

# THE WASHINGTON COACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



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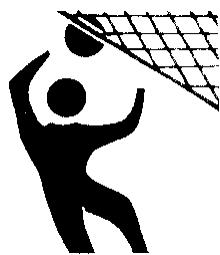
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**Do you have photos you want to submit for our cover?**

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# President's Message

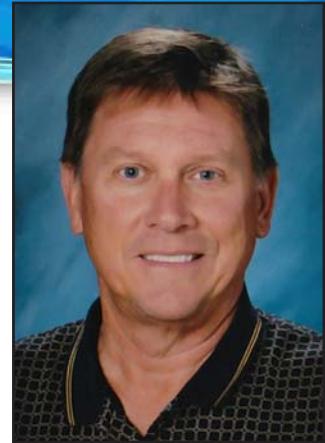
Darrell Olson

Winter 2015

Fellow Coaches,

The fall sports season is behind us, and it's 'full speed ahead' into the busy winter sports season.

It is a privilege to be assuming the role as president of the WSCA. I've served as the golf ISA for 10 years and have been a member of the Executive Board for 6 years. I chose to become involved in the WSCA for three reasons: #1, I was asked by then president Jerry Koester to participate; #2, it was an opportunity to see what the workings of the WSCA were really all about; #3, at the time, I was head basketball and golf coach, two sports I was very passionate about, and wanted to get involved working to improve coaches' education and networking from a state organization level. I have been enjoying every year of my service working with dedicated coaches committed to improving kids' lives.



This is my 37<sup>th</sup> year in education and an equal amount of years coaching. I bring a comprehensive background of coaching experiences to this position. When you're in the education/coaching profession that long you wear a lot of hats, coach a lot of teams, watch a lot of games, and work with a lot of really great kids.

I want to acknowledge the great work Nalin Sood did these past two years as president. While you may have read his articles in each COACH magazine, you never saw his commitment and tireless work on behalf of coaches in this state. While his area of expertise is in basketball, he was an advocate for all sports. He now assumes the role of 'Past President'. Thank you Coach Sood for your hard work on behalf of coaches in all sports in the state.

Speaking for every coach and educator in this state, I feel the need to pay my utmost respect to all the teachers, coaches, athletes, administrators, families, and the community of Marysville. Nobody should have to experience and witness the tragedy that happened Oct. 24 at Marysville-Pilchuck High School. Students were traumatized and will forever be changed. The steadiness of the staff and community were an inspiration to all of us. Teaching and coaching just 10 miles from MPHS, made this an all-too-real experience. In the close knit community of education, what happens to one school has an effect on all of us. One of the many bright spots that surfaced in the aftermath of this tragedy was the ultimate gesture in sportsmanship by the Oak Harbor High School football team. With the incident happening that Friday morning, school was immediately shut down, as well as all athletic events. MP was scheduled to play Oak Harbor in football that night for the North Division WESCO 3A Championship. The Oak Harbor football team drove to MP that evening, to offer support to the MP football team and let them know they were forfeiting the game and awarding them the North Division Championship! The next week, as their school remained closed, all MPHS fall sport coaches were in a position of trying to manage their athletes' emotions as they were preparing their teams for athletic contests and qualifying for post season play. Athletics became a great distractor and an opportunity for the athletes and coaches to bond together, support one another, listen to each other, and begin the healing process. The remainder of the school year will be different for the MPHS community. Athletics will be different, but, as we have seen in the past, coaches will become counselors, they will lead, they will be a shoulder to lean on, they will support, and the athletic arena for kids will be a release from the daily pressures of school and life, serving as an opportunity to heal and move forward. The Marysville-Pilchuck Tomahawks will be everyone's favorite team to root for.

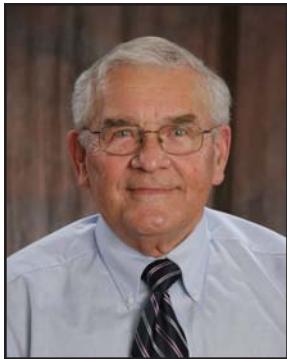
I want to personally encourage all coaches to get involved and get off the sidelines. Make a contribution to your professional organization this year. Ask how you can help.

The Executive Board is always open to suggestions to better improve our coaches association. It is a strong group of coaches with extensive experience and a wide variety of coaching backgrounds. They serve as advocates for all middle school and high school athletic programs and support all coaches working with our young athletes.

Good luck this winter sports season. Spring is right around the corner.

Keep the head down,

Darrell Olson, President



WASHINGTON STATE COACHES ASSOCIATION

# From The Sidelines

by Jerry Parrish

## Coaching words of wisdom to share with your players:

- ◆ Being good is a privilege and we want all of you to be good.
- ◆ Take correction as a compliment—it is a form of caring.
- ◆ Your coaches are providing you an OPPORTUNITY TO GET BETTER.
- ◆ Coaches are always looking for your best effort.

## WSCA Active discussions:

- ◆ Do you feel that WSCA adequately represents you and your sport at the state level? If not, what suggestions would you have to improve the representation level?
- ◆ Do you feel that the WIAA is doing a fair job in policing summer camps and general coaching during the summer?

- ◆ Are we, as coaches, forcing athletes to specialize in one sport by pushing summer camps, club sports, and AAU participation? If so, do you feel that is a positive or negative aspect for the student athletes?

## On a personal note from the Parrish family

It was 41 years ago I was hired to be on the teaching staff and head football coach of the brand new Pilchuck High School. My young family and I moved to Marysville.

The entire staff was new, enthusiastic and excited to build this school into a great educational facility.

Over the years we have watched Pilchuck with fond memories of our time there. Recently we were horrified with the tragic events that made MP a news story.

As we watched, I have been proud of the students, staff and community who came together to deal with this situation. They are to be congratulated for their caring and kindness. MPilchuck will be fine again. Your strength warms our hearts.

Go Tomahawks!■

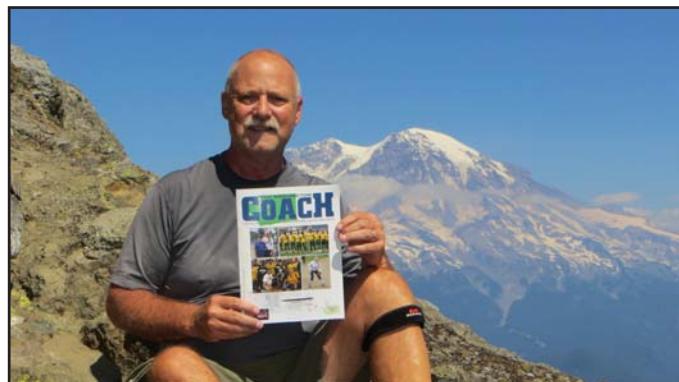
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**Remember Summer?**





# Unified Sports! Get in the game!

by Morgan Larche  
District 5,6 and 9 Regional Manager, Program Development, Unified Sports

Varsity, Junior Varsity, C-Team, and freshman team are four classifications of high school and middle school sport squads that we all are familiar with. The different squads allow for variety of skill levels and physical abilities to participate on teams with athletes that have similar ability levels. Separating teams based on skill levels allows for meaningful competition and provides opportunities for each player to advance either to JV, Varsity, or for some, college. Although schools offer a variety of teams for different skills levels, it's

very uncommon to see a student with an intellectual disability (ID) playing as a team member on the court or the field. Usually when schools have students with ID "play" on a team, the student with ID is the water boy/girl or the team manager.

OSPI and Special Olympics Washington saw the commonality that students with ID were not being provided the same opportunities to play school sports as their peers without disabilities. To solve this issue, Special Olympics began providing support for schools to implement Unified Sports; a sports program that combines students with and without intellectual disabilities on teams for training and com-

petition. It was inspired by a simple principal: training together and playing together is a quick pathway to understanding and friendship.

School based Unified Sports was first piloted by Seattle Public Schools in 2009. After seeing the success Unified Sports had in high schools, middle schools, and elementary schools, Special Olympics Washington began to offer Unified Sports state wide in 2013. Within our first year, we had over 60 competitive unified soccer teams competing in weekly league games and 4 District Tournaments. For the first time, students with intellectual disabilities were having meaningful competition with their peers

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without disabilities, wearing their school jerseys, had their name announced at the spring sports assembly, earned letters, and were recognized as high school athletes. Something that was completely foreign to many students and schools until this past year.

Teachers, Athletic Directors, and students began to see a movement of change within the hallways after weeks of having a Unified Sports team. Students began to rally behind the teams, attitudes began to change, and schools were creating inclusive communities where all students are agents of change. Through Unified Sports, barriers and stereotypes towards people with intellectual disabilities are broken and shattered quickly, building a school environment of acceptance, respect, and dignity for people with intellectual disabilities.

Our partnership with the

held in-between the Boys 3A/4A and 1A/2A State Championship games at Sparks Stadium in Puyallup and Sunset Chevrolet Stadium in Sumner. With such great success last year and more sports opportunities available for the 2014-2015 school year, numbers are only expected to rise.

In our second year, Special Olympics Unified Sports has expanded from competitive soccer, to competitive basketball and recreational flag football. Our numbers are expected to double this year with over 120 competitive sports teams from across the state competing for a state title in ei-

ther unified basketball or unified soccer. As more school begin to participate in the inclusive movement and incorporate Unified Sports into their athletic programs, thousands of lives are being positively impacted. Unified Sports does more than impact the players on the court or on the field, it displays a mes-



WIAA has been a moving force when it's come to Unified Sports in athletics. The WIAA provided the opportunity for our Unified Soccer State Championship games to be

sage of unity and acceptance to the referees, parents, teachers, students, and community members who are watching or hearing about the program. Unified Sports begins to start a movement within the schools and within the communities.

Sports teach us teamwork, sportsmanship, independence, dedication, resilience, and opens doors for understanding and friendship. If you are interested in joining the unified movement and would like to develop a Unified Sports team, please visit our website at <http://specialolympicswashington.org/unified>. We look forward to seeing you on the field. ■

## ARTICLES WANTED

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

The *Washington Coach* welcomes submissions for sport related articles - articles about your team, a coach, an extra ordinary athlete, philosophies, etc. Submit your work to [wscaceditor@comcast.net](mailto:wscaceditor@comcast.net) to be considered for the next magazine.



# Winter Fueling...Comfort Foods to Feed Your Game

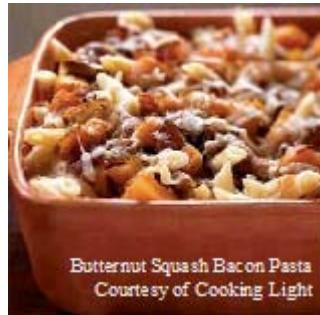
By Emily Edison, MS,RD,CSSD | WINForum Sport Nutrition Coach

## Comfort Eating

Winter is the time to curl up after practice and feed your game some energy packed comfort foods. Athlete spoiler alert: the high fat content that comes in many comfort foods can slow down the digestion of high energy carbohydrates and muscle re-building proteins. Slowing down the digestion of these performance-enhancing nutrients can effect your fuel storage supply the following days, and effect muscle rebuilding and repairing. The high calorie content of some comfort foods can derail strength to weight ratio if consumed in levels above needs. Use WINForum's Pinterest page for new recipes that turn your favorite comforts into sport enhancing masterpieces.

