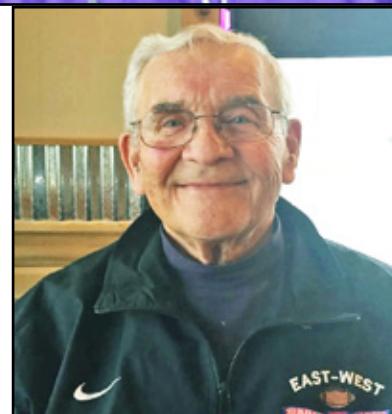


THE WASHINGTON COACH

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.

President's Message

Darrell Olson

January 2026

Fellow WSCA Members,

As you read this edition of the Washington COACH magazine, winter sports will be entering post-season play. Do get out to a game in your area and support our young people. Your presence in the stands or on the sidelines encourages all our athletes and coaches. Each community in the state should make it a priority to see their tax money at work with extracurricular programs offered through the schools, that the all-important levy money supports. State tournament sites are: 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 girls bowling at Bowlero in Tukwila. No matter what the sport, there is always drama and excitement at each of our state tournament venues. Students are cheering and fans are yelling! It is great to feel the energy at every venue. Thanks to all the coaches and game management staff 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'.



The WIAA Amendment process is well underway. There is a total of **35 amendments** being voted on for the 2026-'27 school year! 21 of the amendments are specific for high schools and 12 are written for middle school/high school. There is a lot of information in this year's amendments. Be informed of what amendments directly affect your sport. No coach likes surprises when it comes to rules changes in your sport. Talk to your AD. Talk to your principal. Talk to your coaching colleagues in your individual sport group. Be informed. **Voting on the proposed WIAA Amendments takes place April 8 - 17.**

Don't forget to complete the WIAA Spring sports rules clinics for your sport. This is a requirement from the WIAA that each 'paid' coach must complete the short 'sports specific' rules clinic. Failure to complete these rules clinics could result in a WIAA violation and you as a coach, not being allowed to coach until you complete the rules test. You will not receive your **GoFan** code for entrance into the state tournament if your rules test is not completed. 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.

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 you to promote the WSCA to your coaching colleagues that are not members. Our membership continues to grow and grow. Coaches find that when you add up all the benefits of membership, it is well worth the \$50 nominal membership dues. The \$2 million Liability Insurance coverage you receive as a membership benefit could be a career saver for you! Check out the page 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. Contribute 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.

Lastly, as you all know, the WSCA lost a close family member and mentor to so many coaches this past December. Jerry Parrish was the face of the Washington State Coaches Association. Jerry served as Executive Director/Treasurer/Secretary for close to 50 years! He was a mentor to so many coaches that served as an ISA rep or Executive Board member in the WSCA. He was in charge of our finances and was responsible for keeping our association healthy financially all those years. Jerry worked hard and was responsible for securing the \$2 million liability coverage every member coach enjoys as part of their membership. It took years of Jerry working behind the scenes with WIAA and state AD's, statewide, to use our membership card as a ticket into all post season games/tournaments. Jerry's best qualities were respect, honesty, and high expectations. He never quit teaching or coaching. He was a teacher and a coach who taught students and athletes lifelong lessons. We will never be able to count the number of lives he has impacted. Jerry was quoted as saying, "one of my favorite things in life is when I get a wedding invitation from a former player." Jerry Parrish was forever a welcome member of the WSCA. We, as an Executive Board, wish we can live up to Jerry's high expectations, and like he used to tell his teams, "The biggest room in the world is room for improvement." A life well lived.

Good luck with your upcoming spring sports season.

Darrell Olson, President WSCA



Executive Director/ Treasurer Report

Rob Friese, Executive Director/Treasurer
robfriese@gmail.com



Be in the Know

Current Valued WSCA Members,

With this year's changes in requirements for entrance into WIAA post season events, I thought the new year would be a good time to update all on what we have learned through this new process.

What we have found is that coaches possibly fall under one of the categories described below.

Which one fits you?

- ◆ You have automatically received your code to be used in the GoFan system and are good to go.
- ◆ You have not received a code. This means that the information we received from the WIAA in September shows that you were not in compliance because of an Ejection in the past year, you were not in compliance with the General Rules Clinic, or you were not up to date on Education Hours.
- ◆ You are a retired coach who no longer needs to complete these requirements because you are not currently coaching. We have found that some retired coaches did not get their codes because they are still floating around in some districts' Final Forms System and therefore flagged for not meeting requirements.

- ◆ Your General Rules were flagged because it expired in the summer, before the data was pulled.
- ◆ You received a code but missed it in spam or other reason. If so, you can go to washcoach.net and click on Lost WSCA Cards and follow the prompts.
- ◆ You are not a current member.

If you have not received a code but believe you should have, we are handling these situations on a case-by-case basis. Next year should go much smoother as we have figured out some of these glitches.

We have three of us responding to these requests. Send us an email at contact.wsca@washcoach.net and we will respond as quickly as possible. Please don't wait until the day before a tournament and expect an immediate response. At least a week in advance would be nice. We have dealt with hundreds of coaches already.

Expect to be requested to send us a screenshot of your current status in Final Forms.

Please let us know if you have any questions.

Rob Friese, Mike Schick, Tom Sanchez
contact.wsca@washcoach.net ■



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 \$50 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.***

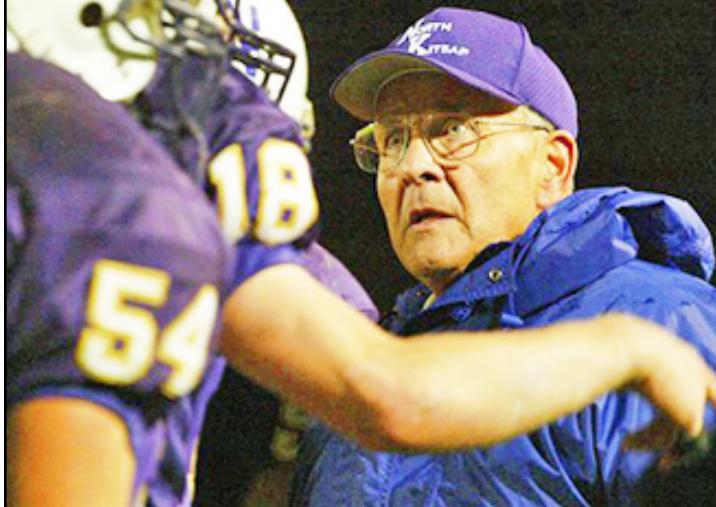
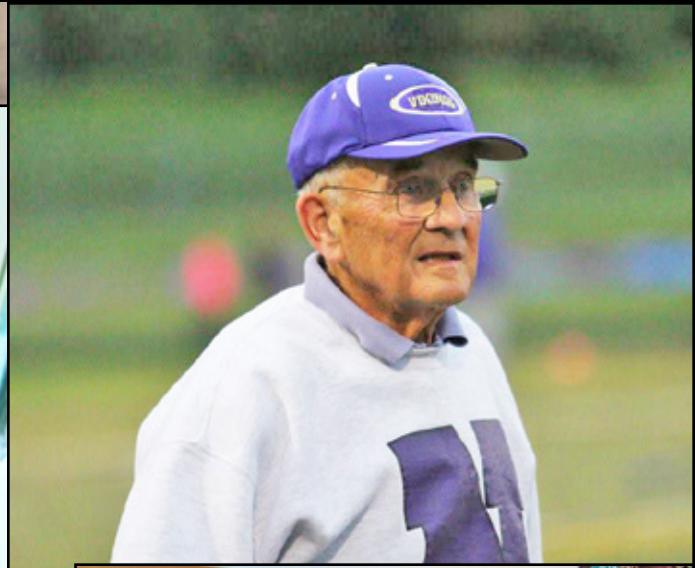
- Professional education and training, to earn clock hours and coaching education hours.
- **Liability Insurance coverage of \$2 million** for our membership while working a scheduled, sanctioned and supervised WIAA sport or event.
- An opportunity for your son or daughter to apply for WSCA scholarships. (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





Hearing their final whistle...



Coach Jerry Parrish

Reprinted with permission, Jeff Graham, Kitsap Sun, Dec. 23, 2025, 4:33 a.m. PT

Legendary former North Kitsap football coach Jerry Parrish dies at 91

Parrish spent 32 years at North Kitsap's head coach before stepping down in 2004

Longtime former North Kitsap football coach Jerry Parrish, who led the Vikings for 32 seasons, died Monday, Dec. 22 at the age of 91.

Parrish became a member of the Washington State Coaches Association Hall of Fame in 2023 after compiling a career win-loss record of 210-149-4. He earned his 200th career victory in 2003 against Olympic at the age of 68.

When Parrish stepped down as head coach at the end of the 2004 season, he was one of only 15 football coaches in state history with 200 victories. In West Sound, only Bremerton's Chuck Semancik, who died in 1999, boasts more wins (211) on the football field.

"Coach Parrish is the reason I wanted to become a coach, and besides my own father, is the man I have the most respect for," said current North Kitsap head football coach Jeff Weible, who played for Parrish. "He always checked in with me and made sure I had ev-

erything I needed and was always the person I could go to when I needed advice or just wanted to bounce ideas off him. I will miss him immensely."

