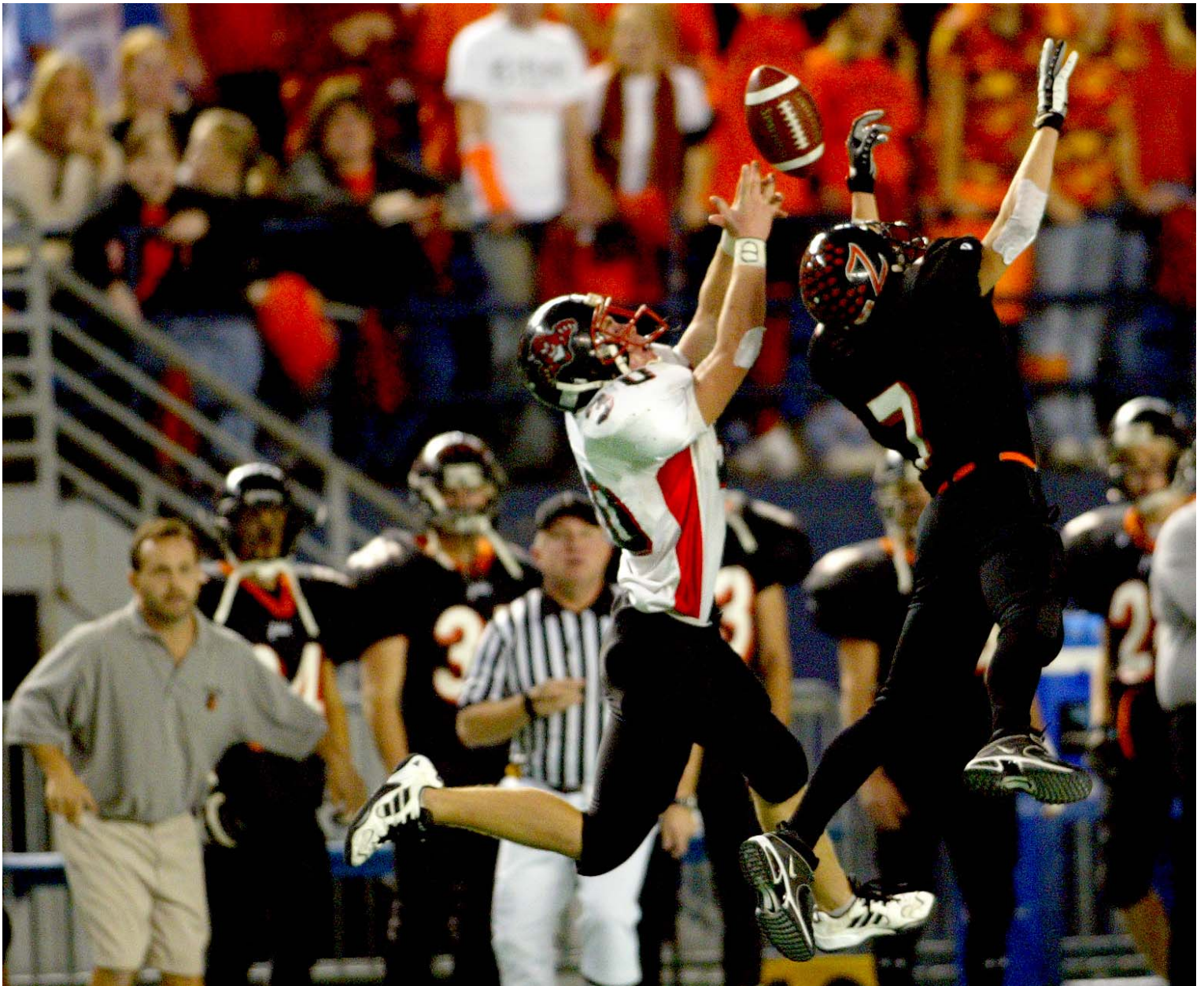


THE WASHINGTON GOACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



FALL
2006

WASHINGTON STATE COACHES ASSOCIATION



2005-2006 Membership Application

See our website at
www.washcoach.org

Please **PRINT** All
information **LEGIBLY**

Mark Sports Coached with a 1, 2 or 3 for
Preference and check the H or A column for
Head or Assistant Coach

Date _____

Name _____

Mailing Address _____

City, State, Zip _____

Home Phone _____

School Where Coaching _____

Name of the School District _____

School Phone _____

Preferred Email address(es) _____
(Please help us communicate more effectively by including this)

Preference	Head or Assistant Coach		Years Coached
	H	A	
Baseball			_____
Basketball (B) (G)			_____
Bowling			_____
Certified Trainer			_____
Cheer			_____
Cross Country (B) (G) (Both)			_____
Dance			_____
Drill			_____
Football			_____
Golf (B) (G) (Both)			_____
Gymnastics			_____
Soccer (B) (G)			_____
Softball (FP) (SP)			_____
Swim & Dive (B) (G) (Both)			_____
Tennis (B) (G) (Both)			_____
Track & Field (B) (G) (Both)			_____
Volleyball			_____
Wrestling			_____
Other Sport-Please Specify			_____

Which Sport Group should receive credit _____

Benefits Include:

- *State Tournament Pass for All WIAA Tournaments.
- *Liability Insurance Coverage of \$1,000,000 to cover members while working a scheduled, sanctioned and supervised WIAA sport or event. Contact 1-800-853-5899.
- *Your senior sons or daughters are eligible to receive WSCA scholarships.
- *Hall of Fame eligibility.
- *Eligibility for Coach of the Year awards.
- *Eligibility to coach in WSCA All Star games.
- *Enhanced professional growth to continue in the coaching field.
- *Window decal upon request.
- *Eligibility for publication in your magazine THE WASHINGTON COACH.
- *Coaching Clinics.

Send completed form with \$35.00 to:

Jerry Parrish, Executive Secretary 18468 8th Avenue NE Poulsbo, Wa 98370	1-800-441-7776 jparrish21@comcast.net
--	--

Benefits effective upon receipt of application and \$35.00.
Membership is from 8/1/05 through 7/31/06.

- _____ Non Teacher
- _____ Retired from teaching but still coaching
- _____ Retired from coaching but still teaching
- _____ Totally Retired from both

We want to know more about our coaches.

Could you please tell us:

1. High School and College attended;
2. Other sports coached at this school;
3. Other schools where you have coached;
4. Sports you coached while there;
5. How long you coached each sport;
6. The school years you were there;
7. Notable W/L or playoff records, awards received;
8. Total years in coaching.

USE BACK OR EXTRA IF NECESSARY



Executive Board

Past President Jerry Koester	President Mike Schick
1st Vice President Pat Fitterer	2nd Vice President
3rd Year Position Chuck Bowden	3rd Year Position Jan Kirk
2nd Year Position Sue Doering	2nd Year Position Tom Harmon
1st Year Position Nalin Sood	1st Year Position Mike Grady
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MS Liaison	West Mike Schick
	East Kyle Rydell
Magazine Editor	Terry Ennis
Scholarship Chairman	Rick Giampetri
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Baseball - Brad Conn Sedro-Woolley	
Basketball (B) - Nalin Sood Mt. Lake Terrace	
Basketball (G) - Mike Grady-Thomas Jefferson	
Cheerleading - Pam Headridge Oak Harbor	
Cross Country - Joe Clark Clover Park	
Football - Bob Bourgette Kennedy	
Golf - Darrell Olson Everett	
Gymnastics - Karen McQuiston Capital	
Soccer - open	
Fastpitch - Tom Harmon Nooksack Valley	
Swimming-Jeff Lowell Mercer Island	
Tennis -Andrew Buchan Thomas Jefferson	
Track & Field - Jeff Page Lake Stevens	
Volleyball - Tony Batinovich Puyallup	
Wrestling -Craig Hanson East Valley (Spokane)	

For more information contact the below:

Secretary-Treasurer
Jerry Parrish

18468 8th Ave NE, Poulsbo, WA 98370
800-441-7776 (H-WSCA) 360-779-4326 (FAX),
jparrish21@comcast.net

Magazine Editor
Terry Ennis

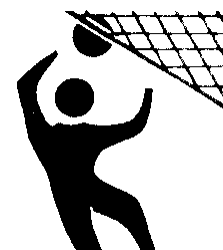
1415 Madrona Avenue, Everett, WA 98203
425-259-6028, terry_ennis@msn.com

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.org

From The President

September 2006

Dear members of the WSCA,

On August 1st, I became president of our association. I follow in the most recent footsteps of coach Jerry Koester, who through his passion for our profession and commitment to the success of our association, provided clear and steady leadership to the benefit of all of us. I accept the challenge to continue his efforts.

Challenge is a great word. Teaching and coaching at the junior high level, I find myself using the word often. The Random House dictionary describes challenge as “something by its nature or character serves as a call to any contest or battle”, and “to demand as something due or rightful.”

As teachers, we constantly work to find ways to challenge our students. We will attend workshops; collaborate with other teachers, parents and counselors. We could spend hours reviewing information from the internet, books, newspapers, magazines all in an effort to bring the challenge of education to our students.

As coaches, we create a challenge, a call to “battle” as an everyday task. We challenge our student-athletes to be faster, stronger, quicker, smarter, better. We will go to clinics, talk with other coaches, review film and watch other teams compete. We do this in preparation of challenging our student-athletes to participate at the highest level of their ability.

As an association, we have a challenge as well. The challenges for me and the executive board are to increase understanding and strengthen our relationships with the WIAA, WSSAAA, and other organizations which have influence on our profession through consistent, meaningful, and honest communication. We will continue to develop ways of increasing the benefits of membership in the WSCA.

The challenge for the individual sport association (ISA) representatives is to continue to promote their sport through providing opportunities for increased participation and membership, proclaim the work done within their sport by submitting articles to our magazine, and by being the voice of their leadership and association. Your efforts are the mainstay of the WSCA.

As members of the WSCA, the challenge for all of us is to continue making positive changes in the lives of student-athletes. Become more involved with your sport association. Share your thoughts, concerns, and ideas with the leadership of your sport or any of the members of the executive board. We want your input. Let us hear from you.

Always keep your head up,
Mike Schick



FROM THE SIDELINES

by Jerry Parrish

The WSCA is proud to announce that starting in August 2006 your membership card will be honored for admittance to all state level athletic contests and in addition, WIAA districts 3, 6, and 7 will accept our WSCA membership card for admittance to contests held during their district level contests. This agreement of acceptance comes after lengthy and numerous discussions with all the WIAA district secretaries and members of the WSCA executive board. The level of understanding and cooperation between the secretaries in these three districts and the WSCA demonstrated by this agreement is a clear statement of mutual respect and professionalism. Discussions will continue with the remaining WIAA district secretaries who have chosen to not honor our membership card at their district level events. The WSCA wishes to publicly acknowledge and thank the district directors and the executive boards of districts 3, 6, and 7 for their acceptance of our proposal. The more than 3000 members of the WSCA from throughout the state are truly appreciative of your efforts in this matter.

WSCA INSURANCE PROPOSAL

WSCA has been researching the best insurance coverage that is available. The official recommendation is to keep the K & K policy with Acordia, which presented the best proposal.

