

# THE WASHINGTON GOACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



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# WASHINGTON STATE

## COACHES ASSOCIATION

A WASHINGTON STATE NON-PROFIT ORGANIZATION

### Our Mission

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

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# Presidents Message

Darrell Olson

Fall 2016



Fellow WSCA Members,

Welcome back!!!

September is here, fall sports are underway, school is back in session, and everyone is undefeated and believing they can win their conference championship. What a great time of the year. I begin my 39<sup>th</sup> year in the education/coaching profession and the fall is my favorite time of the school year. Everybody is refreshed, everything is new. Those of you that are new head coaches or new to the coaching profession, you are jazzed and ready for your 1<sup>st</sup> season to begin.

This is also the time of year when WSCA membership is underway. Don't forget to get yourself registered online at [washcoach.net](http://washcoach.net). There are some minor changes/additions to the registration process. Coaches will now be able to select the multiple sports you are coaching. **Please be mindful that the #1 sport you select is where \$10 of your registration goes to, to support that sport with clinics, All Star games, or professional growth opportunities.** Your professional association is here for you and all middle and high school coaches. Additionally, after registering online, pay your \$40 membership dues online with a credit card or send a check to Jerry Parrish immediately. Your membership card gains you entrance to all post season events (that's all sports) state wide. Too many times coaches register but don't follow through with paying their \$40 membership dues and are left wondering why their card has not been sent to them. Our Executive Secretary will not send out WSCA cards to any coach until dues have been paid. Plan ahead, follow through, and get your registration and payment done on time before post season rolls around.

Speaking of WSCA membership, last year our personal liability insurance increased to \$3.5 million per coach!! This covers you while working a scheduled, sanctioned and supervised WIAA sport or event and/or in the classroom. This is an unbelievably great benefit to membership. The personal liability coverage each of us receives through the WSCA surely is worth the cost of membership in and of itself.

**A reminder to ALL head coaches of the 2016-'17 deadline dates to be entitled to recommend an athlete for an All-Star team;** a head coach must be a current member of the WSCA by the following dates:

Fall Sports	October 15
Winter Sports	January 15
Spring Sports	March 15

Here's to a successful fall sports season for everyone. Don't forget to renew your membership as soon as possible.

Keep the head down,

Darrell Olson  
President



# From The Sidelines

Total Individual Coach Registrants: **1408**  
Total Group Coach Registrants: **2309**  
Registrants: **3717**  
Summer 2007: **3292**

There are nearly 65% of the coaches registered in our state that have their membership fee paid by their school districts. This is an ongoing advancing number. The WSCA salutes the schools who are enrolling their coaches.

The WSCA would like to thank school administrators who give strong consideration to the hiring of new teachers who will also be great coaches. And how about a coach who wished to acknowledge the “coach’s spouse”?

## Orchids

- to all the spring sport champions, congratulations on a job well done.
- for the cooperation of several athletic administrators in the WIAA Districts for helping the WSCA to improve membership benefits.
- to the communities of Yakima and the greater Spokane area for their support of all sanctioned all state all-star games.
- to athletes and fans who treat opponents with respect and dignity.



## Onions

- to the “so called” scouts and agents who tell high school athletes and their parents that they can guarantee athletes a scholarship.



- to bouncing around school districts—is it fair to have public high school athletes bounce from district to district instead of attending school in their boundary areas? The real question is, are these senior student athletes moving for athletic reasons?

The WSCA is proud to announce that starting in August, 2016 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 your WSCA membership card for admittance to contests held during their district level contests.

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.

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”. There is a big difference between developing a team and assembling a team.

## New Football Rule

WIAA has adopted a new rule for all football coaches to be completed every three years. This is mandatory training and you must complete this workshop to coach football. WSCA is hopeful that this suggestion is open to renewal every year as coaches find out additional ways to teach and coach better.

The new rule has several components and they are listed below.