Parrish, whose son Kirk is the Seattle Seahawks' college scouting coordinator, began his football coaching career as an assistant at Snohomish in 1959. He had a pair of head coaching stints at Colfax (1967-69) and Marysville-Pilchuck (1970-72) before taking the reins of North Kitsap's program in 1973.

During Parrish's 32 seasons coaching North Kitsap, the Vikings posted winning records 22 times, including 10 consecutive seasons from 1982-91. His most successful season came in 1996 when the Vikings reached the state quarterfinals, losing to eventual AAA champion Curtis.

Even after Parrish retired from head coaching duties and teaching at North Kitsap in 2004, he returned to the sidelines after a one-year

hiatus to serve as an assistant/offensive line coach for another 16 years.

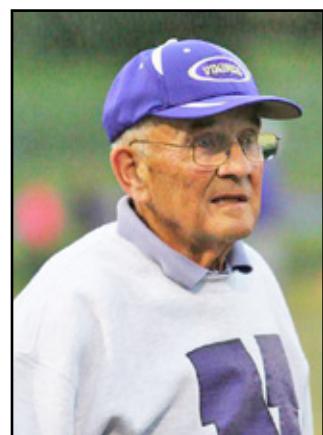
"The kids keep me going," Parrish told the Kitsap Sun in 2020. His final season with the Vikings came during the COVID-shortened spring season in 2021.

Parrish was inducted into the Washington State Football Coaches Hall of Fame in 1993 and is a member of the Kitsap Sports Hall of Fame (2006). He served as executive secretary for the Washington State Coaches Association from 1998-2020.

Jared Prince, a record-setting quarterback who played for Parrish in the mid-2000s and spent several seasons with the program as an assistant coach, said Parrish impacted his life and the lives of countless young people.

"To me, he was more than my coach. He was my mentor whose advice I cherished and someone who I always wanted to make proud," said Prince, who teaches at

North Kitsap High School. "His words, lessons and his influence stick with me to this day. Lessons like 'do right' and 'if you're on time, you're late.' More importantly, coach made me feel important. He made me feel like I could be something more and challenged me to be more than I thought I was capable of. I'm so grateful and humbled for having the opportunity to know and be mentored by Coach Parrish and thank him for pouring his heart and soul into me and thousands of others like me over his teaching and coaching career." ■



Hearing their final whistle...



Coach Ed Laulainen

Edward A. Laulainen, 88, of Longview passed away on September 21, 2025, at PeaceHealth Richard Nau Hospice House.

He was born June 19, 1937, in Longview, to Oscar William and Bertis (Wiggins) Laulainen. He was a lifelong resident of the Longview/Kelso area.

Ed attended R.A. Long with the class of 1956 and served in the Air Force from 1954-1958. He came back to Longview and attended Lower Columbia College where he played football and then transferred to Eastern Washington University to extend his college football career. He graduated from EWU in 1962 with a degree in education.

He married Beverly Bain in Kelso on August 15, 1964. They recently celebrated their 61st wedding anniversary. Together they had two children, Susan Anne and Edward William.

Ed began teaching and coaching at Kelso High School in 1964. He coached wrestling and baseball; however, his passion was found on Schroeder Field coaching 32 years of Hilander Football; the last 25 years as head coach. During his coaching tenure, he went 179-68-2 winning 77% of his games. He led the Hilanders to their only state championship in 1983. Ed retired after the 1995 season and won 15 of the last 20 games he coached. On August 31, 2012, the stadium at Kelso High School was named the Ed Laulainen Stadium in his honor.

Ed has been recognized with inductions into the R.A. Long High School,

Lower Columbia College, Washington State Football Coaches, WIAA, and Kelso High School Halls of Fame. He founded Kelso Youth Football in 1973 to ensure that athletes would grow in character and skill. He also served over 40 years on the Washington State Coaches Association Executive Board and 32 years as the association liaison to the WIAA Executive Board.

Ed is survived by his wife of 61 years, Bev at home; a daughter, Susan of Longview; a son and daughter-in-law, Ed and Kristin of Longview; a grandson, Jack of Longview; a grandson, Brady of Longview with great grandchildren, James and Violet; a granddaugh-

ter Quinn and her husband, Joshua of Liberty Lake, WA.

Memorial contributions can be made to: DTQ (Downtown Quarterbacks), PO Box 624, Kelso, WA 98626. This will fund a scholarship in Coach Ed's name.

A private burial was attended by immediate family only at Longview Memorial Park.

A celebration of life was held at Kelso High School gymnasium at 2:00 p.m. on Saturday, October 18. Coach Ed was sent off in true Kelso style with many wearing their best Hilander gear to his post-game celebration!

The family would like to send a heartfelt thank you to the staff at PeaceHealth Richard Nau Hospice House. There are real angels on this earth named: Deb, Nathan, Krista, Cindy, Pam, Megan, Robin and Jacinda. ■



Hearing their final whistle...



Coach Lane Dowell

Reprinted with Permission, David Nelson, Kitsap Sun

Lane Dowell, a booster for sports, students, and always Bremerton, dies at 83

A longtime teacher at West High, Dowell coached football and later became a track and field official at the highest levels.

Dowell and his wife, Deanna, established the Chuck Semancik Foundation in 2000

A plaza at Bremerton's Memorial Stadium and thousands of dollars in scholarships are part of his legacy.

Field and track, he'd call it, an old coach's way of making clear where his interest rested and hinting that he may see the world slightly differently than everyone else.

The phrase, often emailed into the Sun's sports department, just as often in ALL CAPS, was just one of Lane Dowell's distinct characteristics that are being remembered now by friends, former students and athletes he worked with over a career and then a retirement that kept him engaged with his community in sports and much more. Dowell, who everyone knew as "Lanny," died on Monday, Sept. 29,

at his home in Tracyton, following a long illness.

Dowell was an expert at the field events of hammer, shot put and discus, going from a high school coach to officiating at levels like the U.S. Track and Field Trials and the Prefontaine Classic at Hayward Field, though didn't begin competing himself until his adult years. By the time he picked it up, the tall and lanky Dowell was talented enough to qualify for national master's competitions in his 70s, and his love of the sport led to the creation of the West Sound Senior Games. He was also an advocate for the sport, writing for state and national track magazines, serving as an announcer at Washington state's Star Track high school championship meet and training local track and field officials. He was the first recipient of the Dick Todd Award, presented by the Kitsap Athletic Roundtable annually to a standout official, and almost to underscore his nature of bringing others along for what he found important, his wife

of 55 years, Deanna, [was honored with the award earlier in 2025](#) for her own work as a field and track official around the country and internationally.

But his interest in athletics spread far wider than just the track, and his love for people was much broader than just sports, even if that was often the conduit of relationships. Dowell, a teacher and assistant football coach at West High, now known as Bremerton High, also made football coaching stops at Olympic High, North Mason High and Olympic College, and he loved watching anything, from college basketball to Kansas City Chiefs football. After a 30-year career teaching at Bremerton in addition to coaching, he continued to support the Knights and was a fixture at the school's Memorial Stadium or Les Eathorne Gym, and at away games, nearly always wearing his royal blue letterman's jacket.

"He was really proud of being part of Bremerton, West High and Bremerton,"

Deanna Dowell said this week. "The kids, he enjoyed every single student-athlete, no question. He just loved that work."

Lane and Deanna in 2000 created the Chuck Semancik Memorial Foundation. The nonprofit scholarship organization was named for the legendary football coach in Bremerton, who Dowell coached alongside and considered his mentor. The first year the foundation awarded two \$500 scholarships, according to current president Ryan Nickels.

Then the Dowells began to lean in. A golf fundraiser initially built donations, then in 2008 a crab feed began. "Crackin' crab for Chuck's kids" began to regularly sell out, moving sites over the years to accommodate growing crowds that would eventually top 400 and serve a metric ton of crab meat, according to Deanna Dowell. Over the past 25 years the nonprofit has given \$342,000 to 189 Bremerton High grads to support their continued education, including 13 stu-

dents who each received \$2,000 scholarships last spring, Nickels said.

"Lane Dowell cared for every person he taught, coached and met," said Tony Boddie, a 1979 grad and one of the great football players in Bremerton history, who was a student in Dowell's class and then coached by him before going on to an NFL career. "His mentality never changed, from a teacher to a coach. He was really supportive as a coach, doing everything to help out, and it was the same in the classroom."

Deanna Dowell said her husband loved teaching social studies, where he'd set up debates as students learned about current events. He liked to push his classes to examine their own political beliefs, and how they understood the world. He and Deanna did not have children of their own, but Lane counted that a different way.

"He figured out he had about 6,000," Deanna Dowell said of the Bremerton students over the years.

It's Memorial Stadium that may remain the key of how Dowell is remembered in Kitsap County, but for more than the sports played there. The Semancik Foundation also led the creation of Semancik Victory Park at Memorial Stadium, dedicated during the football team's win at homecoming in 2002, with later additions of a Path of Freedom and Walk of Champions. It's a small paved plaza at the stadium's south end, with benches, a flag pole and plum trees. There are

Semancik Victory Park at Bremerton's Memorial Stadium. The Chuck Semancik Foundation, named after a former football coach and founded by Lane and Deanna Dowell, raised money to build the park in 2002. David Nelson / Kitsap Sun



several large granite stones that feature the engraved names of the 446 Kitsap servicemen killed in battle since World War I, as well as one honoring Semancik, and all of Bremerton's state champions in athletics are listed on others. Lane and Deanna led the effort to raise about \$40,000 to add the path, which along with contributed labor from Sean Olmsted, led to its opening in 2007.

