information up to date including creating a new id and password for future login. Once all information is correct please scroll to the bottom of the page and click “continue” and you’ll be transported to your actual member account within our new system.

Step 3 – Look to the left side of the page and you’ll see a link for “View/Print Invoice”. Please click this link and you’ll be able to print the current invoice. Just follow directions for sending us a check.

Once we receive your check your account will be updated and we’ll send you a physical membership card.

After this initial registration process you will no longer need to use the link above. Instead, to update your membership profile or print an invoice you can login with the id and password you created to <http://www.wscamembers.org/members/index.php>

If you have any questions feel free to call us.

Sincerely,
Jerry Parrish, Executive Secretary
WSCA
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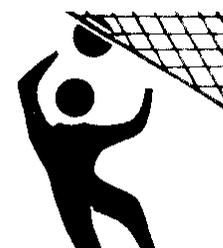
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Do you have an article you would like to have published in the **Washington Coach**?

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

Spring deadline is February 14.

From The President

Dear WSCA Members,

With the state tournaments marking the change in our seasons as coaches, we are challenged with the question, “what do we do now?” Many of us coach back-to-back sports so that decision has been made for us. “No rest for the weary,” as they say. Since I coach both high school and junior high volleyball, I use the two months between those seasons to **rest, reflect, and rejuvenate**.

REST

Though my season usually ends by the second week of November, my husband claims that he does not get me back until the middle of December. I am so wound up and exhausted by the time the tournaments are done that I have very little to give. Rest is imperative but not something I do easily. I still have to teach, get ready for the holidays, maintain a home, and, this year, help our two exchange students navigate the nuances of American culture. I actually rest by doing things that help me relax. The short list includes swimming, water aerobics, walking our dog, sewing, and listening to books on tape. If I could go on a ten day cruise to the Caribbean I would, but that doesn't fit easily into my schedule. *The key for me: doing things outside the realm of sports that help me to relax.*

REFLECT

We all reflect differently on our season. For some it is a matter of statistics and the Xs and Os. For others, the emphasis is on the Jimmies and the Joes. For me, I take some time to evaluate the season. Did I make good decisions? Is there a facet of my program I need to learn more about—that could be physical, mental, or emotional. Is there something I would do differently with certain athletes? Are those athletes returning? Do I need to adjust and change something so my program and my athletes are better equipped for competition? Who will be the strong teams next year? What do I have to do to be in the top 4 in the state?

The key for me: reflection is the beginning of preparation.



REJUVENATE

I am a people person. Though I need some space after the season is over in order to unwind and rest, I eventually rejuvenate by being with other people. One of the things I enjoy doing is watching my athletes compete in other sports or participate in other school activities. Their lives are, or should be, so much broader than our sport and the rewards of being there for them (when possible) will pay dividends for your program. They will know you care if you are there. This is also a great way to get to know their parents and extended family, and to begin to build a “community” around your program. I would encourage all of you to sit in the stands with their (your) parents and spectate alongside them. Volunteer to keep score or run a score clock, or take tickets, or to help with concessions. You will be amazed at the support that you will receive as you put yourself out there and let the relationships develop around you. We, as coaches, are in a relationship business and there is often no greater opportunity to develop positive, healthy relationships than away from the field of play.

The key for me: build relationships; they give life to your program.

Just a quick reminder that you need to submit your WSCA registration on line. As you do, do not forget to mail in your dues. Being a member is a great way to support your sport and the association which is standing behind you.

Best wishes to those of you in the midst of your winter season. To those who have just finished—**rest, reflect, and rejuvenate**.

Your WSCA President,
Sue Doering

FROM THE SIDELINES

by Jerry Parrish



From The Sidelines

ORCHIDS

- To Brad Conn, president of the WSBCA and Sedro Woolley High School head baseball coach, for his time and effort in support of high school baseball in Washington. The Baseball Coaches Hall of Fame was held at Safeco Field. What a great setting for a great event. The awards given by WSBCA was highlighted by the induction of George Benedetti, West Valley HS, Yakima and Ed Garcia, Central Valley HS, Spokane
- To the new inductees to the Wrestling Coaches Hall of Fame.
 - Former Snohomish High School head wrestling coach Mark Perry is one of five coaches who were inducted into the Washington State Wrestling Coaches Association Hall of Fame this past weekend.
 - Perry, Scott Jones (Lakeside High of Nine Mile Falls 1990-2007), David Mitchell (Tonasket High 1978-2010), Stan Opp (Wenatchee High 1983-2004) and Lee Reichert (Enumclaw High 1995-2010) will be honored on Oct. 30 at the Coast Wenatchee Center Hotel in Wenatchee. The 2010 inductees will bring the WSWCA's Hall of Fame membership total to 111 members.
 - Also, longtime wrestling announcer Al Rasmussen of Seattle, a Lynnwood High alum, will be honored with the Joe Babbitt Contributors Award - *Courtesy Everett Herald*
- To the coaches who followed directions in filling out WSCA on line registration.

ONIONS

- To the coaches who did not follow directions in filling out WSCA on line registration.

istration.

ORCHID BUDS

- Well done to wrestling coaches under the leadership of Brett Lucas (Thomas Beamer) Craig Hanson (East Valley Spokane) and Jim Meyerhoff Jr., (Puyallup) for registering many coaches for on line registration.
- "Demystifying the WSCA" article in this issue is a bull's eye on WSCA role in coaching. Author—Rob Friese (Willapa Valley).
- Attending the Baseball Coaches Hall of Fame at Safeco Field was great. Brad Conn (Sedro-Woolley) and his baseball Hall of Fame Committee did an outstanding job. The setting was excellent.

CONCERNS

Going on line for WSCA registration has found some *bumps in the road*. Secretary will welcome suggestions on how to improve for next year. One point that needs attention is—school district blank does not mean school where you teach, it means your school district and the other two items are Log In Id (this is your 10 digit phone number, no spaces, no dashes) and the other item is pass word. WSCA has never issued a pass word but the registration calls for a pass word of your choosing of 7 characters. Going on line with registration will save WSCA in printing and mailing costs between \$4,000.00 and \$5,000.00 and the information available is outstanding. ■

DEMYSTIFYING THE WASHINGTON STATE COACHES ASSOCIATION

Rob Friese, Willapa Valley Middle/High School

As a new head coach in 1986, all I knew about the WSCA is that somebody (I don't even remember who) told me I should join. Well, that's about as much as I knew until 1993 when I was asked if I wanted to be on the selection committee for the East-West All State game. From that point on, I began to learn the great things the association is all about.

I started thinking that if I can figure it out, than anyone can certainly figure it out. What is there to figure out? COY, ISA, HOF, and other acronyms that we sometimes assume members understand. So, I hope that I can convey some information that will help when someone asks, "Why isn't Dick Playswell the Coach of the Year?"

Individual Sport Associations (ISA)—Nearly every sport has an amazing network under the umbrella of the WSCA. These individual organizations do a phenomenal job of representing the best interests of their respective sport. Scholarships, All-State Games, coaches recognition, WebPages, etc. are just a few things provided by these groups. All members can get involved in providing input or getting involved with these organizations. Each group has their own guidelines for choosing hall of fame inductees, coach of the year honors, and many other accolades. I would encourage anyone to contact your representative, listed in the inside cover of the magazine, for any questions or if you would like to be more involved in the organization. Send in a nomination for Coach of the Year (COY) or a Hall of Fame Nomination (HOF), because that is the only way someone has a chance for getting recognized. We all know deserving coaches.

Career Recognition Awards—"I have 100 wins in football, so why am I not on the list?" Coaches are the best people in the world for not blowing their own horns. We do what we do because we are passionate about coaching and not for the recognition, but it needs to be recognized. The only way the WSCA knows those accomplishments is if you let someone know. Fill out the simple form and send it in...you deserve it. Help encourage your fellow coaches to do the same, even if you have to fill it out for them.

Lifetime Achievement Award (coming soon)—How many coaches do you know that have spent their life coaching but were not necessarily the head coach or a high school coach? The WSCA board is working to give some recognition to those WSCA member who have 50 or more "seasons" of coaching at any level or coaching duties. There is only one way to know the deserving coaches of this award...you need to let someone know. I am assuming this will be a new acronym, the LAA award.

Scholarships—I am very impressed with the amount of dollars given back to athletes in our state, all sponsored by the WSCA. You can check your magazine for more information, but currently over \$15,000 dollars are given out each year by the WSCA to support students in their future education. The Terry Ennis Scholarship, the Burnett-Ennis Scholarship, and the Student Teacher Scholarship are just a few. Several individual sport organizations also offer scholarships for their individual sports. The good news is that the money is there, the bad news is that because of all the great applicants it is very difficult for the committees to make tough decisions. For example, each year there are more than 70 applicants for the Burnett-Ennis Scholarship alone. This just demonstrates the awesome student-athletes in our state. This is just one more reason to be a WSCA member.

Being heavily involved in the Washington State Coaches Association has taught me several things, and the number one thing was that it is not a mystery. Great people are doing great things for all of us, and we are all the WSCA. We can all be involved in one way or another. Contact your ISA representative with concerns, issues, or to offer your help. Nominate a deserving coach for the "On the Sideline" recognition in the magazine. Take your magazine on the road and send a picture. Send a picture of the great things happening at your school. Attend the clinics. Encourage individuals/businesses to advertise in the *Washington Coach Magazine*. We have a great organization that continues to grow year after year because of the people involved. ■



IDEAS THAT WORK

Tackling Eligibility at Quincy High School

By Stephen Wallace, Head FB Coach Quincy HS
dwallace@qsd.wednet.edu

The year before being hired at my previous football program, I watched as the team finished the season with eleven players. I came in and focused heavily on recruiting as many players as I could. We began the season with thirty-four however, when the first grade check came out we lost eighteen of those players. We lost two more after the second grade check and ended up finishing the season with fourteen players. We needed a better game plan. The following year we implemented a Study Table program like we had in college for athletes with low grades. We made it mandatory for all players. The following year we began the season with twenty-nine players and ended with twenty-two. Success!! Over the next four years, the percentage of players remaining academically eligible got steadily higher. Not only did the numbers of eligible players increase, but our team's overall GPA rose from 2.4 to 3.1. In addition, we had more players eligible for winter and spring sports because of their new study skills and attitudes towards academics. The ultimate pay-off came when my first group of freshmen graduated and all of them went on to further their education; some to colleges, some to technical school and one enlisted in the Marines. The discipline they learned at the Study Table served them well beyond their high school years.

When I was hired as the football coach in Quincy, I implemented the same Study Table program and the results have been similar. In two years, the overall team GPA has risen from 2.85 to 2.95. The varsity GPA improved even more from 3.03 to 3.24. During those two seasons, our turn out has increased as well as our number of academically eligible individuals who finished the season. The Study Table builds commitment both on and off the field. What started out as my selfish desire as a coach to have more eligible players turned into a personal learning experience about how to use athletics as a tool to improve academics.

Our coaching staff has embraced the belief that we must develop students first and excellent athletes will naturally follow. Our team practices begin at the Study Table. We begin every player/parent meeting with academic top-

As an AD and former coach, I have always been interested in how to solve the age old problem of first, getting kids eligible and second, keeping them eligible. Our new football coach, Stephen Wallace, has come up with a "plan" that has shown considerable success in our program. The success has been so good in fact that several other of our programs are using and or plan on using his model in the future. Hopefully this plan is something that you or your coaches could implement in your program.