1. Risk Management
2. Concussion Training
3. Heat preparedness
4. Sudden cardiac arrest
5. Equipment fitting
6. Safe tackling/Blocking techniques
7. Legal issues ■

Correction: In the Summer 2016 issue of The Washington Coach, the WIAA Hall of Fame article about Jan Kirk listed her volleyball career record as having 637 and 15 losses. Jan is indeed worthy of being selected for the HOF, but she in fact had 127 losses over her career. This was my mistake and I apologize. Mike Schick, Editor

## Why Should I Become A Member of the WASHINGTON STATE COACHES ASSOCIATION?

This \$40 question is asked by many high school coaches in our state.

The first answer is that the WSCA is a professional organization for Washington State high school & middle level school coaches. **It exists to support your efforts as a coach.**

### THE MAIN PURPOSES ARE:

- To offer top quality, affordable places to member coaches in the area's of professional education and training, to earn clock hours and coaching education hours.
- To offer a pass, using your membership card, for entry into **ALL** WIAA state tournaments, **ALL** regional tournaments, and **ALL** district tournament games, state wide!
- To offer **Liability Insurance coverage of \$3.5 million** for our membership while working a scheduled, sanctioned and supervised WIAA sport or event and or in the classroom.
- To offer your son or daughter, who are eligible, an opportunity to apply for WSCA scholarships. (i.e. Burnett-Ennis, Terry Ennis-Varsity Gold)
- To be eligible for your sports' **Hall of Fame** recognition
- To be eligible for your sports' **Coach of the Year** recognition
- To be eligible to coach in sanctioned WSCA all star games. WIAA will only authorize WSCA sanctioned All-Star events.
- To receive reduced fee's at WSCA sponsored coaches clinics and WIAA clock hours toward coaches education certification and/or salary placement.
- To honor member coaches for their coaching achievements through our **Career Awards** program
- To receive quarterly issues of **The Washington Coach** magazine. Magazine is now online at [www.washcoach.net](http://www.washcoach.net) or, upon request, coach can receive a hard copy of the magazine mailed to them by making your request to Jerry Parrish.
- To provide reimbursement to each sport group for enrollment in WSCA.

### OTHER BENEFITS:

- Check our WEB page for up to date information - [www.washcoach.net](http://www.washcoach.net)
- **Membership registration is online at [www.washcoach.net](http://www.washcoach.net)**
- Coordination with the state governing association (WIAA)
- Input through the Individual Sport Association Reps into the WSCA
- **By becoming a member of the WSCA, you are taking a proactive approach to avoid problems in the future ■**

# Shutdown shutout as East defense dominates, leading to victory in Barden Classic

## Defense forces 8 turnovers, Ellensburg's Ellersick offensive MVP as East wins Earl Barden All-Star Classic

By Dave Thomas

dthomas@yakimaherald.com Updated Jun 26, 2016

509-759-7844

YAKIMA, Wash. — All-star football games are often times marked by extended stretches of ragged play as 11 players try to get in sync despite having just a few practices.

That was certainly not the case for the East team's defensive unit in the 22nd annual Earl Barden All-Star Classic on Saturday June 25th.

In fact, that group looked like a finely tuned, seasoned unit that had been working together for several seasons, not just several days.

Behind a dominating front led by defensive MVP Jose Padilla from Chelan and Ellensburg's Tait Stevenson, and a secondary anchored by Cheney's Ty Graham, the East thoroughly manhandled the West, helping to produce a 25-0 victory at Earl Barden Sr. Field at East Valley High School.

"Every time I turned around, they were getting a turnover or doing something awesome," said Ellensburg quarterback Donny Ellersick, who did his part directing the offense to earn East offensive MVP. "They were rock solid."

"Absolutely," Padilla said when asked if he thought his unit could produce such an effort. "We were pretty confident in practice and when you take things one play at a time, this is what you get."

"This is such a great feeling."

Undoubtedly given that performance.

Just how impressive was the East defense?

First of all, they produced the first shutout in a Barden game since 2000 when the West beat the East 7-0 in the Class 2A game.

Saturday's shutout was punctuated by the East forcing eight turnovers — five fumble recoveries and three interceptions — including six in the

second half to prevent the West from making any serious dent in a 12-0 halftime deficit.

