

THE WASHINGTON COACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION

Are You Ready For Some Football?



Fall
2004

WASHINGTON STATE COACHES ASSOCIATION



2004 – 2005 Membership Application

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School Where Coaching _____

School Address _____

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Which sport group should receive credit for your membership? _____

Send completed application with \$35.00 to:

Jerry Parrish, Exec. Secretary
18468 8th Ave NE, Poulsbo, WA 98370

**Or, see our application
on our new website:
www.washcoach.com**

**Benefits effective upon receipt of application and \$35.00.
Membership is from August 1, 2004 through July 31, 2005.**

Benefits Include:

- State Tournament Pass accompanied by picture ID.
- The Washington State Coaches Association (WSCA) has placed the Member's General Liability with Combined Specialty Insurance Company. The \$1 million coverage for General Liability provides for claims brought about by a Third Party against a registered member of the WSCA while working at a scheduled, sanctioned and supervised WIAA Scholastic Sports Event. Insurance contact number is 1-800-853-5899.
- Your senior son or daughter would be eligible to receive scholarships being offered by WSCA.
- Hall of Fame eligibility.
- Eligibility for "Coach of the Year" honors State-Regional-National.
- Makes you eligible to be selected as All-Star Coach.
- Enhanced professional growth and opportunity to contribute to your profession.
- Provides a line of communication and a forum for the exchange of ideas and information.
- Window decal upon request.
- Coaching clinics.
- Opportunity to express your opinion or write an article for your magazine THE WASHINGTON COACH.

**Check Sports
Coached**

- Baseball
- Basketball (B)
- Basketball (G)
- Bowling
- Certified Trainer
- Cheer
- Cross Country
- Dance and Drill
- Football
- Golf (B)
- Golf (G)
- Gymnastics
- Retired
- Soccer (B)
- Soccer (G)
- Softball
- Swimming (B)
- Swimming (G)
- Tennis (B)
- Tennis (G)
- Track (B)
- Track (G)
- Volleyball
- Wrestling



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3rd Year Position Mike Schick

2nd Year Position Rick Giampietri
2nd Year Position Pat Fitterer

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1st Year Position Jan Kirk

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 East Bill Alexander

MS Liaison West Mike Schick
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Magazine Editor Terry Ennis

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Golf - Dave Hall North Central, Spokane

Gymnastics - Karen McQuiston Capital

Soccer - open

Fastpitch - Tom Harmon Nooksack Valley

Swimming-Don Helling Sehome

Tennis - Mike Villegas Wapato

Track & Field - Mark Ward Central Kitsap

Volleyball - Jan Kirk Fife

Wrestling -Craig Hanson East Valley (Spokane)

For more information contact one of the following:

Secretary-Treasurer
 Jerry Parrish

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 Terry Ennis

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The WSCA falls under the WIAA umbrella. For information contact:

WIAA, Mike Colbrese, Executive Director
 435 Main Ave. S.
 Renton, WA 98055
 425-687-8585

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Check out our website at www.washcoach.com

From The President

Fall 2004

WSCA Members,

In the fall of 1969 in Moscow, Idaho I began my coaching career. I was an assistant frosh football coach and the seventh grade basketball coach. I received a pair of coaching shoes for football and because I was student teaching during basketball I was ineligible for a stipend so the athletic director took the stipend (and we complain about the conditions today). As I reflect back through the years, I can't help but remember a couple of statements about the future of sports in our public school systems.

I completed my MA in Athletic Administration from Idaho State University in the summer of 1978. I vividly remember our major professor stating that by the year 2000 there would not be interscholastic sports as we knew them at that time. He theorized that American schools would change to a model similar to other countries where sports were outside the school and in clubs. I also heard a newly hired principal, who was starting a new school in the greater Seattle area; address a parent group with the desire to have the sports program out of the school and in clubs. Both of the individuals are now retired and out of education and as all of us are aware the sports programs are still an integral part of our public schools.

Certainly I would concur with those who say school sports face serious challenges from inside and outside the school system; however, challenges to programs of quality tend to strengthen the program. Instead of school sports diminishing as my professor had predicted they have expanded. In the seventies girl's sports were just getting established. Today not only is the participation level increased in girls' sports but the levels of skill and competition has improved immensely over the past twenty-five years. Community and student body support for women's teams has risen. During those years participation by boys' has increased also.

The lessons of life that a student-athlete learns by participating in a sport are often times impossible to duplicate anywhere else in our school system. As I get closer to the end of my career in coaching and education, I am proud and pleased to see school sports remaining as a strong and vital part of our school system.



Jerry Koester
WSCA President

FROM THE SIDELINES

by Jerry Parrish



ORCHIDS AND ONIONS

This writer has become acutely aware that the readership of the *Washington Coach* is strong. The reason for this statement is that the responses I have had for 25 year memberships have caused me to dine on an ONION salad.

The following coaches will be added to our 25 year WSCA membership roster.

Lou Boni—Tonasket, Eastmont, Marysville
Ed Lucero—Monroe, Snohomish
Dee Hawkes—Bothell
Steve Bertrand—Cascade (Everett)
Bob Bafus—Colfax
Doug Curtis—Colfax, LaCrosse,
Norm Lowery—Ferndale, Everett
Reg Scodeller—Stanwood, Cascade (Everett)
Dave Keenan—Shelton, Port Townsend
Dennis Oman—Ilwaco
Bill Herbert—Blanchet (Seattle)

If there are others of you out there, please contact me at jparrish21@comcast.net. This is secretary's new email address.

ORCHIDS

To the WSCA Scholarship committee headed by Susan Doering (Colfax), Ed Laulainen (Kelso), Rick Giampietri (Central Valley) and new committee member will be Kyle Rydell (East Valley-Spokane). These people do a great job. Each year the selection process becomes more challenging as there are so many strong candidates.

To the increasing amount of school districts who are paying for all their coaches membership dues in WSCA. The list grows each year.

To the Tacoma Athletic Commission for putting the Tacoma Dome back on the high school football map as this fall they are promoting "**100 Years of Tacoma and Pierce County football**".

Giant ORCHIDS to the following coaches for helping make the 10th annual Earl Barden All-

Star football game a success: Jack McMillan, Greg McMillan, Ron Rood, Denny Dahl, Jim Newby, Phil Johnson, Rob Friese, Tom Bate, Galen Kaemingk, Mike Lynch, Rod Fletcher, Skip Pauls, Jeff Nelson, Jim DeBord and Bill Alexander.

WSCA NEWS UPDATE

The WSCA Executive Board' summer meeting was held in Leavenworth on August 1st and 2nd. Tom Harmon, Nooksack Valley fast pitch coach was approved to fill the three year board member opening. Tom will continue to be fast pitch rep for Individual Sport Reps. Also, Mike Villegas, Wapato, will be new tennis rep on ISA board. Some additional confirmations and clarifications for ISA reps are: Darrell Olson, Everett (Golf), Tony Batinovich, Puyallup (Volleyball). Chuck Bowden (Central Valley) is going to contact Dick Cullan, GSL, athletic director seeking ISA rep for soccer.

There were many applicants for the Burnett-Ennis Scholarship awards and students were the winners: Ryne Phillips (Brewster), Kyle Bressler, (Decatur), D J Heltsley (Rogers-Puyallup), Rich Abrams (Stanwood), Peter Zukowski (Cashmere), R L Williams (Cashmere), Kari Opp, (Wenatchee), Danielle Lynch (Ritzville), Alida Bower (Onalaska), Kelli Peterson (Burlington-Edison), and Rachel Johnson (Ephrata).

The WSCA Executive Board received presentation from Ed Laulainen (WIAA Liaison) regarding recent WIAA Executive board business. One topic of discussion was the classification amendment. Seems that there is still some research going on and will appear on future WIAA

From The Sidelines

board agenda. Looking for a decision at 3 and 4 October board meetings.

Summer "tackle" football getting a lot of attention from WIAA board. Seems that many school district administrators may not be aware of full scale tackle football. Our WSCA liability insurance does **not** cover coaches involved in summer "tackle" football as it is NOT a WIAA sanctioned event.

We welcome aboard Terry Cavendar, new WIAA assistant executive director, and we also wish Kevin Griffin good luck in his new position with the Seattle Seahawks.

The WSCA Executive Board is announcing a **CAL-NDAR OF EVENTS** so that our membership can better make plans.

■ WSCA meetings—Oct 3 & 4, 2004 ISA reps and WSCA Exec Board meetings at Renton Holiday Express. Start time on October 3rd will be 10:01AM.

■ December 5, 2004 WSCA Executive Board only

■ March 13 and 14, 2005—ISA reps and WSCA Executive Board meetings at Renton Holiday Express

■ July 31 and August 1, 2005 WSCA summer board meeting Leavenworth

ALL STAR DATES

December 1, 2004	WIAA amendment deadline—Renton
January 14-16, 2005	Mid-winter football clinic—Everett
13-16 July 2005	Volleyball all star dates—Fife, Yakima and Spokane
June 25, 2004	1A-2A All state football game — Yakima
July 1, 2005	3A – 4A All state football game—site to be determined

Note: for calendar, if there are other dates to put in *Washington Coach*, please notify secretary for publication.