Bill "Alex" Alexander, Athletic Director Quincy HS,
WSCA Board Member

ics first. At the end of the season banquet, we begin with academic awards for individuals; grade levels (9-12) and teams (C-Squad, Junior Varsity and Varsity) with the best GPA's. We are consistent in demonstrating to our players the importance of being a student first and then an athlete.

Study Table runs Monday – Thursday from 3:00 to 3:45. At the beginning of every season, we inform the parents that their student-athletes will be home later than normal but we also assure them that their students will be mostly, if not completely, done with their homework. Study Table is like our player's seventh period class. They have five minutes to get from their last class to Study Table in the school library or they are considered "tardy" which results in team O.S.I.'s (Opportunity for Self-Improvement). This is strictly enforced.

Study Table is not a place to socialize or study football plays. The atmosphere is serious and work gets done. Once in session, Study Table is much like a regular class. Students must sign in on arrival and must have a pass to leave. Students may go to any teacher's classroom for extra help but they must present a pass to go, sign out,

Continued on page 6

and bring back documentation verifying how much time was spent and what was accomplished.

Most students need help with basic study skills: learning to prioritize tasks and time, accepting responsibility to complete daily homework assignments, organizing notes and notebooks and studying for exams. Many need an insistent adult voice reassuring them that school work is important. Some student-athletes would rather fail and have their coaches and peers think they are lazy than admit they need help and risk being considered “dumb.” The mandatory Study Table does not let the student-athletes have the option of choosing whether or not to seek help. The expectations are clear: school work will be done and help is readily available.



The mandatory Study Table does not let the student-athletes have the option of choosing whether or not to seek help.

Academic competition and Study Table are not always enough for some students, therefore every year I put together a list of student-athletes who need to be watched based on their previous grades. Our coaching staff tries to make almost daily contact with these students using simple statements—always positive and sometimes joking—but always about

academics. We want our players to know we think it is as important to be focused in the classroom as on the field. While there is no “cure-all” for the problem of ineligible student athletes, we are having fewer problems with that because of the emphasis we have placed on academics first and the impact that Study Table has made. ■

Need credits for salary advancement or interested in improving classroom skills?

Excel Education Resources offers coursework through Eastern Washington University for skill enhancement/salary advancement that you can complete on your own time from home. Each class includes content that applies to all subject areas, K-12. Compare our cost per credit (\$76-\$80) & you will find our courses to be among the lowest priced anywhere!

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- "Bridging the Gap - DVD" (5 Credits) \$400
- "Current Trends in Education" (3 Credits) \$230
- "Exploring Educational Resources Online (3 Credits) \$230

Need more information on a specific class or wish to register? Go to our website for more information: www.exceleducationresources.com

Marc Yonts myonts@charter.net

2010 HALL OF FAME INDUCTEES

Janice Kirk, WSCA Board Member

The WSVCA recently inducted 3 new members to their Volleyball Hall of Fame. Induction took place in Kennewick at the inductees respective state tournament.



JANICE KIRK

Janice Kirk has been at Fife HS near Tacoma for 24 years. She has accumulated a career record of 642/142. In 23 years, her teams have won 18 league titles, 14 district titles, and 4 state titles. She has made 21/24 state appearances and in addition to the 4 state titles, has place 2nd, 3rd, 4th 4 times, 6th and 7th. Fife has not lost a league match since 2005.



JOANNE UHL

Joanne Uhl was at Bishop Blanchet HS in Seattle for 12 year and is presently the head coach at Kennedy HS in Burien. While at Bishop Blanchet, her teams won 11 league titles, 6 district titles and 3 state titles. She has made 13 state appearances and her career record is 499 wins and 145 losses.



STACEY WARD

Stacey Ward was a junior varsity coach at North Central HS in Spokane before becoming the head coach at Ferris HS for 18 years. She has won 5 league titles, 5 district titles and 3 state titles. Her teams made 6 state appearances placing 3rd, 7th, 6th, and 2nd, twice. Her career record is 412 wins and 102 losses. ■

Congratulations to these women who have given so much to the volleyball community.

All State volleyball: applications for the all state volleyball series were sent out in October. Hopefully you all received the correspondence. Those applications are due in January. If you did not receive one or have misplaced it, they can be found on the all state website, eteamz.com/allstatevolleyball. The dates are March 11 and 12.

Remember that only first team seniors are eligible. If you would like to be considered to coach one of the teams, please contact Jan Kirk at vbmojo@comcast.net

THE *LUCKIEST* PEOPLE AROUND

By Stephanie Splater

I wish my dad had written a book before he passed away. It would have been a book that those of you who read this magazine would have wanted to read, and it would have been a book you'd want to pass along to young new coaches who may need reminders about why they are some of the luckiest people around. To my dad, coaching was something so special, so rewarding, (at times so maddening), that it became a drive, not just for Ws in the win column, but to make a difference in the lives of those he coached. He wouldn't have said it that way, he was too humble a person to have ever used those words, but I saw firsthand the extreme joy he experienced when he spoke with a former athlete and talked with them about their careers, their families, or a particularly memorable football game or track meet. He

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“I wanted to take time to reflect on the life of a man, my father Pat Pfeifer, who personified the meaning of Coach...”

luck, I'd call it hard work. He invested his life into the betterment of all those he coached, whether it be as a person or as an athlete, and I believe that's why he made such an impact on so many. As I venture into my second year as a Head Track Coach, I can only hope to implement bits and pieces of what he taught me and hope that in the years to come, I become a

leader he would have been proud of.

So a year after his passing, I wanted to take time to reflect on the life of a man, my father Pat Pfeifer, who personified the meaning of Coach and why he would have wanted you to know how fortunate you are to have this opportunity.

A few years ago, I informed my dad that I was “burnt out” from coaching. He said to me, with the honesty and openness I've now come to admire and emulate, “Wow. You're thirty and you're burned out? I'm sixty and I'm still out here.” He'd been tested in his career, not just on the playing field, but in the other areas head coaches deal with as well. When a local news station featured a tabloid-style story about coaches expecting too much out of their athletes, he had been crushed to find out they used footage from a chalkboard his team had used during halftime at Albi Stadium. He'd also been pushed to his personal limits during a few incidents of coaches on his staffs who didn't turn out to be as high of character as he'd believed them to be. And when an especially smart-mouthed 16 year old sprinter informed him that she knew better than he did as to how their relay practice should be run that day, he walked off the track so as to not get angry in front of the other athletes. He let his daughter know, later, that until she was in charge of her own team, he was still the one who'd be writing the workouts. We laughed about it years later, but at the time I knew he meant business (and have worked hard to control my smart-mouth since).

But all of the challenges and the threats of burnout could never outweigh Dad's commitment to coaching. In the 1980s, he was instrumental in developing a Coaching Standards program, the foundations of which remains in existence today. In the early 1990s, when he became President of the Washington State Coaches Association, he took great pride in representing Washington and the coaches he'd come to admire and respect and the games he loved to not only coach, but watch as well. He was a staunch supporter of becoming more involved in the Coaches Association and encouraged all of his staffs to take advantage of all the benefits of being a member. I remember one pre-season track meeting where he handed out the Association registration to everyone and spent over 30 minutes explaining why we all needed to become members. That is something I will continue with my staff because I have seen the immense benefit the WSCA can provide. The sharing of knowledge and common-thread of ideas and philosophies



that has developed among coaches across the state is something to be proud of and something I know my dad would have wanted me to continue to advocate.

If you knew my dad, you would have known how special December 12, 2009 was. That day, many of his friends, mostly coaching colleagues spanning four decades and three sports, joined him at his home to present his induction into the Track and Field Hall of Fame, the Washington State Coaches Association Lifetime Achievement Award, and the Golden Helmet from the Washington State Football Coaches Association. To be honored by his peers in this way was especially memorable because it was the best of his last days with us. He passed away a week later, completely at peace with his family by his side and knowing that his second family of coaches had cared enough to make these presentations, presentations that were not just about awards, but about a lifelong commitment to coaching and teaching. He coached 96 different sports seasons in his career- the 96th ending with Dad in the press box of a football playoff game, with his headset on, calling plays and offering insight to the athletes on the field, a month before the cancer overtook him. He loved and cherished every minute of those seasons. The hard times are what made him stronger as a coach and a person, and the good times were what made him proud to have had such a luxury as to do what you love each day.

A friend of mine who attended Dad's memorial service, but hadn't known him personally, approached me after with tears in her eyes. "I wish I would have known him," she told me. It sunk in at that moment, that I was one of the lucky ones. He'd been my dad, my coach, my mentor, and my friend and we should all remember how fortunate we are to be touched in our lives by coaches who care so much.

So if you ever get to the point where you feel you're not quite the coach you could be, or you're challenged by the day-to-day rigors of this profession, remember there are coaches before you who have paved the way for your success. We make a difference in more ways than we know with athletes. My dad was able to hear that first-hand before he passed away. How much we become involved in our professional organizations, how much we learn from others in our sports and around our state, will determine the successes we will become in the future.

We should all be so lucky as to have someone at our memorial service say they wish they would have known us.

Biographical information: *Stephanie Splater is following in her father's footsteps as the Head Track & Field Coach at Lewis & Clark High School in Spokane. Her father, Pat Pfeifer, coached football at Lewis & Clark, Ferris, and Central Valley and Track & Field at Ferris and Lewis & Clark over four decades. ■*

Do you have some great pictures?

We are always looking for pictures for the cover of *The Washington Coach*. If you have pictures of student-athletes, coaches or game action you are willing to share for publication, please send them to Mike Schick at wscs-editor@comcast.net.

NOTE the WSCA email address Jparrish21@comcast.net Drop us a line!

The WSCA web page address is: www.washcoach.org Our web site has been expanded to include a membership roster to be used as our membership grows and get more information. Help us keep this site current and also let us know of job openings and open dates and we will post them.

When you have filled a job or open date, let us know and we will remove it from the site.

RENEW YOUR MEMBERSHIP - TAKE ADVANTAGE OF BENEFITS AVAILABLE

CHEELEDERS FOR A CURE

by Pam Headridge, President, WA State Cheer Coaches Association

October was Breast Cancer Awareness Month. Cheerleaders from across the state took on the challenge to bring breast cancer to the forefront. Their mission was twofold. One was to save lives by increasing awareness of breast cancer through education and two was to raise money for cancer research which hopefully one day will lead to a cure.

If you attended a football game here in Washington in October, you probably saw cheerleaders donning pink shirts, socks, bows, and/or waving pink poms in honor of Breast Cancer Awareness Month. Kentwood cheerleaders took it one step further and wore pink tutus at their game. Cheerleaders statewide handed out pamphlets and educational materials to their spectators. Meridian made a run-through banner that said, "Trojans Tackle Cancer" and Bellarmine had one that said, "I Pink I Can! Lions for a Cure".

Many schools also had fundraisers or put out donation cans to collect money for cancer research. Almira/Coulee-Hartline cheerleaders held their second annual walk-a-thon on October 22 to raise money for breast cancer and earned over \$2,800 through sponsors, making and selling fleece scarves and beaded bracelets, and selling shirts. Auburn Riverside, Juanita, Shorewood, Cedarcrest and Glacier Peak participated in the Susan G. Korman 3-Day Walk by cheering on the participants. Ellensburg HS cheerleaders helped raise money for the American Cancer Society and Relay for Life by participating in the "Tough Enough To Wear Pink Campaign" at the Ellensburg Rodeo.