## Winter Fueling Tips

1. Eat plenty of vitamin A rich foods like pumpkin (pumpkin pie protein smoothie, stuffed pumpkins), squash (roasted butternut squash BACON pasta, butternut squash and black bean enchiladas), sweet potatoes (roasted sweet potato soup) . Vitamin A helps with keen vision (ie. See the ball coming at you) and its pre-cursor, Beta-carotene is an antioxidant. Antioxidants protect cells from damage caused by substances called free radicals. Free radicals are produced during exercise and are believed to contribute to certain chronic diseases and play a role in the aging processes.
2. Protein pack meals and snacks by slow roast-



Butternut Squash Bacon Pasta  
Courtesy of Cooking Light

ing or crock pot cooking meats and vegetarian proteins ahead of time. Use these tender and flavorful meats and beans to create "mini meals" (small bean burrito, ½ roast pork sandwich), a potentially healthier alternative to a "snack" (chips, cookies, candy).

3. Fuel up with winter fruits like apples, oranges, pears, and figs. These fruits add immune boosting vitamin c, fiber, and energy to your diet and provide an easily transported pre-game snack.
4. Hydration can be a challenge when colder weather sets in. Don't forget, always pack a water bottle and drink at least ½ your body weight in ounces of fluid per day. Use sport drink for vigorous practices longer than 90 minutes. In these cooler months, soups can also be a great source of hydration.

## Have no fear, WINForum is here

Our panel of nutrition experts hand selected their favorite high performance comfort foods for your winter fueling. All are sports nutrition approved and guaranteed to enhance sports performance (or your money back). WINForum on Pinterest has a full lineup of sport-enhancing recipes.



WINForum.org and BestTeenDiets.org are research-based nutrition education resources for high school students, athletes, parents and coaches. Like us on Facebook, follow-us on Twitter! ■



## Hearing their final whistle...

John McCrossin

John McCrossin was a force of Nature. He came at you loud and smiling and ALWAYS had a lot to say. He remembered everybody's name and all their wives' and kids' names. He would talk to you for an hour or two if you needed him to....and even if you DIDN'T need him to. ;) In the 25+ years I knew him and worked with him at summer camps and coaches association meetings, I never saw him have a bad day. He attacked life head on. A coaching colleague said it best. The day John passed and word got out, he said he didn't think he ever met someone who got more out of his time on earth than John McCrossin. If you knew John, you would agree. He was first a wonderful husband and father, secondly a true and loyal friend, an accomplished teacher and administrator (he was superintendent of schools in Fife when he passed just a couple months ago) and one heckuva basketball coach.

Our paths crossed in the mid-80's when I had my first head coaching job at Port Angeles, and he was the coach at Fife. I went to scout his team in the league play-offs, and it was apparent after about 3 minutes that his team was extremely well-coached. They weren't the most talented athletes, but they did exactly what John wanted them to do, precisely, unselfishly and unrelentingly. They won that game that night, and I vividly remember hoping we would not meet them early on. I knew they would be a tough out. He took that Fife team to state finishing 5<sup>th</sup> that year, I believe. He went on from there to a very successful run at Lincoln of Tacoma, eventually stepping aside to become Athletic Director there and from then on pursued a very successful career as an administrator in multiple capacities in Fife, ending with the top seat as mentioned above.

We worked together in a number of capacities throughout the years: at the Huskies' Future Stars Camps, in the BCI program for state all-star traveling teams set up by Ed Pepple, traveling the state running free camps for Bank of America in their Jammin Hoops program, and then for 25 years we coached and helped administer the Hoopaholics Camp on Whidbey Island for guys 35 and over, a venture that would send tens of thousands of dollars to Childhaven in Seattle over the years. The most telling portion of that

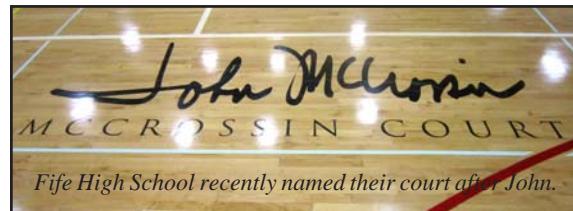
part of our time together is that John, after coaching at the camp for over 20 years, decided that he wanted to cross over and become a player again. He did just that extending his playing career by 4-5 years before finally going back to "the whistle" this past summer when he was too beaten down by the chemo treatments he was undergoing for mesothelioma, a deadly and incurable cancer.

On Friday night of camp this past June I had a chance to sit down with John in my room in the coaches cabin at Fort Casey and hear his entire health story. As always, John was very upbeat and positive about his situation. "They tell me I

have 18 months (in reality he had only 2). People ask me if I'm depressed about that. I tell 'em 'heck no! What would you rather have? A bullet in the head as first responder to a violent crime scene or as an 18 year old soldier in Afghanistan? Or be walking across the street and get hit

by a bus? Or would you like to be told you had 18 months so that you could use that time to tell the people you love how much you loved them?" I was flabbergasted. There was not one single ounce of sadness or regret or bitterness in his voice during the entire two hours we sat on sagging camp cots and talked. He had brought 2 or 3 positive thinking books with him to read during down times and also his most important book, his bible. John was a true Christian with an unwavering faith, and it stood him in good stead during his battle to live just a little longer. He was genuinely thankful for how his life was coming to a close. He gathered his family closer together and spent as many hours as possible with them this past summer including participating in a fun run fundraiser on the 4<sup>th</sup> of July! John was indefatigable. Cancer or no cancer, he lived his life at full throttle to the end.

If, in the years I have spent on this earth and in the time I have left, I can be half the man John McCrossin was, I will consider myself tremendously successful. John should be an inspiration and a role model for all coaches....and all fathers...to give everything you have every single day...and to do all you do for the betterment of others. I will miss my friend, but I shall never forget him. ■



# THE SPLIT DIVE OFFENSE

by Richard H. Abrams, Ph.D.

The Split Dive offense was developed as an alternative offense to cause defensive confusion and provide a numerical advantage to the offense at the point of attack. It has been used successfully in spot situations as well as throughout entire games.

The alignment of the offensive line is the first step in the development of the Split Dive formation. One offensive tackle is flipped to the other side of the line joining the other offensive tackle and the tight end. This forms the strong side of the formation, which may be on the right or left side. The normal split end position is then moved down towards the center to replace the absent offensive tackle forming the weak or quick side of the formation (the personnel is often switched at this position, as the split end may be replaced by another tight end or offensive lineman). The split in "Split Dive" now comes in the alignment of the offensive line as the two normal tackle positions double their splits from the offensive guards, taking a four foot to six foot split. This widens the "B" gap hole and causes defensive confusion as defenders are not sure where to align. The offensive guards maintain a one foot split from the center. The offensive tackles and tight end to the strong side maintain two foot splits between them which may be narrowed or widened depending on blocking assignments.

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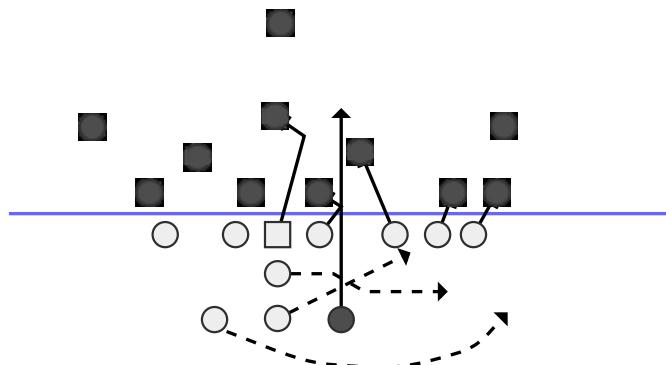
The basic alignment of the backs is a "full house" backfield with the quarterback taking the snap under center. All backs are at three yards depth as measured from the heels of the quarterback. The fullback is positioned directly behind the quarterback, and the two tailbacks are aligned with their inside foot directly behind the outside foot of the offensive guard on their side of the formation.

O    O X O    OOO  
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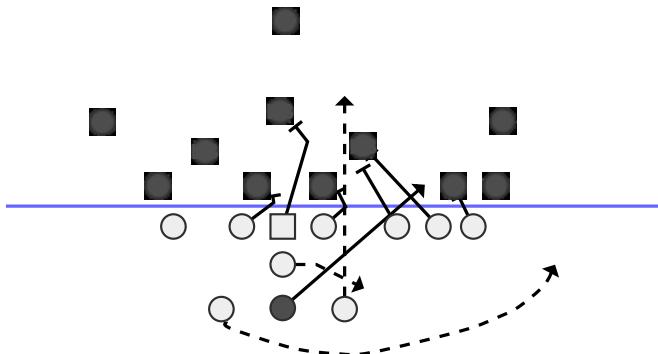
B    F    B

Backs may adjust their alignment in order to make the mesh successful with the quarterback. A three point stance by all backs is favored to emphasize the fast, hard-hitting, explosive component of the offense.

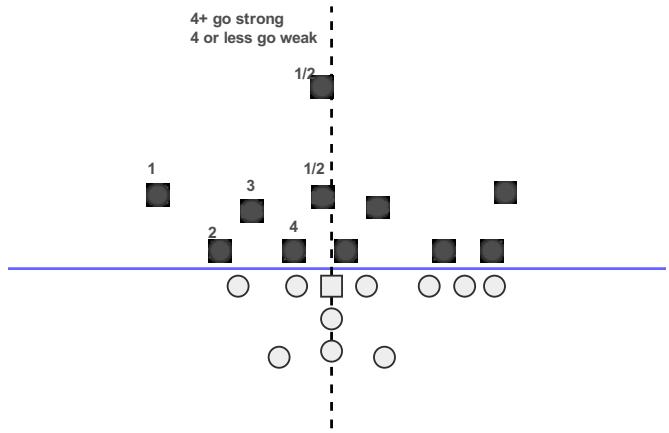
In the base play of the series, the Dive, the playside tailback dives straight ahead to "B" gap as quickly as possible. The quarterback must take the snap and open to playside and step quickly to mesh with the dive back. The "B" gap is generally left unblocked as the dive back must beat and eliminate any defender that shows. The offensive line will base block this play, with uncovered linemen proceeding to the second level of the defense to attack linebackers (Diagram 1).



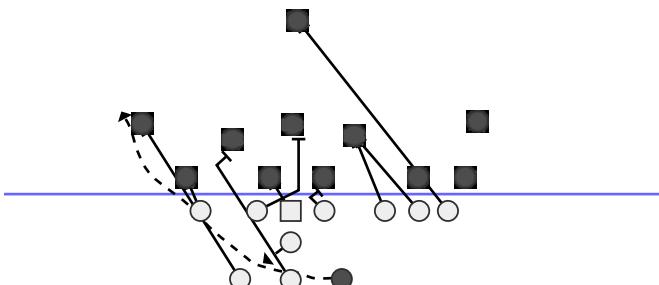
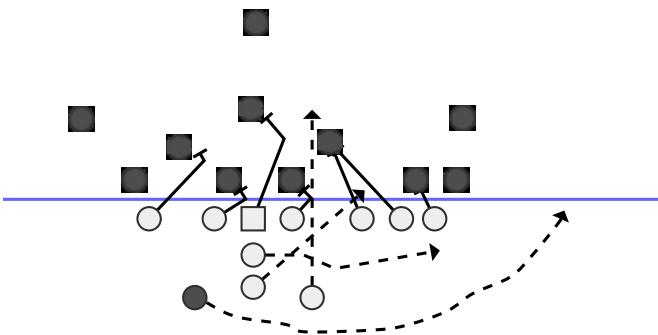
The second play of the series is called "2<sup>nd</sup> Back." The dive back to playside fakes receiving the handoff and attacks the first defender to show in "B" gap. The fullback attacks the Line Of Scrimmage (LOS) at a 45 degree angle which takes him to the quarterback mesh point right behind the dive back. The offensive line may base or down block the "2<sup>nd</sup> Back" play (Diagram 2).