WSCA BOARD QUESTIONS

1. How would coaches seek approval of using a multi-colored volleyball? (Many coaches want to try a multi-colored volleyball.)

2. How can WSCA membership create effective surveys that would be useful for WIAA office?

3. Three Officials for state tournament basketball was discussed with rationale presented for this decision. Evidently Spokane area officials are looking at combining men and women officials—3 to work 2 games. A major concern is number of quality officials.

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Burnett-Ennis Scholarship

DEADLINE: APRIL 20, 2005

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

To be eligible for the scholarship:

- ◆ Your mother or father must be a member of the Washington State Coaches Association.
- ◆ Submit the below application.
- ◆ Submit a letter of recommendation from your principal, counselor or teacher.
- ◆ Submit your High School transcript.
- ◆ Submit a statement on what the scholarship would mean to you.

Name _____
Last First M.I. Social Security Number

Permanent Address _____
Street City Zip Code

Date of Birth _____ Telephone Number _____
Month/Day/Year

Parent/Guardian _____ Years Member of Association _____

Address of Parent/Guardian if different from applicant

High School Attended _____ Graduation Date _____

Address _____
Street City Zip Code

Principal _____ College Planning to Attend _____

Check List

- Letter of recommendation
- Transcript
- Statement from applicant

Your application must be received before April 20, 2005
Mail to: Susan Doering, 708 South Lake, Colfax, WA 99111

Selected winners must submit a picture of themselves with their member parent to the WSCA by June 30, 2005.

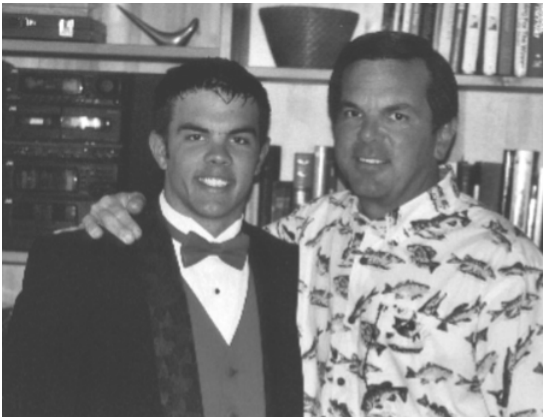
Congratulations Burnett-Ennis Scholarship Winners!



Rachel Williams and Dad Dan
Cashmere High School



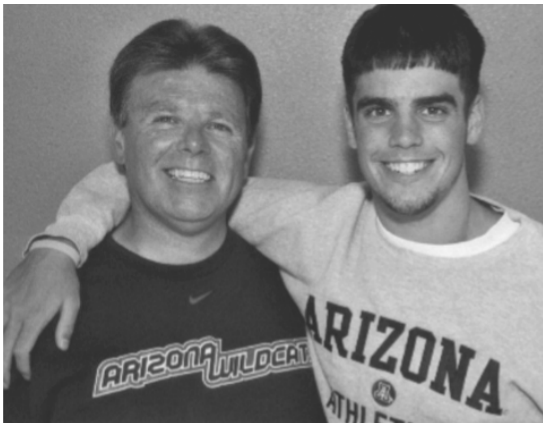
Ryne Phillips and Dad Randy
Brewster High School



Pete Zukowski and Dad
Cashmere High School



Kelli Peterson and Mom Christie
Burlington-Edison High School



DJ Heltsley and Dad Dan
Rogers-Puyallup High School



Rachel Johnson and Dad Dave
Ephrata High School

Congratulations Burnett-Ennis Scholarship Winners!



Kyle Bressler and Dad
Decatur High School



Danielle Lynch and Dad Mike
Ritzville High School

Congratulations Scholarship Winners!

**Watch for more scholarship winners
in our next magazine.**

COACH: Are you a Candidate for the WSCA Career Recognition Program

The WSCA Executive Board has a recognition program for the coaches in our state association.

A criteria has been developed for head coaches at the high school level in the following sports:

- Football
- Volleyball
- Girls Basketball
- Boys Basketball
- Girls Soccer
- Boys Soccer
- Baseball
- Softball

Criteria for assistant coaches and for the remaining sports will be established later this year after consulting with I.S.A. representatives.

Coaches in the mentioned sports will be honored for reaching career milestones. It will take 100 wins in those sports (50 in football) to achieve Level I. To reach Level II it takes 200 wins (100 in football). Accumulating 300 wins (150 in football) allows you to attain Level III. Those coaches who have 400 career wins (200 in football) will be honored at Level IV. Awards ranging from certificates to plaques will be given to deserving coaches by the WSCA.

To be recognized by the WSCA, you must apply for this award and be a WSCA member. An application is located below.

Congratulations in advance for our coaches who meet the milestone criteria.

HAVE YOU APPLIED?

CAREER MILESTONE RECOGNITION APPLICATION

Name _____ School _____

Home Address _____ City/Zip _____

Sport _____ Membership # _____ Years Coached _____

SCHOOL/YEAR	VICTORIES

TOTAL VICTORIES _____

Forms need to be complete and accurate before being returned to: Terry Ennis, 1415 Madrona Ave., Everett, WA 98203

DEADLINE FOR 2004/2005 RECOGNITION – MARCH 14th

Forms are also available on the WSCA web site.

WASHINGTON STATE FOOTBALL COACHES ASSOCIATION

Presents

WINTER FOOTBALL AND CURRENT ISSUES CONFERENCE 2005

January 14, 15, 16

Howard Johnson's Plaza Hotel
Everett, Washington

Registration Fee \$78.00 – WSCA Member
 \$90.00 – Non-Member
Hotel Lodging \$65.00 – per night

Friday Evening

- ◆ 4 - 6 p.m. East West Selection Meetings
- ◆ 6:30 – 8:30 p.m. WSFCA Meeting
- ◆ 9 – 11 p.m. Social Gathering

Saturday

- ◆ 8:30 a.m. – 4:30 p.m. X's and O's
- ◆ 5:30 – 7:30 p.m. Hall of Fame Inductions & Coach of the Year
Awards* – Dinner Included**
- ◆ 8 p.m. - 10 p.m. Social

Sunday

- ◆ 7:30 – 8:30 a.m. Continental Breakfast
- ◆ 8:30 a.m.– 2:30 p.m. X's & O's plus Key-Note Speaker

* Honoring coaches from all nine of the WIAA Districts in the State. One high school head coach and one assistant coach, as well as one junior high/middle school coach will be recognized as the WSFCA Coach of the Year.

****Dinner and Socials are included in your Registration Fee****

****Remember Monday is a Holiday—No School****

****14 Clock Hours or Coaches Education Hours will be Available****

****LOOK FOR MORE INFORMATION IN MID-NOVEMBER****



Adaptations to Training

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

If an exercise routine is correctly planned and properly adhered to, then improvements in physical strength will result as the body adapts to the load. Exercise is one method of making the body accustom itself to handle the imposed training loads.

For adaptation to take place, the following must be given strict attention to during both the planning stages and the implementation of the plan afterwards.¹

- The stimulus magnitude, more commonly referred to as the overload
- Accommodation
- Specificity
- Individualization

The stimulus magnitude

The correct amount of stimulus or overload brings about positive changes in the athlete's physical state. This load must be greater than what the body is normally accustomed to for a positive change to take place. There are two ways to manage the adaptation process. One is to increase the intensity or volume, and the second is to select different exercises.

Training loads are divided into these categories:

- Stimulating-the magnitude of the load is above the neutral level which allows positive physical changes to take place.
- Retaining-also known as the neutral zone as the body is just maintaining its present condition
- Detraining-too much of a good thing causes a deterioration in performance, the functional capabilities in the athlete or both the performance and functional abilities

Accommodation to training

Accommodation to training is the second part of the adaptation process. If the same load and the same set of exercises are consistently used time after time the body soon adapts, and then stops making progress.

"This is a manifestation of the biological law of accommodation, often considered a general law of biology". According to this law, the response of a biological object to a given constant stimulus decreases over time. Thus, accommodation is the decrease in response of your body to a constant continued stimulus. In training, the stimulus is physical exercise."²

Inefficiency occurs due to the accommodation law if standard exercises and training loads are used over long periods. Training stimulus **MUST** vary in order to be beneficial.

This training stimulus must be as specific as possible to the sport or activity one is training for in both muscular coordination and physiological demands. A high transfer of training results when using specific exercises during the training session.

However, these two requirements (the same standard exercises and training loads) present problems for the elite athlete. The training has to be variable to avoid accommodation and yet stable enough to satisfy the demands of specificity.

To avoid the staleness that accompanies accommodation, qualitative and quantitative alterations are made to the plan. Quantitative changes are those changes made to the training loads. Qualitative differentiation results in the selection of different yet specific exercises.

Elite athletes require broad qualitative changes to their programs to remain on top of their sport.

Specificity of training

Specificity³ of training is the holy grail of all sports coaches. Without specificity, the sessions are for naught. Most every coach and athlete knows that resistance training increases muscle mass and strength. And, that endurance training increases positive changes in aerobic capabilities.