Their actions in their schools and communities lead others to join-in on the cause. Oak Harbor football team wore pink socks during the game, the Bothell High School principal, Bob Stewart, got in the spirit and sported a pink "Paws for the Cause" t-shirt. Ferndale, Selah, Glacier Peak, and Central Valley held their cancer awareness night in association with their mini cheer clinic and performance. Juanita had a pink ribbon painted on their football field. Juanita's volleyball team got in the spirit, too, by wearing pink shirts during introductions and threw out pink mini-volleyballs before the game.

These are just some of the wonderful things that schools



and cheerleaders did to help spread the word for Breast Cancer Awareness Month. Participating schools included Ballard, Capital, Juanita, Bothell, Ferris, Kentwood, Almira/Coulee-Hartline, Reardan, Selah, Ferndale, Eastside Catholic, Bellevue, Life Christian, Sehome, Meridian, Gig Harbor, Peninsula, Shorewood, Glacier Peak, Burlington Edison, Oak Harbor, Ellensburg, Sedro Woolley, Central Kitsap, Rainier Beach, Cedarcrest, Lynden, Eastlake, Shorewood, Auburn Riverside, Bellarmine Prep and Central Valley.

Together, everyone can make a difference in so many lives. To all the schools that participated in this worthy cause, thank you. ■

LOST YOUR MAGAZINE?

Have you misplaced your copy of *The Washington Coach* and want to refer to an article you recently read? Good news. The WSCA has downloaded *The Washington Coach* magazine to members services on the WSCA website.

All you have to do is log on to the WSCA Home page at www.washcoach.org, and click on Magazine Archives at the top. Magazines are listed by quarterly publications since 2002.

If you have questions or concerns, please contact Mike Schick at wscs-editor@comcast.net

THANK YOU!

Coach Buddy Bear Shares His Thoughts and Thanks

The following article describes an incident involving coach Bear's son:

Andrew Bear is an alum of Western Washington University. He played lacrosse for them. He was attending their annual alumni lacrosse weekend in Bellingham. He and several of them were at a bar-b-que "get together" when several uninvited guests tried crashing their party.

Three of those guests "jumped" one of Andrew's teammates and friend. According to witnesses, they were beating the boy when Andrew went to his aid. Push came to shove and Andrew fell down an embankment and over an 8 foot drop to the sidewalk below...onto his head.

Andrew fractured his skull and had a life-threatening brain injury with two major bleeds. He was rushed to Peace-Health/St. Joseph's Hospital where he underwent surgery.

All too often, we coaches are driven to be the best in whatever sport we coach. We are driven, thus, we "drive", encourage, teach, coach, live (with) our student-athletes. We expect certain things from them and from our assistants. We focus on the process and the end result. By doing this, we may not get to see other results of our athletes' personal efforts. My wife and I saw what my son was capable of doing "outside the lines".

When my son (Andrew) came to the high school where I coach, I watched my son go through what the others were expected to do. There was conditioning, "encouragement", weight-room, team meetings, and individual expectations placed on him. I knew what he needed to do; I couldn't do it for him. I knew who was coaching him. I put my trust in the coach and coaches to coach him and care for him. Andrew had to go through this by himself.

What I saw (and heard) was the growth and development of my son. I watched him grasp the meaning of his coaches. I saw him grow into his own person. I saw him do what he was coached to do to the best of his ability. I am grateful for this, and to those coaches.

What they instilled was a drive for life and not only for the sport. They instilled a courage we parents want from our children. They instilled responsibility and accountability as he became part of the "team". All they did was only a part of the growth of our young man. We coaches want this from our student-athletes. We hope they will come back and be able to share with others what we teach them. Andrew did this in his time to survive this terrible event.

Andrew fought every step of the way as he was trying to recover in the Intensive Care Unit. He was determined to "get out as soon as possible." He tried to fight the injury that had invaded his brain. I saw "that look" of determination that we coaches get to see in our athletes. Andrew knew he was hurt but didn't want to be in that hospital. He even had words with me of "getting out"—and the dad, and coach, came out to encourage him to let the nurses and doctors help him "get out."

Andrew did get out. We are home and so very glad Andrew is alive. His mom and I have survived on prayers, encouragement, and support from so many people. We are especially encouraged by Andrew's progress. He is talking more with clarity. He recognizes many events from the past and knows he has a future in front of him. He knows he has to take small steps (the process) to get to the "end result". This is only the "beginning" of so many other things we need to do to help Andrew heal.

Thank you coaches for what you do. Thank you for caring to help "build" and "grow" up our children. My wife and I are grateful for what Andrew received from his coaches— LIFE!

Buddy Bear
Port Angeles High School ■

HAWKES SQUAWKS

by Dee Hawkes
Retired



It is said that you can't be all things to all people, and that what this column is all about. There are no favorites, no special interest groups, and no compromise in what I write about. What is written is strictly my opinion, which can be drawn to the extreme or may be smack dab in the middle. You may not always agree, but that's okay because you're also entitled to say what you think. So, without a long winter nap, here are few squawks that have come to my attention.

DO YOUR VERY BEST

Abe Lincoln said, "Do the very best you know how, the best you can, and keep doing until the end." That is exactly what the 1998 Marysville-Pilchuck state championship girls' cross-country team did. These lady runners were coached by Julie Coburn, who directed them to achieve success both on the course and in the classroom. These ladies had a team GPA of 3.8. They often did their homework in the half-hour before practice. After high school, success stories about these girls revealed their grit and dedication to continue with their schooling. Larry Henry, the retired Everett Herald sports writer, researched each girl. His column, "Where Are They Now?" spoke volumes about the determination that kept these student-athletes "doing it" until the end.

A MUST READ

Football coaches: Put Tim Layden's book, *Blood, Sweat, and Chalk*, on your Christmas wish list. This is a must read for serious coaches who love the game. Sifting

through the book, you'll find a Northwest flavor with coaches like "Mouse" Davis, Mike Lude, Jack Elway, Don Coryell, and Dennis Erickson whose coaching philosophies impacted the game. It is amazing historically, when you stop and think about how these coaches turned the game around. It shouldn't be a surprise if your approach to the game carries their signature.

TRICK OR TREAT

Every coach needs a trick or gadget play in their arsenal. Leave it to Texas to use the one where the center hands the ball off to the QB over his shoulder instead of snapping it! In another example, a middle school QB executed a walking sneak through a non-reacting defense, and after clearing the line, he raced to the end zone for a touchdown. Plain and simple, if what's happening in the game or contest isn't working, then try using one to change tempo or momentum. So often in the final moments of a close game, you see the same old strategy used instead of something surprising. Sometimes it is far better to get out of your comfort zone and take a risk that in order to produce success. If not used all the time, the odds favor that your opponent might be caught off guard and will not be ready to adjust. One last point, this should be a cause and effect moment which everyone will remember.

Now for the treat side: It all began with Jan Kirk's passion to coach volleyball. After 40 years of teaching the game, the Fife High School coach has turned in her whistle. Her outstand-

ing coaching record speaks volumes as to how successful she was in competition and for the respect she has from her players and fan base. This lady deserves all she has earned!

RED LIGHT COACHING

It is appalling to watch the personal conduct of some college coaches on courtside or on the sideline. Television just graphically emphasizes their problem with anger management. Their out of control behavior is often fueled by an official's call or by a player's mistake. Often, they are seen being restrained from going completely crazy by an assistant. It is totally inappropriate to coach at any level from a position of anger. It is natural at times to argue or disagree with a call, but too fume, scream, point fingers, yell, put down, holler, and keep doing this is just wrong. One can only imagine what a parent of a potential recruit would think if their kid is the one being recruited. To sign with a class acting coach seems a much better decision. Fortunately, this negative coaching behavior doesn't seem to be happening in the high school ranks, but does surface sometimes in youth sports. At any level, an adult who is out of control doesn't belong with athletes.

SHORT SQUAWKS

While listening to the radio broadcast of the semi-final football playoff game between Skyline and Curtis, this

writer thought that it had one major flaw. The play-by-play announcer did an excellent job. However, on multiple occasions, the color commentator demonstrated his bias for one of the teams instead of just analyzing the game. He would make statements such as, "Please, someone from Curtis pick up the ball!" It is my belief that if you sit in the second seat, then you should comment on what's happening on the field and attempt to sound neutral. There certainly was no question about his football knowledge, just about his lack of neutrality. The fans who could not attend the game deserved better coverage from the radio broadcast.

Color me pink! What nonsense there was over the officials' use of a pink whistle and players with pink cleats, which was done to stimulate cancer awareness. Not for one minute, did player, coach, or fan think the pink look had an impact on the game. The missing connection was simple common sense. If you want my true perspective, I believe that there should be a dress code stating that teams should not be allowed to wear non-school colors. What especially caught my attention this year was the number of teams wearing black! If this trend continues, sooner than later, school teams will appear in competition wearing anything but their school colors. Look no farther than the Oregon football team who look like

they emerged from GQ magazine every Saturday.

BASKETBALL BEEF

The basketball season is under way, and these are trying times for former and retired coaches Duane McGee and Pat Gordon. They are among the hundreds of tournament "junkies" who have traveled the state to watch games and collect tournament programs since 1945. Their beef is how the current printed programs are being put together with text and pictures. They state that the deadlines are too early for pictures, that there is not enough personal and team statistics, and that there is a need for a better tournament history breakdown. These are once-in-a-lifetime publications, which should be keepsakes for years to come. Finally, there is a concern about accuracy. Coaches McGee and Gordon have talked all the way up the chain but with no real satisfaction. According to them, the answer is found in the proper use of today's technology. Needed is a quicker turnaround, better graphics, more stories, and a quality publication. What they are asking for is to improve on the old format or get rid of it. You may have some doubts that this is not an important issue, but the players, fans, and parents want the 2011 program to showcase a great season.

WE MISS SIDELINE SMITTY

The script is getting familiar. Fewer reporters are covering high school sports, and very few write a sports column dedicated to the preps. One person who is surely missed is Craig Smith, who penned the *Seattle Times* column, "Sideline Smitty." His insight brought out lots of be-

hind the scene stories. Here are two of my favorites:

(1) Rosalia High School had a new girls' basketball coach back in the 70's who had previously coached boys all of his life. He said, "Well, obviously, we won't be scrimmaging shirts vs. skins." A few days later, the girls said, "Hey, coach, can't we go shirts vs. skins?" The coach said, "No way! You can't do that!" This didn't stop the girls, who whipped off their shirts. The coach cringed, imaging the wrath of administrators and the community, but when the coach looked up, he saw that all of the girls were in their bathing tops.

(2) Broadcaster Terry Allen remembers a football game in the 1970's when King's Garden (now Kings) was scheduled to play at Mt. Baker of Deming. "The King's bus got lost and couldn't find the field," Allen said. To entertain the fans, the Mt. Baker band did its halftime show before the game. Then, everyone kept waiting and waiting. Finally, the bus was sighted from the stands, but just as it was within sight, it took another wrong turn. Some one jumped in a car and chased it down.

There are not enough of this type of stories floating around, the kind of story behind the scene, which gives the reader a better understanding of the humor, laughter, and tears all wrapped up in high school sports. It doesn't matter where or when, these stories can happen anyplace. Remember the big time is wherever you're at whether it's small school or big one.