The proposal includes important coverages in the *General Liability* section. For instance, sexual molestation and abuse protection for our coaches for the regular season only.

WSCA is also selecting coverage for *Directors and Officers policy*. This includes protection for sexual harassment for our coaches.

The other part of the insurance proposal is to have all-star game coordinators meet at the beginning of 2007 and request all coaches involved in all-star events to get all their information to WSCA so WSCA can set up a policy through Summit America. This policy will cover all events and should be set up in well in advance of the first all-star game.



ORCHIDS

- To begin with I would like to compliment the WIAA Executive Board for their decision on eligibility ruling concerning Chief Sealth Girl's Basketball. It took a long time to arrive at this difficult decision but I do believe that the conclusion is correct. From Dee Hawkes' recent statement in the 2006 Summer Issue of *Washington Coach*, "It's plain and simple. When you cheat and get caught, you must take the punishment, recover, and restore your program". However, it is a fact that other schools have violated the principles of fair play and a level playing field, yet have not been caught. The sanctions should be a wake up call for all schools to investigate themselves"
- A coach from the Vancouver WA area said, "As coaches our responsibility is to teach kids life lessons, and one of those lessons is integrity. We're often parents to these kids. The one thing that we must always impart upon our kids is integrity."
- "There is a big difference between developing a team and assembling a team. The Sealth coach did the later."
- Also, the Sea-King District board is to be applauded for their strong stand setting the tone for not allowing eligibility rules to be violated.
- To coaches wives, because they are the most special wives in the world. NOBODY, I REPEAT, NOBODY UNDERSTANDS WHAT IT TAKES TO BE ONE, EXCEPT ONE.....

Continued on page 4

From The Sidelines

Continued from page 3

- To the coaches, staffs, administrators and teachers that are doing it the “Right Way!”. You are to be commended.....
- To those schools that have and will be enrolling their entire coaching staffs in the WSCA.
- To those districts that have endorsed the WSCA plan to allow coaches to attend district and/or league contests if they are members of the WSCA.
- To the coaches, staffs, administrators and teachers that are doing it the “Right Way!”. You are to be commended.....

ONIONS

- To coaches who “remove” themselves from their player’s lives once they finish their senior year for their particular sport....Get involved in the WSCA All-Star Contests and enjoy the experience....
- To those districts who still do not see the benefit of their coaches ALL being members of their professional coaching organization for the state of Washington.

Your Association Is at Work Protecting You

By Dan Weedin, CIC, Toro Insurance Consultants, Inc.

Insurance can be about as much fun as a one-point loss in double overtime in a playoff game. In fact, if you’re not careful, it can be as vicious as a blind-side tackle.

Thankfully, your association has your best interests at heart. It has worked overtime to make sure you, its most valued members, are protected.

Let me provide you with a brief outline of your protection. The WSCA has purchased insurance coverages through a broker called Acordia. Two separate and distinct policies are in effect:

General Liability – This is your protection for any negligent act on your part as a coach. The key to this coverage is that someone is hurt, and you (or an assistant/volunteer) are accused of being at fault (negligent). Here are some examples:

- √ You are accused of not properly teaching how to make a tackle and an athlete gets hurt.
- √ You are accused of not properly teaching how to take a charge and an athlete is injured.
- √ You allowed an athlete to ride home with another adult without parental consent, and the athlete is injured or killed in an accident.
- √ You are accused of sexually abusing or molesting one of your players.

Please note that I use the word “accused” a lot. Your policy will **defend** you as well as provide payment for damages if you are found negligent.

The definition of those who are insured under this General Liability coverage includes all paid and volunteer coaches. It is important that your key staff members feel confident that they are also protected by this policy.

Directors & Officers Liability – This policy offers protection for your board of directors and officers in the event they are sued. But this coverage is also important for you as a coach, because the policy covers all member coaches for any allegations or claims of **sexual harassment**. Sexual harassment is different from abuse and molestation, which involve physical contact; harassment includes verbal or perceived harassment that creates an unpleasant or hostile environment.

For both coverages, the policy limit is \$1,000,000 for any one occurrence, and the cost to defend you is **in addition** to the limit. Adding coverage for sexual abuse and molestation and sexual harassment does not come cheap, as you might imagine. Kudos to your board for making your protection a priority.

One final note. As Jerry Parrish mentions in his column, these coverages apply only to the regular season. We will be working to put an all-star program together to meet the needs of out-of-season competition.

This explanation is a very simplified outline of complex coverages. I am more than happy to answer any questions you might have. Just contact me via e-mail at dan@toroinsurance.com. Best of luck in your seasons!

Dan Weedin owns Toro Insurance Consultants, an unbiased insurance and risk management advisory firm. Dan has nearly twenty years of experience in the insurance industry and advises businesses and organizations on ways to improve their insurance coverage. Dan also spent six years coaching high school basketball and knows and respects the challenges you face.

BURNETT-ENNIS SCHOLARSHIP

Deadline: April 20th

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

To be eligible for the scholarship:

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

Personal Information (please print clearly)

Name _____
Last First M.I.

High School Attended _____ Date of Birth _____

Permanent Address _____
Street City Zip Code

Permanent Home Telephone number _____ () _____

Parent/Guardian _____ Years Member of WSCA _____

Address of Parent/Guardian if different from applicant:

Street City Zip Code

Academic Information GPA _____

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

Athletic or Extracurricular Participation

Sport Years Letters Honors

Please continue with application on reverse side.

continued from previous page

BURNETT-ENNIS SCHOLARSHIP

Deadline: April 20th

College Goals College planning to attend _____

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

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

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

Check list:

Application Letter of Recommendation Transcript Resume

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

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

Deadlines for the *WASHINGTON COACH* Magazine

Next Issue - 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



Setting Ground Rules for Parents

by Bret Warnack
Denton Ryan High School

Perhaps one of the most frustrating things about coaching at any level in any sport is dealing with parent problems. This can range from the parent of sometimes outstanding athletes that push their kids many times to the point of burnout, to the parent of the very marginal athlete who has an understandable bias toward their child, and believes they are not getting their fair share of playing time. This is especially true in baseball, where almost every dad in America was a little league baseball coach, and in increasingly more cases a SELECT coach. Most of the time all of these parents have very good intentions, unfortunately they do not always handle their problems in the appropriate manner, and many times the person who suffers is their child, the very person they are trying to help. Most of the time these problems begin with communication. I believe that most of us do a good job of communicating our expectations to our players, and usually the players have a good idea of their abilities, and of where they stand. However, many times the kids do not always communicate that to their parents.

About a year ago, my father printed out an e-mail that was sent to him containing a little story that I thought was very fitting as to how we feel as coaches at times. The story goes as follows:

At one point during a game, the coach called one of his 7-year-old baseball players aside, and asked, "Do you understand what cooperation is? What a team is?"

The little boy nodded in the affirmative. "Do you understand that what matters is whether we win or lose together as a team?" The little boy nodded, yes.

"So," the coach continued, "I'm sure you know, when an out is called, you shouldn't argue, curse, attack the umpire, or call him a pecker-head. Do you understand that?"

Again, the little boy nodded.

He continued, "And when I take you out of the game so another boy gets a chance to play, it's not good sportsmanship to call your coach an 'idiot' is it?"

Again, the little boy nodded.

"Good," said the coach, ... "Now go over there and explain all that to your mother."

Unfortunately, many times the people on the other side of the fence are the ones making fools of themselves. As professionals we coach our athletes to carry themselves with class, poise, and character, and that they must strive to handle themselves in that manner regardless of the situation. After all, in my opinion, that is what high school athletics is all about. Only a few of us will ever have the chance to coach a kid who goes on to be a professional athlete. However, our ultimate goal is that every kid we coach goes on to be a successful, productive member of society. We are coaching our sport, and if you are like me, you are obviously very passionate about it, but in the big picture of our athletic programs the most important things we teach are the values of discipline, pride, poise, class, accountability, and responsibility. These are the things that all of our athletes are going to benefit from for the rest of their lives, whether they go on to be a professional athlete, a doctor, lawyer, salesman, policeman, fireman, engineer, coach, teacher, CEO, etc... These are the things that EVERY parent would agree they are trying to accomplish with their kids as well. I believe it is important, however to put these things in perspective for the parents, and communicate to them your philosophy, and what you are trying to accomplish with your program. You must appeal to their common sense.

I began my head-coaching career five years ago at the relatively young age of 29. Fortunately, I inherited a very talented team from former head coach Tommy Blair who I had played for in high school, and had been an assistant under for the past five years. However, in my first year I was somewhat overwhelmed with parent conferences. I think some of the parents saw my age and experience as an opportunity to attempt to apply pressure and make a bid for more playing time for their child. I felt like I handled each conference well, and in each case left the parents with a good understanding of where I stood, where their child stood, and the importance of the team in each situation. This was, however, very time consuming and stressful. At the same time it was a learning experience for me,

Continued on page 8

Continued from page 7

and I began to brainstorm about possible solutions to the problem of communication.

I began putting together an outline for a parent meeting that I would conduct at the beginning of each year, and I have been doing it ever since. It simply puts everyone on the same page, and you get a chance to present yourself as a professional to the parents. I explain to them that this is our profession. This is what we have trained to do much in the same way each of them has trained to be a doctor, lawyer, engineer, mechanic, etc... I am not going to try to tell a lawyer how to plead their case, and in turn I expect them to trust me and my staff and our judgment as it relates to their child and our program. We do still have an occasional parent conference, but the number has been drastically cut, and usually the discussion is a reminder and a reinforcement of what was stated at the beginning of the year. The outline I use for our parent meeting is listed below. I usually print the outline out and make handouts for the parents so they can have a reference that they may use later in the year. We have been pleased with the results since we have been holding our parent meeting, and I think it can be a benefit to every coach in the profession.

Parent Meeting Outline

- My Philosophy of Athletics
- Player's Expectations
- What you can expect from your coaches
- Parent Guidelines

Be positive with your son.

Let him know that simply being part of this team is an accomplishment. Don't put him down. If you are constantly telling him he should be playing, he may take it as derogatory. If he is not a starter, he probably knows why, but it may be hard for him to tell you.

Encourage him to work and do his best.

Don't offer excuses if he is not playing. There is usually a reason for it and he should discuss it with his coach.

Be loyal to the program and to the coaches.

The coach represents the boos-authority-parent-teacher-etc. If the parents constantly doubt the coach, how can you expect your son to play for him. Teach your child to be a DOER, not a COMPLAINER.

Insist that your son follow TEAM RULES.

No matter which team your son is on, players must follow the rules. Baseball is very demanding and coaches

are concerned with a player's off the field activities. In order to get the maximum physical and mental performance, he needs to take care of himself on and off the field. DO RIGHT.

Insist on good grades.

Monitor your son's homework. Make sure that they are setting aside time to do homework. Regardless of what they tell you, they usually do have homework. Bring him to tutorials, if necessary. Tutors are available in all subjects.

Baseball talent means nothing if the grades do not meet expectations.

Be positive toward ALL other players in the program.

