

THE WASHINGTON GOACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



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WASHINGTON STATE

COACHES ASSOCIATION

A WASHINGTON STATE NON-PROFIT ORGANIZATION

Our Mission

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

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From the Editor

The articles in *The Washington Coach* do not necessarily represent the views of the Washington State Coaches Association. We publish articles of varied opinions and perspectives to encourage thought and discussion. If you read an article in our magazine with which you do not agree, we encourage you to write an article presenting your ideas and insights.

Presidents Message

Darrell Olson

February 2022

Fellow WSCA Members,

The winter sports post season tournaments are now in the books, and what a great time of the year for all involved in high school athletics! It was a return to normal for the most part. I'm not sure that any sport in any league in our state went without being touched by COVID or the Omicrom virus. Regular season schedules saw unprecedented postponements because of COVID and omicrom infections. We got the season's in. Boys & girls wrestling in the Tacoma Dome, boys swim/dive at the King County Aquatics Center in Federal Way, girls & boys basketball tournament in Tacoma/Yakima/Spokane, gymnastics at Sammamish HS, and bowling at Narrows Plaza Bowl in University Place. No matter the sport, there was drama and excitement at each of our state tournament venues. Kids were cheering and fans were yelling! It was great to feel the energy at every venue. Thanks to all the coaches and game management staff's for working together to pull off quality District, Regional, and State Tournaments. High school state tournaments are still the best show in town and the 'best bang for your buck'.



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

The WIAA Amendment process is well underway. Be informed on what amendments are up for a vote. Voting on the proposed Amendments takes place in April.

The WIAA Spring sports rules clinics deadline is March 18. This is a requirement from the WIAA that each head coach must complete the short 'sports specific' rules clinic. I know this can be a pain in the neck because we think we know all the rules of our sport and because we don't have the time. You may be a little humbled while taking the test at the number of rules you don't know in your sport. Be professional about it and get it done before March 18.

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

As an active member of the WSCA, I encourage to you promote the WSCA to your coaching colleagues that are not members. Our membership continues to grow and grow. Coaches are finding that when you add up all the benefits of membership, it is well worth the \$40 nominal membership dues. The \$1 million Liability Insurance coverage you receive as a membership benefit could be a career saver for you! Check out page 4, in our COACH magazine, titled "*Why Should I Become A Member of the WSCA?*"

I encourage all WSCA coaches to get involved in your association and get off the sidelines. Make a contribution to your 'sport specific' professional organization this year. Contact your sports Individual Sport Association (ISA) rep and ask how you can help. ISA's are listed in the front of the COACH magazine and on page 30.

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

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

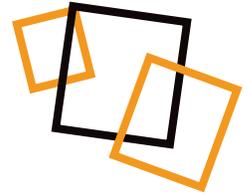
Keep the head down,

Darrell Olson
President, WSCA



PARENT CONCERNS

Coach Jerry Smoot
Meridian Middle School
Bellingham, Washington



After a number of years coaching baseball and basketball at the middle school level and also with local youth teams, there have always been parent concerns about their child's playing time or where they are playing. I use a system where I address parents and players at a required pre-season meeting where we cover what to expect for the upcoming season. We cover grades, transportation, required number of practices, effort, attitude and sportsmanship.

I also cover if parents get upset at a game, we will meet with them but not right after a game. The meeting must be at least 24 hours afterwards so everyone has time to think. The parent(s) must have their child present at the meeting, both coaches are present and all concerns will be documented with copies going to the AD, head high school coach, school principal and also to the parents.

This way everybody knows what the parents' concerns were pertaining to their child.

Once parents know this guide line it has stopped about 95% of parent issues. It is also amazing that a lot of players don't even know that their parents are doing this. I have had several players come to me sometime later and apologize for their parents. There is no system where every parent is going to be happy even with winning your league championship every year. Good luck to all coaches! ■



Do you have a coaching tip to share with the readers of "The Washington Coach"?

Send your tip or tidbit to wsc-editor@comcast.net

Share a Coaching Tip



Washington State Coaches Association

- Eligible to coach in sanctioned WSCA all-state games. WIAA will only authorize WSCA sanctioned All-State events.
- Receive reduced fees at WSCA sponsored coaches clinics and WIAA clock hours toward coaches education certification and/or salary placement
- Honor member coaches for their coaching achievements through our Career Recognition and Lifetime Achievement programs.
- Provide reimbursement to each Individual Sport Association for enrollment in the WSCA.

For registration information please visit:
washcoach.net

Why Should I Become A Member?

This \$40 question is asked by many coaches in our state. The first answer is that the WSCA is a professional organization for Washington State high school & middle level school coaches. *We exist to support your efforts as a coach.*

- Professional education and training, to earn clock hours and coaching education hours.
- Availability of a pass, using your membership card, for entry into **ALL** WIAA state tournaments, **ALL** regional tournaments, and **ALL** district tournament games, state wide!
- **Liability Insurance coverage of \$1 million** for our membership while working a scheduled, sanctioned and supervised WIAA sport or event.
- An opportunity for your son or daughter to apply for WSCA scholarships. (i.e. **Burnett-Ennis, Terry Ennis, Student Teaching**).
- Eligibility for your sports' **Hall of Fame and Coach of the Year** recognition.

OTHER BENEFITS:

- Coordination with the state governing association (WIAA).
- Input through the Individual Sport Association Representatives into the WSCA.
- By becoming a member of the WSCA, you are taking a proactive approach to working on issues facing our coaching profession.

SCAN HERE





MVP | DRIVE

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

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

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

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

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

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

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

MORE THAN JUST TACKLING

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

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

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

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

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

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

ROGERS

The LEAP Student Blog



'UNIFIED BY SPORTS'

by Gillian Spilker
Bellingham High School, Class of 2023
11-19-2021



It has been said that sports is life with the volume turned up. February 20, 2020—right before the world tipped upside-down—my town turned the volume way up on a Unified basketball game. The last big event I attended before the pandemic was wall-to-wall in my high school gym, a cheering crowd stomping and yelling and dancing and high-fiving, in joy and competition, intense rivalry and a profound spirit of unity.

When people with strong passion come together to compete they are competing for the same thing even when they are competing against each other. Sports celebrate diversity—the tall, the agile, the fast, the flexible all stand out-- but when the game or match or race begins, they are also the great equalizer: everybody is seeking the same singular goal. In a counterintuitive way competition, and the intense



passion poured into competition, breeds union and camaraderie, unites people of all kinds.

Unified sports are a prime example of sports breaking down differences among people and creating camaraderie through a shared passion. Unified Sports is a program under the Special Olympics (and works closely with the WIAA) that allows for students with and without disabilities to play on the same sports team. Unified teams, which now countless middle and high schools in Washington state have started, break down stereotypes, erase the lines separating people with differences in ability, and unite passion within people in a way only sports can do.

I first heard about the "Fill the Gym" game when my school started promoting it in mid-January of 2020. Soon

after, I read about it from the local radio station: "BHS hopes to set a record for the largest number of fans watching a Unified Basketball game in the state." Bellingham High School planned to pack the gym with fans for the game against cross-town rivals, Sehome High School's Unified team. Preparations for the game began early, including the cheer and dance teams from both schools learning routines for halftime, getting drumline to welcome the players into the gym, and, of course, promoting the event to ensure a huge crowd from both Bellingham and Sehome students. Posters were made and hung everywhere, and announcements ensured everyone knew about the game.

On gameday, the gym was animated, one side a sea of red, the other green. Everyone was on their feet, clapping and yelling. The cheerleaders from both schools lined up and made a tunnel for the players to run through—as they did, a booming voice announced each player's name. The crowd went bonkers. Then the ref blew tip-off—the energy from within the crowd was powerful, like you could feel the emotion pouring out from each individual fan. At half, cheer and dance performed, hyping the crowd more. This game is perhaps the most memorable to me because it was the last big event before our school shut down—its life, its energy, made it one to remember.

There's a difference between making someone feel welcome and making sure everyone belongs. We can say our school is welcoming to everyone, but creating belonging is much more meaningful. It's making someone feel seen,



and loved, and appreciated. Through sports, our shared passions and drives, our school and our world can move from welcoming to belonging. In the end, it isn't huge events like the Fill the Gym that promote inclusion and belonging in sports—it's the team experiences, like riding the bus or doing a handshake with a teammate.

The game did break the attendance record for a Unified game in the Washington, with nearly 1000 fans in the gym. But it also contributed to a culture of belonging for Bellingham, all thanks to a sports game.

To see a video made on the event, see <https://www.youtube.com/watch?v=WgrrqWu6sFw> ■



Hearing their final whistle...

Coach JAN KIRK



Volleyball Coaching Legend, Jan Kirk, Passes

Jan coached the Fife High School volleyball team for 24 years finishing with a career record of 637-15.

During her tenure, the Trojans won 18 league titles, 14 district titles, made 20 State appearances, and won four State Titles. Her teams have placed second, third and fourth at State four times, with one sixth place and one seventh place finish. The Fife girls volleyball team did not lose a league match from 2005-2010, and, remarkably, did not lose a set in Coach Kirk's final three years.

Jan coordinated the State All Star Volleyball Tournament held at Fife High School every June for 20 years, and founded the Puget Sound Volleyball Academy, originally referred to as the Puget Sound Volleyball "Club" with her son Kelly (1989).

She was inducted in the Tacoma-Pierce County Hall of Fame in 2016. When not coaching, Kirk even found time to referee high school volleyball for nine years. "I just respected the heck out of her," said Marc Blau,

the assignor for the Tacoma-Pierce County Volleyball Officials Organization. "(As a coach) she would snarl at you, make her point, but then go and sit down. There was never a bunch of arm gestures and drama. She was one of a kind." Kirk's competitive nature was well-known and also respected. And that nature went well beyond the court. Batinovich related a time in Las Vegas, after a tournament involving several Puget Sound teams, when Kirk wanted her coaches (including Batinovich) to try a specific restaurant. When the 25 or so coaches and their significant others arrived, they found the restaurant closed. But Kirk saw someone inside and got their attention. "It was the chef," Batinovich said. "And somehow, she convinced him to open the restaurant for these 25 or so people, and we were treated to this wonderful Italian dinner. She had a way of getting things done, like she did that night."

She was inducted into the Washington State Volleyball Coaches Associa-

tion Hall of Fame (2010), the Fife High School Hall of Fame (2012), the Federal Way Athletic Hall of Fame (2008), and received the NFHS Sectional Coach of the Year (2008). She received the Pemco Girls Coach of the Year Award (1995-96), the Wayne Gardner Award (2010), and was honored with the Bill Neville Excellence in Volleyball Award (2011).

The development and increasing popularity of volleyball in the state of Washington is part of Jan's legacy. While records are indicative of her expertise in volleyball, Jan's most remarkable contribution is one of building strong women. Her influence was obvious in players who were disciplined, fundamentally sound and always cohesive. She took a volleyball program that had minimal successes and turned it into a division and league powerhouse and a regular State contender.

To this day, she is still held in high esteem by all of the Fife coaches as well as volleyball coaches across the state. ■

COACHING & COMMUNICATION: Negotiations, Conflict Management & Persuasion

"Today I want to tell you three stories from my life..." Steve Jobs

Who were the most impactful coaches in your professional development? What traits did they have in common? One trait many of us look for in leaders is effective communication. Our best mentors were able to reach and teach us through clear, concise and compelling communication.

How well we communicate plays a huge role in our career development – from convincing a cranky head coach to hire us as a rookie assistant, to mediating coaching staff conflicts as a seasoned veteran, to creating program "buy-in" when starting over at a school lacking a history of success. So at every stage of our careers we should develop three key skills to become better communicators: Negotiations, Conflict Management, & Persuasion.

The goal below is to offer a brief overview of these three skills and provide resources for further practice.

NEGOTIATIONS: some are saying, "I'm a coach, not a sales person." But we are all in sales. As a coach, parent, employee, or business owner we negotiate every day. And effective negotiators follow a three step outline: Preparation; Process-Goals & Post-Mortem.

Preparation – Do some work on the front end when preparing to negotiate. What is the relationship (is this a one-off situation or is the other party someone you'll deal with repeatedly?) What are the other par-

ty's "interests" behind the positions they hold? Positions are typically negotiable but Interests are non-negotiables so it's important to understand the difference. For example, when sports-mom DEMANDS her son play quarterback that is her position. Now you ask questions - you learn she wants him to play QB to develop leadership skills (that is the interest behind her position). Once we know the underlying interests behind the position we can brainstorm create alternatives.