Do you have a story to share? If you're thinking about one now, send me an email at hawkes32@comcast. Maybe, Sideline Smitty can be coaxed to write a few more. That Bothell grad is sorely missed.

Until we talk again, mind your elders or your manners.

See you around, I hope. ■

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WASHINGTON CONTINUES DOMINANCE OF BORDERCLASH

Bierig & Meyers Claim Individual Crowns

Written by Steve K. Bertrand
Photos by Jamie Jensen

Washington continued its dominance over Oregon in the 12th annual BorderClash meeting between the top prep cross-country harriers from both states on Sunday, November 21st. Staged by Nike at their world headquarters in Beaverton, Oregon, the event continues to attract a quality field despite an obvious imbalance between the two states. The presence of Spokane's top harriers has tipped the scales for Washington. Even without Mead's Andrew Garner, who didn't compete due to injury, Washington harriers had an impressive showing. The BorderClash event has nostalgic significance harkening back to the era of Steve Prefontaine & Gerry Lindgren, & finally answers the question: Which is the best running state in the Pacific Northwest?

At 10:00 a.m., the Washington & Oregon girls squared off. Drawing from all high school classifications (B-6A), the race featured the top forty prep harriers from each state. It was a crisp morning. Temperatures hovered in the low 30's. At the start of the girl's race, Oregon appeared determined. They got off to an aggressive start. Annamaire Maag of Portland's Jesuit High School, second at BorderClash in 2009, gambled at the two-mile mark & tried to gap the field. However, a trio of Washington runners stayed right on her heels. "It probably wasn't very smart," said Maag, a three-time



state champion, "but it felt way too easy, the way I passed them."

With 800 meters to go, Maddie Meyers of The Northwest School, a Seattle prep school, shifted gears to beat Katie Knight of North Central (Spokane), the 2010 Nike Cross Nationals Northwest Regional champion, Amy Eloise Neale of Glacier Peak, Washington's 3A state champion & last year's BorderClash champion, & Maag. Meyers, a junior, claimed the 1A state title. "It felt great to have done that," said Meyers. "It was exciting because during the season I never had a chance

to race any of these girls." Meyers covered the course in 16:10.59. Knight was second (16:13.19) & Neale third (16:16). Maag, who finished fourth (16:16.74), was the only Oregon





runner to crack the top ten. Glacier Peak's Katelyn Bianchini was fifth (16:27.73). Meyers, Knight & Neale provided strong front running for Washington who claimed the team title 17 to 46.

The boys raced at 10:45 a.m.. Coupville's Tyler King, a three-time BorderClash participant, took the early lead. By the halfway point, he had built a twenty-meter lead. However, the 1A state champion from Washington couldn't hold off the challengers. The Washington chase pack consisted of Lewis & Clark's Kenji Bierig, the 4A state champion, Shadle Park's Nathan Weitz, North Central's Vince Hamilton, & Kamiakin's Anthony Armstrong. Sheldon's Matthew Melancon, the 6A state champion, was Oregon's sole contender. At this point, he was at the front of the chase pack.

"There was one Washington guy in front & I thought it might end up with me trying to chase him down; but, it was early in the race, & I felt maybe I wouldn't be the only one," said Melancon. He was right. With 800 meters to go, Weitz & Bierig took control. Weitz was carrying the pace with Bierig hanging close. "I was worried," said Weitz. "Bierig always has a pretty good kick." Bierig didn't disappoint. On the Ranaldo soccer field, he opened up a three second lead & held Weitz off at the finish. Bierig's official time was 13:54.93. Weitz was clocked in 13:57.93. Hamilton (3rd -14:02.69), Armstrong (4th - 14:04.59) & Melancon (5th - 14:04.79) rounded out the top five finishers. Like the girls, the Washington boys claimed nine of the top ten places. The team score was 16 to 47. The past three weeks have proved very fruitful for Bierig, "I've been lucky," he said, referring to his 4A state meet, Nike Cross Nationals Northwest Regional meet, & BorderClash victories.

In the end, Washington claimed the combined team championship. Accompanied by their Washington teammates, Bierig & Meyers held the statue of Nike, the winged goddess of victory, on the awards podium. Since its beginnings in 1999, Washington has claimed victories ten of the past twelve years. The trophy will reside in the Niketown of the victors' state until next year's BorderClash. ■

WAY TO GO

Howard Price

When you think of the sport of track and field at Mariner High School, you will end up hearing the name Howard Price. He built the program. Coach Price is described as being a great motivator who approached coaching track from the team perspective. In his coaching, he constantly emphasized that if, as an athlete and a team, "we" take care of the important things, then winning will take care of itself. The important things to coach Price were character, integrity, discipline and a strong work ethic. His athletes said he was able to get them to truly believe in what they could accomplish. Coach Price's true magic was in getting his athletes to believe in their potential with the same unwavering faith in which he believed in them and on his teams that kind of attitude tended to spread everywhere.

Coach Price's enthusiasm for the sport of track and field and his love of coaching made Mariner track and field a special experience for generations of young athletes. He is a great man who played an important part in the lives of many athletes, coaches, parents, community members and all the people he has met during his great career. His induction into the Washington State Track and Field Coaches Hall of Fame in 2010 is a testament to his numerous contributions to the sport in the state of Washington. ■

SHIN SPLINTS— Get rid of them in minutes

By Bjorn Svae, President Posture Dynamics

If you understand the problem, you are 90% on your way to the solution. The remaining 10% is action! So if you coach athletes who have shin splints, tight IT bands, knee, back or other musculoskeletal pain, let me help you to a basic understanding of the problem and a simple cure.

Shin splints is local cramping of the muscles from overuse. The muscle overuse occurs when the brain tries to compensate for a structural problem that causes over-pronation often called hyperpronation. It occurs when the arch drops causing the ankle to move forward, inward and downward, which also rotates the leg internally. This is an extremely common problem. Over 80% of people hyperpronate to various degrees, but it is not always easy to spot because over 60% of people who structurally hyperpronate will subconsciously try to compensate for it by favoring the outside of their feet. They supinate their feet specifically between heel strike and midstance (foot flat). It causes a similar muscle response to running down hill. After a short while the muscles cramp.

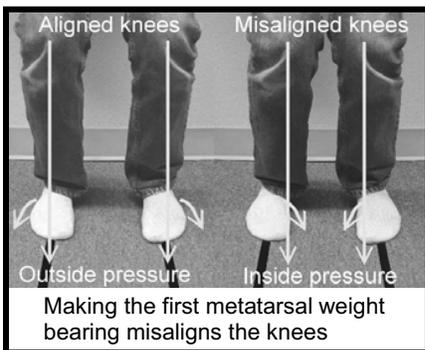
If you think the logical approach to the problem would be to stop the feet from hyperpronating so the brain would stop compensating you have the right idea, but don't run out and buy arch support orthotics to prevent the arches from falling. They prevent natural motion of the feet and often make the situation worse.

Hyperpronation is a structural problem of the foot and the reason the brain tries to compensate for it is to maintain better posture and body mechanics. Here is an easy way to understand

why the arches drop and cause hyperpronation—The Skiers Crouch: Stand with your feet

shoulder width apart, *pointing straight forward and parallel*. Keep your heels on the ground, lean slightly forward while doing a ¼ knee bend. Make sure your knees are tracking right so *the middle of your knees align over the middle of your feet*.

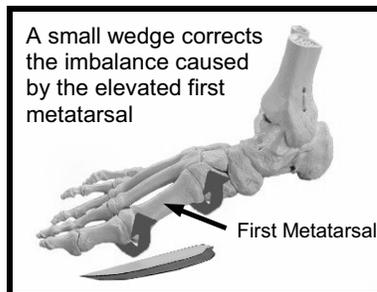
While in this posture, slowly move your knees toward each other until you feel weight bearing pressure on the balls of your feet behind your big toes. If the middle of your knees move past the second toe, it means that the insides of your feet are not weight bearing when your legs and



knees are in alignment. Now, move your knees back over the center of your feet again. If it feels like you shift your weight to the outside of your feet, your first metatarsal is not supporting your arch, so it collapses. If you do the same exercise again, but at the same time scrunch your feet (like picking up a towel from the floor), you bring the first metatarsal and big toe to the ground with force so you prevent your arch from collapsing and your feet from hyperpronating. The solution is not to support the arch but to bring the first metatarsal down to the ground. This stabilizes your feet, relaxes and balances your body.

Fortunately, pushing your first metatarsal and big toe down to the ground can be put on automatic by putting a very small reminder inside your shoes. You can even try

this at home without purchasing anything: By adding a reasonably firm pad underneath your first



metatarsal head—essentially under the big toe joint, that part of your foot will feel weight bearing pressure slightly sooner. The brain and your body responds as it always does

when your toes (metatarsals) touch the ground—they push back against the ground, so making the first metatarsal and big toe feel the ground just slightly sooner makes them push back slightly sooner—just like you did when you scrunched up your feet. It balances your feet and stops the hyperpronation. Voila! The brain sees no need for trying to supinate, and a lot of tense muscles, for the first time, get to RELAX!

Instantly, no more shin splints!

Most other musculoskeletal dysfunction and pain relate directly to the lack of balance and weight bearing of the first metatarsal and big toe. A simple insole fitted with a wedge shape underneath the first metatarsal and big toe, we call Kinetic Technology™, will relax shin splints, tight IT bands, tight Achilles tendons, a sore back, painful knees and hips. In fact the ProKinetics® Natural Body Balance Insoles™ work so well they come with a 100% functional money back guarantee.

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Great Opportunities for Post Prep Education...

Using Safe Alternate Implements for the Youth Hammer Throw

by Lane C Dowell

High school football and T&F coach

Award winning USATF Master Level Official (specialty the throws)

Certification/clinic speaker WSTFCA Convention...PEMCO NW CLINIC, Masters/Seniors T&F thrower

A discussion of the inclusion of the hammer throw on the competitive slate for our teens, nears bar room brawl intensity in some areas. Track and Field power brokers drag their heels claiming the event is far too dangerous. Charges are leveled that there are no proper facilities to launch this medieval weapon of war for a field on which the event is practiced resembles a battle zone after a short period of time.

Opportunities for our KIDS:

I often wonder why the naysayers cannot see the athletic beauty it takes to master the technique that is the dance of the ball and wire or the many body types to which the event caters.

If for no other reason, doesn't the availability of college scholarships ring a bell in some heads? In the Evergreen State since 2000, more post-prep educational aid comes to those who throw the hammer than any other single event in high school track and field.

Georgia's Mike Judge, who has established his **Throw 1 Deep Club** as a national power, is **one of America's very best and most successful youth coaches**. "In 11 years, we have helped 75 kids get scholarship money. This is between 3 and 4 million dollars."

Stereotypes erased... the implements:

Like tackling in Football, the Hammer Throw is as safe as you want to make it.

Prior to reading what some of America's finest coaches/throwers have to say about alternate devices now available, I offer this tidbit provided by **Hal Connolly** concerning Rhode Island, which has for years contested the hammer as a part of its state's high school T&F curriculum.

"This is information I was given by the insurance underwriter company that covers all interscholastic athletics for the state of Rhode Island. There have been no insurance claims for athlete injuries resulting from hammer throwing in their office records which went back some 10 years."