Please do not carry bad feelings toward players because of incidents that may have occurred between players (incidents that may have occurred in little league, girlfriends, your conflicts with other parents, etc.) Try and remember that every player has an important role on the team. It may not always be a starting role, but every role contributes to the entire team.

Be a good fan in the stands!

As a fan, you are entitled to yell your head off, if you want to. (Please do.) We want to remain positive toward the opponent, all coaches and all players. Please don't act like a "know-it-all"! The coaches work with the players and know the talents and abilities of each player well. Trust them in their judgments and respect their coaching knowledge. We see them every day in practice. Every day they have an opportunity to prove themselves to us. I understand that some players may be "gamers," but if we see little work ethic in practice, it is hard for us to put them in a game in a key situation.

Please do not come over to the dugout during ballgames (food, drinks, extra coaching). If there is an emergency, and you are needed, we will come find you.

Insist that your son develop self-control.

Self-respect begins with self-control. "The ballplayer who loses his head, who can't keep his cool, is worse than no ballplayer at all." Lou Gehrig

Refrain from comparing your son with previous children who have played sports, or with other players on the team.

Encourage your son to be himself and develop his own given talents. DO NOT PUT UNDUE PRESSURE on your son by thinking only in terms of scholarships. Scholarships are a result of unselfish play, hard work, leadership, coachability, mental discipline and character, as well as individual talent. Speaking from experience, a college coach prefers TEAM players (guys who are leaders and

are willing to do whatever it takes for their team to win), rather than one only focused on himself.

Your life will be miserable if your son is playing baseball only to get a scholarship and not for the love of the game and competition. It is just a game, and we all need to keep that in perspective.

Have your son see his coach if he has a problem.

Almost all concerns can be handled at this step. Coaches are here because they love coaching and love working with your children. There are many times they do not realize your son has a problem, so let them know. Teach your sons to take responsibility and handle their concerns in an adult manner.

ENJOY YOUR SON AND HIS PLAY!

Time flies quickly as your son goes through high school. Make the most of each game. If he has a good game... GREAT! If he has a poor game... IT'S STILL OKAY!

Don't be a worry-wart – that's the coach's job. Sometimes, no, MOST of the time, parents take things harder than the players. Lighten up and HAVE FUN!!

THE ROLE OF THE SUB

Nobody likes the idea of sitting on the bench during games. However, for most of us, being a substitute is a reality at certain stages of our athletic careers.

How you are able to deal with the responsibilities and frustrations of being someone who comes off the bench cannot only affect your personality, but in most cases will determine the success or failure of your team. Many games are won or lost as a result of the performance of a substitute or specialist.

If you are going to be a sub, an effective sub, you must understand its importance and accept the role to help contribute to your team's success.

You should always work hard to become a starter, but if you don't start, do not let your substitute status affect your ability to contribute to the success of the team. Be positive during practice and games. Fifty percent of your effort should be devoted to motivating your teammates. Study the game from the dugout. You should have a pretty good idea where and when you are likely to be used as a sub. Analyze the competition, study the opposing pitcher, opposing hitters. Watch for pitch selection tendencies, and hitting tendencies. Know your strengths and how best to take advantage of your opponents weaknesses.

Be prepared for every possible situation before it occurs. Anticipate entering the game at a crucial moment and be ready to contribute. During practice, free time, or games, use mental images to prepare yourself for high-pressure situations before they occur. For example, imagine the feelings, pressure, and tension of being substituted into the third game of a playoff series, with the game tied two outs, and a man on second. Visualize yourself hitting the ball hard and driving in the winning run. This situation is likely to be easier to deal with if you have at least experienced it in your mind.

Remember, there is no shame in being a sub. Your contributions are just as important to the team family as those of a starter. Be positive, work hard, and you and your team will be successful.

Stay as physically prepared as possible, come in with confidence, support your teammates from the bench verbally, cooperate with your coach, accept your role and strive to be as valuable to the team as you can. Success is determined by the whole team.

Members

We are looking for Coaches that would like to be actively involved in the organization of each sport. Please contact jparrish21@comcast.net to get involved in your sports All-Star Games, clinics and activities. . .

WE ARE LOOKING FOR YOUR HELP!

EARL BARDEN FOOTBALL ALL-STARS

By Paul Shugar
Yakima Herald-Republic

Even with their differences, there was no reason for East head coach Jeff Nelson to have many conflicts of style with his assistant Dustin Lamb.

Both coaches got what they wanted at the Earl Barden All-Star Football Classic on Saturday. Nelson got his pound-
ing running attack out of Jeff Jack and J.C. Sherritt; Lamb
aired it out behind quarterbacks Brandon Artz and Ray
Valle.

So the two conflicting approaches melded into a 40-25
East win at Zaepfel Stadium. Lamb's passing attack
opened up a 33-6 lead by halftime, and Nelson's grind-it-
out style prevented the West from getting back into the
game in the second half.

"We knew we had kids who had speed and who had
power," said Nelson, who coaches at LaCrosse-
Washtucna. "We just had to let them go and we knew it
would go fine.

"... I wouldn't do anything different at all; I wouldn't
change one thing."

With five players from Royal to group together, Nelson
divided the East's offense into two platoons that would
play one half each. Both were effective from the start
with Grandview's Brandon Artz — a student of Lamb's
wide-open air attack with the Greyhounds — passing for
all 143 of his yards in the first half.

While he started out to a familiar target — two comple-
tions for 32 yards to Grandview wide receiver James Vela
— Artz spread the wealth around to finish 8 of 14 with
one touchdown rushing and another passing.

He even got to run a 2-minute drill to end the first half
— a rarity in an all-star game because it usually requires
more than one week of practice to develop the timing
required. But Lamb couldn't help himself with all the
weapons at his disposal and Artz ran it perfectly.

With the East getting the ball on its own 31-yard line
with 1 minute, 55 seconds remaining before the break,
Artz covered the distance in three plays and 27 seconds.
He found Pullman's Ashton Gant, who made a couple
moves after the grab for a 20-yard touchdown pass with
1:28 remaining.

This left enough time on the clock for the East defense
to force a three-and-out and allow Valle and his platoon

to set up Andrew Wilkerson's 35-yard field goal to make
the score 33-6 at halftime.

"Lamb saw our 2-minute offense and fell in love with
it," Artz said. "He even wanted to come out and start the
game with it because we were clicking together all week
and we proved it today."

The other platoon didn't suffer any chemistry prob-
lems with the strong Royal nucleus to build around. Valle
finished an economical 7 of 10 for 110 yards with a touch-
down and an interception. Two of those passes were to
fellow Royal standout Kyle Scroggins, who led all East
receivers with 73 yards.

Valle's first pass to Scroggins — a 54-yard bomb down
the sideline for a touchdown — showed little rust had
settled on the duo's timing since this past fall.

"After I threw it to him, the first thing I asked him was,
'How many times did we do that in our career?'" Valle
said. "With that guy, I don't doubt anything for a second.
I know if I threw it up there, Kyle was going to get it."

The offense slowed in the second half with the East
content to let Sherritt (the East offensive MVP with 10
rushes for 85 yards and one touchdown) and Jack (9 for
61) pound out the clock. The all-star game's rules also
didn't help the East. If a team trails by nine after scoring,
it will receive the ball on the ensuing kick off.

This allowed the West to get going behind its offensive
MVP, running back Justin Leonard of Woodland, who fin-
ished with 13 rushes for 77 yards and also had two long
kickoff returns in the game. Unfortunately for West quar-
terback Scott Jarvis, who passed for 138 of his 163 yards
and had two touchdowns after halftime, he didn't have
enough time to overcome the deficit.

"We missed a few key tackles today," said West coach
Ron Lepper of Mount Baker. "We had only a week to put
this team together and there are a lot of good athletes and
plenty of talent on this team. We just had a few guys
playing out of their usual positions."

East 14 19 0 7 — 40

West 0 6 7 12 — 25

East — Mike Thomas 3 run (Andrew Wilkerson kick)

East — Brandon Artz 1 run (Wilkerson kick)

East — Kyle Scroggins 52 pass from Ray Valle (good)

West — Shiloh Keo 18 run (kick blocked)

East — Ashton Gant 20 pass from Artz (pass good)

East — Wilkerson 35 FG.

West — Joe Halahuni 44 pass from Scott Jarvis (Andrew Lutton kick)

East — J.C. Sherritt 20 run (Wilkerson kick)

West — John Lewis 3 run (pass failed)

West — Keo 27 pass from Jarvis (pass failed)

INDIVIDUAL STATISTICS

Rushing — East, J.C. Sherritt 10-85, Mike Thomas 7-38, Brandon Artz 4-7, Nick Ashley 6-35, Jeff Jack 9-61, Ray Valle 1-4, Ryan Anderson 3-26. West, Justin Leonard 13-77, Shiloh Keo 5-21, Scott Jarvis 5-(-4), Spencer Flannery 4-(-1), John Lewis 1-3.

Passing — East, Artz, 8-14-143-1-0, Valle 7-10-110-1-1. West, Jarvis, 8-23-163-2-1, Lewis, 3-5-36-0-0.

Receiving — East, James Vela 2-32, Sherritt 2-40, Matt Martin 1-28, Patrick Dorsing 2-33, Kyle Scroggins 2-73, Jack 1-(-2), Ashton Gant 3-30, Andrew Wilkerson 1-8, Ryan Anderson 1-11. West, Joe Halahuni, 4-102, Keo 5-61, Miles Murphy 1-26, Josh Keough 1-10.



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Castle Rock High School



**Brady Brunelle
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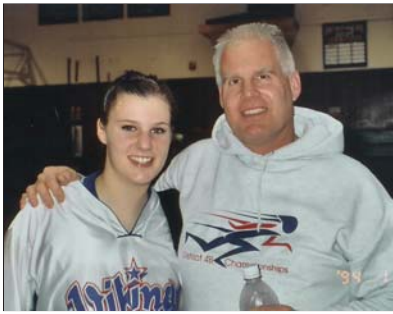
**Kendra Russell
and Mom Lisa**
Willapa Valley High School



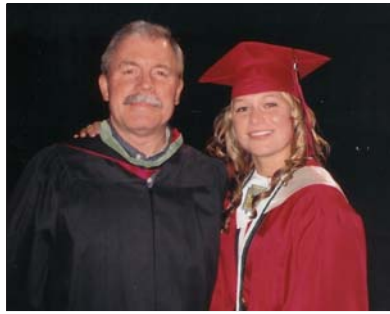
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and Dad Jim**
Burlington-Edison H.S.