They also limited the West to 44 total yards — 14 rushing yards on 36 carries, with the East producing 14 negative plays, and 30 passing yards as the three West quarterbacks (plus one gimmick play) were a combined 4 for 18. In all, the West managed nine first downs, with three of those coming via penalty.

"I didn't know if we'd dominate (like that) but I knew we'd give it our best effort," Stevenson said. "Things just built on top of each other and we were able to reach our goal of a shutout."

"Being able to hold up that zero was rewarding; it showed how all the hard work in practice paid off," said Graham, a two-way player who scored the East's first touchdown, on a 2-yard run in the second quarter, and then came up with two of the three second-half interceptions.

*Continued on page 6*



*Earl Barden East West Classic 2016*

Continued from page 5

“Those are just special football players,” East coach Mark Mochel said of the defense. “They all assumed their roles and did their jobs.”

As did the offense, albeit not in quite the same dominating fashion. Instead, Ellersick directed a steady, workmanlike effort with the unit playing a clean game as the East recovered its one fumble and Ellersick did not throw an interception.

Part of that efficiency was due to the West secondary, which played back, leaving the short passing game wide open. Ellersick made them pay, continually hooking up with Brewster’s Cade Smith (8 catches for 54 yards) and Zillah’s Jacob Cleveringa (4-36).

“Their corners played so far off that it left the quick outs and slants wide open,” said Ellersick, who finished 16 of 30 for 138 yards while added 27 rushing yards on 10 carries.

In the first half, the East got things done on the ground, with Liberty Christian’s John Lesser scoring on a 6-yard run about three minutes after Graham’s rushing touchdown. Lesser led the East with 35 rushing yards on 15 carries.

Ellersick went up top for the East’s second-half scores, connecting with Selah’s Wyatt Pettijohn on an 11-yard scoring pass in the third quarter for an 18-0 lead, and then finding Chelan’s Lucas Gleasman for a 25-yard scoring pass midway through the final quarter to ice the victory.

“It did take a couple of drives to get loose and feel out the other team to see what they were about, but I knew that we had good athletes, we’re fast and we’re big on the offensive line,” Pettijohn said. “So once we got the ball moving and got in our groove we were able to move the ball pretty well.”

“Once he (Ellersick) started rolling, we all got rolling,” said Mochel, a longtime CWAC coach at Toppenish and East Valley who added that one thing making the win even sweeter for himself was watching the of the local players step up.

“Every kid from the Valley was able to contribute something to this victory,” he said, “and that’s great to see.”

Of course, those players were pretty satisfied after-



wards as well.

“It was one of the most fun games I’ve played in,” Ellersick said.

<b>East</b>	<b>0</b>	<b>12</b>	<b>6</b>	<b>7</b>	<b>— 25</b>
<b>West</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>— 0</b>

- East — Ty Graham 2 run (run failed)
- East — John Lesser 6 run (kick failed)
- East — Wyatt Pettijohn 11 pass from Donny Ellersick (run failed)
- East — Lucas Gleasman 25 pass from Ellersick (Gunnar Blix kick)

### INDIVIDUAL STATISTICS

**RUSHING** — East, John Lesser (Liberty Christian) 15-35, Donny Ellersick (Ellensburg) 10-27, Wyatt Pettijohn (Selah) 3-10, Ty Graham (Cheney) 4-8, Gunnar Blix (R.A. Long) 4-4. West, Seth Schuh (LaConner) 6-15, Drew Olson (Renton) 7-13, Alvin Noa (Foster) 2-10, Kylar Prante (Montesano) 4-1, Carter Crosby (Sedro-Woolley) 13-0, George Harris (Klahowya) 4-(minus 25).

**PASSING** — East, Ellersick 16-30-0-138, Graham 0-1-0-0. West, Harris 2-11-1-23, Crosby 1-4-1-5, Olson 1-2-1-2, Prante 0-1-0-0.

**RECEIVING** — East, Cade Smith (Brewster) 8-54, Jacob Cleveringa 4-36, Lucas Gleasman (Chelan) 2-32, Pettijohn 2-16. West, Prante 3-17, Josh Fakkema (Blaine) 1-13.