Process Goals - just a few key points here. First, a big mistake coaches make is fixing problems on the move while walking off the field or before stepping into a meeting. We're busy. We want to check off immediate problems and move on. That's a mistake. When an assistant coach, parent, or AD approaches us with an issue that is important to them...we need to treat it as a material concern and listen. We need to develop trust before we can influence the other party. And the best way to create trust is to truly listen and accurately summarize the other side's position and interests. This doesn't mean agreeing or caving-in to move the conversation along. It means letting the other party know we understand their point of view.

Next, how we communicate plays a big role. The person we're negotiating with is evaluating whether our words match our tone of voice



Brian Brunkow is an attorney and the author of *Zero Offseason* – a guide to Student Athlete Development & NCAA Recruiting

and body language...this is why we shouldn't "rush" through the problem solving process. Let's not "talk, walk and text" at the same time. Multi-tasking while listening to someone's concerns is a bad idea. Find a time and place to truly hear what the other side is saying so they know we are focused, invested, and interested. Communication experts point to former President Clinton as a master communicator in this regard – Clinton was able to make other people feel like the "only person in the room" in conversations. That is a valuable career skill.

The last part of process-goals is dealing with "impasse" during negotiations. We're rolling through the issues and then...no progress. Nobody budes. Impasse happens. The mistake at this stage is to force a quick fix. When impasse happens it's time to step back, reflect, and recharge. An effective way to table the discussion is to summarize the points of agreement and disagreement and ask, "what's the best thing we can do right now?" This simple phrase does two things – it reduces pressure and allows the other party to feel ownership over what comes next.

Post Mortem – Ah yes. The “unfun” stuff. But lack of follow up is a big reason “settled” negotiations fall apart. Use the “Triple R” program when negotiations are complete (Reality Check; Revisit & Reciprocity).

First, Reality Check – run hypos on negotiated agreements to ensure the stakeholders are on the same page. Second, Revisit – negotiated agreements are rarely final. Check back periodically on the “buy-in.” Whatever is agreed to won’t mean anything if people feel unfairly treated, or get passive aggressive to get their way. And third, Reciprocity – this goes back to the first point of negotiations of knowing the relationship. “Good, bad, and ugly” behavior comes back like karma. Sure, we’ll never see that car dealer again who we beat up for some free floor mats...but we will see athletes, parents, teachers, coaches, and administrators time and time again.

CONFLICT MANAGEMENT: Conflict is unavoidable. Every team, coaching staff, and athletic department deals with conflict routinely. We all come from different backgrounds with different communication styles so the healthy approach is to accept that conflict is inevitable. Communicate this fact early and often to staff, parents, and players. We also want to communicate that conflict provides opportunities for growth when channeled properly.

Is it “Conflict?” - we’re all busy with work, family, and coaching so it’s easy to confuse a misunderstanding or difference of opinion with “conflict.” Sometimes a simple misunderstanding (coaching roles) looks like conflict due to unclear communication. Ask clarifying questions to determine if there really is a conflict. And sometimes a difference of opinion (personnel decisions) escalates into nasty conflict when not handled properly. Whenever possible, have difficult conversations in person or at least by phone/Skype. Use email and texts to summarize conversations but not to address festering problems.

Triggers from Small to Big – if we allow seemingly small problems to go unchecked they will escalate and creep into other areas of the relationship. What appears to us as a “non-issue” might be a huge issue to another person. It really depends on perspective and history. And this ties into the “position vs. interest” discussion above. Ask questions to discover why the issue is important. That AD who goes ballistic on you for canceling a meeting at the last minute may have unresolved issues about a prior coach’s lack of respect. The AD’s “position” is a 24-hour notice requirement to cancel meetings; the “interest” supporting that position is a need to feel valued.

Know Your Options (BATNA; WATNA & MRATNA) – understand your options in lieu of reaching an agreement. For example, after a tough season the AD expects you to fire the offensive and defensive coordinators. You, however, want to retain and develop the coordinators. The decision may cost your head coaching job. What are the alternatives if you don’t fire staff? Work through the “best,” “worst” and “most reasonable” alternatives to a negotiated agreement. Assess the pros and cons of the options available. And be realistic about the impact of those options.

PERSUASION: you accept a head coaching job at a program with no track record of success, no culture, traditions, or community involvement. How do you create positive momentum in such a toxic culture? Impactful leaders are clear and concise story tellers. When the late Steve Jobs returned to Apple the company was a dumpster fire with low morale, infighting, and 90 days from bankruptcy. Jobs communicated the “why” behind Apple’s mission and led the company to become one of the most valuable brands in history. A great example of Jobs’ communication style is from his popular 2005 Stanford commencement speech on You Tube. Jobs starts off, “Today I want to tell you three stories from my life. That’s it. No big deal. Just

three stories.” Jobs knew the value of persuasion through story telling.

The Campfire – persuasive leaders are compelling story tellers. We’re hard-wired to gather around the campfire and listen to stories. Nobody likes a lecture...but everyone likes a good story! TED Talks is a great place to study persuasive story-telling. And the upside to TED Talks is that presenters only have 18 minutes to tell a clear, concise and compelling story.

TED Talk audience members routinely cite a few common themes for what makes a compelling story: first, tell a story in the first 30 seconds that drives home the central theme of your talk; second, effective stories are personal to the speaker; and third, effective stories use a mix of narrative and dialogue, and short, specific details that are multi-sensory (visual, auditory, touch and smell).

So we’ve briefly covered three key communication skills for coaching success (negotiations; conflict management & persuasion). Below are additional resources to continue this skill development:

Negotiations: Getting To Yes – Negotiating Agreement Without Giving In, Roger Fisher and William Ury

Conflict Management: 101 Ideas & Insights About Resolving Conflict, Susan Fee

Persuasion & Story Telling: Talk Like TED – 9 Public Speaking Secrets, Carmine Gallo ■



WASHINGTON INTERSCHOLASTIC
ACTIVITIES ASSOCIATION

Discriminatory Behavior

The WIAA encourages participants to report discriminatory behaviors to officials and event management when they occur during a game. Below are the steps expected for officials and event management to take when such behaviors are reported.

Discriminatory harassing behavior reported to event management by an official, student or coach:

- Alert officials to stop the game, alert the crew, send the teams to their benches and have the crew bring both coaches and captains together to discuss what was reported. Explain to both coaches/captains that those behaviors will not be allowed to continue, and consequences will occur if reported again, including potential postponement of the game.
- Return coaches to their athletes to explain what was reported and the consequences that will be applied if the behaviors continue.
- Officials and event management should be in communication throughout the remainder of the game regarding alleged behaviors.
- Event management needs to contact administrator(s) present at the game and follow through with the school(s) involved.
- Officials should report the incident to their assigner at the conclusion of the contest.

Discriminatory harassing behavior reported to an official by a student or coach:

- Stop the game, send the teams to their benches, alert other crew members, and bring both coaches and captains together to discuss what was reported. Explain to both coaches/captains what behaviors were reported and that any such behavior will not be allowed to continue, and consequences will occur if reported again, including potential postponement of the game.
- Return coaches to their athletes to explain what was reported and the consequences that will be applied if the behaviors continue.
- Officials immediately alert event management of what has been reported so event management can contact administrator(s) present at the game and follow through with the school(s) involved.
- Officials should report the incident to their assigner at the conclusion of the contest.

For a second occurrence, the process should be repeated. At the discretion of the officials, they can include a warning that if it continues, the contest will be terminated. If the warning is given to the coaches, the crew should meet with game management to make sure they are aware that a third occurrence will result in the termination of the game.

435 Main Ave. S. | Renton, WA 98057 | (425) 687-8585 phone | (425) 687-9476 fax | www.wiaa.com | facebook.com/wiaawa | twitter.com/wiaawa



PREPARING YOUTH FOR LIFE, FROM ONE GENERATION TO THE NEXT.



WASHINGTON INTERSCHOLASTIC
ACTIVITIES ASSOCIATION

Upon consultation with game management, the crew may terminate the contest on the first or second occurrence if deemed egregious and a safe resolution cannot be reached. The assigner must be notified prior to the termination of the contest.

Discriminatory harassing behavior heard or seen by an official:

- Apply NFHS rules as it should be enforced resulting in the appropriate penalty, which may include ejection from the contest.
- Speak with both coaches immediately regarding the incident that occurred and ensure that coaches address their teams on expected behaviors for the remainder of the competition.
- Officials immediately alert event management of what has occurred so event management can follow through with the school(s) involved.
- Officials should report the incident to their assigner at the conclusion of the contest.

Applicable NFHS rules should be enforced at all times.

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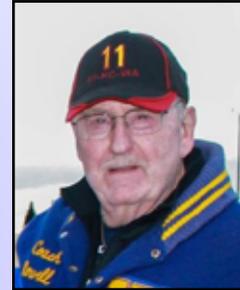


PREPARING YOUTH FOR LIFE, FROM ONE GENERATION TO THE NEXT.

YOU ARE LEGEND

1983 Olympic High School Trojan Football

by Lane C Dowell



On Friday, October 30, 2015, the Olympic Trojans hosted North Kitsap at a game that could determine the Olympic League Championship. Olympic Athletic Director **Nate Andrews** and Head Football Coach **Sal Quitevis** invited the 1983 Olympic team to stand on the sidelines with the Blue & Silver as they battled the Vikings. The Trojans were 9 and 0.

This was truly an honor for the '83 team. They had been Olympic League Champions and third in State with 254-90 total points during regular season. At halftime, the crowd chanted, "**You are Legend**" to those aged half-century athletes as they were being introduced. It was a proud moment.

The game ended 17 Olympic 14 North Kitsap. The last seconds of the game led to Oly's victory. Olympic later won the Olympic League 2A title and reached the state tournament that year.

There are some who say Sports doesn't matter for the youth. They're wrong. Here are detailed stories of what these 1983 athletes remember almost 40 years later.

Coaches, Teachers, and Families, you give to make these memories happen.

Ron Whited: #12 - All-State Quarterback - Honor Student

Wow, I've been trying to recall as much as I can about the unforgettable and unbelievable season we were all a part of in '83. If you are anything like me, sometimes the memories fade and it feels like we are talking about a movie or someone else's life, but it was ours.

Specifically, I only remember 3 games that year. And, of course, the day we lost **Steve Faagau** to a season ending knee injury. I think many of us thought we would be a mediocre team after that. I remember being told that his surgery was like sewing two paint brushes back together, end to end. Quite a feat to recover from that, earn a scholarship to Air Force, and play college ball.

As it turns out, the exceptional job **Bill Pierson** and **Paul Bidinger** did to pick up the slack for losing our all-star running back made our undefeated season possible. In addition, the stellar and unexpected play in the trenches on both sides of the line, like **Jon Trybala**, **Scott Mahoney**, **Mike Ellis**, **James Blas**, **Pat Higgins**, and others, controlled the line most of the time. I can't forget **Shedrick Washington**...no one could. So animated and passionate. He could change a game in a moment, sometimes making a tackle before the RB received the ball. And I remember his confidence would rise with each play. He was unstoppable at times, but I do remember watching the Kelso Hilanders entering the Tacoma Dome, all dressed in matching suits and ties, and saw Shed's eyes pop out in amazement. I think we all lost some confidence at that moment. We were good enough to win, but Big Game experience went to Kelso, and it showed. We were embarrassed that day. I still feel it. I guess unless you are an elite athlete like Tom Brady or Michael Jordan, sooner or later we all lose. Still, what a season.

I remember the little school from Silverdale on statewide TV against Enumclaw...Still viewed today on YouTube! If you haven't watched it, go punch it in. You might see **Coach Doug Smith** biting his nails, **Coach Chris Thorsen** stomping around the sidelines, or **Coach Lanny Dowell** with his long pants hiked up around his waist. Not sure how he did that! **Sonny Sixkiller**, a name well-known in Washington...a local Husky hero...called the game.



We probably threw more times than Coach wanted in that game, and I remember missing on quite a few. But I can still see Coach Smith on the sideline with his left arm behind his back. It was the signal for a bootleg pass play. He had so much confidence in me it seemed that he didn't have to call the entire play, just give me an indication of what he wanted, and we ran it. **Gordy Wood** caught the ball in the back of the end zone to complete the comeback and win.

Much of the rest of the season is a blur with only a couple plays standing out. I remember having the best receiver group. **Gordy Wood, Tommy McGill, and Butch Englebright** were all so different. Butch was the Steve Largent type, slower but great route running. And he caught everything I threw. I think he had 15 catches one game. Gordy and I were always in sync on the hot blitz audible. He saw it before I did most of the time. I think some described him as a vacuum cleaner. If it was thrown close, he would suck it up. Then there was Tommy. The fastest of the three and our deep threat. I remember one play where he ran deep across the middle, and I hit him in the chest in front of the safety. Tommy let the ball hit his chest and it bounced off, over the head of the defender and he caught it without breaking stride. Not the way Coach Randy drew it up, but I think that's how he got the name "Big Play" Tommy McGill.