**Nik Nilson
and Dad Ron**
Morton High School



**McKell Wonhoff
and Dad Greg**
Willapa Valley High School



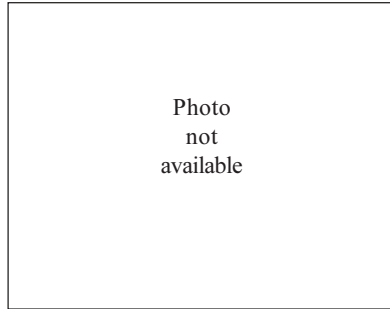
**Capri Miles
and Dad Eroll**
Sunnyside High School



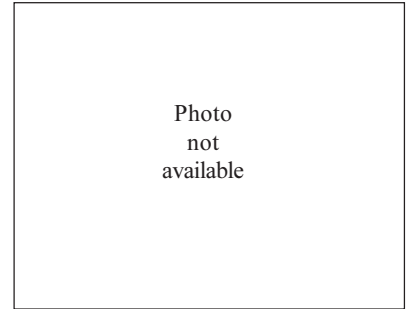
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HAWKES SQUAWKS

by Dee Hawkes
Retired



STILL GOING STRONG

This much is known, Coach Keith Gilbertson, Sr., has no intention of retiring as a high school coach. He starts his 58th year of coaching at Snohomish High School. Hold this thought. Emerson said, "Every great institution is the lengthened shadow of a single man. His character determines the character of the organization." Throughout his entire coaching career, Keith has had the privilege of influencing thousands of athletes who have experienced his integrity and trust. As a high school sophomore, head track coach Don Dittman of Bremerton's Kings West High School remembers watching Coach Gilbertson break down 8 mm film in order to help an Australian pole vaulter.

The flame that inspired Coach Gilbertson over fifty years ago is still burning today. Although he spent this past summer working the weight room and coaching summer basketball and football, he found time to spend with his first great granddaughter. He has been a volunteer coach since 1982. If ever a man was born to coach, it's Gilbertson! He has coached track, cross country, basketball, football and others sports too. When it comes to teaching the fundamentals of a sport, this Snohomish native still makes a difference, because he pays close attention to details.

Woody Hayes once said to Tiger Ellison, the guru of run/shoot football, "You can stay down there in the fertile valley and rest or climb the mountain with me and work." With lesson plan in hand, Coach Gilbertson will still be climbing the mountain again for Coach Mark Perry this fall. Who isn't grateful to have been coached by this man?

(For your information, Gilbertson's friend, Roland "Red" Smith, will coach tight ends this fall at Jesuit High School in Sacramento, which will be his 60th year with clipboard and whistle).

SADLY, BIG DADDY BUCKS WINS

This squawk is simple and to the point. Regardless of budget defaults, it is wrong to put out bids to name high school stadiums after a corporation. There were times when those who served their communities were honored by having their name edged on a school facility. Let's

hear it for Sparks Stadium, Pop Keeney Field, and Schroeder Stadium, to name a few!

There can be little doubt that the almighty dollar rules the roost. The names of corporations can be found on professional stadiums and arenas and college facilities too. For example, Clemson University just signed on with Nike for 1.2 million to wear their logo. How much has changed since this old timer trotted on the field at Seattle Memorial Stadium! It now faces the possibility of being torn down. Rather than maintaining and restoring this historic Seattle landmark, there is talk about replacing it with high rise money making buildings.

IT STILL TICKS ME OFF

It is misleading when newspapers use headlines which speak of an ex-coach being charged with sexual abuse only to find out later that it was a volunteer who happened to be involved in coaching young boys. The culprit should be prosecuted to the maximum and made to pay for the damage he inflicted. My beef is with the reporter who uses the word "coach" in the headline in order to draw attention. Use the word coach in the text only once. Otherwise, please refer to the predator by his given name. To be addressed by the name "coach" is very special, and this privilege needs to be protected.

HE'S BLUNT, BUT HE CAN COACH

There may be some of you who are not big fans of Coach Bob Knight, but I am. It has nothing to do with his win-loss record. Although his coaching style during games appalls me, the man can coach. He says the greatest reward that a coach can ever have is for a kid to come back to see how he is doing, whether it's just to say hello or watch practice. We all feel the same way. There is no better way to be richly rewarded than by a former player taking the time to reconnect. The players may look different, but rest assured that the memories of having you coach them is cemented in their thoughts. The wins and losses are merely statistics.

Who can deny that when a former player comes back to see you, or catches you off guard on the street - it feels like a warm fuzzy!

CASTING CALL NEEDED FOR HALFTIME SHOW

It's my opinion that watching a football game without some form of halftime show is like eating ice cream without a topping. The point is that it gives other kids an opportunity to perform, whether it's a summer band, drill teams back from summer camps, or the finish of a cross-country race. Everett Stadium, host to the All-State game in the summer, should showcase a halftime show. However, everyone involved is a volunteer, and not many folks are willing to give up any of their summer break time. It is too bad.

STILL SQUAWKING ABOUT SPECIALIZATION

It blows my mind to what extent a coach or parent will go to have a kid play the same sport for 12 months. The hard truth it's a high stakes gamble and the majority fall short of getting a college scholarship. I believe that the strongest argument for not specializing is that the athlete may not be in his/her best sport. By participating in other sports, the athlete may have more athletic options when he/she graduates.

NO FAME BUT PAIN

For years, prep coaches have been told to abide by the rules laid out by the WIAA and to follow the recommendations of their athletic director. In the case of Chief Sealth High School basketball, someone wasn't minding the store. The athletic director must have turned a blind eye to not know that some girls on the team were illegally recruited. For crying out loud, the principal and athletic director were responsible. They allowed the coaching staff to cheat under their eyes. To jump start the program, they hired a coach whose reputation as a recruiter was already established. When the hammer came down, the 10-member Executive Board of the WIAA voted unanimously to strip Chief Sealth of their two state girls' basketball championships. The tougher approach taken is the best. The coaches are gone, but the administration of the school, which is responsible for the monitoring of school athletics is still there. My take is that they need to be reprimanded and put on probation. To cry "wolf" and to not take responsibility is unfortunate at the start of the new school year.

THEY ANSWERED THE CALL FROM THE SOUTH

This summer it was refreshing to see 18 South County athletes, along with Brian Peterson and Tim Kuykendall, coaches from Auburn, go to Biloxi and New Orleans to help Hurricane Katrina victims. The group mainly helped

elderly people by gutting houses and by doing manual labor. They even had a chance to play some baseball against two Mississippi teams! The trip was organized by Peterson, the former wrestling coach. Along with Kuykendall, the Auburn High baseball coach, they have started an organization called Reality Sport, which combines faith with athletics. This is quite a departure from what most kids do in the summer. It's a form of pay it forward movement, where lives are changed.

PAST MEETS THE PRESENT

In order to remember the past, Coach Bill Doba brought back former players to meet WSU's 2007 team during the opening week of practice. There were signs of age, but all felt the love of having played football at Washington State. The air was filled with lots of stories, remembrances, and talk about bruising tackles. Coaches Tom Parry, Glenn Rickert, and Ray Hobbs were on hand to tell us how it was when every player went both ways.

Under the leadership of Collin Henderson, the Gray "W" Varsity Club promoted the weekend package of practices, meetings, and golf. One highlight was the showing of Mike Monahan film "Legends of the Palouse," which will be out this fall. My recommendation is that if you played for the Cougs you should seriously think about coming to this special football event next August.

After receiving a bunch of emails and comments asking me not to close shop, I guess you'll have to put up with me for awhile. As I watch Andy Rooney (with his white hair and bushy eyebrows) still voicing his opinions, then I guess there's room for an old codger with similar features to write. If you have a moment, send an email: hawkes32@comcast.net

See you around, I hope.



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CHEERLEADING

2005-2006 WSCCA Coach and Athletic Director of the Year

Pam Headridge
Past president, WSCCA

At the annual Washington State Cheerleading Coaches Association Conference in April, Nancy Ellen Elster from Ballard High School was selected as the High School Cheer Coach of the Year and Joanne Daughtry from Kentwood High School as WSCCA Athletic Director of the Year.

Though Ms. Elster has only been coaching for a few years she has taken on the job with zeal. Knowing that all coaches must focus on education and safety, she has earned her National Federation of High School Bronze Level certification. While coaching at Ballard High School, she has created a powerhouse in both the sideline spirit and competition arenas. She feels that the cheerleaders are key to school spirit. Her team works hard promoting pride in their school. Just recently they also won 2006 State Champions in the medium advanced varsity division. Nancy Ellen is also very active in the WSCCA, currently serving a second term as secretary.

Ms. Daughtry is currently AD at Kentwood High School. There is no candidate more deserving than Ms. Daughtry for her hard work, dedication, determination, and passion to help high school cheerleading get to the next level in Washington. Joanne has taken a keen interest in helping cheer coaches have a voice in the SPSL, has brought coaches together via meetings to brainstorm ideas, discuss issues, and simply create camaraderie between competing teams. She has been an avid supporter of cheer and the growth and evolution of cheer and treats the individuals in the cheer program as intricate parts of the school, respecting them as athletes as well as spirit leaders. She has happily lent her assistance to other cheer programs, coaches, Athletic Directors, and Advisors, and can often be found at meetings or having phone or e-mail conversations with other athletic directors that have questions regarding cheerleading and its many program facets at the high school level.

CONGRATULATIONS

2006 BOY'S BASKETBALL HALL OF FAME



2006 WSCCA STATE CHEERLEADING CHAMPIONSHIP

Pam Headridge
Washington State Cheerleading Coaches Association
www.wscca.com

Washington State Cheerleading Coaches Associations sponsored the fifth annual state cheerleading championship at University of WA, Hec Ed Pavilion on March 20, 2006. Thirty-four schools from across the state participated in this major event.

Each cheerleading team performed a choreographed two minutes, thirty second routine. The teams were divided into categories based on the size of squad and level of expertise.

The routines were performed in front of a panel of five judges from the Washington State Cheerleading Judges Association, a part of the WOA. Each performance was scored on motions, jumps, dance, pyramids/stunts, voice, showmanship, appearance, spacing/formation, choreography, and perfection of routine. All routines had to follow National Federation of High School Spirit Rules. Three technical judges evaluated the routines to hold them accounted to these rules. Teams were awarded a 25-point penalty for each violation.

The winners in each division were

Small Varsity Novice

- 1st Place - Coupeville High School
- 2nd Place – Kentridge High School
- 3rd Place – Stadium High School

Small Varsity Advanced

- 1st Place – Central Kitsap High School
- 2nd Place – Hanford High School
- 3rd Place – Cascade Christian

Super Large Varsity Advanced

- 1st Place - Kentwood High School
- 2nd Place – Tahoma High School

Large Co-Ed Varsity Advanced

- 1st Place - Oak Harbor High School

Large Varsity Novice

- 1st Place Kentwood High School
- 2nd Place – Decatur High School
- 3rd Place – Shelton High School

Medium Varsity Advanced

- 1st Place - Ballard High School
- 2nd Place – Bellevue High School
- 3rd Place – Peninsula High School

Small Co-Ed Varsity Advanced

- 1st Place - Heritage High School
- 2nd Place – Kentlake High School
- 3rd Place – Kent Meridian High School

Other schools that participated were Life Christian, Spanaway Lake, Lynden, Ferndale, Northwood, Christian Faith, Sehome, Olympic, Lynden, River Ridge, Tyee, White Pass, Pt. Townsend, Bethel, Skyline, Kings
Congratulations to all the competitors!

Mark your calendars for WIAA Salute to Spirit for both cheerleading and dance/drill teams scheduled for January 27, 2007 at the Everett Event Center and WIAA Cheerleading Championship on March 22, 2007 at the Yakima Sun Dome.