Described another way, specificity simply means a transfer of training effect to the sport or activity being trained for in the first place. But, just why is this transfer so important? Because of the positive results on the playing field, that's why.

Standard deviations of measurement indicate the cross-over effect of properly designed specificity training regimens to be dependent upon movement velocity, joint angle, and production of force amongst others. These must mimic the actual sport conditions in the areas previously mentioned.

Individualization⁴ of training

Everyone is different and the same training program will not work for everyone. It is ludicrous to set up a professional, college or experienced athletes' routine for a novice strength athlete. Yet it is done in countless High Schools worldwide every single day.

If the coaches would take the underlying principles of the program and make the necessary modifications to fit their athletes then positive adaptive progressions would be the result. These principles should be creatively applied, not cookie cutter applied straight across the board, but correctly applied.

Average routines are for average people not those with training experience. These individuals need special treatment in their program design. Routines are best made with the end result constantly kept at the forefront. With the athletes needs kept in the forefront and the two meshed together so the sum is greater than either part.

Synergy of action, transference of training, hard work and fun all combine to produce a positive training effect on the athlete.

1-4 Science and Practice of Strength Training, Zatsiorsky, V.M. Human Kinetics 1995

RATES

If you would like to advertise in the Washington Coach, check out our rates!

Full Page	4 Issues	\$500.00
½ Page	4 Issues	\$320.00
¼ Page	4 Issues	\$200.00

1, 2 or 3 issue rates are also available.

Contact Terry Ennis at 425-259-6028 for additional information.

JOIN YOUR ASSOCIATION TODAY!

Deadlines for the WASHINGTON COACH Magazine

Next Issue - Winter: December 1

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

SUBMISSION PROCESS

Submit via email as an attachment to Terry Ennis at terry_ennis@msn.com

Please submit on-line photos in black and white

If you do not have access to email you may submit via one of the following:

Fax: 425-385-2875

or Mail: 1415 Madrona Avenue, Everett, WA 98203

Latest Updates with Cheerleading in WA State

by Pam Headridge
President, Washington State Cheerleading Coaches Association
Head Cheer Coach, Oak Harbor High School

There is lots of news on the cheerleading front. First, congratulations to Lynn Fallows, cheer coach from Mt Si High School, for being named 2003-2004 Washington State Cheer Coaches Association Cheerleading of the Year and to Kathy Crowley who was named 2003-2004 Washington State Cheer Coaches Association Member of the Year.

Lynn is a truly incredible individual with an unyielding passion and dedication to her team, teammates, and cheer. She spent countless hours leading, guiding and growing the Mt. Si team from being a very new and inexperienced team to being a powerhouse among Co-Ed teams in the State, leading the way in their behavior on and off the floor, on the sidelines, at school events, or at competitions. Lynn has encouraged her kids to strive for excellence on every level – personal and team – and it has shown over the past couple of years as she built the Mt. Si program from the ground up into being a respected and well-liked team of athletes, competitors, and leaders.

Kathy is one of the key “movers and shakers” of the Washington State Cheer Coaches Association. She has taken on many worthy projects that have benefited both cheerleaders and coaches in the state. Kathy has worked on the WSCCA Executive Board for several years; served as Vice President; established and oversees scholarship selection process; put together the WSCCA State Competition Program for past two years; and taught fitness, exercise, and nutrition classes at WSCCA clinics for several years. She has also served as region representative and passed on needed information to cheer coaches throughout the state.

New this year, Washington State Spirit Judges Association, part of the Washington Officials Association, has split into two organizations: WSSJA for dance drill competitions and Washington State Cheer Judges Association for cheerleading competitions. The new executive board for the WSCJA is president - Sheri Ramsey; Vice President-Kate Grieve, Secretary-Jorjan Werry; Treasurer-Stephania Lemeshko. Any high school competition must use official judges from the above two mentioned judges association, which are under the umbrella of WIAA/WOA. Competitions must be approved by these organi-

zations via application and \$35.00 processing fee. All competitions also must follow National Federation Spirit Rules. For more information, look online at www.wscca.com/wscja or www.wssja.com.

In 2004-2005 school year, districts can declare cheerleading as a sport. In the spring of 2004, WIAA sent a survey to 332 high schools requesting to check either sport or activity for cheerleading. Only 182 schools responded. The following schools will declare cheerleading a sport: Foster, Kentview Christian, NW Christian, Orting, Thorp, Vashon. 176 schools will designate cheer as an activity and from that group, 12 will said their cheerleading teams would also compete. With 150 schools not responding to this survey, the numbers are not complete.

If you have questions, contact me. Pam Headridge, head@whidbey.net or visit WA State Cheerleading Coaches Association web site, www.wscca.com



Kathy Crowley (Peninsula HS), Lynn Fallows (Mt Si HS)

A JOURNEY OF A THOUSAND MILES

2004 Prefontaine Tour Leaves Lasting Impression

by Steve K. Bertrand

I guess the idea really got its genesis last fall when the Cascade High School cross country team was watching "Prefontaine". It was on a Wednesday, an easy day prior to a meet, one of those team bonding experiences where everyone brings a pillow, chows down on pizza, and catches a running-related movie. Following the film, one of the boys excitedly commented, "Coach, I'd like to know more about this guy!" For an educator, this is the moment for which all of us live. I refer to it as the "ah ha" moment. They are to be cherished like the Hope diamond. And, because they are just as rare, it's important to polish them while you can.

So, I began assigning homework. First, I suggested they read Tom Jordan's book entitled "Pre". When a number of kids took the bait, I suggested they compare the Hollywood Pictures film "Pre" with Warner Bros. "Without Limits". The kids debated similarities and differences. They were quick to pick up on both films portrayal of Steve Prefontaine's tragic death and what factors may or may not have contributed. Next, I suggested they explore articles related to Prefontaine on the internet. While discussing Prefontaine during a run this past track season, one boy suddenly interrupted, "What's the big deal about this guy anyway?" For the next few weeks, I contemplated his question.

Why nearly thirty years after his

death is Steve Prefontaine still remembered?

It was prior to the end of last spring's track and field season, while mulling over the Prefontaine question and searching for motivational incentives for our distance runners to log mileage over the summer, that I came up with the proposal. "How would you guys like to take a road trip to Oregon?" I asked. Heads nodded excitedly. "Ok," I said, handing them a summer training diary. "Walk your talk! You'll need to earn your ticket for this trip through running." The idea caught fire. Throughout the month of June, the kids consistently trained. When all was said and done, six boys expressed they had the interest, time and money to participate in the trip - Tim Woods, Michael Fannin, Ben Jones, Steven Doubrava, Tyson Rickman and Dale Chrisman. We dubbed the venture the "2004 Prefontaine Tour"; and, set Wednesday, July 14th - Friday, July 16th as our travel dates.

Five a.m. that morning found the kids very quiet and sleepy-eyed. If I hadn't been sipping a single, tall mocha, I'd have felt the same way. And so, between grunts, we loaded the school van with tents, sleeping bags, running gear, backpacks and snacks, mumbled farewell to parents, then,

headed off to discover for ourselves a little bit about the American distance running legend - Steve Prefontaine.

The itinerary for the trip was packed. Our three-day venture would be at a barn-burning pace. It called for us driving I-5 south to Longview; then, taking 30 west to the Pacific Ocean, and, finally, traveling the beautiful Oregon coastal route (Highway 101) to Coos Bay. The first scheduled stop was Seaside, Oregon. We arrived at 10:00 a.m..

Departing from the spot where Lewis and Clark first caught a glimpse of the Pacific Ocean and the Seaside

"A race is a work of art that people can look at and be affected in as many ways as they're capable of understanding."

Steve Roland Prefontaine

Marathon ends, we stretched our legs under overcast skies with a thirty-minute beach run. I've got to admit, there's nothing more exhilarating than the salt-sea breeze in your nostrils, the thunder of waves against the sand, and a warm breeze against your skin, while gulls circle and mew overhead. Before climbing back into the van, we grabbed a few snacks in a local convenience store. One of the kids exclaimed, "I love this state!" At the

Continued on page 14

Prefontaine - Continued from page 13

time, I'd have bet he was referring to Oregon's pristine beaches. I'd have been wrong. Instead, he was commenting on the fact he hadn't paid sales tax for his muffin and milk.

If you've never taken the time to drive the Oregon coast, it's worth the venture. Coastal towns such as Cannon Beach, Lincoln City and Newport offer funky eateries, northwest art galleries and quaint bookstores. Those with adventuresome spirit can visit the numerous lighthouses, Sea Lion Caves, or the dunes.

We arrived in Coos Bay, Steve Prefontaine's hometown, at 5:00 p.m.. By this time, we were more than happy to abandon the van. I pulled into the stadium parking lot at Marshfield High School. The school perches like a cathedral on the hillside. There on the side of a building was a huge purple and gold picture of the school's mascot - a pirate. It gazed menacingly over the town.