I remember a bit more about our quarter final game against Longview's Mark Morris. It was a long bus ride to Southern Washington. It had rained for days, and I recall thinking the game was going to be on turf but was rescheduled for a different grass stadium. It was mid-November, and we were informed that the field crew had dumped many truckloads of dirt on the field in an effort to dry the playing surface. It didn't work. It was a mud bowl from about 5 yards from each sideline. Despite the awful conditions, we jumped out to a big lead only to have it dwindle by the fourth quarter. In the last few seconds of the game, we were losing. We started around our own 30 only to lose more yards on first and second down. So, on third and 27, Coach called the only play he could. A long pass with all receivers going deep. Everyone in the stadium knew the call. What else could we do. With less than a minute left and certain defeat and an end to our Cinderella season, I let the ball fly deep as Scott Mahoney kneeled with his crutches and said a prayer on the sideline. Tommy smartly had stayed on the sideline where the grass was intact, and the Mark Morris defender couldn't keep up because the mud stuck to his feet. The pass was completed, and Tommy ran into the End Zone. We were still 2 points down and had to go for 2. Coach called the bootleg in his usual manner. COMPLETE and SCORE! We dialed up the greatest win in Trojan History.

When I think about our team, some non-athletic things come to mind. Though we were not all great friends off the field, we were very inclusive and supportive on the field. We had all races and cultures represented. The marginalized student-athletes were welcomed on our team. We had all religions that were able to find the best way to cooperate

and succeed as a team. Our roster included **Binh Doung** who sought asylum from Vietnam on an overcrowded and dangerous boat trip across the ocean and spoke little English. We relied on great assistance from Manager **Zach Sheets**, one of the smartest guys I've ever met and a huge sports fan. And **George Edgar** - He always made an impression. He loves Sports and he did everything that was asked of him without ever a complaint. We needed them all to succeed.

But all this would have been impossible if it wasn't for the coaching staff that **Doug Smith** was able to assemble. Very talented men who could teach and coach. **Jim Bogart** - Not who you might expect if you attended one of his classes, but a very competitive and determined coach, and the right fit on the coaching staff. **John Freeman** was our strength coach and defensive backs coach. He motivated us to work with intensity. If you knew him, you would understand. **Randy McElveen** was someone who inspired me both athletically and spiritually. I spent many hours after practice with Randy and our receivers getting to know just when to throw the ball. **Chris Thorsen** was one of the greatest football players to come from the Central Kitsap area. He struggled ever since with bad knees and other physical issues, but he lived every minute like it was the last, and he taught students in the classroom like a football coach. I think he wore the whistle in class. No loafing ever for Mr. Thorsen. **Lane Dowell**, one of the nicest men I've ever met but not while on the field. It was all business and he made sure you knew it. He was always easy to read. Coach got his exercise on game day and practices for that matter. Up and down the sideline. Hands in the air. Pants up then down then up again. Wringing his hands, pulling his hair. But always a good sport and always on our side. He called me a turtle once for not popping up after a play. He was right.

Finally, **Doug Smith**. A new young coach who took a chance on a couple of sophomores probably because he had nothing to lose, or we just didn't know how smart he really was. I think it was both. I learned how to be a leader from Doug. He made it fun to come in early Saturday morning and run 2 miles after a game. He showed us how to win together. Although he didn't need us to show the world his talent, maybe our team helped him a little too. I still remember some of his favorite quotes. "It's a great day!" as we warmed up for practice or "it's a long way from your heart" if you complained about an injury. I hope Doug and all the coaches remember 1983 as one of their success stories.

There is no doubt I am a better provider and parent due to the influence of The OLYMPIC HIGH SCHOOL 1983 Miracle Season. I thank you all for being part of the best days of my life.

(Dowell insert) *There was never a wiser more talented Prep multi-sport athlete in the Kitsap area. Not many sports in Olympic High that Ron did not try... "don't want to play*

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basketball this season" – ended up as a starter. "Think I will try wrestling" - 2nd in state. "So, this is a Discus." Nearly 175' later...

Shedrick Washington: #70 - Right Tackle – DT/OT

There is a place in my Soul for the time and the lessons I learned from **Coach Doug Smith**. His staff and coaches treated us like family. We really were family. I think that's why we played so hard and gave it our all. Our training was on a college level. I learned that when I went off to play for Weber State...Short time experience due to a past knee injury that I still suffer from today. I'm not complaining - just getting old and will never forget being a Trojan. Nothing but great memories. Thank you for allowing me to share.

(Bremerton Sun – Thursday, Nov 10, 1983) "...Shedrick Washington quoted..."*"And you know what! This team has got to be the most melting potted team in the league....We have rockers and new wavers and country guys and Christians. You name it, we got it. We might be a bunch of different people, but we've come together, and we get it done."*

Gordy Wood: #80 - Tight End TE/LB

As the youngster on that team, my greatest memory was being able to be around a bunch of guys that were great leaders and role models who taught me how to act, compete, and be accountable to my responsibilities to the team. In addition, **Dr/Coach Smith** and the whole coaching staff were a big impact on me during a time I needed direction. The experience of the '83 season shaped who I am today. To this day I still feel it is a responsibility to give back what that team and coaches gave me in '83.

(Dowell insert) *We knew we had a winner in Gordy way back during pre-season. Coach Thorsen and I used big planks as a warmup for quick feet properly distanced. Occasionally we did 1-on-1 - Who is Tough - challenges over the boards. Kind of a straight-line Bull in the Ring.*

Learning the names of our new charges, we put last names taped to the front of the head gear. A senior starter stepped onto the end of the board and faced off with a slender sophomore who asked if he could be next. The front of his helmet read WOOD. I don't think either Coach Thorsen or I thought the young prospect could achieve success. The command to start was given and when the dust cleared the Senior start-er-to-be was sitting on his rear. Thorsen and I exchanged glances of disbelief. We both barked, "Go Again." The Senior again shock his head in disbelief. We repeated twice more. Same result. We found later that this young player could also catch the ball. Gordon Wood would go on to play his college ball at Wyoming and become a record setting receiver as a Cowboy. He later became the Head Football Coach at Helix High, hired by his prep coach, Doug Smith. His teams won California Regional titles. Two of his prominent players were NFL Alex Smith & Reggie Bush.

Steve Faagau: #23 – Running Back, Defensive End HB/LB

(Bremerton Sun – Sept 29, 1983) ... **"Faagau Must Forget about Football – at Least for This Year"** ...*"fate frowned on No. 23 in the first quarter against Mt Si. The second time he carried the ball, Faagau was banged in the leg and came up rubbing his knee. On his third carry, Faagau wound up limping off the field – through for the night and now through for the season."*

(Dowell insert) *No disrespect to Kelso...I have no doubt that we would have won the state title had Steve not blown out his knee early in the season. Steve continued his ability at the Air Force Academy as a Defensive Lineman. Never coached an athlete of Samoan heritage that was not physically and mentally tough and so humble. Damn sand field.*

Butch Englebright: #22 - WR/SS

I am proud to have been part of the team. **Coach Doug Smith** was a great head coach we all admired him. The coaches were hard on us but very fair. **Ron Whited** was one hell of a quarter back with a strong arm. Special memory was playing on TV - just like the NFL! Sad day when we lost at the Tacoma Dome. We ended at 11-1. I will never forget my high school football days at Oly.

(Bremerton Sun Thursday, Oct 6, 1983 – *"Someone is catching the ball and that someone, often is Englebright. The 5-11 170-pound senior snagged 15 passes for 191 yards Saturday and already has 28 catches for 450 yards. Not bad numbers for a guy who didn't have a varsity reception coming into the season."*

(Coach Smith insert) *Butch certainly played lights out all year. He was an excellent route runner with excellent hands and very average speed.*

Tommy McGill: #31 - WR/CB

'82, '83, '84 – those were my high school years and the best years of my life. Training and playing with **Ron Whited, Shed Washington, Butch Englebright, Joe Trull, Gordy Wood, James Blas**....The best years of my life.

(Bremerton Sun Thursday, Nov 17, 1983 – *"McGill and his fellow captains helped the sophomores learn how to lift weights during the summer. "We showed them how just like the older players did for me" McGill said. It's really fun to lift weights."*

(Bremerton Sun Saturday, Nov 19, 1983 – *"On Olympic's possession, Whited hit Tommy McGill for 5 yards and again for the whole bundle. Tommy was flanked right and broke toward the middle. Whited's pass found him a stride outside the endzone. The ball popped out of McGill's hands in front of a defender; but McGill regained possession inside the endzone behind the defender and pranced clear out to the 25-yard line before he turned and gave the ball to the nearest official."*

James Blas: #67 - Left Guard - LB/OG

In the late 70's, early 80's Kitsap had a huge influx of Pacific Islanders. There were some issues that some of our island boys were dealing with at Bremerton High School, and I was invited over to get involved in a brawl. My dumbass was happy to oblige. During BHS's lunch hour, I walked in with my Olympic High jacket on, stood on the coveted Knight emblem and waited for the brawl to begin. While standing there, a tall lanky Afro-haired white man put his hand on my shoulder. Dowell: *What's your business here?* Me: *Here for a brawl.* Dowell: *You play football?* Me: *No.* Dowell: *I could use you on the football field and not here. Next season I better see you on the field!* (Dowell taught at Bremerton and coached football at Olympic) And that my friends, was the beginning of a transformation of a new man! I joined the team my junior year - 6am weight room, practice after school, then game time. The intensity was unparalleled, coaches in your face, Coach Dowell's pants up past his knees screaming, "Blas, get tough...Blas, get TOUGH!" "Already tough, Coach." was all I could say. I didn't have a lot of skill, but I had the heart! I had the heart to give back to coaches who appreciated me. That is all this young man needed! The game itself was a blur. I had so much to learn, **Mike Ellis** to my right, **Pat Higgins** to my left - thanks to those two brothers, I got a few lessons on plays I needed to learn. I have many great stories about my years at Olympic, but it all started with a couple hero coaches who redirected the testosterone to the football field! Thanks to all the teachers and coaches who changed my life

and thank you for one of the greatest football seasons Kitsap County has ever seen.

Jill Serbousek: Defensive Coordinator Statistician

I remember it was exciting times because we had a winning team that year. It was especially exciting for me because it was my senior year. Practice was on Olympic High School grounds where I had to learn and memorize all the hand-signal play calls by **Coach Dowell**. When it was game night, we played at the Central Kitsap High School field. My job was to watch each of his play calls and write it down. I don't think I really watched much of the game itself, I was more worried about not losing Coach Dowell as he moved up and down the sideline.

Scott Mahoney: #71 - DT/OT

My first thought is the coaching staff. **Coach Smith, Coach Dowell, Coach Thorsen** and **Coach Bogart**. Great coaches that challenged us to be better and work harder. Coach Thorsen would tell me, "Mahoney, this is a violent sport for violent people!"

I remember the televised Saturday game at CK field against Enumclaw that really told us we could win. We gained a lot of confidence after that win.

Ron Whited was a machine. He was the leader of the team. Had we had Steve Faagau healthy I have no doubt we would have won the whole thing. We were blessed with great athletes that truly cared for each other.

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Ron Whited, Steve Faagau, Butch Englebright, Tommy McGill, Gordy Wood, Mike Ellis and so on.

Definitely memories I will forever remember.

To this day, I can't stand Kelso!!

Mike Ellis: #77 - OG/DT

That season we shifted gears from a running team to a passing team after **Steve Faagau** got injured. I think we were 70-30 running and switched to a 30-70 passing... when 'passing' wasn't a thing. Moving from under center to full shot gun. **Gordy Wood, Butch Englebright, and Tom McGill.** Tom caught everything!! Butch surpassed some single-season catch record if I remember.

Also, we never worried about winning or losing - we just went out and played every week. Just like baseball that year when we won state. We also put in the extra work: Lifting and running on Saturdays, Oline Film and Spaghetti feeds weekly, summer programs of lifting and running. And always allowing and encouraging us to play multiple sports. I would bet not a single starting athlete on that team only played football.

The coaches showed incredible organizational skills, preparation, compassion, discipline, professionalism, expertise of the game, and skills.

When I went to college, there was no adjustment. Practice plans the same, skill teaching the same, scouting reports the same, football language the same. That's why I was a 4-year letterman and a 3-year starter. I was mentally prepared - just needed a little more time to get physically prepared.

Life lessons: I coached for approximately 25 years after college from 10-year-olds to high school varsity. It was always a "Great Day to be ????" And "There no place I would rather be than right here right now!" Traditional war cries from you guys that carried on to hundreds of more kids. The skills, organization, preparation, discipline, compassion, all of it, copied from you guys.