Dress for Success or Casual Casualties

by Diane Taniguchi

It is written in the softball rulebook how a coach should dress when s/he is at a competition. I have often wondered if that is the only sport that cares about the appearances of those who represent the sport and in authority no less!

True, dressing for success in sports is not so key as dressing for success in downtown Seattle, nor is it the key to a successful match/season, but there are some similarities and maybe it is time for us to take a look at our own wardrobe.

Dressing in downtown Seattle in a true white-collar job has changed over the years. Many years ago, a major corporation that was ultra conservative at the time, required white shirts (long-sleeved, I believe) and suits for men. I also heard about a memo that was issued stating what can and cannot be eaten in public, e.g. eating ice cream walking down the street during business hours.

However, we are now in the 21st century, which had a big thrust in 1962 with the Seattle World's Fair and its major move when the clock turned to the new millennium. During this time, fashion has definitely changed! Men now wear short-sleeved shirts, in pastels or plaids and sometimes there is a casual day or two during the month when employees can wear casual apparel. Women now can be seen as executives in crisp pantsuits and 4-button jackets with classic shirts or frilly blouses and comfortable walking shoes! Fashion has definitely come a long way!

It was also in those days that girls were not allowed to wear pants to school (jeans I don't think were the rage just yet) and the PE class was full of kids in white tops and navy blue shorts, white sox and white tennis shoes, and competition for girls was probably just a twinkle in everyone's eyes. Now, it is not too difficult to see the toes of almost every student walking down the halls and even some teachers, and to see girls in the weight room 'beefing up' for their chosen sport!

Uniforms, too, have changed as I was watching clips of the old 'World Champion' Sonics recently on television...boy! were their shorts short! Even volleyball shirts are more slimming with the princess seams down

almost every jersey top and made of lycra, spandex or whatever the current stretchy fabric tends to be. Bun huggers are definitely out and spandex (cotton or otherwise) is the more comfortable attire. Baseball uniforms changed from 100% wool to man-made fibers. Speedo seems to sew with less and less fabric for the swimmers.

I have not quite figured out how longer shorts for basketball helps the athletes become mental tougher, but maybe that keeps the body and brain warmer since they do play during the coldest parts of the year. Even other sports such as ice skating, gymnastics, or just about any other Olympic sports have changed their apparel; mostly it seems to enhance the athlete's physical attributes so that they become faster, and sometimes even more pleasing to the eye. Change has probably become a good, positive thing.

Now that the athletes are up-to-date, how about the coaches? Have we taken a good hard look at how we dress and how we represent our sport, our school and, more importantly, ourselves?

True, dressing for success is not going to make our teams win nor is it always going to mean the best shoes (wing-tips or heels) when you are coaching, but it does mean that tattered jeans/pants should remain at home or used at other times, not while you are coaching or presenting yourself as a professional! Can you imagine trying to wear a tie with a short-sleeved shirt not tucked in and over jeans with holes at the knees? What a Kodak moment!

Yes, fashion can be very cool and can be a real plus for those coaches who need an extra boost in self confidence and who would like parents to respect them, etc. Use it as a benefit in coaching to get to know your players and your players' families. First impressions are so very important! (Remember that first coaching job interview?) I don't expect men to wear three-piece suits to their competitions, however, a nice pair of slacks with the Ivy League look of buttoned-down collars and sweaters doesn't hurt...or a very nice sweat outfit in school colors.

For women, it runs the whole gamut; the most casual to the more-than-casual. Personally, I wear heels to ev-

ery match (and respect the gym floor when on the court) and a skirt or dress; at practice, I wear my grubbies (shorts and tee shirt, sox, court [rubber-soled] shoes) which are appropriate at that time. I have nothing against dress slacks but I was brought up very conservatively and to this day, most of my siblings and I still do not even wear jeans!

The newer generation of coaches is very casual and probably think wearing skirts, dresses or nice slacks are not appropriate for high school attire, however, you never know who is in the stands watching and if that person can be your next career move. I have chosen to make coaching my profession and in so doing, I also take on the responsibilities of a professional attitude when I am working at all times. I am responsible for the safety of the players at all times, I am responsible for communication with parents and administrators, I am responsible for good sportsmanship and conduct especially at away matches/games, I am willing (though not always able) to make the sacrifices needed to make each athlete successful, and I am willing to dress the part.

I have seen some very cool sweat outfits and/or matching sweatshirts at various state tournaments and that is very eye-catching, so women can dress very creatively,

very appropriately and can represent themselves well without the dress/skirt. However dressing up in school colors can also bring on school spirit, and can be a good reason to purchase newer garments.

So, whatever you choose as your way to be a well-dressed coach, good luck. Attitudes do not change with your appearance even if you look different. So take a double look there as well. As a new academic and athletic year quickly approaches, I challenge each coach out there, whether you are a WSCA member or not, to take a good, long look in the mirror and see if what you see is what you want others to see. Mind over matter does not win every time, but in this instance take a serious look at the matter and see if that is what you want to convey. See if it will make a difference in how you feel and think, and then concentrate on the psyche so that your athletes will know who you are and respect you for it. Who knows? Maybe this will help your team to be successful in their endeavors as well when mind can finally rule matter once again ... good luck this 2006 fall season!

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The Player Profile Program

A Goal Setting Program for Middle School Athletes

by Ed Lundberg

For so many years middle school athletics was the introductory level where athletes began competitive competition. The sport programs offered were a limited version of what kids could expect to experience in high school. Each athletic program placed a very basic emphasis upon skill introduction and development. Participants also began to understand they had a responsibility as an athlete to follow through on their academic assignments and act with appropriate behavior. For many years this introductory model of the middle school student athlete worked very well when the athlete, parents, coach and teachers all teamed together to help the youngster become successful. For some students athletics was the key motivator to performance in school.

However in recent years we have seen a new trend in youth athletics. The rapid increase of various “select” community programs and personalized skill instruction has drastically changed the landscape of interscholastic athletics. The emphasis for more specialized competition has dramatically impacted the amount of time a 13/14 year old kid has to fulfill their responsibility as a student. Middle school students today face a challenge of having to budget their time and make difficult decisions. Families and children are working hard to find the balance between their education and their sport of choice.

Having spent many years as a teacher and coach at the middle school level, this new “specialized sport” dynamic has become a very frustrating trend to deal with. The student athlete’s performance in class and their behavior around school has always been a daily emphasis that was reinforced by coaches. Now that these student athletes have choices outside of school athletics where programs place the emphasis on winning weekend tournaments, we have seen a decline in our school participation. Athletes have chosen these outside programs because there were more opportunities for competitions in addition to not being held accountable by eligibility rules. As our participation numbers continued to decline we knew that as coaches we had to reevaluate what we could offer our students and the community for our respective

sports. In fact we were in competition for our own athletes.

As a coaching staff we held many discussions as to what could be done to enhance our program. We needed to market our program to the community of student athletes and parents that participation at school would be a more valuable experience.

The first thing we decided was to target our football players. Football in itself would impact the most athletes during one season. We knew that we could implement some of these ideas during the spring football camp. It was during this camp that we made a concentrated effort to get as many kids out as possible. We worked especially hard on getting kids that had never been involved in a sport before to participate. A personal encouraging word from all the coaches was extremely important. Kids that had never thought of playing football, were now excited to be part of a team that represented their school.

Once we knew we could increase our numbers we worked on getting volunteer coaches. We had to reduce the ratio between adults and participants. We talked with various parents and community members to get the support we needed to make sure each player would be getting as much individualized attention as possible. We had a great response from an eager group of adults who wanted to spend time with kids and contribute their knowledge. They were very open to working with us and share their ideas.

Once school started we also knew that we had a group on inexperienced participants that we needed to really over emphasize the teaching part of our program. Instead of rushing the kids from class onto the football field we decided to meet every day with the kids in the cafeteria for about 20 minutes. During this time we shared with our players the privilege and responsibility it takes to be a student athlete. This was a daily emphasis at our team meetings. If there were behavioral issues around school then administrators could address the whole team. If certain class projects were due then teachers came and spoke to the group. We also brought in community members,

other coaches and past players to talk to the kids about what it took to be successful at the next level. This 20-30 minute contact time with our team proved to be very valuable. We were able to make sure they understood their role as a student athlete as well as preparing them for class the next day.

At practice we also made a point to take additional time. We made sure we did not rush through the individual parts of practice to get to the team part. We gave every player the opportunity to get involved in the drills.

Since we had a limited amount of games and did not have the funds for JV games we implemented weekly intra-squad games on Fridays. This proved to be a great experience. We had the game jerseys out, the field lined and brought in a volunteer referee to help ref the game with one of the coaches. We divided the 7th and 8th grade into two teams. The kids who started during the regular game usually did not play unless they were needed to fill in a position. The 7th grade played the 1st and 3rd quarters and the 8th grade played the 2nd and 4th quarters. We combined the scores so we could decide a winner. These games were a lot of fun and we had quite a few parents attend. We worked hard to make it as realistic as possible.

One other factor that proved to be very beneficial was the emphasis on preparing the kids academically to be ready for the next level. This included academics as well as athletics. We wanted each player to be able to present themselves in the best way possible. They needed to establish confidence in themselves through knowing what they wanted from athletics and what their goals were. Likewise they needed to make the connection of being a responsible student that led to being a successful athlete. It was through our Player Profile Program that we committed to help each player to establish who they were as a person and what they wanted to accomplish athletically and academically. This program was an opportunity for our athletes to give a first impression to the high school staff. It would establish who these kids were, what goals they had and how they were going to accomplish them. It was through this program that we explained to the athletes and their parents that in order to accomplish this we needed to do the following. We were also going to develop a goal setting program which would:

- Allow kids an opportunity to define for themselves who they were as an athlete and as a student.
- What type of immediate goals they had for themselves as an athlete.
- What type of long terms goals they had for themselves?
- What type of relationship they believed academics and behavior had on athletic performance.
- This series of goal questions were required to be completed prior to the first competition and filed for the end of the school year.

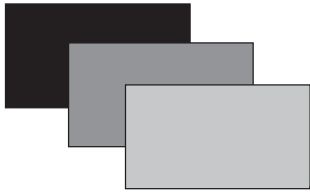
We were able to accomplish this through a series of progress reports. In addition to the expected weekly academic progress reports we also required a monthly goal oriented progress report on the first of each month. These goal progress reports would be required throughout the school year. These goal progress reports were combination of classroom checks and questions as to what they were doing to

At the conclusion of the school year we bound all the information together. It was interesting in that once football ended so did some of the enthusiasm for following through with the monthly goal reports. However, we as coaches continued to call

for these monthly reports. Our end of the year intention was to write up an evaluation and place this together with the goals. In addition to this we would have the progress reports and goal reports bound and passed onto the high school. It was interesting to note, that as the school year was ending a new surge of interest came back to our athletes. They were checking in to see if they could make up the missed monthly goal progress reports. They were very interested in their evaluations. They wanted to see the finished product. In general they were very proud of what we had put together. What was nice about this was that our seventh grade athletes were noticing this behavior. They commented that “next year” this wasn’t going to happen to them. Also our camps had more participants than years past as parents in the community saw the commitment we had as coaches. It was a program that the community wanted to be a part of.