This was Prefontaine's high school. It was also where he established a name for himself as a distance runner (1967-1969). Steve's junior and senior years he went undefeated in everything from the 880 through two miles. He recorded personal records of 53.5 (400), 4:06.9 (mile), and 8:41.5 (two mile). Prefontaine's 8:41.5 in the Corvallis Invitational on April 25th, 1969, was a national record. It was during this time he caught the eye of Bill Bowerman who eventually recruited him to the University of Oregon.

After circling the track, we headed through town to run the streets where Prefontaine trained. Local high school runners training on the track pointed us toward the Prefontaine home. When I apologized for interrupting their workout they simply laughed and replied, "Hey, we're used to it." The house wasn't hard to find. Located two blocks north of the high

school, the Prefontaine home is a blue and white rambler surrounded by a blue fence.

A neighbor weeding her flower garden informed us the Prefontaines didn't mind people stopping to get a peek of their home; but, due to recent health problems preferred not to have visitors (The Prefontaines are both in their mid-eighties.). Over the years, Prefontaine fans have come in



droves. They come by bus, van and Volkswagon. Races like September's Prefontaine Memorial 10K Run in Coos Bay help rekindle the flame. Evidently, Lasse Viren, Pre's rival, sends the winner of a local race in Finland each year to the Prefontaine Memorial 10K Run. The course follows one of Pre's favorite training routes.

June's Prefontaine Classic in Eugene is also dedicated to Steve Prefontaine. With the exception of the Olympics and Olympic Trials, the Prefontaine Classic is the third largest track and field meet in the United States. Two movies, a book, numerous magazine articles, a myriad of sports memorabilia, and thousands of active websites continue to promote

the Prefontaine legend. Pat Tyson, Pre's roommate in college and coach of the most successful cross country program in the United States, Spokane's Mead Panthers, commented on Prefontaine's appeal. "There are enough high profile people in the world who were touched by the man," he said. "Nike's Phil Knight and Geoff Hollister keep the fire alive. So do coaches like you and me who

promote Pre's spirit. Guys like Josh Rowe and John Truax who offer the Border Clash keep things going in the Northwest."

Bob Huggins, who coordinates the Prefontaine Memorial 10K Run, offers a variety of Prefontaine items (t-shirts, posters, videos, books, etc.) from the Huggins Insurance Company in Coos Bay. Huggins attended high school and college with Pre. One item of note is a wooden wall plaque with a picture of Pre and an authentic piece of the original Marshfield High School track where he trained and raced. Prefontaine set his last American record on this track May 9th, 1975. During a Finish tour, he ran 2,000 meters in 5:01.4. This item sells at the Huggins' office for \$100.00, or on

e-bay (prefontainerun.com).

The neighbor also mentioned the Prefontaines used to have their last name on a placard attached to their front gate; but, sadly, someone stole it. They'd also stolen a local street sign named in honor of him. As a result, both family and town had quit replacing the signs. Something I didn't know - the actual house Steve Prefontaine grew up in is located next door. Evidently, the Prefontaine's moved from this two-story beige with green trim house a few years after Steve's death. It was in this house at the age of sixteen Pre told his mother that he'd someday go to the Olympics. And, true to his word, a twenty-one year old man from Coos Bay toed the starting line of the 1972 Olympic 5,000 and challenged a field of the best distance runners in the world. .

Coos Bay was very quiet as we jogged through town. Primarily an elderly community, Coos Bay's primary employment is no longer lumber and fishing. Instead, the eleven mills, which once employed a large number of people, have yielded to the health care profession. "If you're under fifty in this town, you're a youngster," the attendant at a Coos Bay gas station.

Located at the city's center behind the Chamber of Commerce building is the town's Prefontaine dedication. It is a large stone sculpture with a bronze plaque. Inscribed on the plaque are the American records held by Steve Prefontaine at the time of his death. At one time or another, Prefontaine held all eight American records from 2,000 to 10,000 meters. What many people don't remember is the fact Pre set fourteen American records, broke the 4-minute mile barrier nine times, won three NCAA cross country championships, four outdoor track titles, and, at the time of his death, had won twenty-five straight races in Eugene in distances

greater than a mile. Short and simple - Pre ran to win.

Climbing back into the van, we headed two miles south of town to Steve Prefontaine's gravesite. It sits upon a grassy knoll near the heart of the cemetery. There is a placard on his headstone and a picture of a long-haired, mustached, fiery-eyed Steve Prefontaine. Under his picture are the words "PRE", an endearing term often used by his fans. The words are flanked by a cross and the Olympic rings. Beneath his nickname is inscribed:

Steve R. Prefontaine
Jan. 25, 1951 - May 30, 1975
Our beloved son and brother
who ran the race through life
now rest in peace

After paying our respects, we quietly returned to the van. I could see by the boys' reflective attitudes the days events had made an impression. Like James Dean and Marilyn Monroe, Steve Prefontaine was a person whose candle had been tragically extinguished way too soon. He'd accomplished so much. Sadly, there was so much unfulfilled.

We spent Wednesday night camping at Bastendorff Beach Park. Located a few miles west of Coos Bay, the campground is located on the Pacific Ocean. The next morning we rose early and ran along the beach where Steve Prefontaine left his footprints in the sand. Evidently, this tsunami-free area is a favorite with surfers and was once Pre's training ground.

After breaking camp, we headed into Coos Bay for a tour of the Coos Art Museum. The Prefontaine Memorial Gallery is located inside the boardroom of this complex. Ray and Elfriede Prefontaine, Steve's parents, are "Active Supporters" of the museum. As a matter of fact, the myrtle

wood trophy case in the gallery was crafted by Ray Prefontaine. It houses some of Steve's memorabilia (shoes, records, medals, trophies, pictures & newspaper clippings).

A pair of Pre's well-worn running shoes in which he set his first American record for 5,000 meters in 1971 are also on display. A guest book contains signatures from U.S. visitors and foreign countries. "Pre was an inspiration to me," wrote one visitor from Ohio. Mary Jo Koreiva, the museum's executive director, was a lifeguard with Pre at the Mingus Park Pool. Prefontaine was seventeen. "After the pool closed, Steve would repeatedly jump off the diving board and time himself as he held his breath underwater. He used to tell me he was working on building his lung capacity," stated Koreiva. The memorial room offers a great opportunity for learning and remembrance.

Bidding farewell to Coos Bay, we headed north on Highway 101; but, not before stopping at the Pancake Mill for breakfast. Located in the neighboring town of North Bend, the eatery came highly recommended by the locals. Our waitress, Barb, filled us in on the history of the two communities.

Apparently, Coos Bay is a relatively new name. Up until the 1940's (shortly after World War II), the community was called Marshfield. Many of the businesses, including the high school, still go by Marshfield. Due to economic woes, Coos Bay has been attempting to merge with North Bend. Both communities need to improve the consolidation before it passes. Coos Bay was to be the name reserved for both communities after they merged. North Bend has never agreed. Regardless, Marshfield changed their name to Coos Bay. North Bend's 9,000 residents don't see the benefits of merg-

Continued on page 16

ing. They feel to merge with the larger community of Coos Bay (13,000 residents) would detract from their "small town" pioneer atmosphere. They are also concerned it would raise taxes. "Like Steve Prefontaine, both communities are fiercely independent," sighted Barbara.

We thanked Barbara for the meal and information by leaving a generous tip; then, followed the Coos River past the old train bridge where Pre once demonstrated his daredevil nature by plunging from the structure's crown point. Even to this day, a plunge from this bridge is a rites-of-passage for graduating seniors from Marshfield High School.

At Reedsport, we drove past the grazing elk; then, ambled northeast on Highway 38 to Eugene. We arrived at the University of Oregon shortly after noon. Parking by Hayward Field, we took a lap around the track, gazed upon the life-like bronze statue to Bill Bowerman, jogged through the campus, and eventually arrived at the University of Oregon Bookstore. Here they have ample Prefontaine memorabilia. Many of the kids purchased yellow and green Oregon singlets like the one worn by Prefontaine. One item that caught my eye was an 8 x 10 photo by Geoff Parks entitled "Pre's Last Race". The picture shows Prefontaine with Frank Shorter running off his shoulder. Pre ran the 5,000 that day in 13:23.8, just 1.9 seconds off his American record.

Because the All-Comer's Track & Field meet at Hayward Field was a few hours away, we decided to visit Hendricks Park. Located atop a forested hill a short distance from the campus, this park was a frequent training area for Prefontaine. It is still a favorite destination for local runners. To the north of the park is Pre's Memorial. It was on this windy, resi-

dential stretch of road in the early morning hours of May 30th, 1975, that Pre crashed his yellow MG. The circumstances surrounding his death remain uncertain. What is known is shortly after midnight his convertible veered off the road, the car flipped over, and Pre was crushed to death. Though the MG was equipped with a roll bar, Pre wasn't wearing his seat belt. At the crash sight is located a granite marker. Erected in December 1997, the memorial is inscribed with the following message:

"PRE"

For your dedication and loyalty
To your principles and beliefs.

For your love, warmth, and
friendship

For your family and friends.

You are missed by so many.

And, you will never be forgotten.