(Coach Smith insert) *Mike Ellis definitely made a difference for us.*

Zach Sheets: Team Manager

What an amazing year with the last second win with Enumclaw, to be able to get to the Tacoma Dome...and even though it was a tough game, it was amazing to get there. I remember **Doug Rohwein** busting up his nose on one of the first plays against Kelso and still gutting it out. Such a great group of guys and great coaches. The memories will always be there as we were so blessed to have the great run in football and the championship in basketball.

Phil Songcuan: #51 - LB/OG

I was a Sophomore/10th grader in 1983. It was my first year in High School and my first introduction to REAL

football.....Olympic Trojan Brand of Football. My only other football experience to that point in life was a 9th grade season at Fairview Jr. High School. We won the championship and I thought I was Hard!

I remember my official first Olympic football team meeting at the high school. It was summertime 1983. All the coaches were there, Coach Smith, Dowell, Thorsen, and Bogart. They handed out packets with the team philosophy, team workouts, and the passing tree for receivers. I thought to myself, this is next level \$hit...not you daddy's Fairview Jr. Football action. Anywho, the first thing I read was the Team Philosophies. It rang in my head, and I still remember it to this day. It said: "***The strength of the team lies within the individual. And the strength of the individual lies within the team***". I didn't quite understand so I asked my dad on the car ride home. He said basically it's like this...*Think of the team as one big Family...each family member has their own strengths...when each family member pulls together as one unit, it makes the family that much stronger, and that total combined strength of the family makes the individual that much stronger.....*my dad said it's about working as one unit or team work. Those words stuck with me setting the tone for my approach with how I conducted myself in workouts, practice, and games for my entire career at OHS. It also carried over to life applications for me. Many years later, I read a quote from NBA legendary coach Phil Jackson "*the strength of the entire team lies in the hands of each member. At the same time, the ultimate strength of individual members is the team itself.*" - - after reading that I was like, Phil Jackson, my @ss that's 1983 Olympic Trojan football right there! ha ha. I went on to play football in college and also coach football for 15 years ...I lived by those words I first learned from the Olympic Trojans Football Philosophies handout.

Another statement from the Olympic Trojan Football Philosophies handout that stuck with my whole life is "***Excellence is achieved through a burning desire to improve yourself each day***". I remember working out at 6am in the weight room before school and then have football practice after school. The coaches pushed us to work hard and to believe in each other. At the end of practice, we would do extra conditioning called 4th quarter drills. Sometimes, the coaches sent it to overtime, and we did an extra 5th quarter. We worked our butts off so when it came game time...the game was easy. The hard work paid off because we went undefeated all the way to the Tacoma Dome before losing to Kelso in the Semi-finals.

We had a great coaching staff that was able to get the most out of the players we had. We were undersized and not the most naturally talented, but we were well coached by Smith, Dowell, and Thorsen. They coached us to be quicker off the ball and beat our opponent off the snap of the ball. Every practice the coaches would say to us "***It's a great day to be a Trojan***" Coaches would also always say "***You gotta want it***" "***You gotta believe***" and they would preach to us, ***PMA - Positive Mental Attitude.*** The coaches had us

so amped up we would run thru a brick wall if they asked us. That's how we played and that's why the '83 team was so successful making it to be 3rd in the state. That '83 team was my first year playing real football - we worked our butts off, we had fun, and we learned life lesson through the sport of football that I still use to this day.

Joe Trull: #10 - QB/FS

The '83 team was a group of step-up players. There was a feeling in fall camp that we were going to be good, and I'm not completely sure why. Sure, we had a few superstars coming back, but the season before was so senior heavy that very few underclassmen touched the field the year before.

On offense, we had the best Running Back and best Quarterback, but no returning receivers, or fullback, one lineman and a few guys who got a little time on the line. Defense was a similar picture, a cornerback, a lineman or two, and that is it.

Our line just seemed to come together and that was set. We needed a tight end. First up was a senior that didn't play football before and when that didn't work out, he became a cheerleader. They tried **Shedrick Washington**, but that didn't work, which is unfortunate because trying to tackle an angry Shed would have been tough. That left sophomore **Gordy Woods** to step up. Seems like an obvious choice now. He stepped up early with a few catches in our first game, but also had a pick six that game too. Receivers just kind of came together too. Big Play **Tommy McGill** and Clutch **Butch Englebright**. Butch had the unfortunate problem of showing up to Olympic his junior year with a loaded senior class. I don't think the coaches knew what they had in him, or he would have played more his junior year. Butch and Tommy stepped up. **Ron Whited** and **Steve Faagau**, no competition for their spots. We had a fullback in **James Webster**. Pretty much on any other team, he'd be the feature back. He ran like the wind. He set the offense until one of our final full contact drills before the season started. I was right behind Webster when Faagau came through the line with the ball. Webster goes to tackle him and Faagau lowers his shoulder and it's a tremendous hit. James' helmet and glasses go flying. He sits there stunned. We would now recognize that he's concussed. That would be his last practice. That would hurt us on both sides of the ball, especially after week two of the season. **Billy Pierson**, time to step up. And Billy did.

The defense, for the most part, came together coming out of camp. Lots of two-way players. Faagau and Whited on the ends and Shed in the middle. I wouldn't like to be on the other side of the ball looking at that. We were missing a piece. We were having linebacker problems. About our 4th game of the season the coaches put in sophomore **Doug Rohwein**. And Doug stepped up. We were solid on D now.

Our second game of the season would change our lineup dramatically. We would lose Faagau to a season ending in-

jury. We had no Webster, so send in **Paul Bidinger**. Time to step up, Paul, and he did. But the Biggest Step up of all was made by Ron Whited. We knew he was good but had no idea to the level he did. It was amazing to watch him. We now became a bit more one dimensional, and teams now prepared for that. They would blitz and really try to get after Ron. Coach Smith, time to step up, and of course he did. He installed a blitz package to counter the other teams. Thank God, Ron was so smart. They had to dumb it down for the next season. The games were great. Playing at Port Angeles against two future Sunday players and having to deal with a blatant cheating ref (Still pisses me off). The TV game against Enumclaw, pounding Central Kitsap (again), amazing catches against Franklin Pierce in the playoffs. Our amazing comeback against Mark Morris. It was after the Mark Morris game where I was greeted by **Rob Smith**, a Oly grad who helped coached before he would head off to Oregon State. I had a few important tackles and an interception that game. He told me stuff that made me know I had stepped up.

I still think about that team, if we would have stayed healthy, would we have had enough to beat Kelso. I feel sorry for these high school players today who missed the seasons due to the pandemic and robbed them of their chance at their own '83 season. It's part of me still to this day. I've been asked if I could go back in time to go back to high school. Only if it was Friday nights in the fall.

Doug Smith: Head Coach

Player Reflection: We had some very good seniors and developing under classmates, most of whom were not college ball players but good hard working and coachable young men. I do recall feeling that as a group, they really enjoyed playing and they believed in what we were trying to do as a team. I remember thinking that the players that year were individually better in their skill level and techniques than we were the previous year. This was from seniors to sophomores.

There are many names that could be mentioned. As for the young men who had ability to play college ball, we certainly had a few of them, and that, of course, made a huge contribution to our success.



Certainly, one of the major factors going into that year was the injury to **Steve Faagau**. In reflection his loss changed the nature of our team. Steve had all the potential and abilities to play college football at a high level, both potentially on offense and defense. His loss changed our offense the most. (Air Force Academy)

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Ron Whited was by far the best QB I was fortunately able to coach (I didn't officially coach Alex). I certainly could throw out a lot of adjectives to describe him. I do feel it was unfortunate that he chose to go to the Academy, with their offense, instead of going to school that would give him a real look and an enjoyable experience. (Air Force Academy, University of Washington)



Shedrick Washington was an exceptional athlete who at the time certainly didn't know his own potential or what he was going to do with it. He was like many great athletes who have tuff situations and challenges to deal with. (Weber State)



Gordy Wood has to be mentioned, even though he was only a sophomore that year. By the end of the year, he showed the skills that would take him to Division I success. (University of Wyoming)

Coaching: In thinking about our group of Coaches it must be said that they devoted a lot of time and effort to trying to teach the skills, techniques, mental and physical toughness, and the game to our players. We tried to teach more than X's and O's. We did work hard to try and teach these young men what it meant to be dedicated and dependable teammates. I do think that our work as Coaches over the previous two seasons was paying off in 1983. We had made considerable progress. That season was not just one to remember because of the wins, it was remarkable because of the young men we were coaching.

Lane Dowell: Defensive Coordinator

The 1983 team was truly a brotherhood composed of a number of first year players, some of whom had never played the game and just were attempting to make the team. We were blessed with four players of Division 1 status. All young gentlemen, very humble and fun to be around. All were the type who said nice things about others, even young, confused teammates. We had young men that had just come to America from Guam, Samoa, and Viet Nam. This seemed to create an atmosphere of togetherness amongst our veterans of the game. Those not so gifted or familiar with football were taught by our Naturals who knew the game. It developed a toughness that made them one, a family. They had FUN being with each other.

The coaches received two special memories from **Ron and Joan Whited** (QB Ron Whited's parents), a blue and silver knitted cap with their names printed on the front and a blue inch-and-a-half binder with every single media article from that season. I keep both on a special shelf. Their daughter, **Marcy Whited Salo** was unrelenting in making the largest, best run-thru banners for the team as they came on the field.

Their only loss was in the Woodshed (Tacoma Dome) to the mighty Kelso Highlanders in the state semi-finals.

Check out YouTube - '1983 Olympic vs Enumclaw High School Football' played on KIRO's High School Game of the Week with Sonny Sixkiller as the analyst. (Halftime interview is with newly hired North Kitsap Head Coach, Jerry Parrish.) The victory in this game vaulted Olympic to an undefeated season and #1 state ranking all the way to the state semi-finals.

Lane C Dowell

WSCA Lifetime Member

WSTFCA Hall of Fame

Defensive Coordinator - West High, Bremerton

Defensive Coordinator - Olympic High, Bremerton/Silverdale ■



Mark Your Summer Calendars!

Coaches and Gofers will report to Yakima on Monday, June 20th and players will report on Tuesday, June 21st with the Classic being played at East Valley High School in Earl Barden Stadium on Saturday, June 25th at 1:00 PM.



West Coaching Staff:

Head Coach- Jeff Weible- North Kitsap High School
Assistant Coach- Dave Snyder- North Kitsap High School
Assistant Coach- Chris Richardson- North Kitsap High School
Assistant Coach- Mike Christensen- Toledo High School

Mark Mochel
Chairman/East Coordinator
Earl Barden 2A-1A-B All State Classic

East Coaching Staff:

Head Coach- Wiley Alred- Royal City High School
Assistant Coach- Jeremy Scroggins- Royal City High School
Assistant Coach- Wayne Riner- Connell High School
Aaron Cochran- Goldendale High School

We are stoked for the return of our event and to showcase the talent of the small school football players in our state! Find us on our website at earlbardenclassic.com, on Facebook at Earl Barden 2A-1A-B All State Classic and Twitter at [@EarlBarden](https://twitter.com/EarlBarden). ■

WASHINGTON STATE COACHES ASSOCIATION INSURANCE

By Dan Weedin, First Underwriters, Inc / Toro Consulting, Inc.

My name is Dan Weedin and I'm the insurance broker and consultant for the association. As you begin your new year, this is a great time to advise you of the protection afforded you as members by the association.

Liability Insurance: As an individual coach, you're protected for up to \$1,000,000 for liability arising out of negligence in your role as a coach. This policy protects you against allegations of abuse, molestation, discrimination, harassment, negligence in injury, and any other liability arousing out of damage to an athlete under your care and supervision.

Please note that in order to trigger this policy, "damage" to an athlete must have occurred and a claim or allegation made. Legal issues are not part of insurance. In other words, you must be viewed as responsible for direct physical damage to an athlete.

This protection includes activities at summer camps and events for paid coaches of the district and volunteers. In order to be included in the insurance, a coach or volunteer must be a member of the association.

The association has a \$1,000,000 per occurrence limit, with a \$2,000,000 aggregate. In English, if a coach is alleged to have injured a student-athlete (including abuse, molestation, or harassment) and is being sued or has a claim against him or her, there is up to \$1M available for damages per that one claim (allegation or action). The most the company will pay for multiple claims over the course of the policy year is the "aggregate" limit of \$2M. The coach must be a member in good standing of the association.

The insurance policy is underwritten by K&K Insurance.

If you have any questions or want to learn more about either the insurance or Legal Shield protection, you can contact me at (833) 393-4778 or danw@firstunderwriters.com. ■

Hearing their final whistle...