The project added names to a stadium that was famously built by the student body in 1947 to honor World War II veterans, another

sign of Dowell's tendency to be dogged when he settled into a cause. As he told the Sun at the time: "The bottom line is doing something for the stadium that probably should've been done a long time ago."

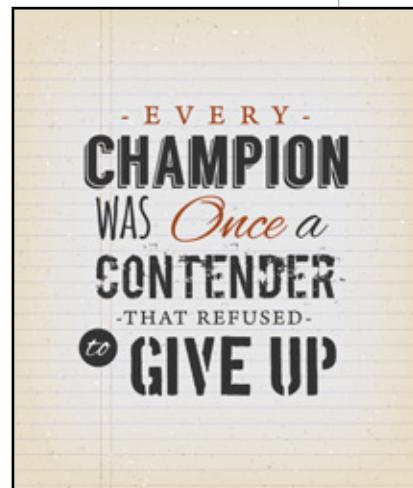
Military veterans and state champion athletes are named at Victory Park, but Dowell felt as strongly about other types of heroes. So much that the foundation also created the Bremerton Heroes program, recognizing contributions from people like athletic trainers, band directors and more. And Dowell always

took pride in being part of the 1973 West High Wildcats, Deanna said, the 9-0 football team that's known as one of Kitsap's greatest. The team's [induction to the Kitsap Sports Hall of Fame in February 2023](#) turned into a reunion, with many former players attending a ceremony at Kiana

Lodge. Dowell brought a white West football jersey that he had held on to from that era, number 73, that he filled with signatures from his former charges.

"I'm so glad he was able to be honored with his West High team in the Kitsap Hall of Fame," Noah Garguile, president of the Kitsap Athlete Roundtable, said after Dowell passed away. "I know how much he loved those players and those memories. I can only imagine him and Coach Semancik are sharing a beer today, reminiscing about the good old times together."

Editor's note: The 1973 West High football team was 9-0 in the regular season. The record was initially published incorrectly. Also, the number of names engraved at Semancik Victory Park had been updated. ■



Hearing their final whistle...



Coach Alfonso "Bud" Sanchez

Alfonso Sanchez, 86, passed away on November 12, 2025, in Tacoma.

Known to friends and family as Bud or Buddy, he was born April 18, 1939, in Ravenna, TX to Juan and Rosa (Perez) Sanchez, the tenth of eleven children in his family. The large and loving family moved from Texas to Dearborn, MI early in his life and would continue to spend summers in Texas as he grew up. He graduated from Fordson High School in Dearborn in 1957. He played football and earned his bachelor's degree from Sioux Falls College in Sioux Falls, SD in 1962.

While Bud was in college in Sioux Falls, he met Georgene Sieve. They married on July 24, 1964, and together they started to move westward. Bud taught and coached for one year in Winner, SD, one year in Moorcroft, WY, and two years in Twin Falls, ID before being hired for his first head football coaching job in Soap Lake, WA in 1966. He was hired as the head football coach at Willapa Valley HS

in the fall of 1968, and they moved to the Willapa Harbor to live and raise their family.

Bud had a tremendous career in education and coaching. He served as a social studies and social science teacher (among other subjects), guidance counselor, and athletic director during his time at Willapa Valley. He coached basketball, track, and was the head football coach for 26 seasons, winning state championships in 1978 and 1979. Bud retired after

34 years in education in 1997. He was inducted into the Washington State Football Coaches Hall of Fame in 2002. Bud continued to volunteer at local track meets until the mid-2010's, serving as a starter, clerk, and referee.

In the 1970s, Bud started working with some fellow teachers as a summer job in area national forests. He eventually started his own contracting business, specializing in the construction and maintenance of hiking trails, and was one of the first contractors nationwide to develop a technique of trail construction using explosives.

Bud was a devoted supporter of his family's activities, traveling all over the region to support his children's and grandchildren's academic

and athletic endeavors. He loved watching all sports, especially those of family members, following the Detroit Lions and Detroit Tigers, and going to the casino with Georgene. He was a member of Raymond Elks Lodge #1292.

He is preceded in death by his wife Georgene, parents Juan and Rosa, brothers Trinidad, Solomon, and John, sisters Pauline, Grace, and Agnes. He is survived by his son Tom (Jackie) Sanchez of South Bend, daughter Julie (Josh) Jewell of Raymond, son Rich (Lora) Sanchez of South Bend, daughter Jenny Sanchez of Raymond, and daughter Angie (Josh) Bagley of Spokane; brother Robert of Taylor, MI; sisters Mary Smith of Taylor, MI, Rita Delk of Phoenix, AZ, Irene (Joe) Jacob, of Lincoln Park, MI; 16 grandchildren, three great-grandchildren, and numerous nieces and nephews.

A celebration of life was held on December 27, at 2:00 p.m. at the Raymond Elks Lodge. Donations can be made in his name to the Willapa Valley Scholarship Fund, South Bend Scholarship Fund, or the Raymond Scholarship Fund. ■





The **Earl Barden Classic 2A-1A-B All-Star Classic** is Washington's premier small high school football showcase, bringing together top senior athletes from smaller school classifications across the state. The event celebrates the talent and dedication of players from Class 2A, 1A, and B schools, providing them with an opportunity to compete alongside and against the best in their divisions. This year's selection day, known as **Selection Saturday**, will take place on **January 31, 2026**, when rosters for both the East and West teams will officially be selected.

The much-anticipated game itself is scheduled for **Saturday, June 20, 2026**, at **East Valley High School in Yakima**, a venue well known for hosting the annual classic. The game not only highlights individual athletic excellence but also promotes camaraderie and sportsmanship among players from different regions of Washington. Fans, families, and coaches from across the state are expected to attend, making it a signature event on the summer football calendar.

Leading the teams this year are two accomplished coaches who bring experience and passion to the sidelines. The **West team** will be guided by **Devin Snyder** of **Cascade Christian High School**. Devin will be joined by 2 of his Cascade Christian assistants in Michael Gurr and Devin Sando. He will also be assisted by Adna Head Coach Aaron Cochran. The **East team** will be led by **Eric Berg** from **East Valley High School**. Eric's staff will consist of his. High school football coach and mentor Mark Marro, East Valley defensive coordinator Kenny Hails and White Swan Head Coach Andy Bush. Both coaches have a strong history of success and leadership in their programs, setting the stage for a competitive and exciting matchup that honors the legacy of the Earl Barden Classic

Mark Mochel- Chairman/East Coordinator
Dom Coffin- East Coordinator

Mazen Saade- West Coordinator
Craig Bartl- West Coordinator ■



Saturday

June 20, 2026

**East Valley
H.S.**

Yakima





WASHINGTON STATE FOOTBALL COACHES ASSOCIATION

2025 YEAR IN REVIEW



All-State Team Selections & Player Honors

[WSFCA All-State Teams](#)

One of the primary annual activities of the WSFCA is recognizing top players across classifications

- The 2025 WSFCA All-State high school football teams were announced on Jan 1, 2026, honoring elite performers from every classification (4A, 3A, 2A, 1A, 2B, and 1B). These teams included overall players of the year, offensive, defensive, and special teams standouts representing programs throughout Washington.
- Inaugural Academic All-State Teams were introduced, recognizing student-athletes not only for excellence on the field but also in the classroom and community involvement.
- Additionally, the WSFCA created and celebrated a "Player of the Week" at the 4A/3A level, 2A/1A level, and the 2B/1B levels during the course of the football season.



PLAYER OF THE WEEK

These athletes were nominated by their head coaches and honored with weekly social media posts highlighting their achievements on the gridiron.

Recognizing and Celebrating Coaches

Executive Board coaching awards and recognitions played a meaningful role in 2025.

- The WSFCA selected outstanding coaches for district and state honors, such as District Coach of the Year and State Head Coach of the Year at our annual clinic, held in February 2025.

[WSFCA Coach of the Year Award Winners](#)

- In partnership with the Seattle Seahawks, the WSFCA selected Coach of the Week winners throughout the 2025 season,

providing financial support (donations to school programs) and built-in recognition ceremonies at Seahawks home games.

[WSFCA/Seahawks Coach of the Week Award Winners](#)

- The WSFCA partnered with the Seattle Seahawks to induct three new members to the WSFCA Hall of Fame in May, 2025 at the Virginia Mason Athletic Center. Rocky Patchin (North Thurston), Randy Affholter (Kennebwick) and Tony Davis (Tahoma) were honored. Keynote Speaker and longtime College football coach Randy Hart provided the day's primary address.

[WSFCA Hall of Fame Class Inducted](#)

- WSFCA sent the 2024 State Assistant Coach of the Year, Jeremy Scroggins (Royal HS) to the National Broyles Award Ceremony in Arkansas in February 2025 to be recognized for his outstanding achievements.