The third play of the series is the Option with the quarterback and the backside tailback running the option behind the fake of the dive back and fullback. The offensive line can down block this with the fullback becoming a lead blocker. The quarterback will often find holes in the defense and can turn upfield or pitch to the remaining back. The individual plays, Dive, “2<sup>nd</sup> Back”, and Option, can be called rather than asking the quarterback to make the reads as in a true option (Diagram 3).

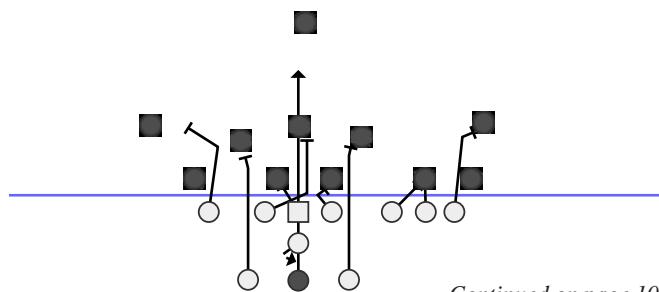


The split dive series is just the start of the plays that can be used in this formation. A favorite short yardage play is “Blast” where the dive back and fullback are lead blockers for the backside tailback. The quarterback steps back with the ball at a 45 degree angle to give the ball to the back. After receiving the ball while running laterally to the LOS, the back then cuts at the appropriate angle to run through “C” gap. This play involves down blocking by the offensive line (Diagram 5).



A key advantage to the offense is when the quarterback is able to call plays at the LOS (“check with me”). The quarterback counts the number of defenders on the weak side of the formation. If he counts four or less players to the weak side, the play should go to the weak side (a defender in line with the center is counted as  $\frac{1}{2}$  man). If the count is greater than 4, the play is going strong side. The offense will always have the numerical advantage with the “check with me” play call, and three running backs that can quickly attack either side of the formation (Diagram 4).

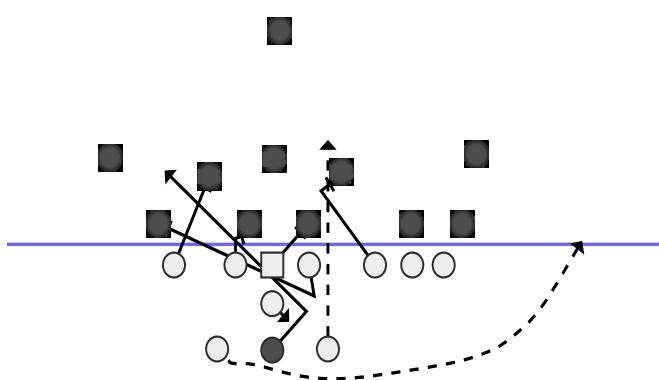
Midline is also an excellent play from this formation. The two tailbacks both dive through their respective “B” gaps. The fullback receives the ball from the quarterback and proceeds straight through the center position (midline) as the quarterback steps back off the midline to get out of the fullback’s path. The center and offensive guard run a “come-around” block (Diagram 6).



*Continued on page 10*

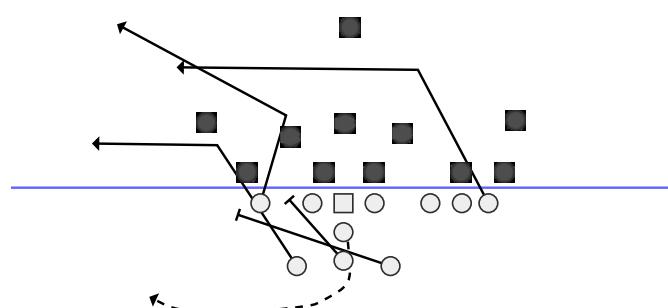
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An effective counter can also be run. The dive back to playside fills his "B" gap. The fullback takes a counter step to playside, then takes the handoff as the quarterback steps back to him and runs to the opposite "B" gap. The backside tailback runs his option route. The playside guard pulls and leads through the hole or kicks out the first defender (Diagram 7).



The play action pass is also a part of this offense. Boot action can be very effective and backs out of the backfield

are often open due to defensive confusion and misalignment. Play action off the Blast play has been one of our favorites (Diagram 8).



If the Split Dive Offense is not exciting enough for you in this day of "spread" offenses, try moving your Tailbacks out to Wings and use motion to get them into position. But that is material for another article.

Diagrams by Ed Pratt.

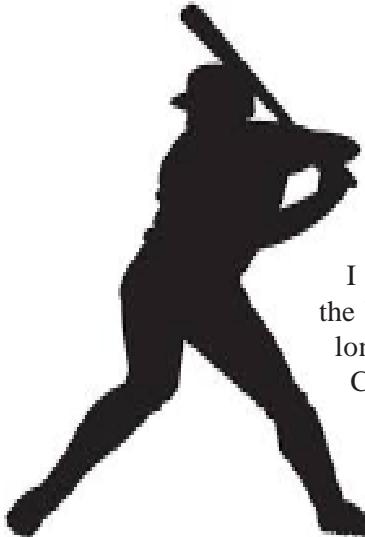
Please contact me at [dick\\_abrams@hotmail.com](mailto:dick_abrams@hotmail.com) with questions regarding the Split Dive Offense. ■

## An Opportunity for your Athletes

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



## BASEBALL NEWS



I am the new President of the WSCBA taking over for long time president, Brad Conn. I have been coaching at the middle or high school level since 1988; baseball, basketball, football and golf. I am currently the head coach at White River High School where I have been since 1995.

Recently I had the opportunity to ask Hall of Fame Baseball Coach, Scott Knight some questions about the WSCBA and specifically the HOF recognition criteria.

MW: Scott, tell me how you got involved with the WSCBA and how long you have been working to promote baseball in the state of Washington?

SK: I have coached high school baseball in Washington state for 43 years. I have been involved in the WSCBA since 1976. Jim Paton, HOF coach was running the All State Feeder game in Spokane. He called me up and asked me to come help with the game. Then I met Donny Freeman at clinic in 1980 and Dan White at a state coaches clinic. They asked me to get more involved with the association. In 1986, I met HOF coaches Jim Fouts(deceased) and Barry Traynor as we were all coaching in the All State Series. We became very good friends. Jim later became the chairman of the WSCBA HOF committee. In 1990, there was an opening on the HOF committee Jim invited me to serve on the selection committee. In 1996, I became the chairman of the HOF committee.

MW: What is the purpose of the WSCBA HOF?

SK: The purpose is to recognize Washington High School Baseball coaches who have worked to promote and improve high school baseball in Washington state.

MW: What criteria are you looking for?

SK: At this time: 1. The coach must be a member of the WSCBA for 5 years. 2. He must have coached at the high school level in Washington for 20 years, at any position, head or assistant coach.

Mike Williams, President WSCBA  
White River Baseball Coach

The HOF honors coaches from all levels from all around the state and wins and losses are secondary to how a coach has improved baseball and the effect he has had on the players he has coached.

MW: Who makes up the selection committee?

SK: Myself, Lem Elway, Ben Jacobs, Nick Allen, and Bill Walker Sr. We'd really like to get one more current high school coach to help out.

MW: Coach, what is the nomination process?

SK: A coach can get nominated by anyone. A person can fill out a form on the coaches accomplishments or contact me. I need nominations by September 1 of each year. My address is P. O. Box 403 Stanwood WA 98291 or email at sknight1212@frontier.com.

MW: When and where is the HOF Luncheon?

SK: The last 5 years we have had it at Safeco Field on the 3rd Saturday of November. Other times the HOF ceremony was held in conjunction with the All State Baseball series.

MW: How many coaches go in each year?

SK: 2 coaches are inducted each year.

MW: How many HOF members are there?

SK: 113 members right now with a plaque displayed at Safeco Field. The HOF started in 1988.

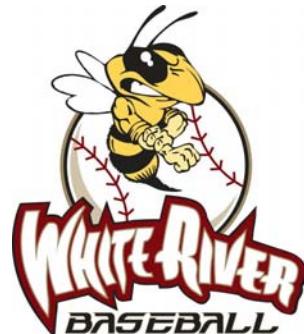
MW: Where can one find the names of all the current HOF members?

SK: [www.washingtonbaseballpoll.com](http://www.washingtonbaseballpoll.com) Lem Elway's site. Or level 100 at Safeco Museum area.

MW: Any final thoughts?

SK: It's not just about wins and state playoffs, what has the coach done in his community and the state to improve and promote high school baseball.

MW: Thank you. ■



# OPINION

## "WHEN I WANT YOUR OPINION.... I'LL GIVE IT TO YOU"

by Coach Don Papasedero

### What if he was our Boss?

One of my personal idols is General George S Patton. As a student in college, I was challenged to do a large amount of scholarly and concise research on him. I often think about how misunderstood and misrepresented he is. He was a very educated, sensitive, scholar/athlete. He craved the craft of leadership, scheming to win, managing resources and success for all those who were under his auspice. He would have made a superb high school athletic director!

Here he is in a fictional interview as an AD in one of our high schools (circa 2014). All of the quotes are accurate, although a bit out of context for this "interview."

### General, what is the status of educating our young coaches of today?

"...everyone seems to think alike so they are not really thinking"... "I measure people on how they do things without having to tell them how to do things".... "if you watch what people are cynical about, you can discover what they lack" "...they cannot imagine how much there is to fear out there".... "Ingenuity seems to have gone from those young officers".... "...money...it is always about money...how would they do with no food, armament, and responsibility for the safety of his men without money?"..."some of those young officers cannot lead a sick man to the latrine."

### What is your opinion of the coaches in your building who encourage specialization...just playing one sport?

"We herd sheep, we drive cattle, we lead PEOPLE.".... "Do they not deserve all that we can give to them?".... "...you must overcome the tug of the spotlight as you lead your men.".... "...as a marksman, do you only shoot one brand of target?".... "In our mess halls, we damn well better not be picky...we make the best of whatever is served".... **but General, you seem to turn a blind eye on these coaches who want specialization???**....

"Now listen here....I am most aware of the inadequate people who I have working for me....but they all seem to be related to some important person who is my boss".... "the squeaky wheel gets the grease only if a powerful man does not need that grease.".... "it is much better to rule in heaven than to serve in hell."

### Do you miss coaching General? Do you want to return to coaching?

"I have severely beaten a lot of good men. As I look back upon it now,

they seem so much less vile...but I beat their asses with ferocious vigor".... "The shift in my locale has signaled a turning point in my career and a profound change in my life. I just hope that they let me return to my destiny of killing the enemy"...."when I think about the greatness of my former job, I am amazed. Who is as good as I was? I can think of no one.".... "but, I trust in the Lord, who has always looked after me, that I can somehow still get into the fight again".... "I trust that I may not have been the best officer in the business, but I made the most commotion."

### General, you are a very accomplished ex-coach. How is it being an athletic director?

".....well, so far I have gotten to the point of being wholly confused about what I am supposed to do in this job.".... "I have seen the cattle, sheep, and donkeys around here all bed down together in the mud huts with the children....seemingly they like it. I think they forgot what a normal life is like.".... "I cannot see what the future holds for me, but I am certainly getting a great education on



Coach Don Papasedero

SOB's"...."I got to be sooo dignified around here....dammit!".... "I really cannot decide if I am a man of destiny or a lucky fool. I do know, however that if I stay close to the fight I can reach into it and help win."