Coach Jack McMillan

February 14, 1940 -
December 4, 2021



John Saunders (Jack) McMillan
February 14, 1940 - December 4, 2021
by Scott Spruill Dec 9, 2021
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There is a time for all of us to meet death and our faith lets us know it is not the end, only the beginning. Jack McMillan, 81, was a child of God. He died in his home in Ephrata on December 4, 2021, surrounded by his wife, sons and wives and grandchildren.

Jack was born February 14, 1940 to Jack and Alice McMillan. The most important lessons he received from his parents were to have faith and belief in Jesus and to love deeply. He received love all of his life and he gave it back to all who knew him. Jack was born in Seattle and lived there for three years before moving to Walla Walla where he lived until 1951. Jack was raised with his younger sibling Jim McMillan. At the age of 11 his family moved to Ephrata where he graduated from Ephrata High School in 1958.

When he was 19 years old he started dating a 16 year old girl, Sharon Wallace, who was the love of his life from that point on. It was love at first sight and when they were 18 and 21 they married in Ephrata on November 25, 1961. Eight months after they married, with their young and exciting love, they moved to Glendale, California where they lived for five years. Their first son, Gregory Scott McMillan, was born in Glendale in 1965. Wanting to raise their children around their grandparents, Jack and Sharon returned home to Washington in 1966. Jack worked for General Motors in Yakima and their second son Mark Christopher McMillan was born in 1970. It was while living in Yakima they made the decision to pursue their dreams and fulfill Jack's true calling in life – to become a teacher and a coach.

Jack graduated from Central Washington University in Ellensburg in 1971. His first job was back in their hometown where Jack and Sharon happily returned to being "Ephrata Tigers." He taught and coached football for four years. While

living in Ephrata, their third son Nicholas John McMillan was born in 1976 and two months later they moved to Brewster. The Brewster community welcomed the McMillans with open arms and for nine years Jack and Sharon and their sons were "Brewster Bears" and will proudly forever be. They developed deeply embedded friendships and their sons claim Brewster as one of their favorite childhood memories.

In 1976 one of Jack's claims to fame was that he suggested the name "Seahawks" which was subsequently selected as the official name of the Seattle Seahawks football team.

After nine years in Brewster Jack accepted a job in Leavenworth and the McMillans then became "Cascade Kodiaks." He taught and coached for 19 years in that beautiful and wonderful community. During his tenure in Leavenworth he was active on the state level of the Washington State Football Coaches Association where he served as a board member and vice-president. He was active in organizing and supporting the All-Star East-West Classic football game. In 1999 he was honored to be inducted into the Washington State Football Coaches Association Hall of Fame. The experiences the McMillans had in Leavenworth enriched their family undeniably. Their sons also claim Leavenworth as one of their favorite childhood memories. It was in Leavenworth that Jack retired from public school teaching after 32 years.

He was then called back to Yakima and he continued his life's calling for nine more years where he was the Athletic Director and taught and coached football at LaSalle High School, a private Catholic school. At La Salle his son Greg joined Dad and together they coached the "La Salle Lightning" football team. In 2009 he was chosen as the National Football Coaches Association (Northwest Section) Coach of the Year.

He was 73 years old when he retired – or should we say semi-retired. For five more years he continued to substitute teach and he coached junior high and freshman football for West Valley School District in Yakima. He was 78 years old when he retired completely. After his retirement, Jack and Sharon joyfully spent a month each year for six years in

Maui, Hawaii which became their home away from home. Each year the same group of friends returned to their "Maui Marigold." It was not until Jack's health started to decline that they made the decision to move home to Ephrata where they were raised and fell in love. Their sons, wives and grandchildren live 20 minutes on either side of Jack and Sharon in Ephrata.

Jack loved the game of football. Little footballs ran through his veins. One of Jack's favorite quotes was "There is no better place to be on a Friday night than a high school football game." Jack loved to teach and coach. Jack loved sports of all kinds and not only coached football, but he coached basketball, softball, baseball, track, tennis and golf. The relationship that Jack had with these kids is the reward he received from giving his heart and soul to them. Jack was a basketball official for 25 years and was honored to officiate nine state tournaments. Jack loved to run and participated in many races including many Bloomsdays and was proud to have completed the Capital City Marathon in Olympia in 1984.

Jack was a man of God. He was a man of substance. He was a humble man. He was an honest and kind and caring man. He was not afraid to take a risk and every risk he took always enriched his family's lives. Jack was an incredible role model to many young adults throughout his life, but his number one priority was always his family. Jack said his two best decisions in his life was marrying Sharon and returning to school to complete his education to be able to do something he was destined to do. Jack recently said while holding Sharon's hand, "We have been so blessed in our lifetime Sharon. If we die tomorrow, we've had it all!"



Jack and Greg McMillan

No time on earth is long enough to share with those we love or to prepare our hearts for that last good-bye. Jack was preceded in death by his loving parents Jack and Alice McMillan. Jack and Sharon were married 60 diamond years and their greatest accomplishment was... a loving family. Jack is survived by his wife, Sharon. True love is when you

love someone until your very last breath. He is also survived by his three sons, Greg (Marnie) McMillan of Quincy, Mark (Lynette) McMillan of Soap Lake and Nicholas McMillan of Anchorage, Alaska. He loved Marnie and Lynette like his own daughters. Jack has 15 grandchildren and he adored and loved each one of them and their love for him was unmatched: Josh (Jade) Canode, Matt (Janelle) Schwittay, Mitch Schwittay, Caleb McMillan, Mykah McMillan, Riley McMillan, Hanna McMillan, Josh McMillan, Nick McMillan, Gabe McMillan, Davey McMillan, Zane McMillan,

Josie McMillan, Landon McMillan and Ace McMillan. He has two great-grandchildren, Kelli Jo and Laekyn. Jack is also survived by his brother Jim McMillan of Ephrata and his nephew John (Darla) McMillan and their children, Aimee (Simon), Casey and T.J. He is also survived by his nieces Kathy Osborn and Kari Moore.

Jack left a lasting legacy and made a positive impact on this world. Jack loved life and lived life to the fullest. He has accomplished all he had to do. His goal posts are now the Pearly Gates of Heaven. To each and every one of us, you will never die Jack. You will always be alive in our hearts and YOU are the very best part of every one of us. ■



Your opportunity to make contact with over 4,000 coaches throughout the state comes by choosing to advertise in "The Washington Coach." Published online three times a year on the Washington State Coaches Association website, washcoach.net, "The Washington Coach" provides information and a forum to our membership with the intent to enhance the highest possible knowledge, standards and ethics in the coaching profession.

Rates for 3 issues:

- Full Page (7"x 9") \$500.00
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Rates for 1, 2 issues are also available.

Contact Michael H. Schick, Editor "The Washington Coach"
 Email: wscsca-editor@comcast.net; Cell phone: 253-318-9432



BURNETT-ENNIS SCHOLARSHIP

Deadline: April 15th

The WSCA is proud to offer this scholarship opportunity to any member's son or daughter planning on attending an institution of higher learning.

JERRY PARRISH STUDENT TEACHER SCHOLARSHIP

Deadline: April 15th

This scholarship opportunity is open to any member's son or daughter planning on student teaching during the next year.

The applications may be found on the WSCA website, washcoach.net, GENERAL FORMS. If you have questions, please contact Tawnya Brewer at tbrewer@be.wednet.edu. ■

WASHINGTON STATE COACHES ASSOCIATION



WSCA Recognition Opportunities

As a member of the WSCA there are programs that provide well deserved recognition for you or coaches you know. Unless we are notified of these coaches, we have no way to know their great accomplishments.

The WSCA Executive Board has a recognition program for the coaches in our state association. A criterion has been developed for coaches in many sports.

✓ ***Career Recognition Program***

The program recognizes head coaches for the number of wins that have been achieved. Based on the number of wins, there are four categories that a coach could fall into in their individual sport.

✓ ***Lifetime Achievement Award Program***

The Lifetime Achievement Award honors coaches that have coached at any level for at least 50 seasons (Fall, Winter, Spring).

✓ ***Lifetime Membership Award***

Candidates for Lifetime Membership must be approved by a majority vote of the WSCA Executive Board. Any person who has retired from coaching, who has made positive contributions working with student athletes, contributed to the coaches association and the coaching profession in the advancement of athletics and has been coaching as a member in good standing of the WSCA for a minimum of twenty five (25) years shall be eligible for consideration for Lifetime Membership.

✓ ***"On the Sideline" Spotlight Program***

Complete a simple form for you or a coach you know to be a featured coach in "The Washington Coach" magazine.

To access these opportunities, go to washcoach.net and click on General Forms. ■



by Danny M. O'Dell,
Explosivelyfit Strength Training,
LLC

Post Traumatic Stress Disorder, also known by the acronym PTSD¹

A person I have known or thought I knew, was recently diagnosed with PTSD. We were talking the other day and he mentioned he had been having some problems in his life.

As he related some of the things he had done, been involved with, seen, had to do... he told me that he was a USAF veteran and had been in law enforcement for over thirty-one years. That he thoroughly enjoyed helping people out during this time, but something had happened, and began to tell me a few of the details.

Back in May of 2021, he started having problems with choking up over the least little thing. Certain things he saw on TV would elicit this response, sometimes bringing on tears. He also said he had been spacing out several times but didn't even know it had happened.

One afternoon he and his wife were driving home when all of a sudden, he began to feel nauseous and sweaty. He said that this had happened several times before but that had always passed quickly. His wife made a doctor's appointment the next day, and soon they were in the doctor's office.

When he described what was going on, the doctor simply said that's what happens when you get older. He knew that his wife was not going to be happy with that answer.

He was right, his wife was not accepting that as an answer and asked him about a neurologist referral. The doctor laughed at her and said we would be lucky to see one in one to two years.

She was so mad she could have spit nails, as the saying goes.

Well, it just so happened he had another bout of nausea while sitting on the couch, but this time he did not react at all when his wife asked if he was ok. When he went into the bathroom to brush his teeth, she asked him to close his eyes and raise both hands, to smile, say a sentence and repeat a short simple phrase, then he realized she thought he was having a stroke.²

She insisted they go to urgent care. They did and he ended up in the hospital ER via ambulance. After undergoing an electroencephalogram EEG³ test, he was referred to a neurologist for a more extensive examination. The neurologist didn't waste anytime at all and ordered a sleep study.

Fortunately, his wife went with him to the appointment with the neurologist.

The doctor presented as a pure professional. When she asked if he had ever had a concussion or hit his head severely, he told her no. The Doctor said that the sleep study had shown abnormal brain wave activity, she told him he had Focal Epilepsy⁴, but that it was treatable.

Then she began discussing his emotional reactions to certain stimuli.

She asked what his prior profession was. As soon as she asked this he started crying. His wife then told her it was law enforcement, and then listed the special units he had been involved in starting with investigating child sex abuse, attending a child's autopsy, seeing an eight-year-old die on the

operating table from a gunshot by his brother, violently raped battered women of domestic violence, SWAT hostage negotiator, undercover drug work, going to gunshot bloody suicides, SIDS, kids drowning and giving CPR, adults downing and looking like they were sleeping...the list went on and on. He could not stop crying.

The doctor, said, after his wife was telling her about his career, that she thought he was suffering from PTSD. She said he met almost all of the criteria and urged him to get counseling. At some point during this, the doctor put her hand on his thigh and told him "this will get better." At the time, it was hard for him to believe. She also told him not to drive for at least 6 months after his last seizure. This was to make certain the medicine was working.

NOTE: All through his career in law enforcement he rarely mentioned what he had been doing because he did not want to worry her. She knew some of it but not all of the things that had happened to him. During this time, she continued noticing changes in him. She urged him to see a therapist because something was off.

This advice was coming from a forty-year mental health therapist, a true professional in her field. He did not listen to her and looking back, this was a mistake. He said had he done so, this probably would not have happened.

Once out of the doctors' office and after picking up the medication she had prescribed this friend and his wife

Continued on page 24

Continued from page 23

drove home. He immediately looked up Post Traumatic Stress Disorder on the internet and discovered that law enforcement was second to the military for PTSD in our nation. That somewhat eased the trauma of the diagnosis but not a whole hell of a lot.

He called one of his friends, Chris Berger, and told him what he had been going through and what the doctor had said; this friend told him, in no uncertain terms, to get to the Veterans Administration for help.

I did and was soon in PTSD therapy at the VA in Spokane. I asked the therapist if she treated other law enforcement people. She said she treats

many of us. I wondered how this could happen, seventeen years after retiring since I loved this job.

I am indebted to my wife for trying

journey. He saved me from living in this world of anguish. I am grateful for his guidance as well as the VA therapist, Dawn Grey.

The bottom line is this: if you or someone you know is displaying any of the symptoms of PTSD help them get the therapy they need.