It isn't uncommon for Prefontaine fans to leave tributes at this sight. The memorial is decorated with everything from running shoes and race numbers to ribbons and flowers. Hand-painted in 2-inch white letters on the rock wall behind the memorial are the simple words:

PRE

5-30-75

R.I.P.

No trip to Eugene would be complete without a stop at the Nike store in Eugene. We felt we owed it to the company's originators, Bill Bowerman and Phil Knight. As you enter the store, the following words are eloquently written on the wall:

There is no place more significant
to Nike than Eugene, Oregon.

It's where Bowerman coached.

It's where Pre ran.

It's where Phil had an idea.

It's where three people changed
the world of sports.

At 5:00 p.m., we were back at Hayward Field. Gradually, athletes of all sizes, shapes and ages filtered into the stadium, "Pre's backyard". They

paid \$3.00. This entitled them to participate in the events of their choosing. Every Thursday evening through June and July the University of Oregon offers track and field meets for ages thirteen and older. Ages one through twelve participate on Wednesdays. In addition, free instructional clinics are provided by various clinicians. The topics include hurdles, throws, jumps, sprint mechanics and distance running. Like All-Comer's Meets in Bellingham and Edmonds, Eugene has a pretty good following. Of course, it doesn't hurt to boast such a rich history, tradition, and nickname such as Eugene's - "Track Town USA".

"You never know who is going to show up at these meets," stated one Oregonian track and field enthusiast. He boasted he'd been attending track and field meets at Hayward Field for decades. "We're in for a real treat tonight," he said, nodding towards the javelin throwers. "Sara Malone is throwing the javelin." Malone, who recently qualified for the Athens Olympics, easily won the event with a toss of 176'6".

Having already run twice that day, the boys settled for the shorter distance races - 1500 and 3,000 meters. The Hayward Field experience would prove to be the highlight of their trip. Not to be left out, I jumped into the Jogger's Mile. "It's not every day you get to run in the stadium where Prefontaine won so many races," I said. A lap into the race, fatigue from the past two days caught up with me. Fortunately, I drew a bit of home-stretch inspiration from the Bowerman statue which stands just beyond the track. I wasn't about to back down while the old coach held the stop watch.

Following the meet, we decided to curb our appetites at Track Town Pizza. This establishment was a frequent hangout for Pre. Decorated

with U of O pictures, the pizzeria is still packed following Duck sporting events. We took a seat in the Prefontaine booth. It seemed only fitting. On the walls behind us were pictures of Pre breaking the tape at Hayward Field. It was just another example of people attempting to hang on to a bit of Prefontaine history. I'd also like to go on record - Track Town Pizza makes darn good pizza!

After spending the night at Richardson Park, we folded up our tent, loaded up the van, and headed back into Eugene for the last Prefontaine-related event on our itinerary - Pre's Trail. Located in Alton Baker Park near Autzen Stadium, this pastoral setting provides one of the best running environments in the country. Bordering the Willamette River, the park features a 4.84 mile bark trail dedicated to the legendary University of Oregon athlete.

Apparently, Pre suggested the City of Eugene construct the bark-surfaced running trail after discovering

them while competing in Europe. This was Pre. Not afraid to challenge for better fields on which to run. Not afraid to challenge for improved facilities. Not afraid to challenge the A.A.U. over support for American athletes. A rebel with a cause. Though never approved during his life, the trail was eventually constructed May 31, 1975. Today, it is enjoyed by runners of all abilities.

After jogging the course, we climbed into the van and began our trek up I-5 to Everett, Washington. We had a lot of time to contemplate our trip. A lot of time to contemplate the question - Why nearly thirty years after his death is Steve Prefontaine remembered today? Ben Jones, a sophomore, who ran 9:54 for two miles this past track season, summed up the Pre question from a teenager's perspective. "It's because Pre kicked butt," he stated. For someone like myself who enjoys poetry, the words sounded a bit gritty. But, then again, Pre was a gritty guy.

Ask those who knew him well and they'll speak to his cockiness, pride, determination and guts. Walt McClure, Pre's high school coach, described Prefontaine. "His talent was his control of his fatigue and his pain." One of Pre's best known quotes sums up his attitude - "To give anything less than your best is to sacrifice the gift." When I think about Ben Jones' words in this context, like them or not, I have to nod in agreement.

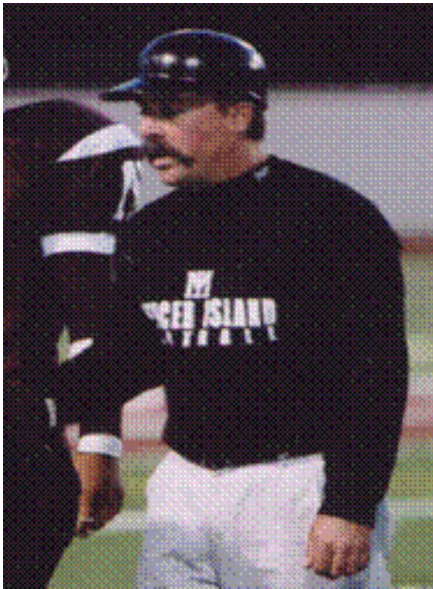
We arrived back at Cascade High School at 5:55 p.m.. Five minutes ahead of schedule. Not

bad. Fighting I-5 traffic and the heat proved more exhausting than Thurday's race at Hayward Field. I glanced at the odometer. It showed a thousand miles traveled. Could this be all? Surely, we'd gone farther. It seemed like years. Twenty-four years. A kid from Coos Bay's lifetime.

I studied the boys' faces. Had the trip left an impression? Surely, the experience meant more than sipping slurpees, twenty questions, slug-a-bug, or Texas Hold-em. I wanted something more. I guess. I wanted the venture to kindle a spark. For running. Well. Yes and no. Really. For life. Yes. Life. I guess I wanted them to see that Steve Prefontaine lived a passionate life. That we should all pursue our lives with passion. We shouldn't be afraid to push beyond the limits. We shouldn't be afraid to dream or take positive risks. I wanted them to understand that Steve Prefontaine's races were metaphors. They were metaphors for how all of us should pursue life. Gutsy. Determined. Fearless. Passionate. That we are more than our potential. That we all run the race. Some faster; but we all run the race. It's what connects us. Gives us a common heritage. Had they got the message?

As I watched the boys greet their parents, load vehicles, and begin to depart, these were the thoughts going through my head. Was I an idealist? Hopeless romantic? Dreamer? Where would we go from here? I wondered. Suddenly, as they said their goodbyes, one lanky, freshman boy wearing an Oregon singlet glanced over his shoulder and said, "Thanks, coach. I'll see you at turnout on Monday." He smiled; then, climbed into the car and shut the door. I watched him drive away. Then, it came to me. Hmmm. Well. Ok then. Monday is a good place to start.





Don Papasedero

Mercer Island High School

“Coach Paps” is a busy guy at Mercer Island as he is coaching football, basketball, and women’s golf. He has been on the football sidelines for 31 years, the hard- woods for 17 years, and the links for 9 years. Don also coached baseball for 21 years. Don’s family includes his wife Joan, the 2004 Mercer Island school district teacher of the year, and daughters Maria (22) attending St. Johns University and Toni (20) who is at WSU. Don states, “I have a mission in coaching and education. Simply put, I want to return the benefits and

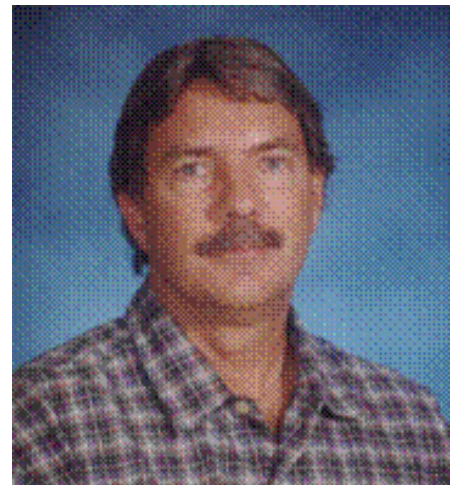
blessings I received as a player and a young coach to our athletes.” Don purposefully ignores personal awards in favor of celebrating the student athletes, the teams, and their efforts. Don has coached in the East/West game and has coached in 16 seasons of football playoffs. Don’s favorite say-ing, “Flush it, move on!” Don has been a member of the WSCA for more than 24 years.

Brad Hillard

Snoqualmie Middle School

A graduate of the University of Washington (‘94), Brad coaches varsity boys’ football and basketball and girls’ basketball at SMS. He has been coaching for 10 years. Brad credited great mentors such as Tom Garrison and Ed Pepple with providing him the desire to enter the coaching profession. His family includes his wife Cyndi and their two daughters Chelsea and Madison . Brad’s teams posted back to back

Seamount league champion- ships in football ‘03 and ‘04 as well as championships in both boys’ and girls’ basketball in ‘04. His proudest moments in coaching come from each time he sees kids maximizing their individual potential in effort and ability. Also beating a “top notch” Enumclaw football program in back to back seasons stands out as a highlight of his coaching career to date. A favorite saying of Brads’, “Don’t give up!”