"He also mentioned that they had records of injury claims in other field events, shot put, discus, pole vault, but none in hammer throwing. After that exchange he called **Al Murro**, the longest tenured high school hammer coach in Rhode Island, who told me he had no recollection of any hammer throwing injury that resulted in an insurance claim."

Even as some doggedly forge ahead with youth hammer development, the barricade of stereotypes is not tumbling down. Growth is at a snail's pace. What to do? Does the answer lie with much SAFER, less damaging alternate implements?

Mike Judge says, "Where you do not have a field to throw, I feel the chain hammer is a good training device to teach the hammer. Ten years ago we used to throw chain hammers in a deserted shopping center parking lot. Yes, they would land on the black top surface and do no damage to the surface. The hammers held up very well too."

"The chain hammer has a different feel than a normal hammer. I feel it is better than throwing nothing at all. If this is all you can throw, then I say it is a great implement to learn and train hammer technique."

Alan Wardsworth, Jumps and Hammer Coach at Spokane Valley's, Central Valley High...member of the WSTFCA comments, "I was very impressed with the chain hammers, as it turned out they were no harder to mark than the discus and left no holes to repair. The girls' softball team and the maintenance staff are all much happier."

"The practice hammer has removable chain to allow you to go from 3K to 5.5K and 10 to 15lbs. making it ideal for practice. You do give up about 15 feet on a 100' throw, because they don't spin as fast. However, they really promote good technique for high school kids!"

"You should note that on athletics.net our results have a small "c" indicating it was a throw with the chain...for example 134'5"c. I give the kids the record regardless of the device figuring the chain is like throwing a shot that weighted more than 12lbs."

"**Lex Strom, developer of the chain hammer**, told me he has sales to UCLA and Spokane Falls CC, so I think the chain is really catching on."

"I remember when the hammer proposal went to the WIAA. I noted that most of the small schools had real issues buying more equipment. If you are from a farming or logging community and had access to a machine shop you could have more chain hammers than you know what to do with."

Jud Logan, a four time USA Olympian in the Hammer, is the head Track and Field Coach at Ohio's Ashland University. Coach Logan says, "My first experience with the chain hammer was when I did a clinic for **Bud Rasmussen in Washington**. My initial perception was this will feel nothing like the hammer. When I did my demonstration, I was shocked. It felt a lot like the hammer, but more importantly, I could hear the swoosh sound on each push of the ball. I immediately began to use the chain in the Ashland program, and it has become a favorite warm-up of **2X Olympian AG Kruger**. We also use the chain at our

Continued on page 18

Continued from page 17 - Great Opportunities

summer camp to teach the hammer to beginners and on the last day, take the top 10 for the real deal.”

“As far as being an alternative to states putting the hammer in, I am a realist. The **chain seems to be the safest option** and a faster way to get the event into more high schools. Shared fields by track, soccer and football, aside from safety issues is what’s keeping schools in Ohio from allowing even the practice of the event. Each year more and more kids in Ohio are throwing the weight in indoor comps, but less than 10% ever see a hammer.”

Michael Mai, Major in the US Army (currently stationed at Fort Lewis) and a graduate of West Point, was the Bronze Medalist in the Hammer at the 2009 USATF National Championship and a member of our Berlin World team. Major Mai, had this to say about the inclusion of alternate devices for our teens. “My own personal opinion of the chain hammer is if the main roadblock to introducing the hammer in high schools is safety and facilities, then it is a good alternative.”

“Frankly, I think if someone would just introduce a medicine ball-like implement (Eds. note: Similar to the CHT device...see picture and read below) fill it with tungsten, so that it would look and feel more like a hammer but still allow it to land softly on the ground, they could achieve the same ends.”

“I do think that if they are going to allow the event, that there needs to be a “standard” for the “chain” across the board to ensure that the marks mean something across the state. It needs to feel as close to the regular hammer as it possibly can. Also, a few “real” hammer events need to be held throughout the state during the season to allow for nationwide mark comparison. Throwers will become disgruntled if they cannot compare their marks against *real* hammer marks from other throwers in the country

Eds. note: *In Washington a full schedule of these events are held in very adequate facilities and administered by thoroughly trained hammer aficionados throughout the prep T&F season, as well as, summer club schedule ...see Wardsworth comment above on athletics.net listings.*

“For sport popularity, I think that you have to make some sacrifices to get it in the schools. It is clear that the regular hammer is a non-starter due to liability and facility concerns.”

Larry Judge, a highly respected American hammer coach, is the mentor of American Record Holder, Erin Gilreath. Judge says, “Throwing the chain hammer is a perfect example of utilizing an innovative approach to eliminate inherent risk.”

“Even with the increased safety precautions of the IAAF cage and the reduced 34.9 degree throwing sector, the inclusion and growth of the hammer throw event has met considerable resistance from state high school associations in the United States. Even at the collegiate level, some athletic administrators

are still reluctant to stage the event on campus due to perceived risks. **Instituting the chain hammer will provide aspiring young hammer throwers the opportunity to train and compete.”**

“The chain hammer is a safe alternative to the traditional implement. The elimination of potential accidents, the reduction of close calls and the reduction of facility wear and tear remains a primary goal of every event and facility manager. **The safety of athletes, officials and spectators when the hammer is being thrown is paramount. Experienced coaches understand that utilizing a safe implement like the chain hammer keeps the focus on coaching and training.”**

“Unfortunately, these highly experienced professionals are not typically involved with policy making decisions. I really do believe there are few if any disadvantages to the chain hammer. After all, at the high school level the objective is to introduce the event and create a focus on learning proper technique. The

chain hammer keeps the focus on learning the technique and creates much less wear and tear on facilities.”

B i l l Gentleman, a retired prep school educator and currently a youth coach in Scotland, was a double Gold Medal recipient at this last winter’s World Indoor Master’s



Championship in the Weight and Hammer.

“I have never worked with chain hammers as the kids I work with are under 12, but we throw plasticized/rubber ball hammers with NO damage being done to fields. These hammers could give an early, safe introduction to throwing, which could then be followed by chain hammers that protect the landing area at the expense of distance.”

“In these instances, educating the ground-staff that training CAN take place without damaging playing surface will open up the opportunities for many more people to become involved in a good, learning environment.

I know that my young group love getting to throw the hammer but have no more opportunities once they leave my group, which is a great waste of potential talent.”

Dwight Midles, a founding father and coach in the teen hammer movement in Washington, was a Washington State

University All-American Hammer thrower. Dwight has three children who have received college scholarship money due to their hammer throwing expertise.

"I look at the **chain hammer the same way many sports approach entry level athletes.** In basketball they lower the hoop to make it much easier for little kids to make the shot. In football they will use a flag as a way of introducing kids to the sport, and in baseball they shorten the bases and use a whiffle ball."

"The chain hammer is used in same aforementioned manner; as a way to safely introduce the event to younger athletes."

When asked if he would support the use of alternate devices in the Evergreen State, Midles replied, "You betcha."

Alternate Implements Available:

Harold Connolly, former high school principal and noted international youth coach, is the last USA Olympic Gold Medalist in the Hammer (Melbourne 1956). The venerable Connolly says, "The realities of the danger of physical injury, turf damage to athletic fields, and legal liability are the primary obstacles to introducing greater numbers of American youth to hammer throwing."

"No doubt a hammer throw training implement designed to mitigate these obstacles and effectively teach transferable hammer throwing skills to beginning throwers could provide increased throwing training opportunities for American youth, and develop early the needed technical skills for scholastic, collegiate, and international hammer throwing competitions."

"Of the hammer throw training implement alternatives presently available, which better addresses the previously cited obstacles and which is more effective for teaching youngsters hammer throwing skills?"

"Because of **my experience training youth (10 - 16 years of**

age) to throw the hammer, I developed and am in the process of improving just such an alternative hammer throw training implement. It was fabricated for me by an Olympic silver medalist teammate, **Ron Morris, pole vault 1960,** who makes it available through his company, **On Track and Field.** The Connolly Hammer Trainer will not damage field turf, is less dangerous in perception and reality than a regulation hammer. It is adjustable in length and weight, and is more effective in acquiring optimal hammer throwing technical rhythm than any other hammer-like training implement."

"The chain hammer is less expensive, can be made at home with materials easily accessible, and meets a need in introducing the event but not as effectively for the youngsters I coach. In my opinion, the closer the training implement is to the regulation hammer the quicker and more effectively the young athlete develops technique that **leads him or her to the college scholarship and to the highest level of performance in hammer throwing.**"

Lex Strom, a hammer thrower who has competed in the USA Olympic Trials, developed the Soft Landing Adjustable Hammer (SLA Hammer) or chain hammer in 2000. Strom says, "My goal was to create a device that would be as safe as possible, would not damage the landing surface any more than the landing of the discus, and it had to be a little restrictive in flight, so it would be accepted as a high school alternative implement like the rubber-tipped javelin. All of this while keeping the implement as hammer-feel-like as possible."

"The new **SLA II Hammers** have actual hammer wires made especially for them by **Lance Deal, 1996 Olympic Silver Medalist and American Hammer Throw Record Holder,** with added

Continued on page 20

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Continued from page 19 - Great Opportunities

swivels, certified with welded clips and certified tags. The design testing used over forty different chain length and size variations, and the feeling of the implement was a HUGE part of the design considerations.”

For more information...contact Lex Strom at 360-274-6011 or (cell) 360-270-6969.

For more information on Hal Connolly’s device see the On Track and Field Company.

The Plan that will, hopefully, lead to implementation of the Hammer in Washington:

“In conjunction with Alan and **Elizabeth Wardsworth, Head Girls T&F Coach at Spokane Valley’s University High**, I hope to submit a curriculum to the Washington State Track and Field Coaches Association and WIAA,” says Strom. Lex further comments, “Hopefully, they will accept this curriculum, so we can certify coaches, using clock hour credits as a lure. With my education degrees, hammer throwing knowledge and experience, coaching experience and degrees, as well as my other sport science certifications, I am confident that the curriculum will be the best out there. If we get the coaches in place and have them certified, then we can proceed with the other tasks needed to get the soft landing hammer certified at the high school level.”

The Wardsworth Plan:

1. With help from all who may have an interest in the inclusion of the youth hammer, develop curriculum for certification of Hammer coaching

2. Get coaches to become certified via clinics with clock hours available. I’m guessing 8-16 hours of instruction would be necessary. These would be actual class room and hands-on hours.

3. Have design plans available to up-grade current discus cages for both the ring and net

4. Have plans available for schools installing new or redesigning old cages to allow for the winding space needed to throw hammer out of discus venues.

5. Decide which soft landing hammer to accept. The soft landing chain hammer seems to be the most likely for many reasons, most inexpensive, components are most like the actual hammer, by far the softest landing and most durable SLA Hammer on the market.

6. In this state there exists a USATF certified cadre of expert hammer officials. Let them administer the Washington State High School Alternate Hammer Device (chain or CHT ball) Championships held in exhibition at each of our two state championships for two years. Then, perhaps, re-evaluate the status of the hammer in our state and how we can **ALL safely grow it...FOR KIDSSAKE.**



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The only negatives to the Chain Hammer are:

1. The Chain hammer slightly magnifies the drag feeling of the hammer, which athletes need to learn how to overcome anyway!
2. The Chain Hammer is restrictive in flight and needs to be because of the lack of room on most discus fields.

In closing...

Within the past few years, our Washington Interscholastic Activities Association has demanded that anyone coaching the pole vault acquire a special certification. I have no problem with that and think that a sanctioned hammer event of any type should justly carry special coaching requirements.