The bottom line is this: if you or someone you know is displaying any of the symptoms of PTSD help them get the therapy they need. I would not wish this condition on my worst enemy. It is something that I will have for the rest of my life but the information and different ways of handling

to get me the help she knew I needed a long time ago and for standing by me through this painful period of my life. I was too stubborn to listen.

I also want to thank Chris Berger, my good friend for guiding me along this

it has helped me out immensely. Do it for yourself and/or your friends to get the help you, or they need

Basic PTSD⁵ symptoms in case you don't want to look the resource up on your own.

Footnotes:

¹https://www.ncbi.nlm.nih.gov/books/NBK207191/box/part1_ch3.box16/

²<https://www.sharecare.com/health/stroke-signs-symptoms/know-someone-having-stroke>

There's a quick test anyone can do if you think someone is having a stroke. It's called the fast test.

- **F** = Face. Ask the person to smile. Is the smile uneven?
- **A** = Arms. Ask the person to raise both their arms. Is one arm weaker than the other?
- **S** = Speech. Ask the person to say something. Does it sound slow or funny?
- **T** = Time. If the person can't do any one of these things, then call 911 for help.

³An electroencephalogram (EEG) is a test that detects electrical activity in your brain using small, metal discs (electrodes) attached to your scalp. Your brain cells communicate via electrical impulses and are active all the time, even when you're asleep. This activity shows up as wavy lines on an EEG recording.

An EEG is one of the main diagnostic tests for epilepsy. An EEG can also play a role in diagnosing other brain disorders.

⁴Focal epilepsy is a neurological condition in which the predominant symptom is recurring seizures that affect one hemisphere (half) of the brain.

⁵Exhibit 1.3-4DSM-5 Diagnostic Criteria for PTSD

Note: The following criteria apply to adults, adolescents, and children older than 6 years. For children 6 years and younger, see the DSM-5 section titled "Posttraumatic Stress Disorder for Children 6 Years and Younger" (APA, 2013a).

A. Exposure to actual or threatened death, serious injury, or sexual violence in one (or more) of the following ways:

1. Directly experiencing the traumatic event(s).
2. Witnessing, in person, the event(s) as it occurred to others.
3. Learning that the traumatic event(s) occurred to a close family member or close friend. In cases of actual or threatened death of a family member or friend, the event(s) must have been violent or accidental.
4. Experiencing repeated or extreme exposure to aversive details of the traumatic event(s) (e.g., first responders collecting human remains; police officers repeatedly exposed to details of child abuse). Note: Criterion A4 does not apply to exposure through electronic media, television, movies, or pictures, unless this exposure is work related.

B. Presence of one (or more) of the following intrusion symptoms associated with the traumatic event(s), beginning after the traumatic event(s) occurred:

1. Recurrent, involuntary, and intrusive distressing memories of the traumatic event(s). Note: In children older than 6 years, repetitive play may occur in which themes or aspects of the traumatic event(s) are expressed.

2. Recurrent distressing dreams in which the content and/or affect of the dream are related to the traumatic event(s). Note: In children, there may be frightening dreams without recognizable content.
 3. Dissociative reactions (e.g., flashbacks) in which the individual feels or acts as if the traumatic event(s) were recurring. (Such reactions may occur on a continuum, with the most extreme expression being a complete loss of awareness of present surroundings.) Note: In children, trauma-specific reenactment may occur in play.
 4. Intense or prolonged psychological distress at exposure to internal or external cues that symbolize or resemble an aspect of the traumatic event(s).
 5. Marked physiological reactions to internal or external cues that symbolize or resemble an aspect of the traumatic event(s).
- C. Persistent avoidance of stimuli associated with the traumatic event(s), beginning after the traumatic event(s) occurred, as evidenced by one or both of the following:
1. Avoidance of or efforts to avoid distressing memories, thoughts, or feelings about or closely associated with the traumatic event(s).
 2. Avoidance of or efforts to avoid external reminders (people, places, conversations, activities, objects, situations) that arouse distressing memories, thoughts, or feelings about or closely associated with the traumatic event(s).
- D. Negative alterations in cognitions and mood associated with the traumatic event(s), beginning or worsening after the traumatic event(s) occurred, as evidenced by two (or more) of the following:
1. Inability to remember an important aspect of the traumatic event(s) (typically due to dissociative amnesia, and not to other factors such as head injury, alcohol, or drugs).
 2. Persistent and exaggerated negative beliefs or expectations about oneself, others, or the world (e.g., "I am bad," "No one can be trusted," "The world is completely dangerous," "My whole nervous system is permanently ruined").
 3. Persistent, distorted cognitions about the cause or consequences of the traumatic event(s) that lead the individual to blame himself/herself or others.
 4. Persistent negative emotional state (e.g., fear, horror, anger, guilt, or shame).
 5. Markedly diminished interest or participation in significant activities.
 6. Feelings of detachment or estrangement from others.
 7. Persistent inability to experience positive emotions (e.g., inability to experience happiness, satisfaction, or loving feelings).
- E. Marked alterations in arousal and reactivity associated with the traumatic event(s), beginning or worsening after the traumatic event(s) occurred, as evidenced by two (or more) of the following:
1. Irritable behavior and angry outbursts (with little or no provocation), typically expressed as verbal or physical aggression toward people or objects.
 2. Reckless or self-destructive behavior.
 3. Hypervigilance.
 4. Exaggerated startle response.
 5. Problems with concentration.
 6. Sleep disturbance (e.g., difficulty falling or staying asleep or restless sleep).
- F. Duration of the disturbance (Criteria B, C, D and E) is more than 1 month.
- G. The disturbance causes clinically significant distress or impairment in social, occupational, or other important areas of functioning.
- H. The disturbance is not attributable to the physiological effects of a substance (e.g., medication, alcohol) or another medical condition.
- Specify whether:**
- With dissociative symptoms:** The individual's symptoms meet the criteria for posttraumatic stress disorder, and in addition, in response to the stressor, the individual experiences persistent or recurrent symptoms of either of the following:
1. **Depersonalization:** Persistent or recurrent experiences of feeling detached from, and as if one were an outside observer of, one's mental processes or body (e.g., feeling as though one were in a dream; feeling a sense of unreality of self or body or of time moving slowly).
 2. **Derealization:** Persistent or recurrent experiences of unreality of surroundings (e.g., the world around the individual is experienced as unreal, dreamlike, distant, or distorted). Note: To use this subtype, the dissociative symptoms must not be attributable to the physiological effects of a substance (e.g., blackouts, behavior during alcohol intoxication) or another medical condition (e.g., complex partial seizures).
- Specify whether:**
- With delayed expression:** If the full diagnostic criteria are not met until at least 6 months after the event (although the onset and expression of some symptoms may be immediate). ■

Track Hall of Fame



DARWIN LEE HALL

Darwin Lee Hall has had a tremendous impact on the sport of track and field in Eastern Washington!

He was born in Bonners Ferry, Idaho in 1936, and he attended Sandpoint High School where he was a standout athlete in track and field winning four individual state titles in the 220 yd. and 440 yd. races. Upon his graduation in 1955, Lee attended Washington State University where he joined the track and field team. He competed for the Cougars from 1955 to 1960. In 1960, he served as a volunteer coach at Pullman High School. With that humble start as a volunteer coach, Lee Hall went on to coach for 60 years. There are not many coaches in the sport of track and field that coach more than 30 years. Coach Hall doubled that through a life-time commitment dedicated to Connell High School. It is an achievement no other Hall of Fame Inductee has achieved.

After his volunteer year at Pullman High School and following his graduation from WSU, Coach Hall took a position in Snohomish, Washington where he was hired as head coach at Snohomish Junior High School. In the Fall of 1968, Coach Hall moved to Connell, Washington where he became the Head Boys Track and Field Coach. While at Connell, Coach Hall helped usher in the first girls program. He served as the head coach from 1968 to 1988. At the same time, Coach Hall served as the Head Wrestling Coach guiding three teams to state championship titles. He is scheduled to also be inducted into the Washington State Wrestling Coaches Hall of Fame later this year. From 1989 to 1990, Coach Hall served as an assistant coach on the Connell Track and Field team. From 1991 to 2019, he served as a volunteer coach focusing on the sprints and relays for both the boys and girls teams.

As the head coach at Connell, he guided the boys teams to four state team titles in 1970, 1971, 1972, and 1978. And during his time with the program, Connell won eleven district team titles. Coach Hall helped guide 26 athletes to winning individual state titles in different events and eight relays. The 1971 boys 880 yard relay team set a state meet record as did the 1972 boys mile relay team. The 1976 girls 880 yard relay team set a state meet record. Kent Mackay set a state meet record of 219' 6" in the Javelin. And, in 1972, Greg Gibson not only set a state meet record with his 1:52.8 time in the 880 yard race, he became the Indoor High School

National Record holder for the boys 1000 yard race (2:10.1) while also becoming a National Champion in the 880 yard race in 1972 running 1:51.0. There are

many other teams that earned top eight state places and many individuals who earned places at districts and state.

It is with great honor that we welcome Lee Hall into the Washington State Track and Field Coaches Hall of Fame. His tireless commitment to the sport, his important mentorship of his athletes, his

collaborative work with all his coaching colleagues, and his important contributions, have made a difference to so many that it is our honor to recognize Lee with this honor!



DAN DITTMER

Dan Dittmer has been a track and field coach for fifty years! Coach Dittmer is best known for his incredible love for kids and his genuine passion for the sport of track and field. His contributions are many and his journey is one that has led to his induction into the Hall of Fame. In his words, "I've been blessed with great assistant coaches, a fantastic wife, and a ton of great athletes." His impact has made a positive difference in the lives of athletes in middle school, high school, and college.

Dan attended Snohomish High School from 1962 to 1964, and lettered on the 1963 cross country team that placed 2nd at state. He then attended Shelton High School and was named the team captain of the 1st cross country team at Shelton High School and competed at state in 1965. He graduated from Shelton High School in 1966 and then served in the United States Navy from 1966 to 1969. He earned math degrees from Olympic College in 1971 and Central Washington University in 1973 followed by his Masters Degree from Seattle Pacific University in 1990. Dan achieved USATF Level 2 Certification in the Throws, Endurance, and in the Sprints, Hurdles, Relays along with USATF Level 1 Instructor School. He also achieved USVBA Level 2 certification.

Dan started his coaching experience as a volunteer at Ellensburg High School for Archie Andriotti in 1972 during his junior year at CWU. He was hooked! In the spring of

Track Hall of Fame

1973, Dan was a volunteer at Selah High School. In 1974 he became the head coach at Monroe Junior High School. From 1975 to 1977, Dan served as the head coach at Selah Junior High School and the assistant cross country coach at Selah High School. In 1978, Dan became the head track coach at Lake Stevens High School. He had immediate success at Lake Stevens, coaching two athletes to four individual state titles. Tragically, after the state track meet in 1979, two terrible accidents struck the lives of those two athletes he coached. It was a very dark period for Dan from the Fall of 1979 to the Winter of 1980. He quit teaching and went back to CWU where he spent a year as a Graduate Assistant for head CWP coach Spike Arlt. He restarted his coaching career in the Fall of 1981 at ViewRidge Middle School. Dan met his wife while at View Ridge and they moved to Chimacum where he became the head coach at the middle school. He and his wife settled in Belfair and he went back to coaching in high school at North Mason where he served as the head cross country coach and assistant track coach from 1991 to 2001. He retired from public school teaching and took a job at King's West School. They had no track program or track facility at that time but on the Friday before the 2002 season, the principal came to Dan and told him to start the track and field program on Monday. With only a grass field behind the school and parking lot, he created the best facility digging pits, hauling sand, spray painting exchange zones and throwing circles in the parking lot and making a 275 yard track with paint and cones on the grass field. If you build it they will come, and that first year they had half the student body at King's West out for track. He coached Lakiesha Nilles to the 2007 state title in the javelin. From 2010 to 2014 he served as an assistant track coach at North Mason High School and then joined the staff at Olympic College in 2011, serving first as an assistant coach and then as the head coach at Olympic College from 2014 to 2017. While at Olympic College, Dan helped guide 27 All Americans in ten different events while also producing over 70 medalists at the conference championship meet in 17 different events. Since 2018 he has been the head coach at Hawkins Middle School in North Mason, South Dakota.

It is with great honor that we welcome Dan Dittmer into the Washington State Track and Field Coaches Hall of Fame. His tireless commitment to the sport, his important mentorship of his athletes, his collaborative work with all his coaching colleagues, his important contributions, and his service to the WSTFCA, provide us with the opportunity to recognize Dan with this honor!