### **The press in America thinks that being in education and athletics is easy work.**

"such criticism is another example of the great brevity of human memory".... "I did not give a damn of what they thought about me. This job is very difficult and not for the faint-hearted or lilly-livered bureaucrats who THINK they know how to do it"...."remember that in academics as in war, the great thing is self-confidence. without self-confidence, you have nothing....and you only get it by being tempered in the fires of adversity".... "the press???? why, they had a cartoon printed of me kicking a soldier with a Swastika on my boot...they know less than nothing!".... "Purposely, in Sicily, I turned the newspaper office into the latrine!"

**General, as an athletic director you are constantly dealing with disgruntled parents. Your coaches say that you are unparalleled in your support. What is your secret?**

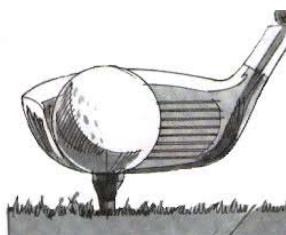
"I find that if you treat a skunk nicely they do not piss on you as often.".... "on occasion, it is best to do nothing and however repellent that is, I am going to exactly that.".... "You can never get anything across unless we talk the language of the people we are trying to instruct. Perhaps that is why I curse and bray like a donkey at some fools".... "My private opinion is that practically everyone is a pusillanimous son of a bitch and that by continued association with them, I fear I may develop the same attributes.".... ".... Once my dog was whelped and sold to me, the former owner has no influence on how I raise him."

**You are going to retire soon. Do you have any last words?**

"I know that I am right and the rest can go to hell, or I hope they can, but it will be crowded with my many detractors".... "at the moment, I feel pretty mad.".... If a man has done his best, what the hell more is there? I consider that I have always done my best and my conscience is clear.".... "at any rate, I console myself with the thought that I have, insofar as the ability within me, done my damnest."

Old Coach Papasedero would love to work for this guy. I especially suspect that the most important element of our jobs....kids....would be so well served. General Patton, millions of Americans thank you for all you have done for us. I hope you forgive this dismal writer for putting you in a fictional administrative position!

*3 and out Baby! ■*



## *Washington State Golf Coaches Association* **2014 Boys Golf Coach of the Year**



**Congratulations!  
Glenn Halverson**

# WSFCA MID-WINTER CLINIC

JANUARY 23 -25

*A total of 20 WIAA Clock Hours (\$2/hour) are available for entire Clinic attendance*



## FRIDAY – JANUARY 23

9:30	Registration
11:30 – 12:00	David Wright and Michael Braunstein – Adrenaline Fundraising “The New Products”
12:15 – 12:30	Ross Hjelseth – WSCA Liaison to AFCA Council AFCA Report
12:30 – 1:00	Chris Franklin – Athletic Trainer, North Kitsap School District “Proper Fitting of Helmets and Shoulder Pads” “The Athletic Trainers Role in Concussion Management in High School”
1:00 – 1:45	Steve Bridge – Canfield and Associates Risk Management – Hot Topics
2:00 – 2:50	“Quarterback Fundamentals and Drills” Zak Hill – Q.B./Passing Coordinator, Eastern Washington University  “Eye Progressions in Man Techniques” Cherokee Valeria – Eastern Washington University
3:00 – 3:50	“Eastern Washington University Quick Passing Game” Zak Hill – Eastern Washington University  “Cover 2 Technique in the Eagle Scheme” Cherokee Valeria – Eastern Washington University
4:30 – 5:30	East/West Selection Meetings  Small School Symposium
6:00 – 6:50	Coach of the Year and Gold/Silver Helmet Awards
7:00	Dinner
8:00	Guest Speaker – Tom Cable – Seattle Seahawks

## SATURDAY – JANUARY 24

7:15 – 8:30	Registration
8:30 – 9:20	“Defensive Fundamentals through Circuit Training” Payam Saadat – Defensive Coordinator, Central Washington University
9:30	“Leadership Development – A Proactive Approach” Rod Sandberg – Head Coach, Whitworth University
10:30 – 11:20	“Protection through Route Structure: Sight Adjusting Through Route Concept” Jeff Thomas – Head Coach, University of Puget Sound
11:30 – 12:30	“Zone Read Run Game and Variations” Jacob Claborn – Offensive Line Coach, Central Washington University
	“Pass Game Concepts in the Spread Hurry-up Offense” Alan Stanfield – Offensive Coordinator, Whitworth University
	“Causing a Fit on Defense: Run Fits in a Multiple Defense” Jeff Ramsey – Defensive Coordinator, University of Puget Sound
	“No Huddle Defense” Don Hogue – Defensive Coordinator, Chiawana High School, Pasco
	“Zone Counters” Dave Spray – Offensive Coordinator, Chiawana High School, Pasco
	“Running the Wing T from Multiple Formations” Michael Vaught – Head Coach, Canby High School, Canby, Oregon
	Lunch and Visit Exhibits

12:30 – 2:00	General Session: “Practice Like Pros” presented by Safe Kids Worldwide Panelists on site: Terry O’Neil – Founder/CEO, Practice Like Pros Coach John Glenn – Defensive Assistant, Seattle Seahawks Patrick Larimore – former UCLA team captain and leading tackler who was forced by multiple concussions to retire on the eve of his senior season Neuroscientist – TBA Panelists on video: Mike Ditka – NFL Hall of Famer David Shaw – Head Coach, Stanford Buddy Teevens – Head Coach, Dartmouth Chris Berman – ESPN
2:10 – 3:00	“Screens and Draw in the Lute Offense” Scott Westering – Head Coach, Pacific Lutheran University  “The Nuts and Bolts of Offensive Line Play” Bruce Walker – Retired Offensive Line Coach, University of Missouri  “Wing T Play Action, Fly Sweep and Option Packages” Michael Vaught – Head Coach, Canby High School, Canby Oregon
3:10 – 4:00	“EMAL Defense” Craig McCord – Defensive Coordinator, Pacific Lutheran University  “Protecting the Passer in this Day and Age” Bruce Walker – Retired Offensive Line Coach, University of Missouri  “Lynden’s Offensive Game Preparation and Spread Fundamentals” Blake Witman – Offensive Coordinator, Lynden High School
4:10 – 5:00	“Running the Quarterback against Superior Personnel” Don Clegg – Head Coach, Wilson High School, Tacoma – 47 years’ experience 18 years in Idaho and 29 years in Washington  “Wilson Rams Blitzes and Coverages from a 3-4 Defense” Jon Harkness and Cameron Rogers – Wilson Defensive Coaches  “Game Week Preparation and Lynden’s 50-Slant Defense Fundamentals” Blake VanDalen – Defensive Coordinator, Lynden High School
6:30 p.m.	Dinner and Hall of Fame Inductions (dinner included in registration fee)  Terry Ennis Scholarship Presentation
8:00 – 9:00	Social

## SUNDAY – JANUARY 25

8:00 – 8:30	Registration
8:30 – 9:20	“Coaching High School Football in Texas” “Philosophy and Concepts of the Pistol” “The Downhill Run Game from the Pistol” James Vint – Seminole High School, Seminole, Texas
	“Coaching High School Football in California, Texas, New York, and New Mexico” “Understanding the Run/Pass Tactics and Strategies of Ace-back, two-back and three-back Pistol Offenses” Leo Hand—47 years’ experience as assistant and head coach at both the high school and college level—presently retired and waiting for the next phone call!
9:30 – 10:20	“Coeur d’Alene High School Strength Training Program” Shawn Amos – Head Coach, Coeur d’Alene HS – Idaho State Champions 1982, 1985, 2010, 2011, and 2013
	“Multiple Read and Option Concepts from the Pistol” James Vint – Seminole, Texas
	“How Would Geronimo Defend the Pistol?” “Daring to be Different: Defending Pistol with the Double Eagle, Double Flex Defense” Leo Hand – Retired
	“Program Building” Shawn Amos – Coeur d’Alene HS
10:30 – 11:20	“Adding an Explosive Pistol Pass Game” James Vint – Seminole High School
	“Defending the Pistol’s 12 Deadliest Option Packages” Leo Hand – Retired
	“Efficient and Effective Practice Organization” Shawn Amos – Coeur d’Alene HS
11:30	Drawings for Give-Aways – Over \$2,000 in prizes – must be present to win!!

### HOLIDAY INN, DOWNTOWN EVERETT 3105 PINE STREET, EVERETT, WA 98201

Contact Hotel @ toll free 1-866-700-1188 or direct 425-339-2000 before January 14, 2015 to receive Clinic rate of \$86+ tax. Be sure to mention the Washington State Coaches Association to receive the Clinic rate, and make your reservations as soon as possible.

A complimentary hot breakfast buffet is included in your room reservation.

## FIELD and Track: The Genesis of a New Era

by Lane C Dowell

Some ideas for you to enhance the quality of the competition for your FIELD and track program...these embody the four building blocks that athletes seek and deserve when competing and will insure a first class meet...SAFETY, accuracy, efficiency, and the rhythm.

### The Kent Plan

In mid-October Chris Kunzelman a co-author of the Kent Plan was invited to speak to the Washington State Track and Field Coaches Association Executive Board. The knowledgeable and passionate Kent teacher and USATF certified official, presented the plan conceived in partnership with Kent School District AD Dave Lutes.

Apparently, the WSTFCA Ex. Bd. unanimously endorsed Kunzelman's plan and agreed to craft and aid in the implementation of a strategy that will be attractive and doable for any district interested in enhancing the quality of the competition of this great sport for its KIDS...\*

Think about this. Is a real sport administrated by volunteers, who have little knowledge of the rules/procedures of the activity, or assistant coaches that are just learning the rules of the game and techniques of the many events that makeup FIELD and track. NO!

You may say that FIELD and track is very different. Not at its higher levels, where the expertise of administration is as professional and first class as any of T & F's brethren. There is NO REASON that grass roots FIELD and track must tolerate the ignorance of administration. If the volunteers wish to officiate, they should be guided to a training program. Coaches should be spending their time mentoring their athletes in the fundamentals of the sport.

Open your eyes to what is happening in the Kent School District and is gradually spreading to others like Renton, Sumner and...

The money is there. Just compose your budget to provide for training, a pay scale for your officials/workers, equipment needed and facilities improvements and submit it to receive ASB funding to meet your needs.

Some words from the progressive AD of the Kent School District, Dave Lutes, who partnered in the cre-

ation of the Kent Plan for FIELD and track, which will be entering its third season this spring.

Washington Coach: How did your district handle the financing to implement the Kent Plan?

Lutes: There were three area's that needed to be addressed financially.

They are:

1) T&F Equipment. Examples would be timing systems, hurdles, pits, meet management trailer, implements, staging fencing, officials clothing for both inclement weather and identification purposes, starting blocks, etc.) Some of these items were already in place. For those that weren't in place, I prioritized and budgeted over a two year period to make sure we had everything my meet manager needed.

2) Facility Improvements. The Kent School District was in the midst of outdoor facility improvements at Kentlake, Kentridge and Kentwood high schools. The timing was ideal and I was able to convince the Chief Financial Officer and the Director of Facility & Construction, who now was the time to also address the track resurfacing and javelin runway development at French Field, our district stadium and venue for all track meets.

3) Meet Management Expense and Officials Training. Prior to implementing our District plan, the schools had been conducting their own meets at their sites using paid judges and volunteers. They already were responsible for ASB payment of those workers. Under the district model, we increased the pay rates of all judges since we required they be certified. (I also agreed to pay for the training expense for anyone that would make a commitment to work for us upon completion of certification)

We also established a meet manger stipend and computer/finish line manager stipend that was more commensurate with their level of responsibility. This past year we converted volunteer student positions (hurdle crew, rakers, runners, ect.) to paid positions so that we had a more reliable and consistent work crew. The expectation is that schools contribute the previously established amounts they were already paying and the district would pick up the expense for all the embellishments.