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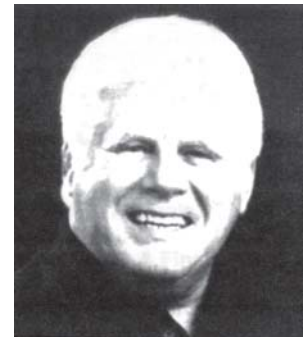
Current teaching/coaching location _____

Send this form to Mike Schick,
Edgemont Junior High, 2300 110th AVE E, Edgewood, WA 98372

Thank you for your efforts

HAWKES SQUAWKS

by Dee Hawkes
Retired



We couldn't have picked a better summer to enjoy the weather. We had to love all that sunshine. Let's hope the warm weather cools down a bit for the outdoor fall sports.

For those who wonder how long I've been writing Squawks – this will be my 31st year to talk about school sports! Quite frankly, it's difficult for me to remain quiet, especially when I'm so opinionated about what happens with the preps. It is now time to come to grips with a few recurring squawks.

COACHES GET FIRED BECAUSE JOHNNY DON'T PLAY

Most coaches believe high school sports should be about learning life's lessons, having fun, and being competitive. But more and more parents believe these sports are about their kid earning a college scholarship. What's happening is that many parents have hired personal instructors who tell them that their sons or daughters have scholarship potential. Since they make money off these kids, many of them tell parents what they want to hear. This leads to parent criticism and pressure on the school coach. Some parents bypass the coach and go directly to the administrators with their complaints. Sports psychologist Terry Farrenkopf stated, "People think they are entitled to get what they want. We see this same type of behavior going on in our society." Long-time coaches know parents were never like this when they first started. Parents always complained, but in

those days they kept their mouths shut and their wallets closed.

ADDING MORE FUEL TO THE FIRE

Then there's the matter of asking athletes to cough up some bucks to be on the school team. The difficulty of coming to grips with this approach is whether it's "pay to play" or "play to participate." From a parent's point of view, when they pay, they want to know if the dollars invested will guarantee that their kid will play. They certainly aren't interested in reaching into their wallets for just practice time. One parent said, "I'm paying for my kid to play. He needs to play more." When this doesn't materialize, they look at the high school coach as the problem. This situation has become a nightmare for coaches that is far from over. We know that the days of the teacher/coach is fast disappearing from the school horizon, but to have parents dictating whether a coach will be allowed to coach the following year is totally wrong.

ANOTHER AREA OF CONCERN

I also have a beef with the fund raising movement. Several times this summer, my car was washed by a school team seeking donations so they all could go to team camp. (They have been doing this since local gas stations allowed them use their water). This actually is not a big deal, nor is selling magazines subscriptions or candy door to door. My favorite was the dunk tank especially if you get the local umpire to seat on the throne.

What is most troubling to me is the direct sale of almost any product you can imagine. Who in their right mind would ask kids to sell patriotic bottled water (1776) and patriotic bumper stickers, first aid kits, scratch cards, aroma light candles, coffee, or cheese-cake? These products are meant to be bought in drug stores or grocery stores. Prize packages and coupons push us to even more commercialization. The inevitable question is: How far do we go before a business fully funds a school team? Wells Fargo funded the Emerald Gridiron Classic, which was held at Quest Field this past Labor Day weekend. At least, it was an event and not ownership of a school team.

IN THE END, IT'S THE MONEY

It is decision time for the Seattle Public Schools regarding their athletic programs - something has to be done to straighten them out! It is so unfair to see some programs flourish while other schools can barely field a team and be competitive. It boils down to a money issue. Last year, the Seattle School District budgeted (depending on the number of sports within a school) around \$1000 per sport. On the other hand, some programs don't see any dollar amount. The offering from the district would not make a dent in the need to order equipment and uniforms.

In some schools, such as Ballard, the Athletic Booster Club comes to the rescue. Last year, although the school received only \$18,000 from the district, the booster club raised over \$173,000 to insure Ballard would be competitive in the 4A Kingco League. Other city school alumni or booster clubs either do not support their athletic teams, or they can't raise this kind of money. When you follow the dollars, the difference among school programs is day and night. It is no wonder the majority of Seattle schools are hurting. Even more disturbing is that nothing is being done to correct the budget fallout. Maybe Al Hairstrom, the new Seattle School District Athletic Director, will have something to say about it. This situation bears watching.

REQUEST: TURNOUT NUMBERS?

It's after two in the afternoon, and the school day is officially over. Students who have broken school rules head to detention while others hang around their lockers. Many catch their favorite yellow bus or find a ride home. There are a few students that linger at school for a club meeting or leave for an after school job.

Then there are those who turn out for a school sport. On the surface, it appears that the number of participants has dropped. Whether or not this is true depends on each individual school. There are times when playing on a school team means everything, even if the athlete doesn't work out year round. It is obvious that statistical information is missing about how many kids in a given school turn-

out for sports. As it stands now, it's unclear whether the number of participants has declined, leveled off, or increased over the past few years. My understanding is that lots of schools are still struggling with turn out numbers. There are plenty of reasons why this is happening. Blame it on whatever you want, but when there is no chance to win, kids find other things to do.


Next time you watch a pitch count in baseball, remind yourself of the high school pitcher from Colorado who threw 192 pitches in an 11 inning game. How dare any coach allow this to happen!

For the moment, I'm off on another project, but if you would like to talk, email me at hawkes32@comcast.net.

See you around, I hope.

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A Coach's Report Card

Diane F. Taniguchi

National High School Coach Representative to AVCA

5th year coach, The Bush School (Emerald City League, 1A)

6th year coach, Whitman Middle School (SPS Middle Schools)

A, B, C... 2.0, 2.5, 3.0... and so on. This is so common to any student or athlete and yet, I wonder how we would fair as coaches should we ever need to get a report card from our players? Some topics (or subjects as the case may be) would probably include Communications, Attitudes, Goal Setting, Expectations and Responsibilities.

As we prepare for the upcoming academic year and sports seasons, take a few minutes and see what kind of report card you would get. This is by no means a perfect situation, but just think, "What if...?"

Communications

Do we explain skills well so that all the athletes (both rookie and veteran) understand? Do we use appropriate language for the appropriate skill level? Do we gloss over definitions, presuming the athletes all understand? Do we take the time to explain skills and drills so the athlete understands? Do we need to repeat many times in a quiet, calm manner OR do we lose our composure and keep repeating ourselves, not changing the words so the athletes can understand? Do we make them take the consequences of a skill gone awry? Do we praise the athletes when they do well? Do we praise them in specific skills? Do we laugh *with* them or *at* them? Do we always get in the last word during discussions?

Attitudes

Do we treat them like children or at the appropriate level? Do we treat them like contemporaries and pals by having them call you by your first name OR do you ask them to call you "coach" to keep that small distance of a professional coach and athlete? Do you demean them in any way or form? If you have a co-ed team, do you treat the girls and boys equally OR do you make appropriate comments because they are physically different? Do you have a split personality from practice to game or match? Do you practice what you preach? Do you dress appropriately for the practice, game or match? Do you watch your time carefully, letting practices out on time or leave for an event on time? Do you care about the athletes' home or academic life? Do you let them know you care?

Goal Setting

Do you goal set as a coach? Do you ask your players to goal set for practices, games, matches or events? Are your goals long term or short term goals? Do they include your players' input? Are your goals realistic OR are you dreaming big? Do you spend time discussing goals with each athlete, with the team, with your staff? Do you help with attaining these goals? Is college on the agenda for each athlete? Is scholarship a part of the college scene for each athlete? Have you done your homework so you can help your athlete to have the best career possible?

Expectations

Do you dream too big? Do you dream for the athletes or for your personal agenda? Do your expectations change with the graduation of seniors and upcoming of the younger players? Do you get all your preseason wish list done? Do they include your players' interests? Do you have schedules and calendars ready by the first day of practice? Do you require notebooks or journals for your players? Do you expect some PR from the team or staff to help fill the gym? Are the team pictures the way you want your team to be portrayed? Are the athletes and staff members smiling? Do you have your practice plans all done? Do you post them? Are the athletes ready to go by the first practice or do you need to stop and get them physically ready? How did the summer weight training go?

Responsibilities

Do you delegate to athlete and staff? Do you do a majority of the preseason preparation by yourself? Do you get out the information in time for the athletes to complete physicals and all paperwork before the season starts? Do you order equipment and take care of the budget? Do you determine if fundraising is necessary? Do you include the parents and/or delegate some things to the parents? Do you include your school staff in some responsibilities? Do you balance your coaching responsibilities to your personal life obligations? Do you end the season alone

OR do you include your players and staff when you need to put equipment away, like take in uniforms and deflate balls, etc.

Results

If you were able to answer an affirmative to more than 80% of the questions, I would believe that you are doing an average job... "C" is 80% in most classes. The grades go up from there.

However, no one is perfect, but we all strive to do better. Then, on the other hand, who am I to tell you whether you are a good coach or not. I am not your supervisor or athletic director. I am a colleague who wants to see coaches improve in their profession and make it as good as a CEO's position in the corporate world. We put in enough hours to be that person... we take on enough responsibilities that maybe even CEO's would not like to take on... we do the best we can and we keep learning how to be better.