[WSFCA Broyles Award Winner Recognized](#)



Mentorship Program for New Head Coaches

The WSFCA partnered with the Seattle Seahawks and introduced a program to strengthen support for new head coaches across our state.

- The WSFCA Mentor Program focused on supporting first-year or aspiring head coaches through structured mentorship, resources, and connections with experienced high school and collegiate coaches.
- This mentorship initiative emphasizes ethical standards, safety, academic success, and leadership development, reflecting the association's commitment to the future of coaching in Washington.



[WSFCA Mentor Program Website](#)

beyond. Actively worked to strengthen the association by seeking advice and input from outside associations at the first annual WSFCA leadership summit in August 2025.

- The association developed our “G.A.M.E. Plan” (Growth & Advancement, Advocacy & Voice, Member & Player Opportunity, Excellence & Legacy) as a roadmap for strengthening high school football in WA by:
 - Expanding coaching resources and opportunities for growth among members
 - Promoting membership benefits and seeking to expand benefits to WA HS FB coaches
- The WSFCA met with the Texas High School Coaches Association leadership team in August 2025 to develop a roadmap for association growth and improvement moving forward.



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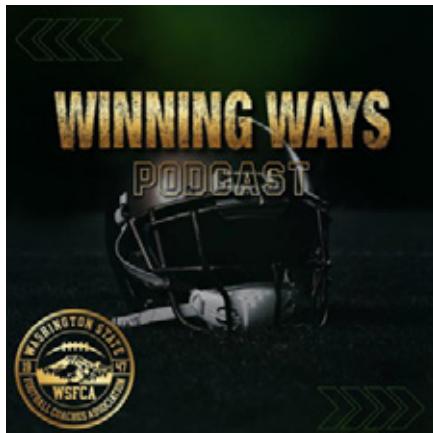
Communications and Storytelling

To share coaching insights and preserve the heritage of Washington high school football, WSFCA introduced a podcast and shared weekly in-season emails to all members.

- The “WSFCA Winning Ways” podcast continued offering coach-to-coach conversations throughout 2025, featuring veteran leaders and sharing best practices, career stories, and leadership lessons from high school coaching circles.

[WSFCA ‘Winning Ways’ Podcast Website](#)

- Additionally, the WSFCA began sending weekly emails in-season to all members, sharing news and information pertinent to high school coaches in our state.

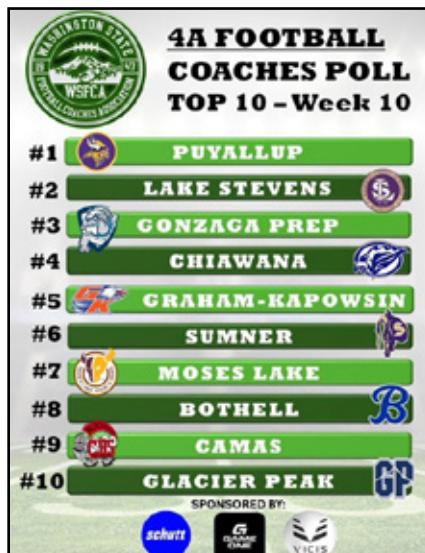


Coaches Poll

The WSFCA introduced a weekly coaches poll during the 2025 football season, seeking the input of all WA HS FB Head Coaches in each classification for publication.

- The WSFCA Coaches Polls were published weekly both online by WSFCA, as well as on social media, and in media outlet partners across the state of Washington.

[2025 WSFCA Coaches Polls](#)



Terry Ennis Memorial Scholarship

The WSFCA awarded the annual Terry Ennis Memorial Scholarship to highlight the outstanding academic, athletic, and leadership of a Washington High School Football Athlete.

The winner of the scholarship for 2025 was:

Brody Boness
Lind Ritzville High School



Clinics and Professional Development

The WSFCA again supported multiple professional development opportunities for football coaches across the state of Washington through its partnerships with coaching clinics.

- The WSFCA/Glazier Football Clinic was held in February 2025 in Renton, WA. This event saw the first ever “College Football Coaches Connection” event, which brought together dozens of college football coaches from across the Pacific Northwest with hundreds of WSFCA member coaches for a first-of-its-kind social event.



□ The WSFCA supported the Capital City Football Coaches Clinic in Olympia, WA as well, as hundreds of WSFCA member coaches attended the one-day football clinic along the I-5 corridor.

□ Additionally, the WSFCA financially supported the

first 8man Football Coaching Clinic held in Washington State in many years. Hosted by North Beach High School, the clinic itself saw nearly 50 coaches from 8man football programs across the northwest come together to share best practices and network.

[WSFCA Clinics Website](#) ■

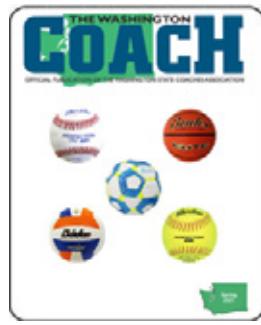


Do you have a coaching tip to share with the readers of *"The Washington Coach"*?

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



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
- Half Page (7"x4.5") \$320
- Quarter Page (3.5"x4.5") \$200

Rates for 1, 2 issues are also available.

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



Danny M. O'Dell, Explosivelyfit
Strength Training

The Seventeen Absolute Rules of Strength Training for the Athlete

Reading through these rules will be the ONLY part of your strength training that's going to be easy.

RULE # 1: THERE ARE NO SHORTCUTS TO STRENGTH!

You probably don't want to hear it but that's a fact.

A strong foundation is built up with basic full body strength exercises and not show off fluff exercises. This is a critical first step to improving physical fitness. You have need to work hard to be strong.

RULE # 2: It's A Rough Road Filled With Pitfalls

If you are just starting out, then you can avoid the common pitfalls of training. These are the ones the magazines NEVER tell you about, like spending your hard-earned money on the 'supplement of the month', or the ones that will give you 'bulging biceps in twenty days' or those that proclaim doing one set to failure will make you huge.

What a crock! We are not talking rocket science here; it's as simple as the rest of these seventeen rules, however, knowing this isn't going to make your training easier. But at least you'll know what you're getting into won't you?

Rule # 3: You Must Work Hard To Get Stronger.

This is not going to be a ten-minute strength program or one that consists of sitting on a bike and riding it slowly for a long time, i.e. in the phantom 'fat burning zone' There is no such zone. Intensity is what it's all about and low intensity doesn't cut it here.

Rule # 4: You Must Have A Solid And Properly Designed Training Program.

Just going into the gym and doing what everyone else is doing won't make you stronger. It will make the gym owner happier because they don't have to spend any time working with you in an area they probably don't know much about anyway. Get with a good strength coach and get on a good program designed for you and not for every other person that stumbles into the gym wanting to do bench presses or ride the bike to lose some weight. Be focused on your training time.

Rule # 5: You Have To Overload The Muscles Of Your Body In Order To Become Stronger.

Soup cans don't cut it unless working the rotator cuff muscles of the shoulder. These are too small to push the load up, instead work on higher repetitions.

And neither will working out in the so-called fat burning zone.

Rule # 6: You Need To Be Under The Loaded Bar For A Certain Amount Of Time To Stress Your Muscles.

This is time under tension, and I am NOT referring to slow movements. There are very few sports that require slow movements. Explosive speed is usually a critical component in any sport. Train slow to be slow...it doesn't make sense does it to train slowly.

Excite the neuromuscular system and be rewarded with positive results.

Rule # 7: You Need To Do Multiple Sets And Multiple Repetitions.

One set of one exercise is not going to make you strong.

Rule # 8: You Must Pick The Right Exercises For Your Own Goals.

If you are active in a sport then choose the exercises that imitate the velocity, joint angles, and coordination required for the greatest training transfer into your sport.

Rule # 9: Sometimes You Will Struggle, Both Mentally And Physically, And This Is Not Always Easy.

Granted, there are times when just putting a check on the calendar after a light restorative workout is to show yourself you exercised that day may be ok. But these days should be few and far between, especially if you are noticing a lot of them during a training cycle. If so, something is wrong with your schedule and this needs to be addressed.

Rule # 10: You Have To Sweat And It Isn't Pretty.

I am not talking about sweating for the sake of exercising your sweat glands. I am referring to the sweat that comes from hard work.

Rule # 11: You Have To Train More Than Once Every Seven To Fourteen Days.

The people who tell you that gains can be made by training only once every seven to fourteen days are selling you snake oil. It doesn't work.

Rule # 12: Rest And Recover To Build Strength.

Active rest and the use of recovery aids will help get you stronger because it allows the muscles to rejuvenate and adapt to the training.

Rule # 13: Eat Five To Six Times A Day-But Not Huge Buffet Style Eating.

Getting nutrients into your body is an important factor in becoming stronger. Your car won't run without gas, and neither will your body grow stronger without food. Keep your body filled and there won't be a moment when it is searching for a specific nutrient to rebuild the muscles.

Rule # 14: Each Day Eat The Right Amount Of Calories And The Proper Nutrients At Every Meal.

You don't need to take multiple hundreds of grams of protein a day unless you weigh multiple hundreds of pounds. In my experience you do need to get at least a gram per pound when lifting heavy every day.

RULE # 15: Exercise Your Body Every Single Day.

But too much, too soon leads to a shorter career due to injury, overtraining or peaking before your potential is reached. Follow a decent periodization schedule and you will gain strength.