If you have any questions or would like more information regarding our Player Profile Program please feel free to contact me at elundberg@everett.wednet.edu.

One other factor that proved to be very beneficial was the emphasis on preparing the kids academically to be ready for the next level. This included academics as well as athletics.



WHY DO YOU COACH?

Dr. David Hoch, Director of Athletics
Loch Raven High School

In our coaching interview process, I often ask the candidate, “Why do you want to coach?” While this is not my first question, it often startles the individual and provides great insight. Have you ever reflected and analyzed why you do or want to coach? You really should consider this question even if you are an established coach and even if you are not about to go through a coaching interview.

If, for example, you are totally concerned with wins, your record and career advancement, you may be on the wrong path. Obviously, coaches and teams should prepare and strive to win, but if this is the only outcome that matters to you, athletics on the high school level is in trouble.

During the interview, therefore, I’m not looking for answers that emphasize winning and championships. They will take care of themselves. Once, for example, a gentleman proclaimed that, “I’m looking to bring you a state championship.” Boy, did that raise a red flag.

In another interview, the candidate revealed that he saw our head coaching vacancy as an opportunity. Our position represented a chance to gain experience and to advance his credentials for his next career move. While it was extremely obvious what he would gain, I never discovered what our athletes or program would get by hiring this individual.

A few years ago, we also had a coach on staff who always asked early during our pre-season coaches meeting, “When do we get paid?” This was closely followed with queries about how negotiations were going concerning coaching salaries for the following year. Why did this person coach?

We really need to constantly remind ourselves that athletics on the high school level should have educational value. Without this component, it will surely go the way of the dinosaur and coaches need to understand and buy into this concept. Therefore, when attempting to answer the question of why do you coach, your answer should include some of the following. Coaches should have:

- The desire to see young people grow, develop and mature. Understanding young people and their needs is

crucial. Putting their welfare and education above winning needs to be paramount for a coach.

This doesn’t mean that you don’t prepare and try to win, because you should. In our setting, for example, if our young people learn and improve throughout the season, enjoy the experience and represent the school in a positive fashion, it has been a successful season. If wins and championships happen along the way, that’s great but that should not be our sole goal.

- A love and passion for the game. In order for your athletes to gain these valuable elements, it is necessary that the coach is the ultimate role model. The coach’s enthusiasm and devotion to their game is an important ingredient. Whether teaching skills or strategy, introducing drills or encouraging your players to work hard, the coach needs enthusiasm and high energy. It is also important that coaches also want to and continue to constantly expand their knowledge and background in order to help their players.

- A willingness to give something back to the game. This might involve conducting clinics, mentoring young, new coaches and repaying the countless benefits that you probably received as an athlete. Surely there were a number of individuals who helped and guided you when you started out in athletics. As a coach, it is now your turn to help others.

While it doesn’t fit in with the three reasons to coach, coaches can also surely be drawn to the competition of the game and the camaraderie of other coaches. This alone can be a powerful reason for coaching. A game should be fun and this aspect doesn’t have to stop after your playing days are over.

Coaches have a huge influence upon their athletes and the total impact of their efforts may not become clear until many years later. For example, my wife and I coached a number of young people back in the mid-70’s and we still get Christmas cards from them. While they are no longer youngsters, they still remember comments made at practice sessions, our favorite phrases and what we did to help them grow and develop as individuals. We are

constantly amazed what they remember almost 30 years later. It is important for you to understand that as a coach you do have a profound and long lasting impact!

Coaching may be at times exhilarating and occasionally frustrating. It involves emotional commitment, sharing, caring, giving and learning. That's quite a package. However, if you don't see yourself helping young people grow and develop, having a passion for the game or giving something back to the game, you may want to reassess why you do coach?



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

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

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

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FLUID REPLACEMENT

Water and the Body-Why We Need It

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

Background information

Water "serves as the body's transport and reactive medium: Diffusion of gasses always takes place across surfaces moistened with water."¹

- Nutrients and gases are transported in aqueous solution.
- Waste products leave the body in urine and feces
- Water has tremendous heat-stabilizing qualities because it can absorb considerable heat with only a small change in temperature.
- Water lubricates joints
- And finally because it is essentially incompressible it helps give structure and form to the body through the turgor (the normal fullness of the blood vessels and capillaries) it provides for body tissues."

Dehydration and its effects on the body.

Most studies relating to dehydration have been conducted for sports or military related reasons, but the results are the same; the body has to have fluids to run efficiently. It needs to replace these lost fluids in order to remain cool enough to properly function. If not, then heat builds up. The body attempts to lessen this raising of the core temperature by various mechanisms such as breathing faster or sweating more. If enough sweat is produced, dehydration cannot be far behind.

Sweat causes the body to lose electrolytes specifically sodium, potassium, chloride and magnesium. Each one of these electrolytes has an impact on, and is crucial to muscle and nerve activity.²

Therefore, lots of sweating over

long periods can, and will, affect your ability and level of mental and physical performance. In fact, if sweating is heavy enough for an extended time (several hours) sweat fatigue may result. Sweat gland fatigue can cause an inability of the sweat glands to regulate core temperature. This is the body's main mechanism for heat dissipation; should it be disrupted serious consequences result.³

Our body mass consists of 40-60% water, with muscle containing about 65-75% water, and fat having about 50% water. Excessive water/electrolyte losses impair heat tolerance and physical performance. This can lead to severe dysfunction in the form of heat cramps, heat exhaustion and finally heat stroke, which can be life threatening.⁴

Much of the fluid loss is called extracellular, meaning fluids that surround and bathe the cells (blood plasma, lymph, saliva, fluid in the eyes, fluid secreted by the glands, fluid that bathes the spinal cord and fluid excreted from the skin and kidneys). Blood plasma accounts for 20% of the extracellular fluid (between 3 and 4 liters).⁵

Essentials of Strength Training and Conditioning states that a fluid loss of around 1% of body weight will increase core temperature with a disproportionate rise in heart rate. These increases in temperature causes further fluid loss and the cycle repeats itself.

Plasma volume becomes reduced when sweating causes a fluid loss of 2-3% body mass. The blood thickens, which makes the heart work harder at pumping it through out the body. As

dehydration progresses and plasma volume decreases, peripheral blood flow and sweating rate are reduced and thermoregulation becomes progressively more difficult.⁶

A 5% dehydration of the body mass significantly increases rectal temperature and decreases sweating rate. There is 25-30% decrease in stroke volume from the heart that is not off set by a higher heart rate so the system output and arterial blood pressure decline. For each liter of sweat loss, the heart rate increases by about eight beats per minute, with a corresponding decrease in cardiac output. "The primary aim of fluid replacement is to maintain plasma volume so that circulation and sweating progress at optimal levels".

The **Essentials of Strength and Conditioning** states that at 7% body weight loss a collapse is likely. Obviously, this is a serious condition if left unchecked.

Ultimately, the strain on the circulatory system impairs the thermoregulation of the body.⁷

Thirst is **not a good indicator** of hydration level as it normally lags behind the body's needs. Each adult requires from 2-3 quarts of water/fluid daily, less than that, will gradually result in a dehydrated state over a period.

Indicators of the need for more fluid in the body that are relatively simple to monitor are⁸

- Dark yellow urine (unless excessive vitamin intake has occurred)
- Strong smelling urine
- Decrease times of having to urinate
- A rapid resting heart rate

- Muscle soreness that lingers longer than normal

Normal urine loss for an adult is about 4 times per day for a total of about 1.2 quarts. This means the elimination of 8-10 fluid ounces about 4 times per day. If a person is drinking over and above the normal requirements bathroom breaks could occur more often. If this is not the case, and you are not drinking excessively, perhaps a check for diabetes is in order.

Oral re-hydration solutions that offer the quickest method of replacing lost fluids and electrolytes seem to be in a carbohydrate concentration range of 5-8%. Solutions in this range generally permit carbohydrate replacement without hindering water uptake. (Fructose is not desirable because it takes too long to exit the digestive system and thus promotes less fluid uptake than glucose based drinks).⁹

To figure the percentage of carbohydrates in the drink, divide carbohydrate content (in grams) by fluid volume (in milliliters) and multiply by 100.¹⁰

The fact remains that our body needs water to function. If it does not get it, it cannot do its job efficiently, which in turn reflects on your ability to do the task you have set out to do. The point of all this is to watch over the fluid/water status.

By the way, coffee acts as a diuretic, which means it expels fluids from the body. Pop has a high content of sugar, so does not exit the stomach quickly. And some of the sports drinks have a poor carbohydrate ratio. In most cases, water seems to be the best replacement fluid for our body.

Suggestions for avoiding potential dehydration problems

- Water at 5 Degrees Celsius is most useful in recovery from a dehydrated state. In large quantities, fluid at 15-21 degrees Celsius is normally preferred.¹¹
- Encourage the ingestion of 13-20 ounces of cold fluids 20 minutes be-

fore suiting up and some of these dangers can be avoided¹²

- **Drink fluids at the same rate they are being depleted or at least close to 80% of the sweating rate.**¹³

- A good rule of thumb to follow is that one pound of weight loss represents a loss of one pint of body fluid. This fluid needs to be replaced quickly to move it from the digestive track into the body where it is needed. Gulp instead of sip.

NOTE: This information is not meant to replace a doctor's recommendation.

Are you at risk for hyponatremia?

For a long time we have been told to drink, drink and drink more fluids to keep us well hydrated. Well it just so happens you can drink too much! Hyponatremia is a life threatening condition if left unchecked.

Pronounced hi"po-nah-tre'me-ah, it means a deficiency of sodium in the blood or salt depletion. Put more medically it "is a disorder in fluid-electrolyte balance that results in abnormally low plasma sodium concentration". Although rare, this can be a lethal condition if left medically untreated.

If you are a "salty sweater" and are a small framed, light-bodied individual, you may be at risk before your heavier partners. A small body means it takes less fluid to dilute the extracellular fluid. Losses of a large amount of sweat and/or salty sweat increase the rate of sodium loss in the body. Add in the extra water without sodium and the stage is set.

Drinking too much before and during prolonged exertions in a hot, humid environment contributes to the condition. Hyponatremia is a situation whereby blood concentrations of sodium fall to an abnormally low level. This precipitates a rapid and dangerous swelling of the brain that in severe cases leads to seizures, coma and finally death. The way it does it is in this manner:

- "A sustained decrease in plasma sodium concentration disrupts the osmotic balance across the blood brain barrier, resulting in a rapid influx of water into the brain. This causes brain swelling and a cascade of increasingly severe neurological responses (confusion, seizure, and coma) that can culminate in death from rupture of the brain stem. The faster and lower the blood sodium falls, the greater the risk of life threatening consequences".

- Symptoms of non-fatal hyponatremia may include no symptoms or relatively moderate gastrointestinal disturbances such as bloating or mild nausea.

- As Hyponatremia progresses, the symptoms become more severe and may include a throbbing headache, vomiting, wheezy breathing, swollen hands and feet, restlessness, unusual fatigue, confusion and disorientation.

- The final stages of the condition will display seizures, respiratory arrest, coma, permanent brain damage, and death becomes more likely.