The WIAA Coaches School was an excellent example of what can be done, and I applaud the WIAA for doing what they do. They get criticized and they get "bashed", but Mike Colbrese, his staff, and the Rep Assembly folks have an awesome responsibility to the many thousands of students who participate not only in sports, but other activities as well. They also are our representative to vote for issues on our behalf. Have we communicated with them recently?

We need to keep that line of communication open with them. We need to check our attitudes and see why decisions are made the way they are and try to understand the guidelines they set before us. We need to work with them to goal set so that all the coaches in the state can make our state association better than the other 49. We need to talk over expectations and see where we can work together and cross sports line to benefit more athletes, and most of all, we need to take the responsibilities handed to us by the parents in nurturing the player into an upstanding athlete and citizen.

Since it is the beginning of a new year, this is mostly food for thought. Good luck coaches! Our lots are cast, and I wish all a great season. Always remember to have fun with the kids too, then you, too, can be immortalized by leaving your legacy for the next generation of players through past players who turn out to be the coaches of tomorrow.

Football Coaches

I would like to invite you to look at www.MaxPreps.com and see a great web site to help support state of Washington Football. There is no cost and the site can be helpful for all of us in many ways. I am strongly recommending you join up and join in this project. Give it a try. North Kitsap and many other progressive football programs are giving Max Preps a try.

How about you—JOIN UP AND JOIN IN.

As you view the site you will see all leagues are shown and I am trying to make sure that all leagues have a rep to submit "stats" to the site. There are also some opportunities for your local photographers to make a buck or two by submitting digital pictures for the site.

- Jerry Parrish

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Success AND Failure

WHO IS RESPONSIBLE?

Part 1 of 2

by Dr. Toby C. Schwarz

Being an athlete is not a simple task. Becoming a highly successful and accomplished athlete is even more difficult. There are many factors that typically arise which impede an athlete's success. If an athlete were asked to make a list of factors that hinder their performance or limit their success in a particular sport, they will most likely identify several of the following "reasons": injuries, sickness, poor coaching, poor teammates, outside stresses, unfair standards and rules, weather, officiating, facilities, administration, chance or luck. Basically, the list will consist of many "external" factors or reasons. What is missing from this list is undoubtedly the actual reason for their lack of success. The missing factor is the same factor that they would most likely credit as the primary reason for their success: THEMSELVES.

Why is it that when an individual finds success, they are quick to attribute the success to themselves? "I did this" or "I did that". In contrast, when an individual fails to succeed, the first place they look to attribute fault is to others or to some "external" factor. "It didn't work out" or "The goal would have been achieved, but something happened". Psychologists may broadly define this behavior as a feature of "Attribution Theory", known as "Fundamental Attribution Error" (Jones & Harris, 1967). Based on this theory, individuals view bad acts, which occur to others to be attributed to that person, and not to the particular circumstance. In contrast, when applied to themselves, individuals tend to attribute their own bad acts to the particular circumstances, rather than to themselves.

For example, when an athlete who is sitting on the bench is asked why they are not playing or not starting, they will most likely reply with one of the following responses: (1) "I should be starting or playing more ... I am better than anyone out there." (2) "Coach is a nice person, but they don't know what they are doing." (3) "Coach has something against me." (4) "My teammate is not better than I am, so coach must like them better." In a similar fashion, when an athlete is asked why they are not improving, not setting personal records each week

or not winning, they will most likely respond: (1) "Coach's training philosophy is old and outdated." (2) "I don't get enough attention or help from the coach." (3) "Coach doesn't know what I need." (4) "My teammates are bringing me down and don't work hard enough." (5) "If coach had me spend more time doing ... instead of ..."

These are merely a few examples of how athletes respond to the position they find themselves. These athletes are making others responsible for their lack of success. One very rarely, if ever, hears an athlete respond to the previous two questions in the following manner: (1) "The reason I am not playing or starting or improving is because I don't deserve to play or start or improve." (2) "The reason I am not playing or starting or improving is because I don't spend the amount of time that is required in order to earn success." (3) "The reason I am not playing or starting or improving is because I work hard but I am not willing to sacrifice and experience the pain and uncomfortable feelings that it takes to get better." (4) "The reason I am not playing or starting or improving is because I just don't have the talent." (5) "The reason I am not achieving success is because of me, and no one else." To answer the question this way is taking responsibility for one's own actions or lack of actions that have contributed to their position.

There are those who do look to themselves first as the one who fell short, but more times than not, humans are more likely to look away from themselves to find the responsible party. The reality is that an individual's own success AND failure are equally attributed to the responsibility of that individual. Therefore, an individual's level of responsibility should be equally accepted for their lack of success as they attribute to their successes. With this shift of responsibility, the answer to the questions above related to lack of success should be answered with, "I am responsible for my situation."

In the area of coaching, when athletes or a team fail to succeed or reach their potential, it is often a similar experience. It is much simpler for a coach to place blame and

responsibility on the athlete or the team. (1) “The athlete failed to do the work.” (2) “The athlete did not do the drills.” (3) “The team failed to perform when it counted.” However, coaches, too, must look to themselves for the source for both the problem and solution for an athlete’s lack of success. The responsibility must be shared. Responsibility is not a one-way street. The more that both coaches and athletes focus on *themselves* as the source of what must improve, the better chance that coaches and athletes will have to avoid the complaining and misdirected “finger pointing” that often occurs around failure. By avoiding the undesired complaining, both coaches and athletes will better spend their energy to improve the deficient areas. The responsibility for success AND failure is everyone’s. “The reason the team is not winning is because each athlete and coach on the team, including myself, is not doing ALL that must be done”. Not showing up early to obtain individual attention, waking up early to go for a run, or spending the time in the weight room during the off-season, is everyone’s problem to solve. Instead of looking at others and saying, “this person is not doing ...”, athletes AND coaches must all look to themselves and ask the simple question “What am I failing to do?”

With all of this being said, there are clearly defined roles for both parties involved. In simplistic terms, the coach is responsible for developing the plan while the athlete is responsible for carrying out the plan. Coaches are obviously not able to step into the ring to take a throw for an athlete or step onto the track to run the race. Similarly but maybe less obvious, very few athletes (if any) are in the position to develop an unbiased and challenging training plan for themselves and very few will have the self-motivation and integrity to stick to the plan. In light of these two distinct roles, when the performance does not meet either the athlete or coach’s standard, each often looks to the other for responsibility. The athlete looks to the plan that the coach developed and questions its validity, while the coach looks to the athlete and questions the implementation. Let the blame game begin.

As the authority in this relationship, it is the coach’s responsibility to find a solution, not the athlete. With power comes responsibility. If a coach finds it easy to pass on the responsibility to the athlete, then the coach must also

be willing to relinquish the power. The two go hand in hand.

With the responsibility for lack of success in the coach’s possession, a solution should not be to blame an athlete or question their “commitment”. A better solution would be to determine why the athlete is failing to commit. The solution should not be to dismiss an athlete as “unmotivated”. A better solution would be to determine how to better motivate the athlete. The solution should not be to complain about an athlete’s lack of respect. A better solution would be to determine how to teach the athlete about respect and/or earn that respect. The solution should not be to place judgment on an athlete’s sense of responsibility. A better solution would be to communicate and model proper responsibility.

Consider the typical scenario. An athlete enters a program. The athlete has superior athletic ability and has performed well in all sports that they have been involved with. Due to the talents of this athlete, over the years coaches have spent the majority of their time and energy on this particular athlete. As a new athlete to the program, the coach notices the common deficiencies: lack of overall strength, lack of core strength, lack of endurance, lack of technique and lack of competitive experience. Unfortunately, the coach also notices an additional deficiency

that they hoped would not exist in this particular athlete. They notice that the athlete lacks discipline and commitment. Within the first few weeks of training, the typical behavior of an undisciplined athlete is witnessed. The athlete works hard when coaches are present but when attention is given to other athletes, this athlete will most likely stand around or take a “break”. When it

comes to “self-directed” training, such as weight lifting, stretching, abdominal exercises, cross training, or visiting the training room, this athlete cannot be trusted to accomplish these tasks. Labels are immediately attached to this athlete by both coaches and other athletes. This extremely gifted and talented athlete is referred to as a slacker, a wimp, lazy, uncommitted, and unmotivated. So what is a coach to do?

Coaches often try various “tactics” to move this athlete into compliance. These tactics range from yelling at the athlete (“QUIT SCREWING AROUND AND WORK”), pleading with the athlete (“Would you please stay on task and do the drill”), bargaining with the athlete

Continued on page 26

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("One more quality set and you are done"), threatening the athlete ("If you don't get your act together, you are off the team"), embarrassing the athlete ("You are the laziest athlete I have ever seen"), enlightening the athlete ("Keep this up and you will never achieve your potential"), ignoring the athlete ("..."), waiting the athlete out and hoping for a miraculous epiphany ("Lord, help them to pull their head out") and complaining about the athlete ("They are just wasting their talent."). To the coach's credit, they are under the assumption that one of these tactics will work because, after all, it has worked once or twice in the past in similar situations. What most coaches fail to remember is the countless times that these tactics did not work on previous athletes who ended up dropping off the face of the earth. The coach typically eased their own conscience in these situations by concluding that it was "the athlete's responsibility. It was the athlete's fault. The athlete flushed their talent down the toilet." Once again, who is responsible?