RULE # 16: Follow The Advice Of A Nationally Certified Strength Coach, I.E. NSCA Or ACSM.

These men and women know how to get people strong. Some trainers out there have simply paid their money and been rewarded with a certificate. In one case, the test booklet is on line, and the test can be taken while looking at the book. Your coaches are not one of these individuals, they know their stuff.

RULE # 17: Persistence Counts-Stick To It And You Will Become Stronger.

Side note:

The rise in obesity in our nation is costing each one of us a fortune in increased health care premiums, lost hours at work and a poorer quality of life. Do your part to maintain your correct weight by exercising each day following the fitness triad recommendations and eating a healthy well-balanced diet.

Repetition guidelines

➤ Maximal strength, without increased muscular mass, is created by using repetitions within the two to four range with near

maximal loads of 95-99% 1RM.

- Working out with five to ten repetitions will not only provide a strong stimulus for muscle growth but it will also boost strength production.
- Repetitions in the ten to twenty brackets will place a heavy emphasis on building mass rather than strength.
- Lifting repetitions will have a positive effect on muscular endurance rather than on strength or muscle mass.

Percentage training

The majority of strength coaches work hard at getting results for their trainees. One of the best methods used is percentage training.

In percentage training it is essential to have accurate, correctly tested and accurate one, three or even ten repetition maximums. These rep maxes are then used to base training percentage loads on during this phase of training.

Percentage lifting makes the training program schedule easier to understand for the lifter and allows the coach to plan out the cycles of training based on the repetition maximums.

Establishing the sets and reps in your training plan

If you are lifting 100 pounds one time, then the percentage training would break down similar to the following suggestions from research information collected over a ten-year period by A.J. Prilepin.

- 90-100% 1RM repetitions will be between 4-10 reps with repetitions of 1 for 2 sets with the ideal at a total of 7 reps.
- 80-85% of a rep will be between 10-20 reps at two reps each set for four sets with the ideal at a total of 15 reps.
- 0-75% 1RM will be between 12-24

cont on page 18

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reps at three reps for six sets with the ideal at a total of 18 reps.

- 55-65% 1RM will be between 18-30 reps for six sets with the ideal at a total of 24 reps.

Now then for your 100 monthly reps in one exercise the plan would look similar to this:

- 90-100% 1RM reps would optimally be at 7 reps total or about 10% at 90%-100%+ 1RM for the month.

The actual range of reps is 4-10.

- $100 - (4 \text{ through } 10 \text{ reps}) = 96 \text{ or } 90$

You now have 90-96 reps left to work with this month

- 80-85% 1RM is your prime target range for building strength and the recommendations here

are optimally at 15 total reps. However, if strength is your primary goal, then this repetition zone must be increased to the maximum recommended total of 20 total reps.

At certain times, go a bit beyond these suggestions, from the 20 up into the mid to high thirty range we have experienced good results from doing so. But don't do this too often because it is particularly hard on your athlete ability to recover.

- $(96-90 \text{ reps}) - 10 - 20 = 86-70 \text{ reps}$

With 70-86 reps to go this month you now are looking at working out with percentages between 70-75% 1RM with optimum repetitions of 18 reps total established between the recommended 12 and 24 reps.

- $(86-70 \text{ reps}) - 12 - 24 \text{ reps} = 74-46$

This leaves you with between 46 and 74 reps to finish out the month with.

Do so within the 55-65% 1RM with an optimum set number of reps of 24.

Within this 1RM percentage the range of reps is between 18 and 30 depending on if you have adjusted the repetitions in the 80-85% bracket.

With these figures in writing, you are now set to fill in the weight load percentages, the reps and total sets for each exercise for every session of the week and month.

Relative strength-are you as strong as you think you are?

In the following chart* you will find commonly accepted values for determining whether your strength is good, excellent or elite in the three power lifts.

Bench press

Male

Female

Good	$> 1.25 \times \text{bodyweight}$	$> 0.8 \times \text{bodyweight}$
Excellent	$\leq 1.75 \times \text{bodyweight}$	$1 \times \text{bodyweight}$
Elite	$\leq 2 \times \text{bodyweight}$	$\leq 1.25 \times \text{bodyweight}$

Squat

Male

Female

Good	$> 2 \times \text{bodyweight}$	$> 1.5 \times \text{bodyweight}$
Excellent	$\leq 2.5 \times \text{bodyweight}$	$\geq 2 \times \text{bodyweight}$
Elite	$\leq 3 \times \text{bodyweight}$	$\leq 2.5 \times \text{bodyweight}$

Deadlift

Male

Female

Good	$> 2 \times \text{bodyweight}$	$\geq 1.5 \times \text{bodyweight}$
Excellent	$\leq 2.5 \times \text{bodyweight}$	$\geq 2 \times \text{bodyweight}$
Elite	$\leq 3 \times \text{bodyweight}$	$\leq 2.5 \times \text{bodyweight}$

Balancing out your lifting requires adequate attention to each of the lifts, which in essence means your lifting should be in a ratio of one to the other across the board. It has been suggested by practitioners of the powerlifting sport and the scientists who support these lifters that a ratio of 1:1.5:1.5 will provide the ratio for success. In this case the first number represents the bench press followed by squat and the dead lift 1 repetition maximum numbers.

*Adapted from Encyclopedia of Muscle and Strength by Stoppani, J Human Kinetics 2006 ■



The Coaches' Guide to Supporting High School Athlete Mental Health



A Guide to Support Your Players

Teens are facing an escalating crisis in mental health. According to the Centers for Disease Control and Prevention, more than one in three high school students experienced persistent feelings of sadness or hopelessness in 2019. Nearly 20% of all high school students had serious thoughts of suicide in the past year, a statistic that rises significantly for LGBTQ students and students of color. Sports teams offer unique opportunities to create spaces where teens feel safe, seen, heard, and valued. A trusted, caring adult can be a game changer for young people, and coaches are ideally positioned to provide that support. You can be the first to notice when an athlete is struggling emotionally, and the first person an athlete trusts enough to reach out to.

[The Jed Foundation \(JED\)](#) and [Positive Coaching Alliance \(PCA\)](#) created this quick, easy-to-use guide to increase your knowledge and comfort in navigating these situations and conversations. **We want to help you feel prepared, and we want you to know:**

- You do not have to be a mental health professional to support an athlete with their mental health.
- You are never alone when you support athletes.
- You don't have to provide care. You can be the bridge that connects them to it.

This guide will walk you through straightforward—but significant—steps you can take to:

- Support mental health on your team.
- Recognize and reach out to a struggling athlete.
- Connect athletes to professional help, if and when it is needed.

[DOWNLOAD](#)



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WIBCA

WASHINGTON
INTERSCHOLASTIC
BASKETBALL COACHES ASSOCIATION



2026 WIBCA DATES

Spring Membership Meeting	February 22nd, 2026	Bellevue College
WIBCA All State Selection	February 22rd, 2026	ZOOM & In-Person
Regionals	February 27th & 28th, 2026	Various
State Tournaments	March 4th-7th, 2026	Spokane, Tacoma, Yakima
Unified Sports Game	March 21st, 2026	Bellevue College
Futures & All State Games	March 21st, 2026	Bellevue College
Northwest Shootout	April 12th, 2026	Portland, OR
WIBCA Spring Showcase	April 25th & 26th, 2026	Bellevue College
Chelan Clinic	May 2nd	Chelan, WA
June D1 Scholastic Event	June 27th & 28th, 2026	Various
WIBCA Hall of Fame Inductions	TBD	Richland, WA

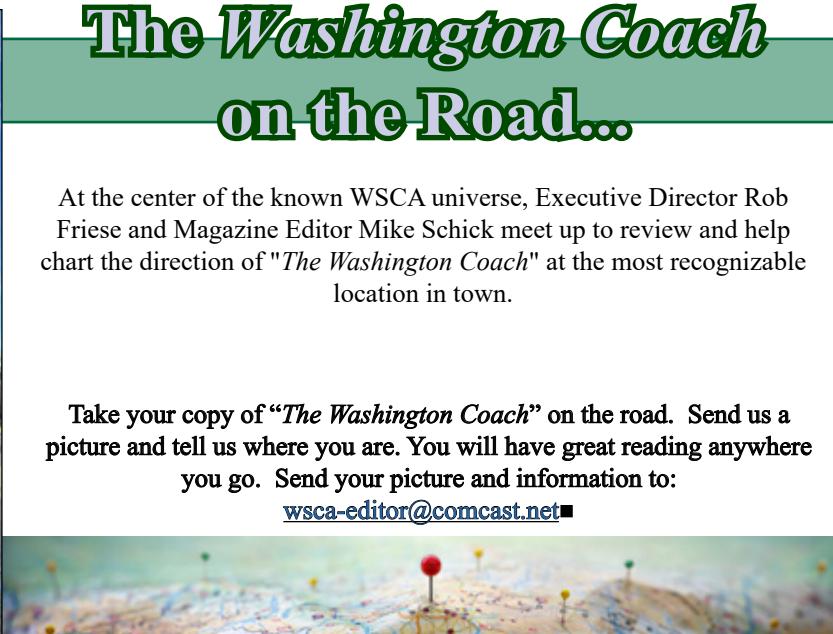
WIBCA is a tax-exempt organization under 501 (c) (3) of the Internal Revenue Code, Tax ID number 26-4593613. Your donation qualifies for a tax deduction as a charitable contribution to the extent permitted by law.