Can't we see that ignorance and stubbornness are not valid reasons to further deprive our teens? Isn't it time for us to dust-off and bring this unique and challenging event, which holds so many opportunities for our youth, out of the closet? When it comes to the use of alternative hammer devices, open up and consider all the positives and address the negatives, which as you can see above, are few and far between.

Let's ALL encourage the development of the **Wardsworth Plan**. Let's ALL give input to this plan and mold it into something of worth for the sake of a unique event, a wonderful sport that has a place for all types of KIDS, and for the opportunities it offers our youngsters.

Longtime Head Track and Field Coach at Snohomish High and past President of the Washington State Track and Field Coaches Association, Tuck Gionet, made the Hammer a contested and awarded event at his very popular Eason Invitational many years ago.

Elizabeth Wardsworth, who teaches at a middle school and coaches the hammer to high-schoolers, offers this testimonial for the youth hammer.

"A couple of Deer Park (a Spokane area high school) boys and their coach came to Central Valley (Greater Spokane area high school that has pioneered the chain hammer event) to toss around the hammer yesterday. They looked pretty good for being beginners. **All it takes is a few throws and the kids are hooked!**"

As the old saying goes, "Try it. You'll like it." Kids do!

Fade to the 2016 Olympic Games Track and Field awards stand..." the Gold Medal...from the United States of

America.....???,....."

Queue our National Anthem... We're back, Hal! May God Bless you!

Coach Dowell Bio:

- Ret. Head T&F Coach at Bremerton's West High (specialty the throws)
- Longtime member of the WSCA... WSTFCA



- Ret. USATF Master Level Official (1989-2009)...throws...selected to officiate 15 USATF nationals

- Rules Clinician and Clinic Speaker (WA and OR)

- Head Hammer Official at USATF National Outdoor Championships (2000-2008)...this includes 3 Olympic Trials

- 2 WA Official of the Year Awards (WSTFCA 2000 & USATF 2008)

- 2 OR Outstanding Official of the year Awards

- 2005 USATF National Official of the Year
- 2010 Inductee to Kitsap Sports HOF (Initial recipient of the Richard Todd Outstanding Officiating Award)
- 2010 Nominee for the USATF National Officials HOF
- WIAA T&F Consultant...helps write the coaches and state meet officials yearly test and in selection of state meet officials
- Correspondent for the official magazine of the National Throws Coaches Association...the Long and Strong Throwers Journal
- Masters/Seniors Thrower ■

MOVING?

If you have any change of mailing address, telephone number or email address, please contact WSCA Office at jparrish@donobi.net or 360-271-1377.

We have had several examples where members have not been receiving their *Washington Coach* magazine and other WSCA mailings. Because of the cost, we mail third class and the Post Office **DOES NOT FORWARD** third class mail. Please notify us so we can get the mailings to you.

NW ALL SPORTS CLINIC FEBRUARY 10-13, 2011

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SPORTS OFFERED

FOOTBALL: Steve Sarkisian, UW; Mark Speckman, Willamette U; Glen McNew, Morgantown; Gerald Brence, Plano HS, Texas; Jason Washington, Rice U; Rob Akey, Idaho; John Beck, Crater HS, Oregon; Mark Criner, Idaho; Jim Wright, NY HS; Chad Glasgow, Texas Christian; Ed Sadlock, NY HS; Bruce Brown, Pro-Active Sports; Jeff Choate, Boise State; Justin Starck, Thurston HS, Oregon; Steve Kenyon, SpeedStrengthTng; Pat (Golden) Ruel, USC; Chris Klenakis, Arkansas; Ron Lynn, Stanford; Gunter Brewer, Oklahoma State; Mat Taylor, Skyline HS; Dave Miller, Lakes HS; John Thompson, Georgia Southern; David Jacobs, Champaign HS, IL; Paul Golla, Bakersfield HS; Thomas Cousins, West HS, South Carolina; Scott Criner, Eagle HS, ID; Greg Brown, Arizona; Dave Douglas, Crater HS; Jeff Reinbold, SMU; Bob Keel, Central Kitsap; Mark Stewart, Meadowdale HS; Craig Whitney, West Valley; Randy Affholter, Ellensburg; Day Eyman, Eisenhower HS; Rob Oram, Hanford HS; Dave Beaty, Rice U

BASEBALL: Max Sinatro, Chicago Cubs; Don Freeman, Clark CC; Nate Trosky, Milwaukee Brewers; Lindsay Meggs, UW; Greg Moore, UW; Rich Hill, Univ of San Diego; Others to be added

VOLLEYBALL: Terry Liskevych, Oregon State; Momi Bowles, Auburn Mt View; Dede Bodnar, San Diego CC; Terry McLaughlin, Chemetketa CC; Dick Janzen, Fresno Pacific; Cecile Reynaud, Florida State; Bob Bertucci, Temple U

SOFTBALL: Deb Hartwig, Just Softball; Wes Worrell, Boise HS; Tom Harmon, Nooksack Valley HS; Leah Francis, Bellevue College; Doug Gillis, International Softball; Kim Wright, Venezuela National Team

BASKETBALL: Scott Rosberg, Granger HS; Greg Turcott, Arch Murphy HS; Duane Hodges, Edmonds Woodway

FITNESS: Steve Kenyon, Speed Strengthening; Jim Radcliffe, U of Oregon; Chris Wood, Pacific Lutheran

TRACK AND FIELD: Mike Waller, Pacific Lutheran; Tami English, Adaptive Sports; Megan Dahlman, Elite Training Systems; Adarian Barr, USATF Level II Coach; Duncan Atwood, 1980,1984 USA Olympics; Martin Rudow, NW Runners Magazine; Linda Lanker, Spokane CC; Roosevelt Kent, Granite Bay HS; Tom Milbrooke, Canby HS; Dr Paul Salitsky, UC Davis; Mac Wilkins, Olympic Discus Champion; Tony Veney, USATF LEVEL 1, 2 &3 Instructor; Courtney Jaworksi, UPS

SOCCER: Theresa Wagner, Stanford; Jim Thomas, UW; Joe Waters, Bellarmine HS; Tom Bunnell, Issaquah HS; Brandon Prideaux, UW; Dean Wurzberger, UW

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BURNETT-ENNIS SCHOLARSHIP

Deadline: April 20th

By completing the information required in this application, you will enable us to determine your eligibility to receive funds provided specifically to help students whose parent(s) are members of WSCA. This application becomes valid only when the following has been submitted. This scholarship is open to any member's son or daughter planning on attending an institution of higher learning.

To be eligible for the scholarship:

- Your mother or father must be a member of the Washington State Coaches Association.
- Submit the below application.
- Submit one letter of recommendation from your principal, counselor, or teacher.
- Submit your High School Transcripts.
- Submit a resume of your high school activities (including community, school, or church activities)

Personal Information (please print clearly)

Name _____
Last First M.I.

High School Attended _____ Date of Birth _____

Permanent Address _____
Street City Zip Code

Permanent Home Telephone number ____ (____) _____

Parent/Guardian _____ Years Member of WSCA _____

Address of Parent/Guardian if different from applicant:

Street City Zip Code

Academic Information GPA _____

Briefly describe any scholastic distinctions or honors you have won since the 9th grade

Athletic or Extracurricular Participation

Sport Years Letters Honors

Please continue with application on reverse side.

continued from previous page

BURNETT-ENNIS SCHOLARSHIP

Deadline: April 20th

College Goals College planning to attend _____

In order to formulate a better concept of who and what you are; we would like you to respond as you feel appropriate to the following questions. Please keep it brief and to the point.

1) Describe your contribution to "athletics or activities" in your school.

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

Check list:

Application Letter of Recommendation Transcript Resume

Your application must be received before April 20th.
Mail To: WSCA Scholarship, 708 S. Lake, Colfax, Wa 99111

Selected winners must submit a picture of themselves with their member parent to the WSCA by June 30th.

Deadlines for the *WASHINGTON COACH* Magazine

Next Issue - Spring: February 14

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

SUBMISSION PROCESS

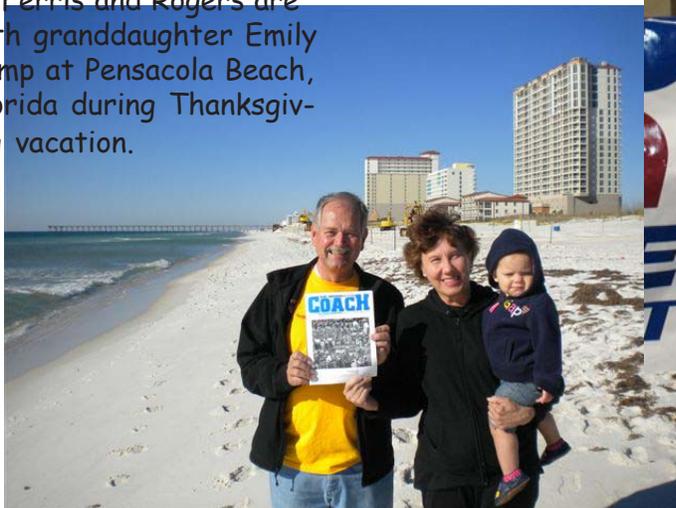
Submit via email as an attachment to Mike Schick at WSCA-EDITOR@comcast.net

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

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Bill Kemp, 30 year coach at Riverside and Janet (Janson) Kemp, past coach at Ferris and Rogers are with granddaughter Emily Kemp at Pensacola Beach, Florida during Thanksgiving vacation.



Greg McMillan, football coach at La Salle, using a timeout at the Tacoma Dome during the football championships.

ON THE SIDELINE

NOMINATION FORM

The WSCA needs your help! If you know a current member of the WSCA who deserves recognition for his/her contributions to coaching, please fill out this form and send it to Mike Schick. Your nominee will then be contacted to obtain additional information.

Nominee's Name _____

Home/School Address _____

City _____ Zip _____

Current teaching/coaching location _____

Send this form to:

Mike Schick, 2110 Richardson Drive, Puyallup, WA 98371

Thank you for your efforts



FAT AND VITAMINS IN THE DIET

by Danny M. O'Dell, MA. CSCS*D

co-owner of 'The WeightRoom' gym and Explosivelyfit.com, Nine Mile Falls, WA

Fat, evil or not?not!

Fat is a necessary part of everyone's daily diet contrary to what is commonly believed in today's fat conscious society. The body uses fat as an energy source, but too much can lead to health problems.

The problem a coach faces may be in getting your athletes who compete in tightly controlled weight classification sports such as wrestling and gymnastics, to eat fat from good healthy sources. They may erroneously believe that by doing so they will add weight. Moreover, they will if they go whole hog and eat through the entire MacDonald's menu every day.

There is a direct correlation between cardiovascular disease and high fat dietary habits. However, athletes need approximately 20-25% of their daily calories as fat in their diet. This is sometimes hard to judge so for the sake of argument you will be safe in telling them to get at least 1.0 grams/kilogram of bodyweight each day. This is enough to provide the essential fatty acids they need to stay healthy give them a feeling of fullness.

As your athletes progress up the ladder of experience and expertise in their chosen sport or sports, a more efficient way of figuring how many fat calories they need is to calculate it out based on body weight in kilograms. Both endurance and strength trained athletes need to get at least 1 gram/kg of bodyweight in order to fulfill the energy requirements for their body.