Part 2 of this article will be published in the next issue.

Article by: Dr. Toby C. Schwarz

Head Track and Field/Cross Country Coach, Associate Professor in Kinesiology – Whitworth College (8 years). Since 2000, coach Schwarz has been awarded eight (8) conference and regional coach of the year awards in men's and women's cross country and track and field. In a college of less than 2000 students and no athletic scholarships allowed, the cross country program maintains nearly 50 athletes, while the track program maintains a roster over 90 strong. In the past eight years, Whitworth athletes have competed at the national championship meet in the 100, 200, 400, 800, 1500, 3000sc, 5K, 10K, 4x1, PV, HJ, LJ, TJ, Jav, Ham, Disc, Heptathlon and both Men's and Women's cross country. All-America honors have been achieved in Women's Cross Country, Women's 100, 200, 800, 10K, Javelin, Hammer and Men's Javelin. In the fall of 2003, Leslie Nelson (Omak HS) became the school's first NCAA Div III All-American in Cross Country (14th place). In the spring of 2004, Kristen Shields (Lake Roosevelt HS) won the 2004 NCAA Div III Women's 100m national championship.

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The 19th All State Volleyball Series

by Jan Kirk, All State Coordinator

July 7th, 60 volleyball athletes converged on Fife HS for the annual all state volleyball series. Most of them were meeting for the first time, as were the coaches. Only two teams, 4A West and 4A East had members from the same high school team. After the initial meeting, the teams separated for practice. After the first practice, they were all served lunch and then were back at it for their second practice. Upon completion of this practice, they were checked into a local motel and then back to Fife HS for dinner and entertainment. Each team performed a skit with the coaches being the judges and it was deemed that the 2A-3A East team was superior in the talent category.

Thursday morning, July 8th, found the six teams practicing again after breakfast and then taking a break for lunch. The first match was scheduled for 4pm between the A/B East and West with the East prevailing and winning all three games. The 2A/3A match was scheduled for 6pm with the West taking all three games. The final match at 8pm pitted the 4A athletes with the West taking the first game and the East the last two. Serving contests for the spectators were held between the second and third game of each category with T-shirts from the schools of the various athletes being the prize.

It was then back to the motel for relaxing and sleeping. Athletes arose for breakfast at 9am and then boarded charter buses for the trip to Yakima and Davis High School to do it all again. Upon our arrival in Yakima, we were treated to a lunch by the Yakima Chamber of Commerce and then on to our motel to get ready. The A/B East team once again prevailed, winning two out of three. The 2A/3A East team rebounded and won the series in Yakima, as did the 4A West team.

The morning of July 10th found the athletes and coaches boarding the charter bus again for the trip to Spokane to play at Lewis and Clark High School. The A/B East team once again captured the win. The 2A/3A West team was victorious and the final match was won by the 4A East. Upon conclusion of these matches, athletes were released to go home.

The coordinator would like to thank the following people for making the 19th all state volleyball series a success:

Puget Sound Volleyball Region
Evergreen Volleyball Region
Washington State Coaches Association
Club Wahine
Puget Sound Volleyball Club
Scoreboard Pub
Baden Volleyball
Ink, Inc. of Tacoma
Tanya Campbell, Emerald Ridge High School Head
Coach

Also, a thank you to the following coaches for volunteering their expertise and time:

A/B East – Angie Hunt and Candy Thornhill
A/B West – Audrey Adams and Kitty Brehmeyer
2A/3A East – Missy Bennett and Donene Hendricks
2A/3A West – Bonnie Foote and Greg Lundt
4A East – Shelly Johnson and Nathan McClellan
4A West – Chris Leverenz and Christine Brandt

WIAA 2004-2005 FALL AND WINTER STATE TOURNAMENTS

FALL

- Nov 5-6** **Girls' Volleyball Championships**
4A - Everett Reg. Special Events Ctr.
3A - Everett Reg. Special Events Ctr.
- Nov 6** **Boys' & Girls' Cross Country Meets**
Sun Willows Golf Course, Pasco
- Nov 12-13** **Girls' Swimming and Diving Championships**
King Co Aquatic Center, Federal Way
- Nov 12-13** **Girls' Volleyball Championships**
2A - Sun Dome, Yakima
1A - Sun Dome, Yakima
B - Eastern Washington University, Cheney
- Nov 19-20** **Girls' 4A, 3A, 2A Soccer Semi-Finals & Finals**
Lakewood Stadium, Tacoma
Boys' and Girls' 1A/B Soccer Semi-Finals & Finals
Curtis High School, Tacoma
- Nov 26 or 27** **Football Semi-Finals**
4A, 3A, 2A, 1A, B-11, B-8:
Westside and Eastside Sites TBD
- Dec 3-4** **2003 Gridiron Classic**
Tacoma Dome

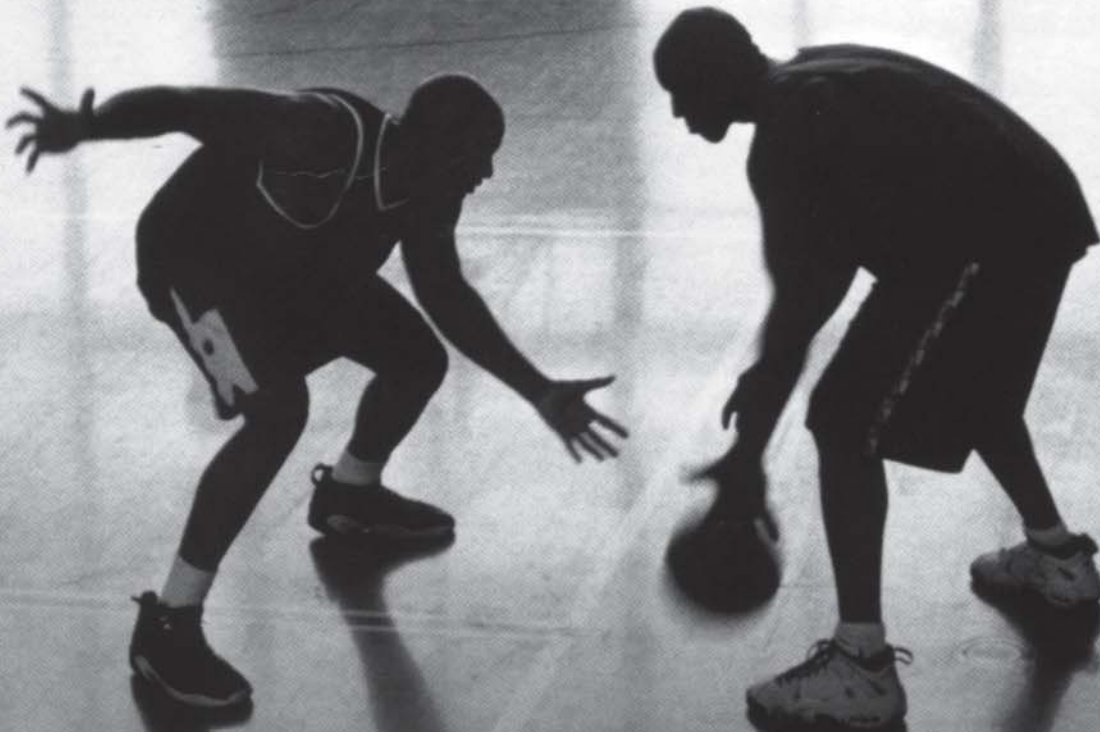
WINTER

- Feb 4-5** **Cheerleading Sport Championships**
- Feb 4-5** **Girls' Bowling Championships**
Leilani Lanes, Seattle
- Feb 11-12** **Wrestling Regionals**
Various sites

- Feb 18-19** **Boys' Swimming & Diving Finals**
King Co Aquatic Center
- Feb 18-19** **Mat Classic XVI**
4A, 3A, 2A, 1A/B State Wrestling Championships-
Tacoma Dome Arena
Gymnastics 4A, 3A/2A State Meet-
Tacoma Dome Exhibition Hall
- Mar 2-5** **Boys' & Girls' B Basketball Championships**
Spokane Arena
Boys' & Girls' 1A Basketball Championships
SunDome, Yakima
Boys' & Girls' 3A Basketball Championships
Tacoma Dome
- March 12** **Individual Events (Forensics)**
University of Puget Sound
- March 9-12** **Boys' & Girls' 2A Basketball Championships**
Sun Dome, Yakima
Boys' and Girls' 4A Basketball Championships
Tacoma Dome
- March 18-19** **Debate Tournament**
University of Puget Sound
- March 18-19** **State Dance/Drill Championships**
Sun Dome, Yakima
3A/2A Competition, March 18
4A Competition, March 19
Tournament Manager: Betsy Schott

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