The main cause of hyponatremia is too much fluid in the system. However, it can also result from excessive sweating and dehydration from the lack of fluid. The mechanism of injury in both cases is an unbalanced state of the sodium in the system.

This risk can be reduced by making certain that fluid intake does not surpass the sweat loss and by the ingestion of fluids containing sodium to replace that lost in the sweat.¹⁴

If you are seeking more information in this area, consult with your doctor.

^{1, 3, 7} *Exercise Physiology by William D McArdle, Frank I. Katch, and Victor L Katch. Lippincott Williams and Wilkins. © 1996*

^{2, 9} *Essentials of Strength and Conditioning by Thomas R. Baechle and Roger W. Earle. Human Kinetics. © 2000*

^{4, 5, 6, 8, 10, 11, 12, 13} *Ibid*

¹⁴ *Sports Science Exchange by Bob Murray and John Stofan 2003*

CONGRATULATIONS!

WSCA Career Milestone 2005-2006 Award Recipients

<i>Name</i>	<i>Sport</i>	<i>Level(s)</i>
Rob Friese	Football	Level 1, 2
Dave Miller	Football	Level 1
Jan Kirk	Volleyball	Level 1, 2, 3, 4
Steve Kent	Softball	Level 1, 2, 3
Steve Kent	Football	Level 1
Steve Gervais	Football	Level 1, 2, 3, 4
Tom Swapp	Softball	Level 1, 2, 3
Bill Beattie	Football	Level 1, 2
Victor Wolffis	Boys' Basketball	Level 1
Jerry Koester	Boys' Basketball	Level 1, 2, 3, 4
Gary Wusterbarth	Boys' Basketball	Level 1, 2, 3, 4
Larry Heinz	Baseball	Level 1, 2, 3
Jackie Sanchez	Volleyball	Level 1
Gary Wilson	Girls' Basketball	Level 1
Bruce Siebol	Boys' Basketball	Level 1
Ed Laulainan	Football	Level 1, 2, 3

Award recipients will be honored by their individual sports association at a date and place to be determined.

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 _____

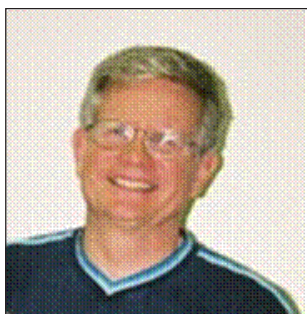
SCHOOL/YEAR	VICTORIES

TOTAL VICTORIES _____

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

DEADLINE FOR 2006/2007 RECOGNITION – MARCH 14th

Forms are also available on the WSCA web site.

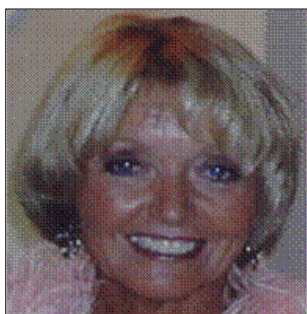


BILL NEVILLE

UW, USA National Team (retired)

Coaching volleyball for more than 39 years, Bill has developed a very impressive resume. Earning degrees at George Williams College and Whitworth, Bill has coached volleyball with the USA

Men's National Team ('81-'84, '89-'90, gold medal '84 Olympics,), Canadian Men's National Team ('72-'77), and most recently he was the head coach of the UW Women's volleyball team. Bill's family includes his wife Barb, two sons, a daughter, four grandchildren, and one good ol' dog. Bill states, "coaching is the greatest educational vehicle to teach life skills and in turn, a positive quality of life." With many outstanding moments in his coaching career, Bill shares winning the gold medal in the '84 Olympics and recently working with a middle school girl who possesses "a great heart" to make her team through her relentless grit and determination as two of the most memorable. Bill has published several books on coaching volleyball, produced 24 instructional video tapes, and has presented at over 250 coaching clinics and 200 player camps. "Get knocked down 7 times, get up 8." A Japanese proverb.

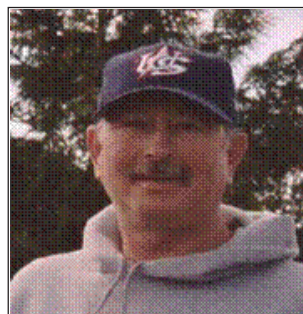


PEG JOHNSON

Gig Harbor High School

A graduate of WSU ('69), Peg has coached girls' swimming for 20 years, boy's swimming for 16 years, and tennis for 5 years. She was named 2A Girls' Swimming State Coach of the Year in '96 and 4A Boys' Swimming State Coach of the Year in 2000. Her team was the girls' state champions in '97, and though the years her teams have been district champs 11 times and won 20 league championships. Her family includes her husband Roger, their children Kristin, Keri, Ryan, and four grandchildren Mallorie, Kellen, Ashleigh, and Makenna. Peg

enjoys coaching for the love of the sport, the competition as well as the character development, goal setting, work habits, and life skills that comes from working with kids in athletics. Peg has also had the opportunity of leading Washington Cultural Exchange Swimmers to China in 1997. "Set your goals, work hard, and no matter what, do it with class." Peg has been a WSCA member for 20 years.



SCOTT KNIGHT

Sedro Wolley HS, Stanwood, Port Susan MS

Scott has been around the baseball diamond for 35 years. He has been USA Baseball Youth National Trials coach and Junior National Trials coach for 2 years and represented USA

in the world championships in Cuba in 2006. Scott has received several national and state awards and was selected as a member of the USA Baseball Junior National coaching staff. As head coach of the Washington Wranglers, he has made trips to Australia, China, the Netherlands, and Cuba. Scott also coaches football (30 years) and boys' basketball (10 years) at the middle school level. His family includes his wife Julie and their children Kate (13) and Doug (10). One of his proudest moments came after losing the district championship to DeSales and then coming back to defeat them in the state tournament taking the championship in '86. Scott admits coaching allows him to work with young people and give back to the sports that have taught him valuable life lessons. Scott has been in the WSCA for 30 years.

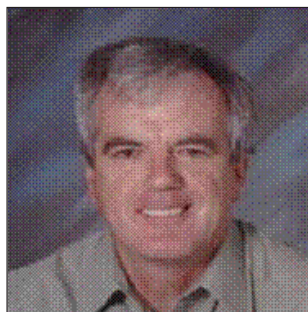


MARK STINSON

University High School

A graduate of Whitworth ('91) and Spokane Falls CC, Mark has developed a very successful girls' basketball program at U High. He has coached volleyball for 4 seasons,

track for 5 , and he has been on the hardwoods for 17 years. His teams at Tekoa/Oakesdale placed 5th in '97, 8th in '98 at the state tournament while his girls from U High have finished 6th in 2005 and placed 3rd last year. Mark and his wife Amy have a 7 month old son, Evan Patrick. Other members of his family are also teachers and coaches as Jim is at Davenport, Andy at Tekoa and Jennifer Greeny (Stinson) is in Pullman. Marks states "It is a privilege to work with student-athletes who are driven, self-motivated, and willing to learn." The rewards of his hard work come about when patrons at a restaurant, staff, and community members tell him that his team was well mannered and polite and when former players come back to visit. "Respect the game and those who have made all of this possible for you." Mark has been in the WSCA for more than 10 years.



PHIL ENGLISH

Eisenhower High School

Coach English has been coaching cross country and track and field for 27 years. Phil earned his degrees, BS and MS, at Washington State University ('77, '79). He was selected as the

"Washington State Coach of the Year" in girls' track and cross country in 2001 which was the same year he was honored as the "National High School Girls' Coach of the Year." Phil's family includes his wife Darcy and children Liza and Michael. Phil admits coaching is all about the kids with an added bonus of keeping him from "discussions" with school administration a few hours a day. His proudest moments happen season after season as he helps hundreds of kids learn new skills and watches kids going to college when they never thought it was possible. "If it can't be done by hard work, it can't be done." Phil has been involved in the WSCA over 20 years.



CONSTANCE ITEN

Liberty Bell High School

A graduate of WSU ('81), Constance coaches volleyball at Liberty Bell and Special Olympics basketball and soccer at Omak. A 3 year veteran coaching volleyball, she has been in-

involved with Special Olympics for more than 6 years and was selected as the "Okanogan Soroptomists Woman of Distinction" for her work with Special Olympics in 2003. Constance was also named the "Skiforall Instructor of the Year" for cross country skiing in 1994. She sees coaching as an opportunity to help athletes learn to build a team that can work together towards the goal of winning with grace, accept and learn from their losses, and have fun all along the way. For Constance, the proudest moments in coaching come from the compliments received from officials, and parents of the competition as they describe the level of sportsmanship displayed by her teams. "Whatever you can do or dream, begin it. Boldness has genius, power and magic in it." –Goethe Constance has been in the WSCA for 1 year.



RON REDDEN

Richland High School

Ron has been coaching football for 41 years. That is quite a feat in itself, but he has also coached track for 23 years and basketball for 4 years. Ron was named the Boise State football camp "Outstanding Coach"

in 2001, "Big Nine assistant football coach of the year" in 2002, and was selected to coach in the 4A/3A East-West All State football game in 2003. His family includes his wife Karen, a retired teacher, coach, and AD, and their son Garrick (Rick), the head football coach at RHS. As the head track coach at Kamiakin, Ron led his teams to 5 Big Nine titles, 5 district titles, 4 team finishes in the top five places at state, and the track at Kamiakin is named in his honor. Ron enjoys being able to work with young athletes who are trying to reach goals and motivating them to do so and seeing the growth in athletes mentally and physically from their freshman to senior years. With so many proud coaching moments, Ron remembers coaching in the 4A football championship in '95, and seeing his son selected twice as a Seattle PI All State DB, and his daughter win an age group national pentathlon title at UCLA in '82. "Hard work doesn't guarantee success, but you don't have a chance without it." Ron has been in the WSCA for "a really long time."

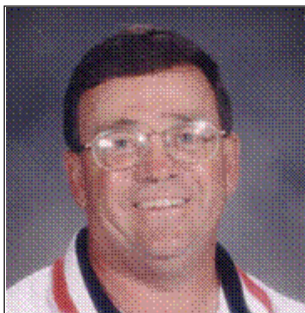
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JERRY POWELL
Warden High School

Jerry is the head football and head baseball coach at Warden High School and has been coaching both sports for 26 years. In addition, Jerry has coached girls' and boys' basketball, cross country, track, wrestling, and

he has also coached at the middle school level. Jerry's family includes his wife Renita, two daughters, Kim and Jill, son Scott, and five grandchildren. Jerry was named "Baseball League Coach of the Year" in '93 and '04, and "Football league Coach of the Year" in 2003. He earned his 300th career victory in baseball in '05. In baseball, Jerry has had teams win 10 league championships, 5 district championships and they have competed in 10 regional and state playoffs during 18 post season appearances. Warden was league and district baseball champions in 1A SCAC for the '03, '04, and '05 seasons. Jerry teaches kids self esteem and self confidence and that hard work can make you successful without always winning the game. Jerry has been a member of the WSCA for over 10 years. "Cougar Pride!"