My driving value regarding finances is that if something is a priority, you will find the funding.

WA C: This next season will be the district's third year using this administrative plan for FIELD and track. How have your coaches adjusted to it?

DL: Chris Kunzelman and I first met with the head track coaches and building athletic directors in January 2013 to explain the direction I wanted the district to take with track meet management. There were multiple questions and some skepticism. There was no disagreement that the plan was much better for athletes and coaches. The question was rather we could deliver the model and stand behind it for years to come.

After finishing our second track season this past spring, I believe those concerns have been addressed and alleviated. Our coaches are coaching and our athletes are being officiated by trained and certified officials in all events. We are now hosting the 4A SPSL and the 4A West Central District championships. The Kent track coaches are supportive and I believe appreciative that we have taken the burden of managing their home meets off their shoulders.

The model is still a work in progress as we look to get better every year. We are open to our coaches feedback, constructive criticism, and the ideas they share are all taken into review, reflection and consideration. I believe our coaches know I am committed to this management model for the long term.

WA C: Do you think the Kent Plan would be workable on a statewide basis?

DL: Schools and districts across the state all face different challenges when it comes to resources and available finances. However, as the saying goes, "Rome was not built in a day", but everyone can start taking steps and laying the foundation to create change over time.

For Track & Field to be elevated and officiated professionally like our other interscholastic sport offerings, there needs to be a perception/attitude change with coaches, athletic administrators and superintendents as to what is possible when you decide that something is a priority and you start knocking the hurdles down, no pun intended.

\* The subject of my article for the next issue of this magazine will be the result of this meeting and the plan being drawn-up for Washington State. I am told that this plan will make it fairly easy for any-sized district to improve the administration of FIELD and track. Much more next issue.

## Restore Competition by Eradicating the Open Pit Concept...

... at least for the horizontal jumps and all throws.

I was watching a tri-meet at an area high school where over thirty boys surrounded what appeared to be a very frustrated and assistant coach, who was assigned to officiate the Shot competition. As the judge/coach attempted to sign-in the athletes many were warming-up and were exhibiting various levels of technique,. This scene was reminiscent of a Three Stooges fire drill.

When the league's best thrower stepped into the ring to compete he had enough of the chaos and screamed "I hate this damn open pit."

Where was the competition, drive to excel, the FUN that comes from pitting your learned skills against a rival wearing different colors?

A simple solution...After a given time frame each that signed-in has taken her/his three trials take the top marks (one more than scoring), reverse the order...best mark last and so on, give them a two throw warm-up, if needed, and then three final throws in competitive order.

I know that your KIDS will like this plan. All are still competing to make the finals and the cream of the crop get to go head to head against each others of like ability...COMPETE.

## Why No JV Schedule as in the WESCO Conference?

It will enhance the quality of your athletes and build your numbers.

To provide greater opportunities for your KIDS, and build quality and add quantity of your program, craft your budget to include a separate junior varsity schedule. Most other sports have one. Why not the sport that normally has the greatest turnout of KIDS?

A focus on your youngsters, who are often lost with one weekly meet, will pay dividends. Talk to Tuck Gionet, the Head Coach at Snohomish, who has large numbers participate and a highly successful and competitive program, about the merits of the JV schedule.

## Add the Hammer throw...

...as an exhibition event at each state championship.

The number of college scholarship opportunities are boundless.

An athlete with a great work ethic loves the challenges that the dance of the ball and wire presents. This implement is a highly technical throw and is very addicting once a youngster tries it.

*Continued on page 18*

*Continued from page 17*

Some say it is too dangerous. My retort, "Like tackling in football, it is as safe as you want to make it." There is no reason we could not create a coaches training/certification class as in the Pole Vault.

Prior to the state exhibition championships, competitions would only be held at an invitational with facilities that have a certified cage.

If the idea of the ball (shot size for boys and girls) still being too dangerous, let's take another step and use a chain or bag Hammer, which would leave no doubt that this event would become the safest of the four throwing events.

### **Chuck and His Wrestling Exhibitions at WSC**

Paying D-1 athletes is not a topic unique to the 21<sup>st</sup> Century.

Another antidote from my coaching mentor, Washington Football Coaches HOF member Chuck Semancik

So you think the brouhaha over paying D-1 college athletes is a Twenty-First Century thing. Guess again. Not according to my legendary coaching mentor Chuck

Semancik, Bremerton HOF football coach, who first gave life to the moniker Ground Chuck.

As Chuck once related in the wee hours after a grid iron battle... we dusted off this tale from the 1930's. Do you remember this Coach Roswell?

While wrestling at what is now referred to as WSU in the summer, our coach would take us on trips around Eastern Washington to put on Rasslin' matches. I always played the bad guy, while my teammate a blonde haired Nordic type was the good fellow. Our coach pocketed the money from these demonstrations and all we got was a milkshake after the match.

Longtime North Thurston Coach George Roswell, who still competes and yearly bags gold in the throwing events in the State Senior Games, was a Semancik teammate with the Cougar grapplers and has confirmed this tale.

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



### **Hearing their final whistle...**

### **Fordie Ross**

#### **No retirement to the couch for this Dapper Dan thrower**

Fordie Ross, M100, was a shot putter from Frederick Douglas High in Oklahoma City. This Dapper Dan competed in his last Master's FIELD and track meet the PNW Championships in the 100-104 age group this past June 7 (2014) at West Seattle Stadium. Fordie, who always dressed as if he were attending his prom at Frederick Douglas High, put his 3 kg shot only twice achieving marks of 1.99m followed by 1.72m., which garnered him another gold medal.

Fordie then passed his remaining trials, laid his implement to rest, and tipped his hat to the throng of competitors of all ages, who applauded the gregarious veteran. Little did we know that this would be the last time we would see Fordie Ross compete in a Master's



*Fordie Ross and Lane Dowell*

FIELD and track event? Fordie passed later that week. No retirement to the couch for this Dapper Dan.

As Fordie shook hands and posed for pictures with the assembled, one could see the look of wonder etched

on the faces of the many gathered for this very popular event for aging has-beens or never-wases. Will we have the passion for the competition and camaraderie that was in Fordie's heart until it stopped as he hit triple digits?

I am sure that all will eternally recall Fordie Ross decked out in his *Sunday-go-to meetin' duds*, as well as, the classy and very nice, low key man, who had a goal to get gold at 100. We should

all be so lucky to enjoy life and have the zeal to compete as long as he. You offer your throwing brethren a BIG challenge our friend

RIP Fordie. Out of site but always in mind. BLESS YOU! ■

# Hall of Fame

## Federal Way Public Schools Class of 2015

### *Tom Eilertson, Mike Grady, Ron Mattila*

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

The criteria for nomination into the Hall of Fame is as follows:

1. Nominees must be retired from their major coaching responsibilities within the FWPS.
2. Nominees should have at least 10 years of service within the district.
3. Nominees are eligible after 30 years of service in the district regardless of separation.
4. Inductees are selected on district contributions and/or major impact on a school(s) program.



**Tom Eilertson**

#### Teaching & Educational Background in FWSD:

Graduated from Decatur in 1979. Taught PE, Health, and Science at Illahee from 1984 – present.

#### Coaching and Athletic Background in the FWSD:

Football at Kllo 1984  
Football at Illahee 1985 – present  
Track at FWHS 1984 -2004  
Track at Illahee 2005 – present  
Wrestling at Illahee 1989 - present

#### Significant Impact on District and/or School Program:

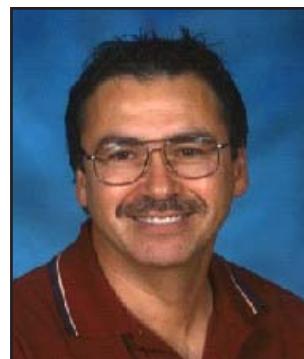
Tom has coached three sports for 25 years and two of those sports for 30 straight years. He is still coaching all three. His influence on the entire

athletic program is immeasurable. Besides coaching most of the year, his role in the P.E. department supports everything the athletic department stands for. His development and implementation of the “conditioning” class at Illahee has benefitted the entire school; the athletic programs tremendously and individual kids incredibly. Kids, athletes and non-athletes, know the lessons they will learn in conditioning class will benefit them long after they are done playing on any team.

#### Additional Comments:

All of the above mentioned accomplishments, in and of themselves, are certainly enough to warrant induction into the FW Athletic Hall of Fame, but Tom has done so much more for his school, kids and community. He has put together, arguably, one of the finest middle school weight rooms in the state. He spearheaded Illahee’s participation in the Big Climb for Leukemia for 23 years, bringing with him over 200 participants in the final years, and winning the fastest jr. high/middle school contest every year. He helped coach Illahee’s wrestling team to 13 consecutive district championships and the track team to 18 in a row. Tom

not only shows up, everyday, to teach and coach kids, but does so at the highest level with the drive and enthusiasm of a 1<sup>st</sup> year rookie. Federal Way is truly lucky to have hired Tom Eilertson.



**Mike Grady**

#### Teaching & Educational Background in FWSD:

Mike is a Federal Way native. He attended Panther Lake Elementary School, Lakota Junior High School, and was graduated from Decatur High School in 1975. His athletic career at Decatur included basketball, participating in state in track and he remains the only boy in the Federal Way Public

*Continued on page 20*

*Continued from page 19 - Hall of Fame*

Schools to participate in the state cross country meet four years in a row. After teaching and coaching for four years at Bickleton High School in eastern Washington, he taught for 26 years in the Federal Way School District; 11 years at Totem Junior High and 15 years at Thomas Jefferson High School.

#### **Coaching and Athletic Background in the FWSD:**

Mike was the Head Track Coach at Totem Junior High School for many years and won three District Track Championships; also, at Totem he coached Girls basketball for eight years and won a district championship. After leaving Totem and moving to Thomas Jefferson High School, he became the Head Girls Basketball coach for six years. He was fortunate to take two different teams to the state tournament played in the Tacoma Dome. These are the only two teams that have played in the state tournament for TJHS, boys or girls. After the last state tournament, he became the athletic director at TJHS, a position he held for eight years. During that time, he spent one year as the Head Boys Basketball coach at Illahee where he won a district championship.

#### **Significant Impact on District and/or School Program:**

Mike increased the participation in Totem Track from 22 (2 girls and 20 boys) to 185 during his first year and won three district track championships before moving to Thomas Jefferson. His teams earned two state basketball berths while he was coaching at TJHS. He won one district Junior High Girls basketball championship while at Totem and one Boys basketball championship while coaching for Illahee. He was the Athletic Director at Thomas Jefferson for eight years and saw the TJHS team win a state championship in Boys Soccer and in Boys Swimming along with many individual state champions in a variety of sports. He guided

and ran the junior high and middle school track district championship meets for many years. He also coordinated with the high school coaches to assist in running these meets. He was named Basketball Coach of the Year by the South County Journal in 2003.

#### **Additional Comments:**

Mike helped Thomas Jefferson High School obtain a synthetic football field along with the new baseball/softball scoreboards. He was the driving force behind building a new tennis court and helped get the original Raider Parent Booster Club up and running. The existing "TJ Raider" totem pole by the main gym was constructed by a TJ alumni hired by Mike. He has been part of the WIAA West Central District eligibility committee as well as the South Puget Sound Commissioner for Track and Cross Country.

#### **Coaching and Athletic Background in FWPS:**

Ron helped develop and was instrumental in founding the Federal Way Elementary Track Program in the spring of 1972. The program started with three elementary schools: Lake Dolloff, Nautilus and Brigadoon. Today the elementary track program is still going strong with all elementary schools in the FSWD participating. In fact, last spring over 2000 elementary students participated in the elementary track program. Ron coached the summer track teams from Federal Way in addition to coaching elementary track teams in the district during the school year. His knowledge of track and his understanding of kids have made him a very valuable asset to the track and field programs in the Federal Way School District.