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The *Washington Coach* on the Road...

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wsca-editor@comcast.net





GENERAL LIABILITY INSURANCE PROGRAM

As a membership benefit, coverage is provided by the Commercial General Liability Policy issued to the National Organization of Coaches Association Directors. This policy will provide general liability coverage to Washington State Coaches Association and its members.

CARRIER

HDI Global Specialty (A Rated)

POLICY PERIOD

August 1, 2025 – August 1, 2026

LIMITS OF INSURANCE

\$1,000,000	Each Occurrence
\$2,000,000	General Aggregate (per Member)
\$1,000,000	Products/Completed Operations
\$1,000,000	Personal & Advertising Injury
\$ 300,000	Fire Damage
\$ 50,000	Sexual Abuse (per Member)
Excluded	Medical Payments

COVERAGES

- ❖ Educator Professional Liability
- ❖ Participant Legal Liability for insured members
- ❖ Liability assumed under insured written contract
- ❖ Defense Cost outside limits

EXCLUSIONS

- ❖ The use of automobiles, buses, watercraft and aircraft
- ❖ Property of others in the care, custody, and control of the insured.
- ❖ This insurance does not apply to members that coach at an All-Star game that is not approved by your state coaches association.
- ❖ This insurance does not apply to any loss, cost or expense arising out of infectious or communicable disease.

CAMP INSURANCE

Today, most Coaches are involved in some type of sports camp. Please note that our General Liability Program follows insured members while working at camps and/or conducting their own personal camp.

In addition, Participant/Accident Coverage is required for coaches and/or participants. Should an accident occur during a camp, clinic or event, this secondary coverage helps offset the loss suffered by families affected by such accidents.

PROCEDURE FOR CAMP INSURANCE

As a member benefit of your state coaches association, all members in good standing have a \$1,000,000 per occurrence General Liability policy limit that provides coverage for their coaching activities. In order to protect the General Liability policy from potential claims, the insurance company has mandated that all coaches must obtain signed waivers and provide Participant/Accident insurance for their participants.

In order to obtain a certificate of insurance showing proof of insurance or naming an additional insured, the following must be in place:

- ❖ **Waivers:** Signed waivers showing indemnification language
- ❖ **Participant/Accident Insurance:** You must have Participant/Accident coverage in place for all participants attending sports camps.

PURCHASE INSURANCE

- ❖ Camp Insurance Request form is available on our website: <https://www.loomislapann.com/page/camp-insurance-2.html>

INSURANCE ADMINISTRATOR

LOOMIS & LAPANN, INC.

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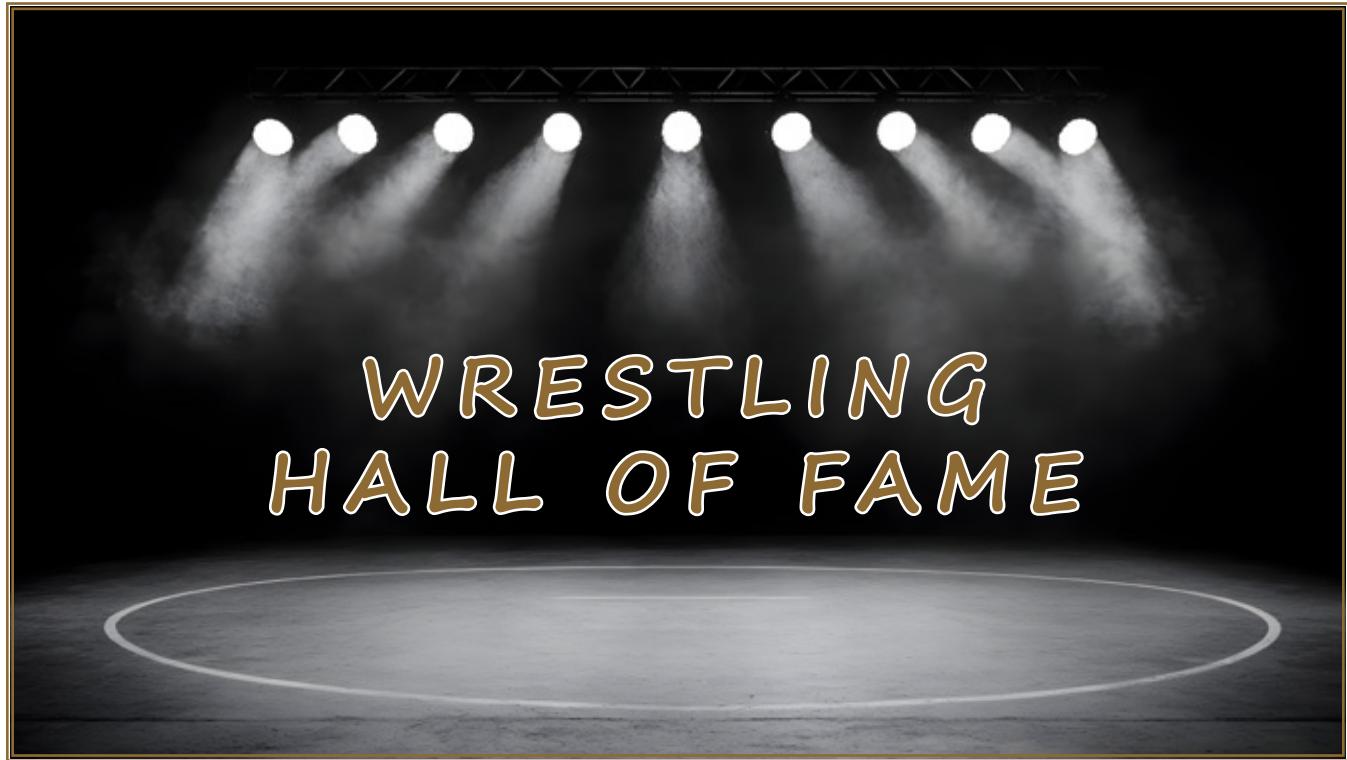
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WRESTLING HALL OF FAME



John Godinho

Union High School 2007 - (present)
Covington Middle School 2006
Heritage High School 1999 - 2005
Cascade Middle School 1991 - 1998

John Godinho wrestled at Castle Rock High School under Hall of Fame Coach Jim Bair and was a three-time state finalist, a two-time Washington state champion, and named NAIA All-American at Pacific Lutheran University.

For more than 30 years, John Godinho has been a driving force in wrestling across Clark County, guiding programs

at every level while building Union High School into one of the state's most consistent contenders.

Godinho began coaching at Cascade Middle School in 1991, where his teams won league and district championships before he moved to Heritage High School. Over six seasons at Heritage, the Timberwolves won multiple league, district, and Clark County titles, including the 2003 state championship and a runner-up finish in 2004.

In 2007, Godinho started the Union High School program. Since then, the Titans have compiled a 162-35 dual meet record and won championships at every level-league, district, county, and regional, and 14 consecutive team championships at the Norm Frieauf Memorial Clark County Championship wrestling event.

Union boys' squads have finished in the top five at the WIAA 4A State Championships several times, highlighted by a third-place team finish. The girls' program has been equally successful, claiming a regional title in 2018 and the WIAA Girls State Cham-

pionship in 2019. Godinho was named the Washington 4A State Coach of the Year in 2014 and has earned Coach of the Year honors seven times. He also helped organize the Clark County Youth Wrestling Program, impacting more than a thousand young athletes, and continues to coach more than 75 youth through Union High School. His teams are active in community service, from fund raising and event support to providing care items for the unhoused. Coach Godinho will tell you, one of the things he is most proud of is the community support his athletes provide to a variety of nonprofit causes.

Godinho has dedicated his life to building champions on and off the mat.



Michael Harter

Central Kitsap HS 2003-2018
Goodman MS (Volunteer) 2018-2019
Central Kitsap JH (Asst. Coach)
2006-2015
Whitman JH 2004
Gig Harbor HS (Asst. Coach)
1997-2002
Portland State Univ. (Asst. Coach)
1993-1994
North Salem HS, OR (Asst. Coach)
1988-1992

Michael Harter (1962-2019) gave more than five decades of his life to wrestling, first as a nationally recognized competitor and later as a dedicated coach and mentor to student-athletes across Washington.

Harter's wrestling journey began at six years old and grew into an exceptional career. At Holy Cross High School in New Orleans, he won back-to-back Louisiana state titles and earned selection to the USA Wrestling High School All-American Dream Team. Collegiately, he competed for Iowa Central Community College and the University of Oregon, becoming a two-time NCAA qualifier, Pac-10 champion, and U.S. National Dual Team member who represented the United States in Japan, South Korea, and Hungary.

As a coach, Harter invested over 30 years in developing young athletes. He served as an assistant at North Salem High School, Portland State University, and Gig Harbor High School before taking over at Central Kitsap High School in 2003. Over 15 seasons, he built a competitive and respected program while also guiding junior high and club teams in Kitsap County.

Harter was heavily involved with Team Washington, coaching at national dual events and mentoring wrestlers who competed on the state, national, and international stage.