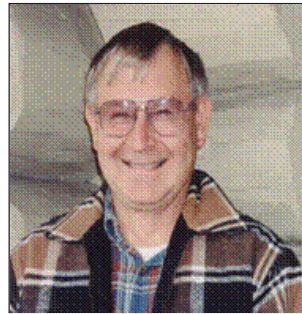


RODNEY FLETCHER
Cheney High School

Since retiring from teaching at Liberty, Rodney has been the varsity assistant boys' basketball coach at CHS the past 3 years. He has coached for a total of 35 years and was the head coach in more than 1000

games at both the high school and junior high level. His family includes his wife Sammie and their sons Aaron (32) teaching and coaching football and basketball at Liberty and Eric (30) who is the girls' basketball and golf coach at Foster. A graduate of WSU ('70) and Gonzaga ('90), Rodney is in coaching not only to teach young people how to be successful on the athletic field but more importantly how to be successful at life. Jerry was a "Greater Spokane Sports Association Coach of the Year" nominee in '82 and '92, "Seattle Seahawk Coach of the Week" in '97, coached the "Team of the Year for GSSA" in '92

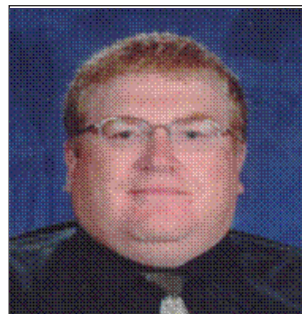
and coached in the East/West game in '97. "Good things happen to good people." Jerry has been in the WSCA for 15 years.



ED AMICK
North Mason High School

Wrestling, North Mason and Ed Amick are all pretty much synonymous. Coach Amick started the wrestling program in the North Mason school district in 1964.

Ed was named "A/B Coach of the Year" in '81, "Franklin National Gold Coach Award" '89, "Olympic 1A Coach of the Year" 3 times, "Nisqually League Coach of the Year" 5 times, "WSWCA Coach of the Year" 2000 and he was entered into the WSWCA Hall of Fame in 2001. In 1986, Ed coached with the WSWCA cultural exchange to China. Ed's family includes his wife Erlene who recently retired from Belfair Elementary, their daughter Crystal and four sons all of whom wrestled and placed in the top ten at the state tournaments, Eddie, Jeff, Mike, and Joe. Over the years, Ed has coached numerous league, district and state championship wrestlers and has qualified a North Mason wrestler to the state tournament for 37 years in a row. Ed knew that when kids are given a chance, they could accomplish something positive as every kid is important and it's not all about the winning. Coach Amick has given that chance to all who have entered his program the past 42 years. "Not for ourselves, but for others." Ed has been in the WSCA for 27 years.



JEFFREY D. KURBIS
Evergreen Lutheran High School

Jeffrey is the mens' varsity soccer and womens' varsity basketball coach at ELHS. He has been coaching high school sports for 25 years. His family includes his wife Mary and daughters

Faith (23) and Leah (22), and sons Caleb (20), Philip (18), and Daniel (16). Jeffrey was named "Sea-Tac Coach of the Year" in 2000, '04 and '05 in girls' basketball. His roundball teams were Tri-District champions in 2003, '04, and '06 and were state qualifiers in '03, '04, '05, and '06,

the year they placed 7th in state. In soccer, Jeffrey was selected as the “Coach of the Year” in ’96, ’99, and 2000. They were Sea-Tac League champions, state qualifiers, and finished 4th at the state tournaments in ’99 and 2000. Jeffrey believes his athletes should feel the honor and privilege to wear the uniform of so many others before them which should fuel their efforts in representing their school. He looks forward to the beginning of each season teaching what it means to have friends, teammates, and leaders. “Champion are made in practice, will you work hard today for someone else?” Jeffrey has been a member of the WSCA for 2 years.



RON ROOD

Concrete High School

Ron has been coaching football for 31 years, with 21 of those years as the head football coach at Concrete. Ron is pictured with the legendary coach Dick Armstrong who was recently an assistant in his

home town of Concrete until he passed away. In addition to coaching football, Ron coached baseball for 13 years at Concrete and Fife and softball for 7 years. His 1985 football team was the state champions and the ’97 team was in the state semi finals. His ’89 baseball team reached the state finals. Ron has completed a 138-74 record as the football coach at Concrete and he was the head coach in the ’97 East/West All State football game and an assistant coach in the ’90 contest. Ron enjoys watching the young men he has coached succeed in later life and he takes pride in the associations he has developed with other coaches in the profession. A particular highlight of his coaching career came by watching former player, Kyle Brown, help PLU win a national championship on ESPN. Ron has been a member of the WSCA for more than 25 years.

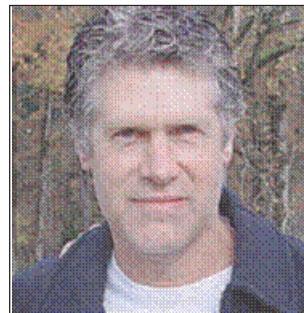


BILL HERBER

Blanchet High School

Coach Herber has been a head wrestling coach for more than 30 years and worked as an assistant coach for 12 years with five different head coaches. He was also an assistant football coach

from 1959-79 working with the late Mickey Naish. Bill is a member of the “Washington State Wrestling Coaches Hall of Fame”, selected in 1986, and won the “Darrel Whitmore Award” in 1980. Bill has degrees from Notre Dame (’58), the University of Washington (’59), and the University of Illinois (’64). He was an assistant football coach at Blanchet in ’74 when they won the state championship and in ’75 when they won the Seattle Times “game of the century” beating Garfield in 4 overtimes before 15,000 fans at Memorial Stadium. Bill believes high school athletics is an excellent medium for every dimension of human growth, the physical, the intellectual, the emotional, and the spiritual. His most gratifying moments in coaching come from feedback given by athletes and their parents about how their participation has been of benefit to them. Bill has been a member of the WSCA for longer than he can remember.



DAN PARKER

Snohomish High School

A graduate of the UW (’75), Dan has been coaching cross country and track and field for 18 years. His family includes his wife Kris, daughters Erin (23), Savannah (17)

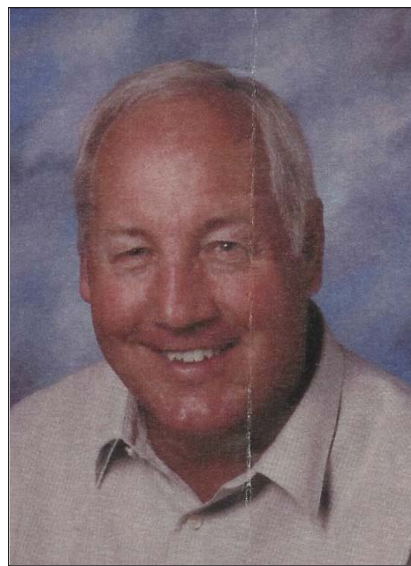
and sons Nate (21), and Shea (16). Beginning with the 1990 season, the girls’ cross country teams have won 15 WESCO championships and 13 Northwest District championships. State championships came in ’95, ’96, ’02, and ’03 the year they set the lowest point total in 3A/4A history, 31. The boys’ cross country ledger shows 10 WESCO championships, 8 Northwest District championships, and 4th place finishes at state in ’97, ’99, and ’02. The girls’ track team has WESCO and Northwest District championships in 2001, ’02, ’03, with state championships in 2001 and 2002, finishing second in 2003. Dan was the “WSCCCA Coach of the Year” in ’96, “NFHS Sectional Coach of the Year” in 2003, “WSTFCA District 1, Coach of the Year” in 2003, and a finalist for the Everett Herald’s “Man and Woman of the year in Sports” in ’95, ’96, and ’02. “The will to win means nothing without the will to prepare”, Juma Ikangaa. “Ready, steady, go!” Dan is an 18 year member of the WSCA.

The Passing Parade

In Memory



Coach Robert Wray Wales Jr.
Darrington
1960 - 2006



Coach Tom Oswald
Cheney
1949 - 2006

ON THE SIDELINE

NOMINATION FORM

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

Nominee's Name _____

Home/School Address _____

City _____ Zip _____

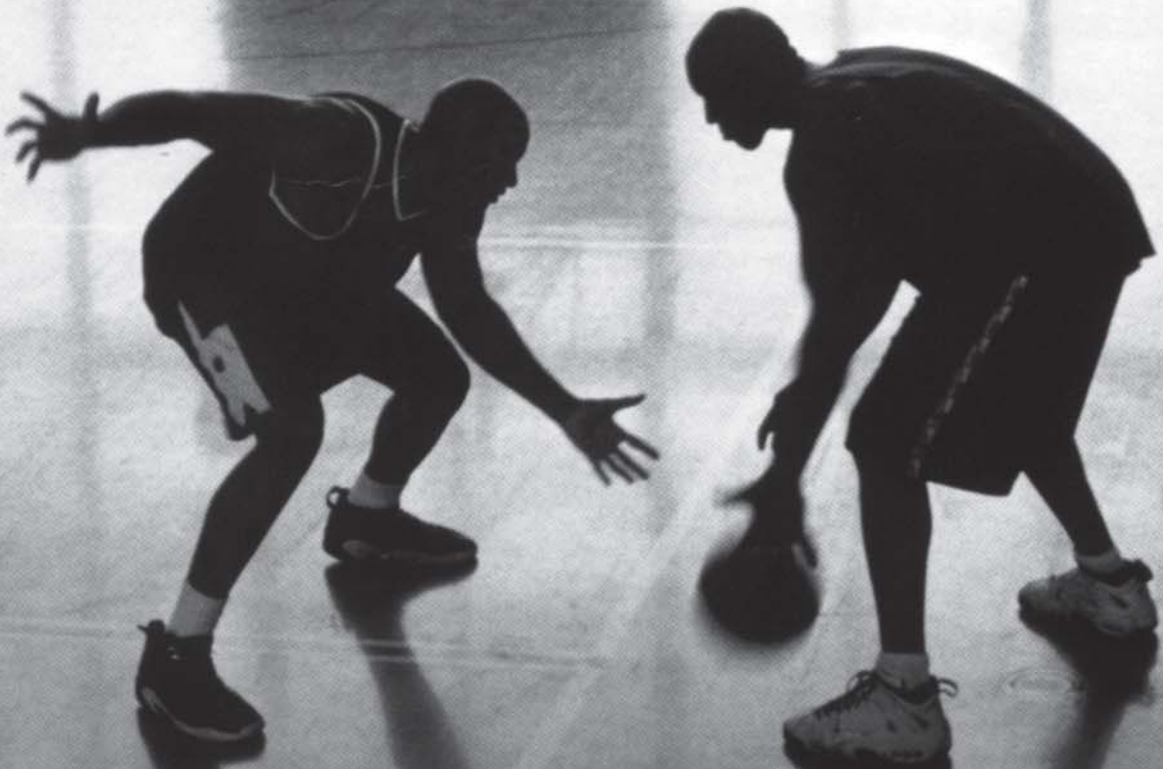
Current teaching/coaching location _____

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

Thank you for your efforts

**NOT EVEN YOU CAN REMEMBER
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