#### **Significant Impact on District and/or School Programs:**

Ron helped develop the elementary PE curriculum before PE specialists were part of the district's elementary programs. Elementary Track just successfully completed its 43<sup>rd</sup> year of existence in Federal Way and is going strong. The program is nationally recognized now with all elementary schools within FWPS participating.

#### **Additional Comments and Awards:**

Ron's commitment to the track and field programs in the district is legendary. He was someone who was often called on to help out in the middle, junior high and high school track meets as a starter and meet referee. He is known throughout the district as "Mister Elementary Track."

Ron has received the Golden Acorn award twice as an educator and received one award from the Federal Way District PTSA for elementary track. He received the other golden acorn from the Panther Lake PTSA. Ron was selected citizen of the month by the Federal Way Chamber of Commerce. ■



**Ron Mattila**

#### **Teaching and Educational Background in FWPS:**

Ron started teaching in the Federal Way School District in 1971 and retired in 2006. He taught grades 2 - 4 for twenty-five years; eight years at Nautilus and seventeen years at Panther Lake. Ron was Panther Lake's Physical Education teacher for his last eight years. He also taught math for one year at Federal Way High School.

## Federal Way Bud Hatley Administrator Awards

The Bud Hatley Administrator Award recognizes the significant impact district administrators have on athletic programs and is a tribute to their enthusiastic support and leadership. The Hall of Fame committee is gratified that our first Bud Hatley Award goes to Randy Kaczor and Mark Davidson for their devotion to the district's athletic programs.



### Randy Kaczor

Randy Kaczor began working with Federal Way Public Schools in 1974. He taught for one year at Lakeland, two years at Kilo and 13 years at Illahee. He became the Assistant Principal at Illahee in 1991 and continued in that position until 1996 when he became Illahee's principal—a position he held from 1996 to 2002. At Illahee, Kaczor coached girls' basketball and strongly supported all athletic events and student activities. He served as principal of Federal Way High School from 2003 through 2006.

In 2007, he became the interim principal at Sacajawea Middle School, and was appointed principal of Todd Beamer High School in 2010. In 2013, he became the Global Initiative Director for the district and continues in that role today.

He served on the WCD III Executive board for three years, from 2010 through 2013. Kaczor has always been a strong advocate for athletic programs in the Federal Way School District and has worked hard to improve and expand Federal Way athletics.

Randy has been married for 43 years to Darlene who recently retired from Enterprise Elementary after 21 years. His daughters, Jamie Tough and Jodie Berry, both attended Federal Way Public Schools. Jodie is currently the Assistant Women's Basketball Coach at the University of Oregon and Jamie is an assistant principal at FWHS.

### Mark Davidson

Mark taught at Lakota Junior High School from 1979 thru 1988. At Lakota, in addition to his regular teaching duties, Mark coached JV basketball and was the assistant and eventually head wrestling coach. He was always available to help out at athletic events whenever needed. He found time to be the football game timer, the starter for track meets and the assistant starter for the junior high district track meets. He was someone coaches could count on to help them with the extra duties and tasks required for their respective sports.

Mark spent two years as Athletic Director/Assistant Principal at Federal Way High School from 1988 thru 1990 and spent many nights supervising night activities and events. Again, he was someone coaches and athletes could rely on to help out when needed.

Mark returned to the junior high level as an Assistant Principal at Kilo Junior High School from 1990 thru 1992 and eventually became the principal at Kilo, a position he held from 1992 thru 1998. At Kilo, he continued to support athletics and was recognized by the coaches as someone they could count on to support their programs.

In 1998 Mark moved to the ESC where he continued his support of athletic programs. In 1999 he assumed responsibility for over-seeing athletic programs for the entire district and continued in that position until 2012. He continues to be a strong force for athletics in the Federal Way School District to this day.

Mark has been directly involved with or responsible for athletic programs at the school or district level for 32 of the 35 years he has worked for the Federal Way Public Schools. ■



# Federal Way Public Schools

## Professional Achievement Awards

The Professional Achievement Award honors a Federal Way School District graduate who continues to model athletic excellence and leadership through a career in education and coaching. The award rotates between the district's four high schools.

2011	Decatur	Wayne Lewis
2012	Beamer	Justin Mentink
2013	Jefferson	Toni Wiblemo
2014	Federal Way	Quinn Gillis
2015	Decatur	Aaron Bellessa Chris Brauer Steve Murphy



### Aaron Bellessa

Aaron Bellessa attended Federal Way schools throughout his elementary, junior high and high school years. As an elementary school student he attended both Panther Lake and the then new elementary school, Silver Lake. In junior high Aaron spent three years at Illahee and played both

basketball and baseball. He then attended Decatur High School and was a three-year letterman in basketball. During his high school years he was a South Puget Sound League Honorable Mention as a junior and was selected as the SPSL MVP as a senior on the All State team. He made the Seattle Times All-Time Basketball list and played in the Washington versus Oregon game. He was graduated from Decatur High School as a member of the Class of '97.

Aaron earned a Full Ride scholarship to play basketball at Seattle Pacific University. He also attended the University of Utah and Pacific Lutheran University where he received his Teaching Certificate. Eventually he earned a Masters Degree in Educational Leadership from City University. He began his teaching career in 2007 teaching English at Todd Beamer High School from 2007-2012 and was the Dean of Students from 2012-2013. He became the Silver Academy Principal in 2013, a position he holds currently.

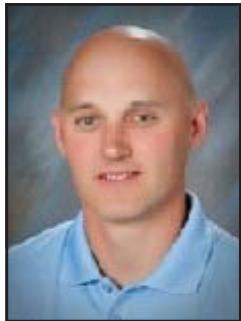


### Chris Brauer

Chris attended Camelot Elementary in grades 1 thru 6, Kilo Junior High in grades 7 thru 9 and graduated from Decatur High School in 1989. He attended Willamette University and graduated with a Bachelor of Science degree in Speech Communications in 1993. In 1996 he finished up

his Educational Certification in English/Speech at Central Washington University in Ellensburg. After student teaching at Thomas Jefferson High School he was hired to teach English at Illahee Junior High where he also served as the Dean of Students from 1996 thru 2003. In 2002 he earned a Master's Degree in Educational Administration from Heritage University in Toppenish and then served as Assistant Principal / Athletic Director at Illahee from 2003 thru 2009. He left Illahee in 2009 to become the principal of Kittitas High School and is currently in his sixth year in that position.

Chris is well known as an Instructional leader for both students and teachers. He has always been a strong supporter of athletic programs and coached at Illahee for 13 years before taking on the job as Principal at Kittitas. He is highly respected for his hard work and dedication to athletics and to students in general. He is a true educational leader, both on and off the field.



## Steve Murphy

This is Steve's 21<sup>st</sup> year coaching and 17<sup>th</sup> year teaching. He has been teaching and coaching at Enumclaw High School for the past nine years. Previously, he was at Decatur High School for three years and Kilo Junior High School for five years (Steve attended both of these schools while a student

in Federal Way.) He is currently in his second year as the

Head Girls Golf Coach for the Hornets at Enumclaw High School and in his ninth year coaching the boys and girls golf program. Steve's Girls Golf team won the State Championship in 2008. This will be his ninth year as the assistant varsity baseball coach at Enumclaw High School, a team that finished third in State in 2010 at Safeco Field. In Federal Way, Steve was the Head Baseball Coach at Decatur High School for three years and the Head Baseball Coach at Kilo Junior High School for seven years. While at Kilo he also coached football and boys and girls basketball

During his teaching career Steve has taught World Geography, History of the Pacific Region (Pre-AP) and currently is teaching A.P. Human Geography, A.P. American Government and Politics and United States History. He graduated from Decatur High School in 1988, where he played golf, basketball and baseball. During his senior year at Decatur the Gator Baseball team finished fourth in state. After high school, Steve went on to play four years of Division I baseball (two years at San Diego St. University and two years at the University of Washington). At the UW he was a 1st Team All-Pac-10 selection and 1st Team All-Academic Pac-10 Selection in 1991. He was selected as captain of the 1992 Pac-10 Champion Huskies in his senior year. His father, Bob Murphy, taught and coached at Kilo Junior High School for 30 years (16 years coaching). Steve currently lives in Enumclaw with his amazingly supportive wife Lisa and two beautiful and athletic children, Emma (12 years old) and Eli (8 years old). ■





## Hearing their final whistle...

Jerry Sullivan

Jerry grew up in Seattle and graduated from Seattle Prep in 1955. He attended Gonzaga University and the University of Washington. He taught Physical Education and coached both the boys and girls cross country teams at Bellarmine Prep from 1971 – 1978. While at Bellarmine Prep, Jerry developed a solid boys program. With associate coach, Sam Ring, his boys' team finished 5<sup>th</sup> 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. "Sully" was ahead of his time in regards to training methods. He developed a winter training program, introduced yoga, and held a preseason retreat for his runners. Jerry befriended many other coaches across the state and encouraged adults to exercise and run for a healthier lifestyle.

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's spirit is alive in everyone he coached and taught. Sully was able to find gifts and potential in everyone. We know it was up to us to develop our gifts, but his charisma, his dedication, his hard work, and discipline was infectious. Some went on to collegiate running or to other college sports. Some found track and cross country a character building tool that led them to other callings or a sport that routinely balanced out their life.

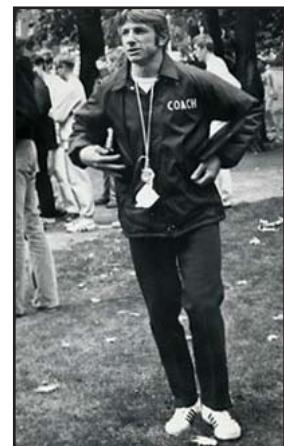
Most importantly we see the effect is still with us, still in our hearts. As Ailene Baxter poignantly mentioned at the Bellarmine Hall of Fame dinner in January 2011, "Good teachers or good coaches possess a capacity for

connectedness...These individuals are able to weave a complex web of connections among themselves, their subjects, and their students and athletes, such that those young people can learn to weave a world for themselves."

I have found this especially true whether his former students went into teaching/coaching or not, every one of his students knew that they mattered, they were worthy, and they had a calling. Their calling is lifelong.

What is most special is that during this time, when we meet at the funeral, rosary, or for dinner afterwards is we know his effect is forever engraved in our souls and hearts. This was most evident when we celebrated his induction into the Bellarmine Hall of Fame. A celebration organized by Chris Staeheli and George Zelenak, which included an alumni run and breakfast. This was a get together with an eclectic group of people in various occupations and various lifestyles who all knew that Jerry Sullivan.

What is most special about Jerry Sullivan, is the effect he has had on his former students and the program that is still strong. His funeral happened to be the same day as the state meet. For those who go will be going to the funeral they are in communion with the runners and their supporters. Matt Ellis writes, "It is very fitting that Jerry's service is the same day as the State Cross Country championships. Jerry's work and the tradition that he helped to establish is alive and thriving at Bellarmine." ■



## 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 at:  
2110 Richardson Drive, Puyallup, WA 98371 or email information to [wasca-editor@comcast.net](mailto:wasca-editor@comcast.net)

*Thank you for your efforts*

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## Hearing their final whistle...



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

# Mount Vernon football team cleans up to make community proud

By David Krueger, Herald Writer ,  @Krueger\_David



MOUNT VERNON — At first, the Snohomish coach wasn't sure what was going on.