DAWN GRAHAM

Dawn Graham's interest and passion in coaching and running came from her uncle, Fred Lawrence, who coached track and field at Mt. Si High School from 1961 to 1970. Her uncle won a state title in 1964 with her oldest brother Dave was a member on that team, and her brother Larry was also on her Uncle's teams. Those close connections proved invaluable as her Uncle was instrumental in finding opportunities for Dawn to train and compete. Dawn attended Mt. Si High School, and was the team captain in her junior and senior years. She still holds the #2 time in the 400m in school history. Dawn graduated in 1978 and followed in both her older brother's footsteps by attending Western Washington University competing on the track and field team until 1982. She again was selected as the team captain her junior and senior years at WWU. She competed on the 4 x 800m relay team at WWU that won the NCAA Division III national title in 1981 with a time that still stands today as a school record.

After graduating from WWU in 1982, Dawn worked in the corporate world until 1995. She had her own personal training and coaching business from 1995 until 2003. In 2005, she earned a teaching certificate and a Master's degree in teaching from City University followed by a Health and Fitness Endorsement from Seattle Pacific University in 2006. She began teaching in 2006 and in 2008 was transferred to a middle school in the Issaquah School District, where she now teaches at Maywood Middle School. During this journey, she served as an assistant cross country coach at Eastside Catholic High School from 1995 to 1996. In 1997, Dawn became the head coach of the girls track and field team at Skyline High School. She served as the head coach from 1997 to 2019. She also served as an assistant cross country coach at Skyline from 1997 to 2014.

Dawn is one of the most accomplished coaches in Track and Field. Eight times she was selected at the Kingco Coach of the Year. She was the 2007 Seattle Times Coach of the Year and the 2008 Washington State Girls Coach of the Year. Her girls teams won five 3A Kingco titles, three 4A Kingco titles, were the 3A District champions in 2004, 2007, 2008 and the 4A District Champions in 2005, 2006, and 2009. In 2007, she guided the girls team at Skyline to the WIAA 3A State Team

Continued on page 28

Track Hall of Fame

Continued from page 27

Title. She has coached multiple individual state champions. She is most proud of the number of relays Skyline won at the state championship meet over time as the head coach. Skyline girls relay teams had one, two or all three relay teams place at the state championship meet from 2001 to 2010. Two relays competed at state in 2011 but did not make finals. From 2012 to 2019, her teams competed at state in at least one relay each year. Dawn also led a team to China as part of the Washington Cultural Exchange.

One of Dawn's greatest contributions came above and beyond her coaching responsibilities at Skyline.

Dawn is one of the key members of the Washington State Track and Field Coaches Association after the reorganization that happened in 1997. Dawn was not one to sit back and let others do the work. Dawn was selected to serve as a selector and organizer of the Washington vs Oregon Meet of Champions. She served as the Secretary of the WSTFCA, the Vice President and she became the first woman to serve as President of the WSTF-CA. Her impact on the state association is so important that people need to understand that we would not be at the Hotel Murano enjoying the annual Hall of Fame Awards dinner if it were not for her tireless work. Dawn took up the huge job of WSTFCA Convention coordinator when she became president and helped the annual convention become what it is today! It would be an understatement to say that Dawn is one of the key figures in the state track coaches association!

It is with great honor that we welcome Dawn Graham into the Washington State Track and Field Coaches Hall of Fame. Her tireless commitment to the sport, her important mentorship of her athletes, her collaborative work with all her coaching colleagues, her important contributions, and her amazing service to the WSTFCA, provide us with the opportunity to recognize Dawn with this honor!



ARNIE TYLER

If you asked current and former high school track coaches to list the five most decent people to ever serve as a track and field coach, Arnie Tyler Sr. would be at the very top of just about every list! Arnie has had a tremendous impact on the sport of track and field in the state of Washington! When asked, every person will have a different answer as to who was the best coach they have ever known, but in Arnie, you will not find a better human being! When asked, Coach Tyler shared that "my passion is to help train our youth to be the best they can be as citizens and athletes."

Arnie Tyler was born in Arlington, Washington in 1941. He grew up in Seattle, met the love of his life, Alice Lord, while at Ballard High School and graduated in 1959. Married for 59 years, he has three children, eight grandchildren and three great grandchildren. Arnie was a standout athlete at Ballard High School who lettered in Football three years and track and field two years. From 1959 to 1964 he attended Central Washington University earning a BA in Education. He played football lettering all four years. In 1963 and 1964, Arnie was a student assistant coach at CWU in Football and Track and Field, with a focus on the varsity line and the throwing events. In 2003, he was inducted into the CWU Hall of Fame as a member of the 1963 undefeated football team.



"The Washington Coach" Magazine

DEADLINES

Fall Issue - November 14

Winter Issue - February 14

Spring Issue - May 14

Please consider writing for your magazine by submitting your work to
Mike Schick at wsca-editor@comcast.net.

Track Hall of Fame

In 1965, he began teaching at Auburn High School. He was an assistant football coach and an assistant coach for the track and field team. In 1968, he served as the head coach of the track and field team at Auburn High School. In the Fall of 1968, he was a graduate assistant for the football team and the track and field team. In 1969, he took a teaching job at Mead High School in Spokane. He continued to coach at Mead from 1969 to 1999. He was also the head football coach at Mead for seven years. From 1976 to 1990, while teaching full time at Mead High School, Arnie served as the head track and field coach at Whitworth University. For the 14 years he was at Whitworth, he only had one assistant coach each year. In high school at Mead, Arnie coached individual state champions, multiple state placers, and helped Mead become one of the best track and field teams

in the entire state. He helped the 1992 Girls team win a State 4A team title. In College, Arnie helped guide 26 athletes toward earning NAIA All American status. His athletes won three individual NAIA National Championships and set three National Records. He guided two men's 4 x 100m relay teams to place at Nationals, the first ever from NAIA District 1. He also guided the first NAIA married couple who earned both All American and Academic All American Awards in the same meet. He was the 1983 NAIA District 1 Coach of the Year. In 2011, Coach Tyler was honored at the Iron Wood Thrower Developmental Camp in appreciation of his dedicated support of the Camp for his 50 years of coaching service to our youth. From 2000 to 2016, Coach Tyler coached at Eisenhower High School in Yakima, Washington. He guided individual state champions, multiple state placers and helped guide the 2002 Ike girls team to the WIAA 4A state title. In all, Arnie Tyler Sr. served our youth for 50 years as a coach.

One of his lasting impacts will be the number of high school coaches that Arnie Tyler helped mentor and guide through his instruction at clinics and his collaboration when called on! It is with great honor that we welcome Arnie Tyler Sr. into the Washington State Track and Field Coaches Hall of Fame. His tireless commitment to the sport, his important mentorship of his athletes, his collaborative work with all his coaching colleagues, and his important contributions, have made a difference to so many that it is our honor to recognize Arnie with this honor! ■



A Call to Our WSCA Lifetime Members

To our Lifetime Members,
we need your help.
How may we get in touch with you?

With online WSCA registration implemented a few years ago, our opportunity to have up to date contact information for our current membership was greatly improved. The opportunity for communications through email and texts has proven to be a valuable tool used to keep our association informed.

As our Lifetime members do not register each year, we have no current information and in most cases no contact information for you at all.

Please look to the WSCA website, washcoach.net, under WSCA MEMBERS at the bottom, LIFETIME MEMBERS, and look for your name and then send me an email, phone call or letter by the US Mail to have your contact information available.

We truly appreciate your efforts and thank you.

Mike Schick, Editor
"The Washington Coach"
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Home: 253-848-9321 Cell: 253-318-9432
2110 Richardson Drive Puyallup, Wa. 98371

Lifetime Members



2021-2022 Individual Sport Representatives

These are the coaches you need on your staff!

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

ATHLETIC TRAINERS

Lorrie Howe
Eastmont
howel@eastmont206.org

CROSS COUNTRY

Jeff Hashimoto
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jeff.hashimoto@esd401.org

SOFTBALL

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BASEBALL

Brian Jackson
Graham-Kapowsin
bjackson@bethelsd.org

FOOTBALL

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MarkK@ckschools.org

TENNIS

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GOLF

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BASKETBALL - GIRLS

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VOLLEYBALL

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SOCCER

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WRESTLING

Brett Lucas
Todd Beamer
blucas@fwps.org

Nick Anderson
Lakewood
nanderson@lwsd.wednet.edu

Cross Country Hall of Fame



DAN PARKER

Dan grew up here in Washington, Edmonds, Seattle and finally Snohomish in 1960 with one year spent in Austin, Texas in 1965. He attended

Snohomish High School graduating in 1970, participating in football as a fresh-man, then cross country, basketball and track. His family wasn't all that athletic as far as my parents, although they played baseball on a regular basis as a family. Three of Dan's sisters participated in track which at that time was one of the few sports available to girls. He went to the College of Idaho his first year but transferred to The University of Washington graduating in 1975, majoring in History and English Literature. He has remained a proud Husky ever since. Go Dawgs! Dan didn't participate on any of the college teams but regularly participated in intramural sports playing pickup basketball games at the IMA against guys like Detlef Schrempf and lived and ran with members of the UW cross country and track teams. Dan became a teacher late, in 1988, first teaching World History at the Snohomish Freshmen Campus and the US History and AP U.S. History at Snohomish and then Glacier Peak High School. He got involved in coaching as a result of running from Snohomish High School and using the track for speed work. He began running with the athletes at SHS and became a volunteer assistant coach for a couple years in the early 80s.

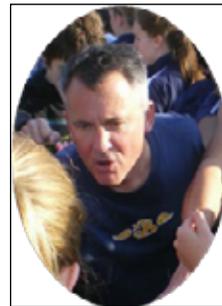
In the late 80s the coach at Snohomish died of brain cancer and he was replaced by teacher who didn't really want the job. Dan started writing the workouts and running the practices. That carried into track season as well. In 1988 he applied for the head coaching position at Snohomish and the rest is history. Dan coached at Snohomish from 1988 to 2007 before moving to Glacier Peak from 2008 through 2019. The most rewarding part for him was the ability to convince athletes they could do what they never thought they were capable of doing and then to have them continue to apply that confidence to all aspects of their lives. Dan was also able to consistently field competitive teams that ran honest races, bought into the pack running mentality and valued team achievement over individual glory.

Dan's coaching statistics are phenomenal with 43 league titles, Boys -16, 11 at Snohomish and 5 at Glacier Peak, Girls - 27, 17 at Snohomish and 10 at Glacier Peak. His teams won 37 district titles. The boys had 12, 9 at Snohomish and 3 at Glacier Peak, and the girls had 25, with 14 at Snohomish and 11 at Glacier Peak. They won state meet 9 times, all with the

girls teams, 4 at Snohomish, 1995, 1996, 2002, 2003 and 5 at Glacier Peak, 2010, 2012, 2013, 2015 and 2018. Probably the most memorable (well they were all memorable but...) were the first, the last, 2003 when we scored 31 points and the Glacier Peak team that scored 41. It was a fantastic feeling when we won when we weren't supposed to but on the other hand we sometimes lost when we were picked to win. On any given day... Laura Snipes was state champion with the Snohomish team in 1995 and, of course, Amy Eloise Neale was state champ for Glacier Peak in 2009, 2010 and 2012. Overall, he had nearly 50 individuals on the podium at state with the highlight being 5 in 2003. Dan was also the distance coach in track at both Snohomish and Glacier Peak and spent 4 years as head girls track coach at Snohomish, winning the state titles in 2001 and 2002, finishing 2nd in 2003. He also coached all his kids in Snohomish Junior basketball.

His wife of 42 years is Kris and was his biggest supporter, totally enabling Dan to do something for which he had a passion while getting the real work done along the way. He and Kris have four children, Erin, Nate, Savannah and Shea all of whom ran cross country and track for Dan at Snohomish which certainly was a highlight of his life.

Dan's long-time involvement in our sport, his incredible success, and his support of coaches and athletes are among the many reasons that the Washington State Cross Country Coaches Association welcome him into our Hall of Fame.



JOHN HILL

John grew up in Bellevue and graduated from Bellevue HS in 1986. He was a student athlete in Cross Country, Soccer, as well as Track & Field.

John ran in the State Track Meet his junior and senior years.

John graduated from WSU in 1991 where he was captain of the Cross Country team in 1988 and 1989....and co-captain of the track and field team. He was an All-American in the 3000 steeplechase in 1991.

Coach Hill graduated with a degree in History. He continued to pursue his running goals post college and qualified for the 1996 & 2000 US Men's marathon Olympic Trials. John's best time was blistering 2:17.44.

In 1991 Cliff Nixon (also a WSCCCA Hall of Fame member) invited John to assist him coaching at Interlake High

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Cross Country Hall of Fame

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School. In 1994 Cliff moved to Newport High School and John again followed his mentor. And in 1995, the Cross Country position opened up at Bellevue and John coached there until 2018.