Known for his tireless energy and genuine care for his athletes, Harter balanced his coaching with his professional work as an occupational therapist in the Peninsula School District and his role as a devoted father. His influence extended far beyond wins and championships, shaping lives and instilling values of discipline, perseverance, and respect.

Harter's legacy is carried on by the athletes, colleagues, and communities he impacted, as well as by the generations of wrestlers who continue to benefit from the foundation he helped build.



Troy Hughes

Lakeside HS (Head Coach) 2007-2013
Lakeside HS (Asst. Coach) 2001-2007
Mt. Spokane HS (Head Coach)
1999-2001

Troy Hughes was a three-time finalist and state champion at Mead High School for Cash Stone (Class of 1995) and wrestled at the University of Oregon. Troy has been recognized as both a leader and mentor in Washington wrestling, guiding programs that consistently produced champions while shaping the lives of countless student-athletes. Known for his steady leadership and commitment to excellence, Hughes contributed to a culture of hard work and achievement that elevated Lakeside High School into

one of the state's premier wrestling programs.

As an assistant coach at Lakeside for hall of famer Scott Jones, Hughes helped the Eagles team capture three state championships (2001, 2005, 2006), a runner-up finish in 2002, and helped develop 38 state tournament placers, including six champions. Stepping into the role of head coach in 2007, Troy continued that tradition, leading the team to another state title in 2008, runner-up honors in 2011, and multiple top-five finishes. Under his leadership, Lakeside wrestlers earned 38 additional state medals, including 11 individual state championships. Lakeside produced many Freestyle and Greco-Roman All-Americans, as well as multiple athletes who went on to wrestle in college at multiple levels of competition.

Over his coaching career, Coach Hughes compiled a 72-26 dual meet record, guided his teams to multiple district championships, and was honored three times as the Coach of the Year. His programs were consistently competitive and equally respected for their character and sportsmanship. Hughes has coached multiple national teams, and a team of Washington wrestlers on a Cultural Exchange trip to Japan in 2005.

Off the mat, Troy pushes himself as well, having served as a football and wrestling coach, an English Teacher and assistant principal at Lakeside High School, middle school administrator in the Mead School District, the Athletic Director at Mead High School, and currently, the Principal at Mead, continuing his commitment to education and youth development. His legacy in wrestling is defined not only by trophies and championships but also by the impact he has made on generations of students and athletes who benefitted from his leadership and example.

Troy and Kalie have three children: Kyla, Carter, and Clarity.

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Barb Morgan

Sedro-Woolley HS 2004 - present

With 28 years of coaching experience, Barb Morgan has been a trailblazer and leader in Washington wrestling. Beginning with seven years at the club level with Sedro-Woolley SteelClaw and continuing with 21 seasons at Sedro-Woolley High School, Morgan has guided athletes to success on and off the mat. Her high school teams compiled a 132-45 dual meet record, won four state team championships, and earned eight top-20 state finishes. She has coached 39 state placers, including six state champions, while also leading her teams to two Academic State Championships.

Morgan's influence extends well beyond the mat. She founded and still directs the longest-running girls-only wrestling tournament in Washington, helping to create opportunities for female athletes long before the sport gained statewide recognition. Under her leadership, eight former wrestlers have continued at the collegiate level, including an NAIA National Champion and an NAIA All-American. Morgan has served on the WSWCA Executive Board as the Girls' Wrestling representative and she is a member of the 12-person

NFHS National Rules Committee for wrestling.

Her peers and the wrestling community have recognized her contributions with multiple honors, including two Washington Coach of the Year awards and the prestigious NWCA National Coach of the Year award. This May, she will also be inducted into the Washington Chapter of the National Wrestling Hall of Fame.

As the first female coach inducted into the WSWCA Hall of Fame, Morgan's career represents perseverance, excellence, and a commitment to expanding opportunities for young women in wrestling. Beyond the accolades, she is known for her compassion, mentorship, and advocacy for her athletes—caring for and supporting them as if they were her own.



Brian Smith

Bellingham HS 2001-2009
Nooksack Valley HS 1994-2000

Brian Smith's career as a coach, leader, and advocate for wrestling in Washington spans more than 25 years and multiple roles at the local, state, and national level. Beginning at Cheney Middle School in 1992 and later serving at Peninsula, Nooksack Valley, and Bellingham High School,

Smith's teams earned more than 90 dual meet victories, producing four state champions, six finalists, 36 placers, 75 state participants, and 6 Academic State Champions.

Beyond team success, Smith's influence extended across Washington wrestling. He served as President of the WSWCA from 2002-2006, helping shape policy and supporting coaches across the state. He also coached on the national stage, leading Team Washington at youth nationals (2006-2008), coaching the Down Under Games Western States Team (2004), and serving as Cultural Exchange Coach to Japan (2003).

Smith's leadership and integrity were recognized with numerous honors: Washington State 3A Coach of the Year (2006), the Gary Knutzen Spirit of Wrestling Award (2005), US Marine Corps Sportsmanship Coach of the Year (2007), and the Bellingham School District's Shining Star Coach Award (2008). As an Assistant Executive Director of the WIAA he held a key role in advancing girls wrestling, helping participation numbers double statewide, and contributed to the growth of Mat Classic, overseeing the largest tournament in the country when snow forced regionals into a single 32-person bracket.

Currently serving as the Director of Athletics and Activities for the Kent School District, Smith's legacy is defined by both competitive success and visionary leadership. His career reflects an unwavering commitment to student-athletes, coaches, and the future of wrestling in Washington.





John "JL" Williams

James A. Garfield HS 1980 - 2020,
2024 - present

John "JL" Williams began his wrestling journey in junior high in 1970 and went on to compete for four years in high school, earning a third-place finish at the Connecticut State Championships in 1975. He continued his athletic career at Central Connecticut State University, where he wrestled for three years before graduating in 1979 with a degree in Manufacturing Engineering Technology. While building a distinguished 36-year career with The Boeing Company, JL also dedicated himself to coaching wrestling at Garfield High School. He furthered his education by earning a Master of Business Administration from City University in 1985.

For more than four decades, Williams dedicated himself to building and sustaining the Garfield High School wrestling program. When he took over in 1980, the Bulldogs had not won a match in five years. Under his leadership, Garfield quickly turned the corner, earning its first Metro League

championship in 1989. Williams was named Metro Coach of the Year four times, and in recognition of his character and influence, his colleagues named the league's Coach of the Year award after him.

Williams launched Garfield's girls' wrestling program in 2007. Participation grew steadily, with more than 40 girls competing by the 2015-16 season, and his athletes captured Metro titles and state placings along the way. His impact extended beyond the mat: he was honored with the King5 *Coach Who Makes a Difference* award, was a two-time National Achievers Award recipient, and served as a trainer for Team Up WA, the Washington State Coalition Against Domestic Violence.

Williams was also known for his generosity and sportsmanship. He frequently stepped in to coach athletes from other schools, lent equipment to opponents, and encouraged wrestlers across programs. His teams earned multiple league sportsmanship awards, and both the boys' and girls' squads won academic state championships.

Even after retiring, Williams returned to the program in 2023 as a volunteer and in 2024 as an assistant coach, underscoring his lifelong commitment to Garfield wrestling and the athletes he served. His legacy is defined not only by championships but also by the respect, opportunity, and inspiration he brought to generations of student-athletes.

JL and his wife Nina are blessed with three kids Jamaal, Ashlee and John II and six grand kids; Aniyah, Kaiyah, Jalaay, Dhani, Adonis and Merlei. ■

The Washington Coach Magazine

DEADLINES



Fall Issue
September 14

Winter Issue
January 14

Spring Issue
May 14

A huge thank you to all those who have contributed to our magazine by submitting articles, sending pictures or offering suggestions. Our magazine is a work by and for our membership and we are committed to creating a publication which serves the best interests of the WSCA.

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



John Godinho, John Harter (representing his father Mike), Troy Hughes, Barb Morgan, Brian Smith, JL Williams

SPORTS

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

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WRESTLING

Brett Lucas
Todd Beamer
blucas@fwps.org ■

All-State Volleyball Match



On December 7th, the WSVBCA hosted its annual All-State Matches at Burlington Edison High School, celebrating the talent and passion of volleyball across the state. With 86 players and coaches involved, the gym was filled with energy and excitement.

The highlight was watching the state's top senior players compete in their high school jerseys one final time. The matches were competitive, fun, and a true celebration of the game.

A big thank you to Tawnya Brewer for her dedication and hard work in organizing the event. This day was more than a match—it was a meaningful send-off for these seniors and a reminder of the strong volleyball community that supports them.



All-State Volleyball Match



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Personal Growth and Self-Reflection

“The greatest gift of coaching is not the victories, but the personal growth it fosters in both the coach and the athletes.”
Anonymous

As the season draws to a close, high school coaches need to step back and reflect on their personal growth throughout the journey. Every season presents unique challenges and triumphs, offering countless opportunities for learning and development. It's important to assess the team's achievements and your leadership development. Seek feedback from players and fellow coaches and take time for self-reflection. These insights offer valuable opportunities to refine your coaching strategies and approach.

Stay open to growth through avenues like coaching clinics, mentoring, and continual self-assessment.