The Mariner athletic director thought perhaps a fight was imminent.

In reality, the Mount Vernon football team was simply carrying out a postgame ritual. Following each of their away games, the Bulldogs do something a bit out of the ordinary: They clean the stadium.

This marks the second straight season the Bulldogs have headed into the stands to pick up after their fans — and opposing fans — before boarding the bus back home.

Even after a heartbreaking 23-17 overtime loss to Snohomish on Oct. 3 the Bulldogs performed their cleanup detail.

"I just stood there and watched for a minute," Snohomish coach Kai Smalley said. "That's probably one of the classiest moves I've ever seen as a coach. Especially after a loss like that where they worked so hard the whole game and moved the ball and did such a great job, to turn around and do something as respectful as that — it was humbling for me as a coach to see them do that."

The following week Mount Vernon took on Kamiak at Goddard Stadium. Once again, the Bulldogs found themselves on the losing end of a tough, hard-fought game.

And once again, they took to the stands with garbage bags in hand.

"I wasn't sure why Mount Vernon's players were going into our stands, so I got up there as soon as I could to see what was going on," Mariner athletic director Nate DuChesne said. "We still had several students in the bleachers at the time. I must have had a concerned look

on my face because one of the Mount Vernon players said, 'Don't worry, we're just picking up trash in your bleachers.'"

Mount Vernon head coach Jay Silver said the tradition began prior to last season. The Bulldogs were looking for ways to help improve their — and their opponents' — community. Coach Silver's wife, Jamie, who the players call "Mama Silver," suggested cleaning up the stands and the team ran with it.

"Honestly, we talked a long time ago, two years ago, about how our kids wanted the community to be proud of them," Silver said. "We talked about what is it we do as a team that merits our community being proud of us? It's not about how many times you win in a season or lose, do we do something that makes them proud regardless of that?"

Added Phillip DeLeon, the Bulldogs' senior right tackle:

"We've always said we pick up the trash on and off the field. (It goes beyond) football, too, like keeping our grades up in school."

Silver said the players, who head into the stands in full uniform, bought into the idea right away. So much so that last season, the Bulldogs' free safety saw a piece of garbage blowing on the field before a play and ran over to grab it and throw it to the sideline.

"In the past we've been called some 'goat-herding thugs. The hicks and thugs from Mount Vernon,'" said Danny Reyes, a senior free safety and wide receiver. "Coach Silver and his wife are really big on building character. Football is just a small part of your life. It's about what you're going to be after that and being the best men we can be."

**"Coach Silver and his wife are really big on building character. Football is just a small part of your life. It's about what you're going to be after that and being the best men we can be."**

The Bulldogs admit it's a little easier to clean up the trash after a win than a loss.

"The Snohomish game, that was a tough one," Reyes said. "That was really tough. But you just can't let it change how you are. It's not going to be as fun, it's not going to be easy, but you still do it."

"Going and taking care of the trash helped me reflect on the game, just kind of, 'What are we here for?'" said sophomore left tackle Josiah Nelson. "You realize there is another football game. I need to think about what I'm doing in this game and take care of it for the next one."

There is a deeper meaning to the "trash" that the Mount Vernon players have to deal with.

"What we try to impress to our kids is in your life you're going to have adversity all the time. For all intents and purposes, that is the trash," Silver said. "There's going to be times when you don't want to do it when you still have to pick up the trash."

The Bulldogs have gotten e-mails from coaches and administrators thanking them for their efforts. Smalley emailed Silver after the Snohomish-Mount Vernon game.

"It doesn't surprise me. Coach Silver is a nice guy and a respectful guy," Smalley said. "It's great to see those kinds of lessons being taught to the kids. That's something we need more of in high school football — paying

back to the game and being respectful of your opponent."

There are also some side benefits to picking up the trash that perhaps the Mount Vernon players didn't see coming.

"I think one of the things the boys appreciated was at Kamiak the cheerleaders and their ASB were supposed to pick up trash," Silver said. "The girls were impressed with the boys and there were some names exchanged."

"That was pretty cool," Reyes confirmed.

Mount Vernon got its first win of the year last week with a 31-0 homecoming victory over Jackson. The players celebrated by — how else? — making sure the stands were spotless. The Bulldogs said the Mount Vernon fans have started cleaning up the stands to save their players some work. At away games, Mount Vernon's cheering section rarely leaves garbage behind.

This week the Bulldogs head to Everett Memorial Stadium to play Cascade and, regardless of the outcome, they will be cleaning up after the game.

"It's something that we do, program-wise," Silver said. "Our freshmen, when they're done with the game, they walk into the stands and pick up trash. The JV team does the same thing. I went to a youth football game here in Mount Vernon and the youth football program walked into stands and picked up trash." ■

***The Washington State Coaches Association is seeking information on all past  
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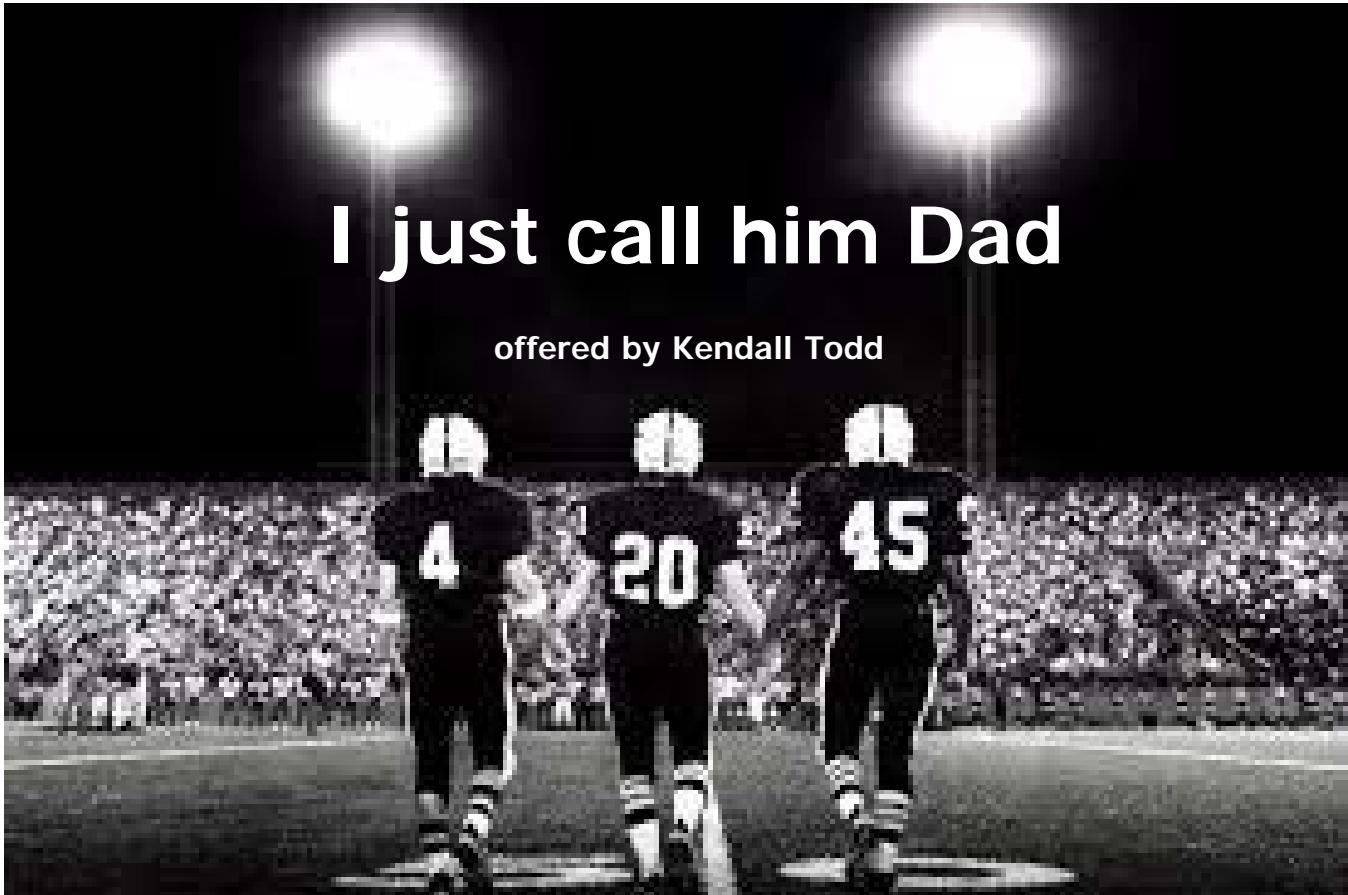
Year Scholarship Awarded \_\_\_\_\_



Brief summary of scholarship recipient's status \_\_\_\_\_

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*Watch for updates in our Spring Issue*



# I just call him Dad

offered by Kendall Todd

On Friday night, my dad, Bruce Todd, coached his very last game. Over 20 years of coaching. Over 20 seasons of athletics. More years of his adult life have been spent as a coach than not. As his daughter, I have story upon story. Experience after experience. And I don't think you would really get it until you live it. Here's to you, Coach.

There are so many memories I have that I wish I could put into words for you...

Like how the bright Friday night lights will always give me chills of nostalgia. The crunch of football cleats on gravel as they jog on the field for warm-ups, and the solid, satisfying crack of bat meeting ball that makes your heart beat a little faster. Forever my favorite sounds.

How Mom and I sat through just about every weather condition to watch every single play. And we wouldn't change that even if we could. How I would always stay until the end and wait outside the Tiger Den because the postgame hug and kiss on the forehead I got from you was well worth being cold for a few minutes longer. How I couldn't sit in the stands or even with my friends because I would pace up and down the sideline. And all they wanted to talk about was homecoming dresses anyway. How we have just about every flavor of Spitz imaginable constantly stocked in our pantry. How you would come home smelling like sweat, with tanned arms and sunburned cheeks after mid-August two-a-days.

I remember you teaching me tackling form in the front living room as the afternoon light shone through the window. I remember doing off-season workouts with your football players and letting them know they shouldn't get beat by a girl. But sometimes they did. I remember being able to put up more weight on squats than some of them too. But I didn't do it for them, or even for me. I did it for you because I just wanted to make you proud. I remember sitting at the dining room table as you taught me how to take stats. I loved sitting in the dugout during those games. I loved yelling out the batting order as each new inning began. I loved analyzing every situation and predicting your next sign. "Would it be a squeeze? Swing away?" I

thought as you wiped your arm or touched your nose and finished with a clap. I loved calling the boys “my boys” because it was like having 20 brothers. I remember you teaching me how to throw a spiral in the driveway of our lake house, even though daylight was fading and the mosquitos were eating us alive. But you knew I wanted to learn. You knew it was the most important thing in my world at that exact moment. So you were patient. Just like you always are.

Remember how I hardly ever wore the boys’ jerseys on Friday nights? That’s because I hardly ever got asked. You would joke about them all being scared of you. Because they were. I knew it. We all knew it. I wasn’t like the other girls who got to do that. But it’s okay. Because all I wanted, all I ever want, is to make you proud. So, I will wear your “jersey.” I will wear it every day. And I won’t let anyone forget that I am who I am because of Coach Todd.

I remember being with you and Trav after we lost in the 2007 state championship. I remember you putting your arm around him and dealing with the toughest lesson of all: defeat. I remember crying because that’s how I thought I was supposed to feel. But I also remember knowing that it would all be okay because you told us it would be.