Vitamins

Eat a decent amount of calories a day, according to your activity level and you will get the necessary vitamins and minerals that your body requires to stay healthy. As

was previously mentioned, this amount could vary from 30-60 calories per kilogram of bodyweight based on what types of activity you participate in on a regular basis.

According to Marie Dunford, in her book, Exercise Nutrition (2001 Human Kinetics) "Athletes can obtain sufficient vitamins from food alone if energy intake is adequate and they choose a variety of vitamin-rich foods such as fruits, vegetables, and whole grains."

This may be a hard sell because so many are already taking one a day vitamins and minerals. Some even believe that this will take the place of food and drink in the diet. It won't, but it may help augment the nutrients in the food we eat, especially if what they are eating is not high quality nutrient dense food.

Fruits, vegetables, and whole grains, not refined grains, all contain ample amounts of vitamins. The problem develops when the athlete is not eating enough food or the right kinds to get the recommended amounts of vitamins into their system. This may certainly be true with those who are cutting weight.

There is not a shred of evidence that shows vitamin supplementation improves sports performance if the athlete is getting them from the food they eat. Encourage your athletes to eat wholesome food ninety to ninety-five percent of the time and at the end of the week, they should be doing well in this aspect of their lives.

Stay strong and remain passionately committed to your hearts chosen path. ■

*Danny M. O'Dell, MA. CSCS*D*

Phone: 509.991.6833

www.Explosivelyfit.com

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Scholarship for Student Teachers

BURNETT-ENNIS STUDENT TEACHER SCHOLARSHIP

Deadline: April 20th

By completing the information required in this application, you will enable us to determine your eligibility to receive funds provided specifically to help students whose parent(s) are members of WSCA. This application becomes valid only when the following has been submitted. This scholarship is open to any member's son or daughter planning on student teaching during the next year.

To be eligible for the scholarship:

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

Personal Information (please print clearly)

Name _____
Last First M.I.

College Attended _____ Date of Birth _____

Permanent Address _____
Street City Zip Code

Permanent Home Telephone number (_____) _____

Parent/Guardian _____ Years Member of WSCA _____

Address of Parent/Guardian if different from applicant:

Street City Zip Code

Check list: Application Letter of Recommendation College Transcript Short Essay

Your application must be received before April 20th.
Mail To: WSCA Scholarship, 708 S. Lake, Colfax, Wa 99111

Selected winners must submit a picture of themselves with their member parent to the WSCA by June 30th.

WSFCA Mid-Winter Football Conference

January 21, 22, 23
Bellevue Hilton

FRIDAY – JANUARY 21

8:30 – 10:30 **Registration**
 10:30 – 11:00 **“Coaching Your Punters”** -Michael Braunstein– Former University of Washington Punter
 11:00 – 11:30 **“Coaching Your Long Snappers and Holders”** - Ryan Senser – Ohio University; Seahawks and Saints
 11:30 – 12:05 **“Coaching Your Kickers—Field Goals, Kick-Offs, and PATs”** - Michael Braunstein
 12:30 – 1:15 **“Kick-Off Coverage – Scheming to Prevent the Return”** - Mike Cieri – Montclair State University, New Jersey – Special Teams Coordinator and Defensive Line Coach
 1:20 – 2:00 **“Kick-Off Return”** - Mike Cieri
 2:15 – 4:15 **“Punt Return (Plotting Punt Returns to Gain Field Position) and (Punt Block Strategies and Techniques)”**
“Drills to Maximize the Effectiveness of Special Teams and General Organization for Special Teams” - Mike Cieri
 4:15 – 4:30 **Questions** - Mike Cieri
 4:30 – 5:30 **East-West Selection Meetings**
 East 3A/4A (Redmond)
 West 3A/4A (Kirkland)
 West A/B (Newcastle)
 5:30 – 7:00 **Jr Hi and Middle School Forum** - Mike Schick – Edgemont Jr. Hi, Puyallup
 Sandy Coopriider – Foothills Middle School, Wenatchee Moderators - (King County II)
 5:30 – 7:00 **“Small School Symposium” – (1B, 2B, and 1A only)** - Don Papasedero – Mercer Island High School - Moderator
 7:00 – 7:30 **Coach of the Year & Gold/Silver Helmet Awards - Sponsor Presentations**
 7:30 – 8:30 **Dinner & Refreshments**

SATURDAY, JANUARY 22

8:00 – 9:00 **Registration**
 8:30 – 9:20 **“Defensive Line Drills”** - Mike Cieri – Montclair State University, New Jersey – Defensive Line Coach

“Fundamentals and Principles of Linebacker Play”

“Individual Drills for Linebackers”

“Group Drills, Keys and Reactions for Linebackers” - Jerry Sandusky – Former Linebacker Coach – Penn State University
“CWU Run Game” - Blaine Bennett – Head Coach, Central Washington University

“Offensive Line Drills and Techniques”
 Dan Cozzetto – Offensive Line Coach, University of Washington

9:30 – 10:20 **“Defensive Line Play vs. the Run”**- Mike Cieri – Montclair State University, New Jersey – Defensive Line Coach
“A Multiple Defensive Scheme for High School”

“Position Assignments within the Scheme”

“Keys, Responsibilities, and Techniques by Position” - Jerry Sandusky – Former Linebacker Coach – Penn State University
“Central Washington University Offense in the Red Zone” - Blaine Bennett – CWU
“University of Washington Run Game”
 Dan Cozzetto – U of W

10:30 – 11:20 **“Defensive Line Play vs. the Pass”** - Mike Cieri – Montclair State University
“Multiple 8-Man Fronts” - Jerry Sandusky – Former Linebacker Coach – Penn State

“A Pass That Is Effective vs. Any Defense and Pass Plays You Can Incorporate with any Offense” - Matt Taylor – Head Coach, Skyline High School, Sammamish

“Utilizing Robber Coverage in the 3-3 Defense” - Gordon Elliott – Head Coach, Auburn High School

11:30 – 12:20 **Lunch and Visit Exhibits**

1:00 – 1:50 **“3-4 Defense with Variations”** - Shannon Gerrety – Head Coach, Blaine High School, Blaine, Minnesota

“The Role of the Athletic Trainer in High School” - Chris Franklin – Trainer, North Kitsap High School, Poulsbo

“Developing the Complete Wide Receiver” - Matt Taylor – Skyline HS

“The Double Wing Jet Sweep” - Gordon Elliott – Auburn High School

2:00 – 2:50 **“Bootleg Out of the Spread”** - Jeff Steinberg – Head Coach, Santiago High School, Corona, CA
“Creating A Mission Statement for Your Program” - Mike Morgan – Head Coach, Colfax High School
“Spread Option Philosophy of Goals, Practice Plan and Game Day” - Bret Pollack – Head Coach, San Mateo Jr. College, San Mateo, CA
“Pressure Blitzes Out of the 30-Stack Defense” - Jeff Thomas – Head Coach, University of Puget Sound

3:00 – 3:50 **“Screens from the Spread Offense”** - Jeff Steinberg – Santiago High School, CA
“Building An Offense Around the Inside Veer” - Bob Cassano – Offensive Coordinator, Gonzaga Prep High School, Spokane
“Spread Option Play Action Pass” - Brett Pollack – San Mateo Jr. College
“5 Yards a Play in the 4-Wide Set” - Jeff Thomas – University of Puget Sound

4:00 – 4:50 **“Taking Your Program to New Heights”** Jeff Steinberg – Santiago High School, CA
“Offensive Line Play in the Veer Offense” - Bob Cassano – Gonzaga HS
“How Do You Get There If You Don’t Know Where You’re Going” - Mike Morgan – Colfax HS
“Conditioning Your Athletes” - Eric Lindberg – Conditioning Consultant

6:30 p.m. **Dinner and Hall of Fame Inductions** (dinner included in registration fee)

8:30 – 9:30 **Social**

SUNDAY, JANUARY 23

8:00 – 8:30 **Registration**

8:30 – 9:20 **“Coaching the Quarterback”** - Charlie Stubbs – Head Coach, Nicholls State University, Louisiana
“Defending the Wing-T” - Shannon Gerrety – Head Coach, Blaine High School, Blaine, Minnesota
“38 Years of Wing-T: Stick with Your Roots” -Randy Blankenship – Head Coach, Aptos High School, Aptos, California
“Spread Option- Inside Veer – The Bread & Butter” - Bret Pollack – Head Coach, San Mateo J. C., San Mateo, CA

9:30 – 10:20 **“Complementing Your Runs with a Complete Play Action Pass Game”**- Charlie Stubbs – Nicholls State University
“5-Man Pressures, Man Free, etc.” - Shannon Gerrety – Blaine HS, Blaine, Minnesota
“Option Out of the Wing-T” - Randy Blankenship – Aptos HS, Aptos, CA
“G-Load Speed Option Out of the Spread” Bret Pollack – San Mateo JC

10:30 – 11:20 **“Utilizing Personnel Groupings/Formations/Pre-Snap Movement to Create Mismatches”** - Charlie Stubbs – Nicholls State University
“Variations Out of the Wing-T” - Randy Blankenship – Aptos HS, CA
“Idaho Pressure Package and Quarters Coverage, Part 1” - Mark Criner – Defensive Coordinator, University of Idaho
“Eagle Defense vs. The Pistol” - John Graham – Defensive Coordinator, Eastern Washington University

11:30 – 12:20 **“Game Week Preparation”** - Jeff Steinberg – Head Coach, Santiago High School, Corona, CA
“Eagle Defense in the Red Zone” - John Graham - EWU
“Adjusting Robber Coverage in the 3-3 Defense for Spread Offenses” - Gordon Elliott – Head Coach, Auburn High School
“Idaho Vandals Pressure Packages with Various Covers, Part 2” - Mark Criner – University of Idaho ■

**For more information check the
WSCA website at
www.washcoach.org**

W.S.C.C.A. SELECTS ANNUAL HALL OF FAME RECIPIENTS

by Steve K. Bertrand

The Washington State Cross-Country Coaches' Association selected its annual Hall of Fame recipients. Honorees must be retired cross-country coaches from the state of Washington who have achieved a level of success &/or contributed significantly to the advancement of the sport. Here's a look at the recipients for 2010.

Art Frey

Art Frey was born in Vancouver, Washington, in 1907. At an early age, Art's family moved to Yakima. During high school, Art was a varsity hurdler on the track & field team. Following high school, he attended Washington State University where he majored in secondary history & physical education. Art wanted to be a high school track & field coach.

After eleven years at Yakima's Washington Junior High School, Squinty Hunter at Lewis & Clark High School hired Art in 1942. For the next twenty-six years (1942-1968), Art taught & coached cross-country/track & field for the Tigers. During this time, his cross-country teams claimed twelve city & five state championships.

Looked upon as a "pioneer" in the sport of cross-country in Spokane, Art helped lead a new era of athletic performance & notoriety in Eastern Washington. Art Frey, known affectionately as the "Gentleman Coach", passed away in 1980. He leaves behind his wife, Gretchen, & son, Kerry, who has been a physical therapist in Spokane for the past forty-four years. In his later years, Art recalled that a special thrill for him was when Lewis & Clark's 1962 track & field team won the state championship.