Coaches' personal growth is a relentless pursuit that requires dedication, adaptability, and a steadfast commitment to excellence. Coaches advance personally and professionally by cultivating leadership skills, enhancing communication, and navigating various challenges. This development boosts their effectiveness and enriches their ability to positively

influence their athletes and the broader school community, fostering a culture of growth and excellence.

Above all, remember that your growth as a coach doesn't stop when the season does. The lessons and experiences you've gained in one season will guide you in the next. By committing to consistent reflection and improvement, you enhance your coaching abilities and set an example for your athletes, inspiring them to embrace growth. ■

Suzanne Marble



Coach Parrish Remembered

by Dan Weedin



"I'm lucky. I've never gone to work."

Jerry Parrish uttered these words as we were sitting in a coffee shop in Poulsbo. As Executive Director of the Washington State Coaches Association, Jerry was my client for 17 years and we often met over coffee.

"I've always gone to school. When you love something, it's not work."

During his 32 years coaching the North Kitsap High School football program, Jerry may have come across as, well, let's just say gruff. JP was the epitome of "old school." He was tough, no nonsense, demanding, and acerbic.

Current North Kitsap coach and former player, Jeff Weible says, *"Playing for Coach Parrish was an honor. Growing up and playing Pee Wee football, I'd always wanted to play for him. Once I got into high school, he demanded excellence from us and would let us fall short. Game days were very intense as he was hyper focused and demanded that we were as well. He always had great energy and passion which made it easy for his players to do the same."*

I first met Jerry when I was a sideline reporter for the local radio station doing high school football games in Kitsap County. One of my jobs during the week before the featured game was to interview the head coaches. I still remember nervously meeting Jerry at North Kitsap Stadium to interview him. Jerry was cordial, but I think he regarded me as "media," so didn't elaborate much.

Our relationship changed dramatically when I became head girls' basketball coach at North Kitsap in October 2000. He immediately made me feel welcome; a coach with zero high school coaching experience, a non-teacher, but an equal as far as he was concerned. He became one of my mentors, even though we coached different sports. He always had a smile and a funny quip waiting for me.

Three years later, after the untimely death of the NK Football stadium announcer weeks before the first game of the season, he pulled me aside at nearly the very same spot in the stadium where we first met. *"We need an announcer for the football games. I think you'd be great. Would you do it?"*

I couldn't spit out "YES" fast enough and 22 seasons and 125 games later, I'm still

in the press box. All thanks to my friend Jerry Parrish.

While these stories might seem unremarkable on the surface, what's the constant for Jerry Parrish is the love and care for people he held. He was always serving others, giving confidence, showing support, and being a friend.

Jerry was always kid centric. That included their safety and wellbeing. Julie Leslie is the certified athletic trainer at North Kitsap and teaches athletic medicine. She shared her thoughts on Jerry:

"It's hard to put into words the impact one coach can have on players, coaches, support staff, a school, and a community."

I was blessed to have Coach Parrish in my athletic training interview and remember him asking how I would handle a coach who goes against my recommendation in a game. His response to my answer was priceless and memorable. His reaction meant a lot to me as a young teacher.

He always followed my recommendations and supported my expectations. He was always a champion for our sports medicine program. He always had my back.

We can't forget the impact JP had on all students, not just his football players. It's hard to fathom how many kids

went through his PE classes in 38 years.

Brent Stenman is a lifelong Poulsbo resident. He attended North Kitsap High School and has coached and volunteered at the school for over 30 years. He remembers Jerry in this way: *"Jerry Parrish as a teacher, coach, friend and mentor had all the best qualities of what I would consider "tough love." You always knew where you stood with Jerry; he told it like it was. He combined high expectations and accountability with genuine care, trust and honest feedback, without coddling. He was as "old school" as it gets, and he combined that with empathy, integrity and great leadership, and he brought out the best in everyone. He was a good man, and his positive impact on the North Kitsap community will last for many years to come."*

It was after Jerry's retirement following the 2004 season that he and I became better friends. In 2005, after starting my consulting practice, Jerry hired me to help the WA State Coaches Association with their insurance and risk management. That relationship continued for the next 17 years.

Jerry's passion wasn't just football; it was helping coaches in all sports become better at their craft to better

impact the young athletes they coached.

Coach Weible recalls that "He was instrumental in me getting each job I've had whether he made a phone call to give me a recommendation or help me prepare for interviews or the lessons he taught me while playing for him. I would not be where I am at today as a person, coach or a man without his guidance and advice."

Some of my fondest memories of Jerry involve chatting about life over a cup of coffee. He'd always tease me about drinking lattes and mochas. Jerry was strictly a black coffee connoisseur.

While those meetings involved a lot of "war stories," they always started with him asking about my family. He was genuinely interested in my kids (whom he knew from coaching and teaching) and my grandchildren. I never had to remind him of any past conversations; he remembered. We always talked about his family, too, especially his grandchildren. Julie Leslie remembers...

"Coach Parrish was so proud of his children and their careers. He kept us updated on everything they did. He was equally invested in us and our families and in every person he met."

And as far as the Washington State Coaches Association was concerned, Jerry was the flag bearer for the organization. President Darrell Olson reflects on his impact:

"For over 40 years Jerry served in the top leadership position and was the face of the WSCA. He brought wisdom, candor, and humor to all of our meetings. He served as a mentor for me when I assumed the position as president of the WSCA. He was a mentor for coaches that

served as an ISA rep or Executive Board member in the WSCA. Jerry was responsible for securing the \$2 million Liability coverage every member coach enjoys as part of their membership.

Jerry's best qualities were respect, honesty, and high expectations. He carried the leadership qualities that were successful for him in coaching football, to the Executive Director's position in the WSCA. One example is his unique spin on meeting times...never on the hour or half hour. Meetings were called for 9:01, or 10:59. This obviously was to exemplify that "I don't mean around that time, I mean that exact time." It worked.

Jerry never quit teaching or coaching. In the last couple of years before stepping down as our Executive Director, Jerry created a group of board members to mentor and teach all the aspect of his responsibilities with the WSCA. Without this, our organization would have been somewhat in the dark on all the duties that are involved with the Executive Secretary/Treasurer position. Because of that great experience, the WSCA did not miss a beat in making sure the WSCA is thriving. Because of Jerry's overwhelming contribution to the WSCA, the Executive Board created a 'Student Teacher Scholarship' in his name. He was a teacher and a coach who taught students and athletes lifelong lessons. We will never be able to count the number of lives he has impacted. Jerry was quoted as saying, "one of my favorite things is when I get

a wedding invitation from a former player."

Jerry Parrish was forever a welcomed member of the WSCA. We, as an Executive Board, all hope we can live up to Jerry's high expectations, and like he used to tell his teams, "The biggest room in the world is room for improvement."

Executive Director Rob Friese adds:

"Jerry was the face of the WSCA for about a half of a century. As the new Executive Director, I quickly learned that what Jerry did for the Association was nothing short of a miracle.

Before our current technology, I can't even imagine mailing individual membership cards via USPS.

Managing finances, helping run the annual football clinic, fielding phone calls, and planning meetings are just a few tasks of basically a full-time job for relatively no pay." Jerry's sense of humor and expectations of respect stand out especially. None of our meetings started on the hour...we will meet at 10:59 or 11:01. This was to make the point that being on the exact time was important. When he started a meeting, he would say "make sure you turn on your cell phones when you leave". His many quotes were legendary.

Jerry impacted hundreds of coaches and players in an always positive and respectful way. We are all better people having known Coach Parrish.

And this brings me to my closing thoughts on a man who was so much more than a football coach. Julie is

right, he invested in people. When having a conversation with him, you were the only person in the room to him. No distractions, no mobile devices, just you and him. He listened, he told stories, he was wickedly witty, and above all, he was a friend you could count on.

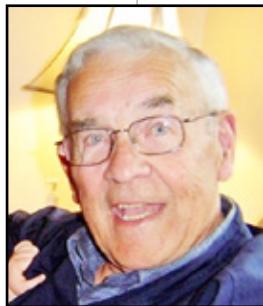
He was a loving father and grandfather. Yet at the top of the list was his beloved wife, Gladys. To say he was devoted would be an understatement. I don't know if we ever had a conversation that didn't include "Gladys."

Some of the most memorable included his stories of how after his "retirement" in 2004. He spent the next full football season away from the game. Apparently, the withdrawals from it made him unbearable at home, so Gladys told him he needed to get out of the house and go volunteer for the team. That volunteer role lasted 18 years.

My favorite Christmas movie is "It's a Wonderful Life," starring James Stewart and Donna Reed. There's a powerful scene where a closeup of Stewart's character George Bailey is reacting in stunned disbelief when he realizes what life without him would have been like.

You can hear his guardian angel Clarence saying, "Strange, isn't it? Each man's life touches so many other lives. When he isn't around, he leaves an awful hole, doesn't he?"

Jerry Parrish touched countless lives – those of his family, friends, players, students, co-workers, and more. And while his loss does leave an awful hole, we are blessed to be counted as family and friends and to have been players in his wonderful life. ■





Washington State Coaches Association

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What is covered?

- Claims made by negligent acts, accidentally committed resulting in bodily injury, personal and advertising injury or property damage to others.

When are you covered?

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