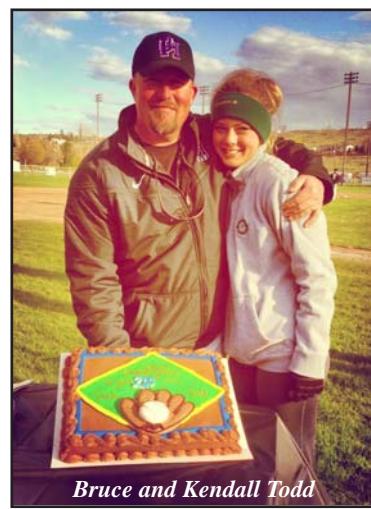
Most of my friends would hang out and get milkshakes after Friday night

games. Except me. I wanted to be home with you so we could watch the 11 o’clock news, for the 30-second highlight of your game. And some nights, if we were lucky, we could watch it on two different news stations. I loved talking to you after all of my games. I knew that you would always be honest with me and tell me what I needed to improve on. You were one of the only people I trusted to do that with.

I loved Sundays. I knew that we would relax and our family would watch football all day. We didn’t have to go to practice or go to school. We could just be. You would sit in your chair while Mom made nachos and I would stare at that TV as hard as I could even if I didn’t always know exactly what was happening. But then I would go to school the next day and repeat exactly what you said about the game.

Your character as a coach has molded me into who I am and the choices I make today.

Your character as a coach has molded me into who I am and the choices I make today. Like, how to be a gracious loser. You taught me this when you responded with a silent shake of your head after a tough loss instead of being angry. Through this you also taught me optimism. I knew that no matter how badly I had messed up or “lost,” your blue eyes would sparkle with hope. Because tomorrow is a new day. A new opportunity to get better. A new opportunity to learn. And to prepare for the next game of life.



Bruce and Kendall Todd

I am so proud of you. I am so proud to tell people whose daughter I am. I am so proud to wear Todd across the back of all of my jerseys and sweatshirts. And that is because of you. Because of the legacy you have created, and that will continue to live on through Trav and me. I can’t wait for you to meet your grandchildren and tell them all of your stories, and I can’t wait to tell them how wonderful their grandpa has always been.

Although this chapter of your book is now coming to an end, I’m not sad anymore. How could I be? I can hold on to these memories forever and that is more than enough for me. I hear some of your old players talk about how you were the best coach they ever had, how much they love and respect you, the list goes on and on...

Most of you reading this probably know him as Coach Todd.

But as for me, I just call him Dad.



# Factors to Consider when Determining Rest Periods Between Sets-part 1

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

To many people, a rest period means sitting down and catching their breath before moving onto the next set. While this is partially true, a rest period provides much more than that in advancing your strength, power, and ultimately your health. According to information in *Optimizing Strength Training*, during strength training sessions the time spent resting between sets and exercises directly influences the response of the hormonal, metabolic, and cardiorespiratory structures of the body.

Not only are rest periods important, but the duration of the rest also directly affects the body's ability to recover after the exercise. For instance, if you are taking three-minute rests between the three sets of 10 repetitions of a large muscle group exercise you should be able to do all three sets of 10 repetitions. On the other hand, if you cut the rest periods to one minute between sets, it is more than likely you will only be able to do 10 repetitions for the first set, eight the second set, and perhaps 7 in the last set.

Strength coaches accept the fact that inevitably they will run into a trainee who just wants to blast through the exercises and then wonder why they aren't making progress. If you explain the reasons for their inability to do all three sets of 10 then

perhaps they will understand the importance of the rest periods. If you are successful in getting this message across to the trainee, they will make progress. If not, and to save both of you the frustrations of seeing little progress, they may have to find a different gym.

Research studies verify that longer rest periods of three minutes increase maximal by up to 7% in the one repetition maximum compared to 2% with shorter thirty-second rest periods. These percentage increases, measured over five weeks of training, were with the back squat.

Successfully completing subsequent follow-ups sets is dependent on the recovery capabilities of the anaerobic energy sources of adenosine triphosphate and phosphocreatine. Each of these sources requires up to three minutes of rest for a full recovery. If the recovery is not complete and the energy is not available then the number of repetitions and the succeeding sets will be lower.

Rest periods of approximately 1 minute elicit several significant body responses. This is particularly true when using sixty-second rests between heavy 10 repetition maximums and repetitions and between sets and exercises. According to Dr. William Kraemer, these "acute hormonal changes, such as increased growth

hormone in the blood, are significantly greater than with 3-minute rest periods."<sup>1</sup>

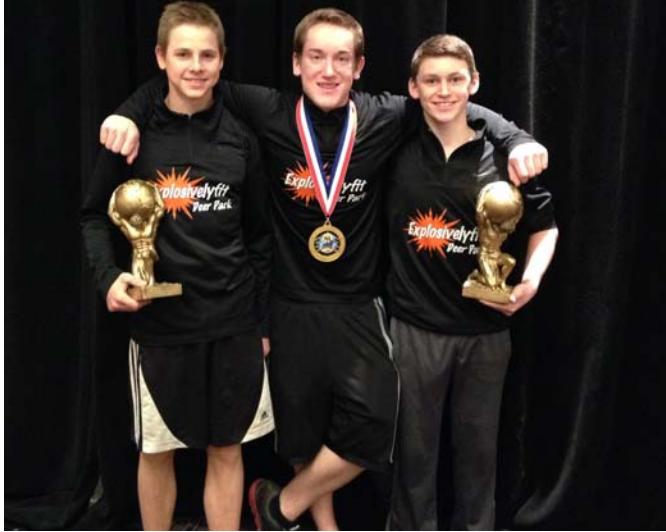
Even though a direct assessment of greater muscle size cannot be specifically linked to these hormonal changes, it is still been thought to be important for increased muscle hypertrophy. These acute hormonal changes "have shown significant correlations to the development of muscle hypertrophy in both fast twitch and slow twitch fibers..."

If you or your trainee are using 10 repetition maximum loads and resting for one minute between each set, you will significantly increase greater blood lactate responses when compared to a 3-minute rest period using a 5-repetition maximum with either a 1-minute or a 3-minute rest period.

Scientifically the reasons for this appear to be "the ability to buffer and tolerate decreases in pH and hydrogen ions from the high levels of ATP hydrolysis is indicated by high concentrations of blood lactate, which might be a contributor to the development of local muscular endurance due to resistance training."<sup>2</sup>

Therefore, using shorter rest periods makes a strong contribution to improving your ability to tolerate these high acidic conditions during exercise. This is especially true when

(L-R) Levi MacDonald, Jordan Lyman, Blake Gillam. Competing at the world meet for the World Association of Bench Pressers and Deadlifters (WABDL) in Las Vegas, Blake Gillam age 14 weighing 105 pounds set a world record in his weight class by benching 154.2 pounds.



getting into the high number of repetitions frequently seen with the body-builders or with pre-session training by powerlifters.

Based on the foregoing factors, the American College of Sports Medicine, recommends rest periods of 2 to 3 minutes between sets and exercises when training for maximal power and strength. Training guidelines from the National Strength and Conditioning Association also rec-

ommend rest periods of 2 to 5 minutes when developing power and strength.

In both instances, the recommended rest periods may have to be lengthened if the repetition maximum intensities are high, specifically in the 90 to 100% one-repetition maximum ranges. How-

ever, modifying this 3-minute recommendation to 1 to 2-minute rest periods is in order when doing single joint, maximal strength exercises.

These recommendations apply to all levels of lifters, from the beginner to the advanced.

If you are training for local muscular endurance then use 1 to 2 minute rest periods with repetitions in the 15 to 20 range for each set. If

you are doing 10 to 15 reps per set then drop the rest periods down to one minute to generate the greatest physiological responses. This applies to all lifters across a broad spectrum, from beginner to advanced.

These recommendations are similar when training for muscle hypertrophy. A beginner or intermediate lifter, training to increase muscle size may consider using rest periods of 1 to 2 minutes between exercises and sets.

However, if you are an advanced lifter, training to increase the size of your muscles, the recommendation is 2 to 3 minute rest periods used with multijoint exercises. Reverting to the 1 to 2 minute rest periods with single joint exercises will also elicit good hormonal responses and size increases.

#### (Footnotes)

<sup>1</sup> Optimizing Strength Training, Fleck, S. J., Kraemer, W. J., Human kinetics

<sup>2</sup> Optimizing Strength Training, Fleck, S. J., Kraemer, W. J., Human kinetics ■

**DEADLINE**

## WASHINGTON COACH Magazine

**Next Issue - Spring: February 14**

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

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## WSCA LIFETIME ACHIEVEMENT

### 2011

NAME	SCHOOL	FALL	YRS	WINTER	YRS.	SPRING	YRS.	TOTAL
ROB FRIESE	WILLAPA VALLEY	HS FB	24	JV BBB JH BBB	2	HS TRACK	19	53
RICK GIAMPIETRI	CENTRAL VALLEY	HS FB	41	HS WR	36	HS GOLF HS SB HS TRK	20	105
TOM HARMON	NOOKSACK VALLEY	HS FB MS FB	14 13	C BBB	7	HS BB HS SB	4 28	66
JOEL WINGARD	PENINSULA	HS XC JH FB	32 2	HS BB JV BB C BB	2	HS TRK	34	72
RUDY OCHOA	OTHELLO	MS VB	16	MS WR	23	HS SB	16	55
MICHAEL ECKHART	MUKLESHOOT	HS FB	27	HS BB	27	HS SB	22	76
CHRIS WALLISTER	LAKWOOD	HS FB	16	HS GBB	25	HS SB HS GOLF HS TENNIS	7 10 2	60
EUGENE VICTOR	SACI MS FED/WAY	MS FB MS SB	1 1	MS GBB MS BBB	22 23	MS VB HS TENNIS	23 1	73
JOHN MITCHELL	SNOHOMISH	HS FB JH FB	32 2			HS TRK JH TRK JH GSOC	2 17 1	54
DAN DITTMER	N. MASON	HS XC HS VB MS VB MS FB	12 8 7 12	MS WR MS GBB	5 2	HS TRK MS TRK	26 12	84
ERIK LINDBERG	OAK HARBOR	HS XC HS FB JH FB	11 3 1	JV BB HS WR JH WR	2 1 3	HS TRK JH TRK	26 3	50
FRANK PETRINO	ONALASKA	HS FB MS FB	16 9	HS BBB MS BBB	16 12	HS SB HS TRK	3 2	58
GORDON PITTS	OKANOGAN SD EPHRATA SD	HS FB MS FB	13 21	MS BB	2	HS TRK MS TRK	11 21	68

### 2012

BOB BOURGETTE	KENNEDY	HS FB	41	HS WR	9	HS SB HS BB	11 10	71
PAT FITTERER	HIGHLAND KENTWOOD SEHOME EISENHOWER LASALLE ELLENBURG	HS FB MS FB	6 8	HS BBB	35	HS BB HS TRK MS TRK HS GOLF	2 14 8 12	85
DARRELL OLSON	EAST VALLEY COUPEVILLE EVERETT	HS TENNIS HS FB	2 2	HS BB	27	HS GOLF HS BB	20 1	57
GARY HATCH	SEHOME	HS FB	32	HS BB	8	HS BB	40	80

### 2014

ROY YOUNG	HENRY FOSS	GIRLS DIVING MS VB	27 2	BOYS DIVING	34	HS BB JV SB HS SOCCER	24 2 2	101
STEVE CHAMBERLAIN	OKANOGAN	HS FB MS FB	3 5	HS BB MS BB	10 29	MS BB	3	50
MICHAEL WILLIAMS	WHITE RIVER	HS FB MS FB GOLF	4 3 1	HS BB MS BB	15 4	HS BB MS BB	22 2	51

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