Greg Hayashi

Greg Hayashi was born in Wahiawa, Hawaii, in 1949. He graduated from Iolani High School in 1967. During this time, Hayashi lettered in football, basketball & track & field. Hayashi then traveled to Spokane's Whitworth Col-

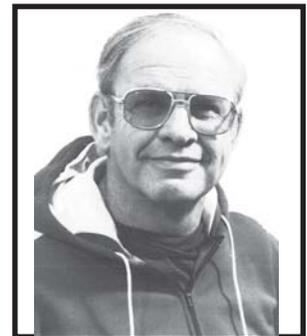
lege where he majored in physical education. Greg participated in football & track & field while at Whitworth.

Following graduation, Greg spent the next fourteen years (1977-1992) teaching & coaching at Northwest Christian School, a "B" classification program with an enrollment of 135 students (grades 9-12). While at the helm of Northwest Christian, Greg's cross-country teams claimed six league & two district championships. Eight teams qualified for the state championships, finishing 4th – 11th. Greg also coached two state champions – Mike McGlade & Kelly Charbonneau.

In 1992, Greg moved back to Hawaii where he began teaching at Hawaii Baptist Academy, a private college prep school. Greg & his wife, Lynne, have three children – Jonathan (38), Christopher (34) & Kari-lyn (29). Reflecting on his coaching career, Greg Hayashi had this to say – "It has been very rewarding to work with so many wonderful individuals while coaching the sport of cross-country."

Art Hutton

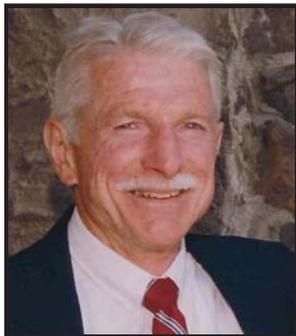
Art Hutton was born in Abingdon, Virginia, in 1923. Art was an athlete growing up. He participated in football & track & field. Following high school, he enlisted in the Army Air Corps during World War II. Art operated a tail gun on a bomber during many missions flown over North Africa.



After his discharge from the military, Art enrolled at the University of Washington on the G.I. bill. This led to Art's first job at Clover Park High School in 1949. Thus began his life-long passion as a teacher & coach. During his career, Art founded the Clear Lake Cross-Country Camp (1974-1986) with the assistance of George Olsen & Phil English.

Art also resurrected the cross-country program at

Yakima Valley Community College (1974-1976). He coached at both Clover Park & Bellarmine Prep High Schools in the late '70's & early '80's. His girls' cross-country team at Bellarmine Prep claimed a state championship. His final coaching assignment was at his alma mater - the University of Washington (1982-1985). Art Hutton passed away in 1986. He is survived by his sons, James & Jonathan, both from Yakima.



Jerry Sullivan

Jerry "Sully" Sullivan was born in Seattle, Washington, in 1937. A graduate of Seattle Prep in 1955, Jerry pursued a major in physical education from the University of Oregon. His first teaching/coaching position was at Bellarmine Prep High School (1971-1978).

While at Bellarmine Prep, Jerry developed a solid boys program. With associate coach, Sam Ring, his boys' team finished 5th in the '78 State Cross-Country Championships. However, this pales in comparison to the excellence he developed in this girls' program. Considered a "pioneer" of girls' cross-country in the state of Washington, Jerry's girls', counting the Granger Invitational, made five trips to the state meet (1974-1978). They claimed state titles in '77 & '78.

During his tenure at Bellarmine Prep, Jerry Sullivan built a community of runners. A firm believer in the development of one's mind, body & spirit, athletes flocked to his program. "Jerry changed the lives of families & encouraged our parents to start running &/or incorporate physical fitness & the outdoors into their lives," said Molly Hagan, who nominated Jerry Sullivan for the 2010 Bellarmine Booster Athletic Hall Of Fame.

These four deserving coaches were inducted into the Washington State Cross-Country Coaches' Association Hall of Fame during a ceremony prior to the 2010 State Cross-Country Championships, November 6th, at Pasco's Sun Willows Golf Course. ■

BASKETBALL

BASKETBALL

A statement regarding the WIAA changes made to the state basketball tournaments.

The Washington Interscholastic Basketball Coaches Association (WIBCA) general membership's official stance regarding the change in the state tournament format was that we are in strong disagreement to the recent mandated changes to the boys' basketball state tournaments, for all classifications, made by the Washington Interscholastic Activities Association Executive Board. We were discouraged by the lack of communication from the WIAA Executive Board and WIAA staff toward our association including a lack of input requested from our general membership leading up to this decision. ■

Washington Interscholastic Basketball Coaches Association

THE BIG TOE

Bigger than you think!

Bryan E. Hoddle

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



Ever wonder why those hamstring problems keep dinging certain athletes, like a wild virus in December and you have no idea where the hamstring injuries are coming from. You've finally eliminated static stretching from your warm up, and the kids seem to be completing a thorough, active dynamic warm up prior to the actual workout. A hamstring twinge here and there with various athletes keeps the frustration level among all at a high level. Maybe you are looking for a solution to the problem in the leg when the real culprit is neatly tucked away.

Take off your shoes and socks and **look down** at your feet. You may be looking at the culprit, **THE BIG TOE!** Big toe flexibility is essential for all runners. You will find it amazing how truly inflexible your athlete's big toes are. Range of motion is critical and it's something so simple to fix. Along with injury prevention, athletes with increased big toe flexibility **will** run faster.

Injury prevention: Each day we stuff our feet in socks and running shoes and hope for the best. Our feet are the foundation to our every ambulatory movement. We walk and run on various surfaces as the feet take a relentless pounding every day. We take our feet for granted, often overlooking the general foot health with our athletes and almost always overlooking the health and mobility of the big toe.

Recently I was working with an elite college athlete who was experiencing some tightness in the hamstrings. Once I began to work the big toe, the athlete's hamstrings began to loosen up. At the beginning it was very uncomfortable in both the big toe and the hamstring.

Our entire body weight is resting on the feet, yet we seldom, if ever, do any restoration work on the feet and big toes. After practice is a great time to work on the joint range of motion stuff with the big toe. Athletes can work on this at home while watching TV or just relaxing. Along with big toe manual movement work, a good foot massage done by the athlete or with a partner will really help in the area of injury prevention. Injuries begin in the feet and just work their way up the body.

Increased speed: There are several receptors in the flexor hallucis longus that control the gain on the spinal motor neurons to the lower extremity. With increase rate of magnitude of stretch you are essentially able to recruit more motor units. Simply said, you will run faster with a better range of motion in the big toe.

In Photo A, the athlete will support the foot with one hand while massaging across the bottom on the foot with the thumb. Emphasis should focused on the ball of the foot, heel and arch. Using some lotion will help with the massage.



In Photo B, the coach will brace the ball of the foot and begin slight pressure against the toe. The athlete can push

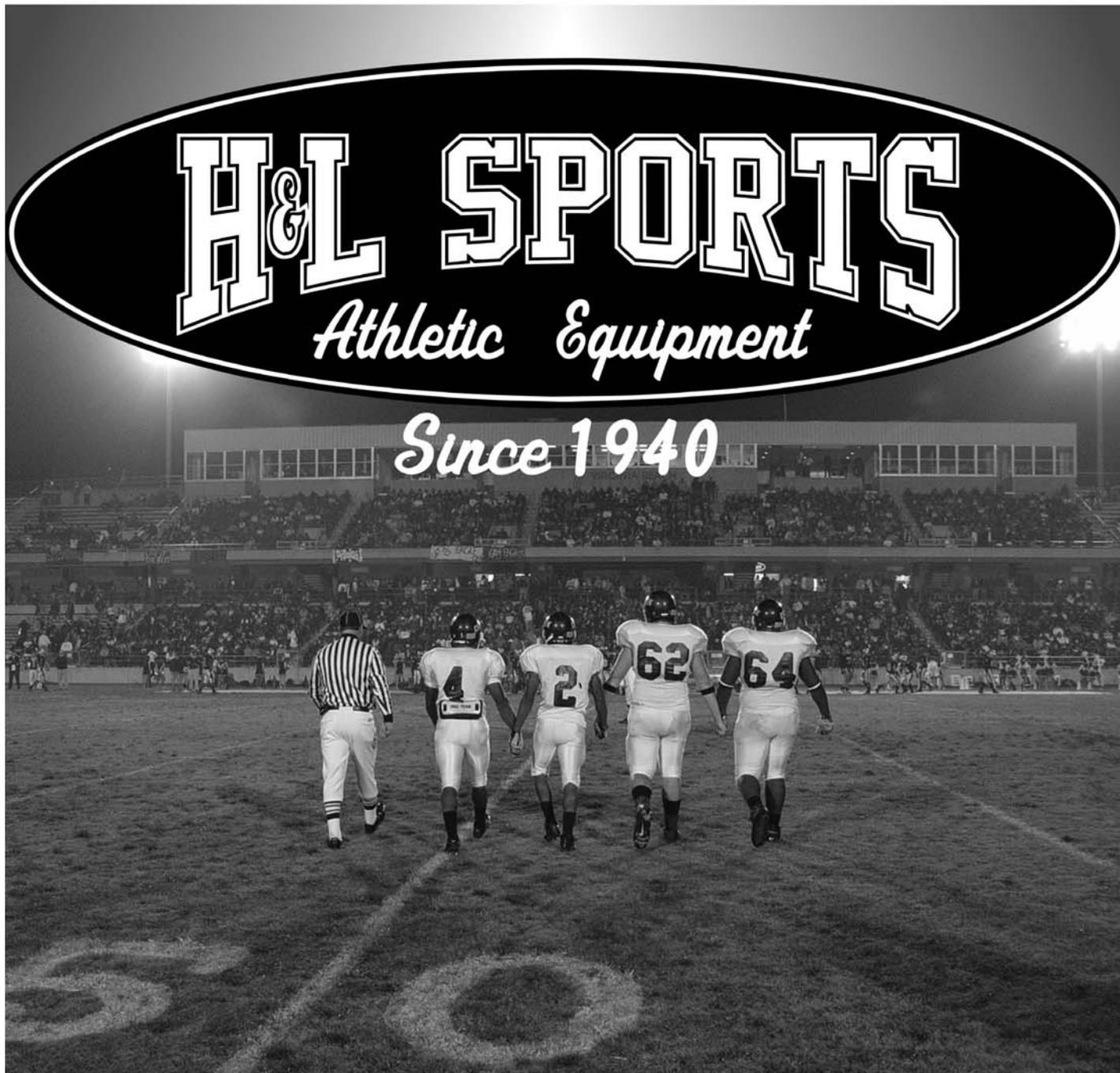
back with the toe, creating a PNF stretch with the big toe. The athlete can also do manual manipulation with the big toe before or after the coach or partner works the big toe.



So why do we ignore such a simple thing when striving for

increased speed and health of the body as a whole. Knowledge is probably the main reason, as many colleges or clinics never address feet or big toe issues. It's just not glamorous or cool to be doing manual manipulation on the big toe, let alone do personal foot massage. It's so simple yet athletes will overlook the big toe and focus on the injured hamstring itself. Perhaps a better warm up will help, but don't overlook the big toe. **It may have a bigger impact than you think.**

Coach Hoddle is the Director of the Northwest Track and Field Clinic, to be held Feb. 11 and 12, 2011 at the SeaTac Double Tree. www.allsportsschool.com He has spoken at Track and Field clinics in Washington, Oregon, California, Idaho, Montana, Texas, Georgia, Alabama, Wisconsin, Michigan, and Illinois. ■



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