John worked on helping young athletes find something inside themselves to go beyond their physical and psychological limits and imagination through athletics. He built programs that were all inclusive and celebrated each level of talent and personality with dignity and respect.

Coach Hill coached numerous boys and girls League titles in the always rugged Kingco League. He coached 10 girls teams and 13 boys teams at the state meet. Four of the boys teams and also four of the girls teams were on the podium, and 15 of his teams finished in the top 10. Two of his outstanding girls at state were Marie Foushee and Kelsey Walker. For his boys at State, Mike Hill and Spike Sievert were two of his best.

In track and field, John helped coach the 2003 Girls State Champions and the 2014 Boys State Champions.

John has two daughters, Zia and Kalea. He is currently the Athletic Director at Bellevue High School and Meet manager at numerous athletic events including the Bellevue Invitational, one of the larger meets in the state.

John's involvement in the sport have affected numerous lives in a positive way. His success speaks for itself, and it is our honor to welcome him into the Washington State Cross Country Coaches Hall of Fame.



DENNIS MCGUIRE

Dennis grew up in Davenport Washington and graduated in 1970, where he played football, basketball, and track and field. He attended Eastern Washington for 2 years and then graduated from the University of Washington in 1976. He then worked in the microbiology field for a few years before getting a teaching degree. He started at Central Valley High School in 1984. At Central Valley Dennis taught all the sciences. Dennis started coaching cross country right away, and coached for 34 years. He coached both boys and girls but concentrated on the girls program the last part of his career. While coaching he had some incredible success. In fact, from 2002-2106 he had 12 teams at state. All were in the top 10, and three

on the podium (3rd place, 2 in 4th place, 5th place, 2 in 6th place, 7th place, 2 in 8th place, 2 in 9th place and a 10th place). The team that was probably his most talented finished in 4th place at the 1993 state meet, running without their top athlete. Along the way, his girls won 8 GSL league titles, and 6 regional titles (as well as the last district title before the move to a regional format). Along the way was a run of 6 titles in 9 years.

Dennis' teams were noted for being strong pack runners, rather than relying on 1-2 top athletes. Still, he had several girls on the podium, led by Kearan Nelson's 3rd place in 2016. Kearan went on to place 2nd at the Footlocker West regional meet, and then 6th at Footlocker Nationals before running at BYU.

Despite the obvious athletic success of his teams, Dennis says he is probably most proud of developing a group of girls into life-long runners, goal setters, and hard workers.

Coach Dennis was also extremely happy to have had the opportunity to coach his children in the sport he loves. He is happily married to his wife, Janet.

In addition to his success in cross country, Dennis was also a highly successful track coach, as well as one of the key organizers for the Washington State Track and Cross Country Coaches convention. tremendous contributions to our sport, and the many athletes he coached, not to mention the coaches he worked with are the reason we are honoring him with induction into the Washington State Cross Country Coaches Association Hall of Fame.



ROD WILCOX

Rod describes himself as a lifelong track bum who grew up in Pendleton, Oregon. He attended Pendleton High School through his junior year and

then moved and graduated from West Valley HS in 1982. Rod likes to say he was a beg-on athlete at the University of Washington from 1985-1988 where he was a high jumper for the Huskies and a letter winner. Rod started as a personal trainer for 25 years and part-time coach. He eventually retired from PT and became a full-time track and CC coach.

Rod has been at Kings HS since 1992, taking over as head coach in 1996. He has coached 21 boys state qualifying teams and 22 girls state qualifying teams. But when you delve into a bit more, it is even more impressive. His girls have won 4 state championships and his boys 7 state titles.

Cross Country Hall of Fame

From 1999-2002 his boys won 4 straight titles, and then had 9 more top 4 finishes since then. His girls won 3 in a row from 2001-2003, and four in a row from 2006-2009, along with 8 other top four finishes. Rod's boys won 8 district and 6 league titles while his girls took 11 district and 5 league titles. In fact, his teams have won a league title in 16 of the last 23 years (discounting the Covid year of 2020). During that time, there were 37 podium finishes for the boys and 38 for the girls, with four individual titles on each side.

Many of you are also aware of Rod's annual Washington

State history list, which Rod has been publishing now for over a decade, and can be found at watfx.com.

Outside of his time coaching, Rod still competes in masters track and field. He has won 11 national titles in the decathlon, heptathlon, and pentathlon.

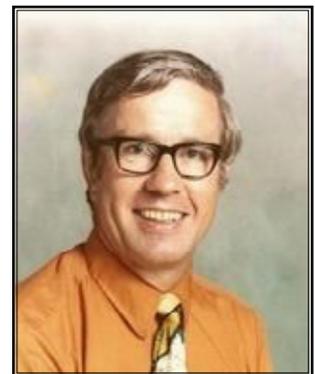
Rod says his family is "the herd of kids with a dream" that he gets the pleasure to work with. So in a sense, hereally is "Living the Dream." Rod's commitment to our sport, both as a coach, and in his work with the annual and in other areas are why he is being inducted into this year's Hall of Fame. ■

Hearing their final whistle...



Coach Lloyd Freudenstein

December 11, 1930 - November 10, 2021



Puyallup, Washington - It is with heavy hearts that our family announces the passing of Lloyd Freudenstein on the morning of November 10, 2021.

Lloyd was born on December 11, 1930, in Tacoma WA to Roy E. and Hazel A. Freudenstein and was the youngest of four: two amazing brothers, Bob and Ben; and his beautiful sister Lois.

Lloyd was proud to say that he grew up in a blue-collar neighborhood on Tacoma's McKinley Hill where he made many wonderful lifelong friends. After high school, his journey started with going to work. Lloyd worked several construction jobs around the region and then managed to hire on with the Northern Pacific Railroad. His railroad career went from servicing locomotives in the roundhouse to a fireman's position where he was training to be a locomotive engineer until he was drafted by the US Army and shipped off to Korea.

After a life-altering tour spent in Korea's Devil's Punch-bowl and a love for history, he decided to chase a dream of teaching and attended WSU. After graduating, Lloyd took a

teaching position in Othello WA where he met his wife of 60 years, Carolyn.

Lloyd's teaching career brought him to Puyallup where Lloyd and Carolyn decided to raise a family. Lloyd attended PLU where he completed his master's degree and turned to the administrative field with the Puyallup School district where he wore many hats over the years, from being a principal at numerous schools to the district services office. Lloyd's love of education has impacted many lives over his long career.

Lloyd was a member of the Puyallup Kiwanis Club, Puyallup school district school board, Pierce County Conservation District, and was a VFW post commander,

Lloyd is survived by his wife Carolyn, his daughter Laura, and his three sons, Kurt, Karl and Klete, along with eight grandchildren and one great grandchild. Lloyd loved and will always be loved by his friends, family, students, and fellow educators and would want all of us to celebrate his amazing life together. ■



Leveraging Athletics to Strengthen Service Leadership

by Dr. Steve Amaro, CMAA, and Carlos Reed on February 08, 2022



At the conclusion of most athletic seasons, students and families gather at end-of-season ceremonies to retell their greatest moments. It's a time to relive great games as students strengthen bonds of friendship that sometimes last entire lifetimes. Many of these shared memories revolve around specific contests, but on occasion, students may talk about the impact they made in a service leadership activity.

Students are drawn to athletic programs for many reasons including making friends, having fun, strengthening physical and psychological well-being, and finding a positive mentor coach. It is this enthusiasm that coaches can leverage to teach and promote good citizenship by finding ways for teams to take part in service leadership.

Initially, starting service leadership opportunities may seem challenging, but such activities give students a stronger sense of community and a deeper appreciation of the challenges others face, and they can strengthen individual leadership and empathy. When service leadership opportunities are incorporated into athletic programs, students are better able to develop character and envision a post-high school life where they understand the importance of helping others.

Athletes Need Student Leadership Opportunities

During any given day, students will engage in academic development in their classes followed by physical development in athletics. This balance helps develop healthy behaviors, but students may benefit from having opportunities to develop empathy and perspective. Time and again, we hear about high school contests where students have unfortunately demonstrated poor sportsmanship or conduct. These occurrences usually manifest under stressful conditions and almost always occur because students lose perspective.

Coaches can help support appropriate perspective growth when they find ways for athletes to give back to the community. Activities such as a facility clean-up day, making a team appearance at a school library to

read favorite children's books to elementary students, or even participating in a parent day where the students can share the rules and tactics of an athletic sport can be great ways to promote character development. Regardless of the service activity, when athletes are put in a position to lead the community, they discover that they have a unique opportunity to leverage their leadership to help others.

Find Collective Student Passion and Creatively Raise Funds

Service leadership can emerge from a variety of outlets, and sometimes opportunities may arise to raise funds for specific causes. Athletic coaches play a key role in developing relationships with participants, parents and the community, and thus they may encounter organizations that may be in need.

For example, soccer or basketball teams may see an opportunity to host games or a tournament and simultaneously raise funds for a specific type of cancer research, or a school may give discounted or free entry to a game if individuals bring gently used jackets to donate to homeless shelters. Athletic participants may feel motivated and empowered if they understand that part of game revenue on a specific date is donated to a cause and these types of fundraising events allow students to practice creativity and be a part of solving broad community and even worldwide challenges.

With a little more planning, athletic directors and school leaders can create and meet with Student Athletic Leadership Teams. Such teams may have participants who represent every sport and are empowered when they engage in student discussions on the importance of service leadership. Furthermore, such groups can recommend department-wide activities to better leverage entire schools and communities to join in helping others.

For instance, schools may designate one week of their athletic season as "Pink Week" where students collect donations to fight breast cancer and athletes

wear pink on their uniforms as a visible reminder while spectators may choose to unify around each other by wearing pink bracelets sold by student leadership.

Connect to Unified Sports

Another area where school leaders can explore to develop service leadership is through targeted growth of Unified Sports programs. There has been tremendous expansion of Special Olympics Unified Sports throughout the nation as schools try to create more inclusive environments for all.

Whether schools have an established Unified or Adapted program, working with such programs can be extraordinarily rewarding for all participants and participation promotes service leadership. For example, basketball teams may choose to showcase a Unified event before a game or during halftime or in a more coordinated community example. The varsity basketball team with the Unified basketball team may combine to participate in a game against school staff, local police or fire departments to raise funds for expanded Unified Sports growth. Such activities promote not only better inclusive practices, but also create stronger community bonds with all participants.

Promoting School Culture through Service Leadership

Service leadership opportunities can also be designed in ways that improve and teach school culture. It's no secret that when elementary students get the opportunity to attend high school athletic events, they want to find ways to be more like the older students they see. In many cases, these elementary students grow up to attend high school and can reach back to a specific memory of when they were impacted by a high school athlete and how such an experience motivated them to try to become the next great teammate.

To leverage this excitement, coaches can hold youth camps where high school athletes serve as teachers and mentors. From the outside, such camps may appear to focus on only specific athletic skill development; however, when coaches emphasize that such development must occur in an environment where high school teammates focus on making sure elementary students also have fun, they set the stage for success. Whether the camp lasts for one day, a week or part of a summer, it gives high school athletes an opportunity to better understand their role and responsibility as a community leader and share school and program values with the next generation of students.

Final Thoughts

Not every service leadership opportunity may be right for all athletic programs, but every team can find a way to give back to their community. When students find meaningful ways to contribute, they gain a deeper understanding of their role and how they fit within

their community and society. High school athletics and activities programs are transformative experiences that can be leveraged to give students an opportunity to participate in service leadership. When school leaders empower students to lead communities, they provide an opportunity for students to not only learn more about themselves, but set foundations for being our future leaders who can realize a more inclusive, caring world.

Dr. Steve Amaro, CMAA, and Carlos Reed

Dr. Steve Amaro, CMAA, is an assistant principal at Freedom High School in Oakley, California. He previously was an English content coach, athletic director and tennis coach at the school. He is a member of the High School Today Publications Committee. Carlos Reed is an athletic director at Bishop O Dowd High School in Oakland, California. He helped found and has served as a president in the North Coast Section Athletic Administrators Association and is a current board member and cofounder of the National Organization of Minority Athletic Directors (NOMAD) as well as an NIAAA Endowment Committee member.



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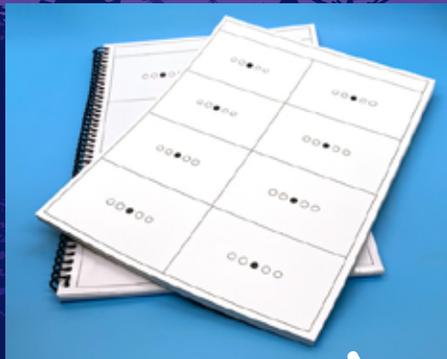
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