Offer Disclosure\* ■



## **WIBCA FOR THE MANY, NOT FOR THE MONEY**

The Washington Interscholastic Basketball Coaches Association (WIBCA) believes the Washington Interscholastic Activities Association (WIAA) should listen to the state superintendents and move forward with the 16-team state basketball tournament.

WIAA stunned the state six years ago by eliminating the 87 year old traditional 16-team state tournament. WIAA said that this is what the superintendents wanted. The 1,152 basketball players, as well as the bands, cheer squads, drill teams and fans, annually eliminated at regionals should be afforded a true state basketball experience.

In 2011, WIBCA polled the state superintendents and 70 percent wanted the 16-team tournament back. WIAA did not accept the validity of this poll as they did not conduct the poll themselves. Last year a group of superintendents created and conducted their own poll. Over 76 percent of the superintendents said “give us our 16 team state tournament experience back.” WIAA has put it on hold to review it so they will not make a “rash decision.” WIBCA feels eliminating the state experience for 7,000+ student athletes was created on a false premise of “that is what the superintendents wanted.” WIAA admitted the decision was financially focused. WIAA is a non-profit organization.

The state basketball tournament has been their cash cow every year and they have built on their reserve every year while they have never been in the red. WIBCA does not feel finances should be the primary focus and have offered several avenues to financially support the 16-team tournament. WIBCA supports the superintendents and feel we need to give this great educational experience back to the thousands of students and student athletes. WIBCA promises to keep fighting to be heard for the MANY people who would like our student athletes to have this experience back.

### **WIBCA BOARD**

Pat Fitterer –Highland School District  
Dave Dickson-Squalicum HS  
Joe Harris-Chelan HS  
Bruce Siebol-Granger HS  
Gary Wusterbarth-Steilacoom HS

Nalin Sood-Mountlake Terrace HS  
Bill Bakamus-Mark Morris HS  
Tim Gaebe-Shadle Park  
Tim Kelly-Curtis HS  
[WWW.WIBCA.ORG](http://WWW.WIBCA.ORG) ■



### **WSFCA Annual Mid-Winter Clinic January 27, 28, 29, 2017**

The clinic will be held at the Crowne Plaza Hotel at Sea Tac due to the sale and remodel of the Holiday Inn in Everett. Check the WSCA Website for further information as available.



# ON THE SHIRT-TAILS OF THE OLD GUARD

By Steve K. Bertrand

“E-V-E-R-E-T-T

stands for Everett High.

I am an Everett man born,

an Everett man till I die.”

Everett High School’s Alma Mater

Listening to the stories from Roger Haug’s 43-years as a teacher/coach in the Everett School District, one quickly begins to notice this would make for an interesting book. It would be the story of a milltown boy born & raised; but, more importantly, it would be the story of a man who through his commitment to education & sports has touched the lives of generations of people in this town.

Born December 3<sup>rd</sup>, 1950, at General Hospital (now Providence), Haug grew up in northeast Everett, in the Riverside Neighborhood. “We were dubbed the ‘Riverside Rats’,” chuckles Haug. The origins of the title may be lost to history; but Haug remembers wearing the nickname proudly. “It was never derogatory,” he said.

Haug recalls a “Huck Finn” childhood. He fished the Snohomish River, played baseball at Riverdale Park (now Henry M. Jackson Park), & listened to Great Northern trains rumble through the night. He remembers old mills that spanned the riverfront, Pepsi bottle-cap Saturday matinees at the Everett Theatre, & later – cruising Colby.

Haug learned his letters at Garfield Elementary, literature at North Junior, & foreign language at Everett High School. For thirty years, his father, Donald, worked at Weyerhaeuser – Mill “B”. He was head lumber grader. Donald determined the quality of the wood. His mother, Beatrice, was a housewife who baked bread. She sent Roger off to school each morning



*Everett’s Roger Haug Wraps Up Impressive Teaching/ Coaching Career*

with the best homemade sandwiches in town. “Sometimes I’d sell those sandwiches to kids at school for pocket change,” smiled Haug.

But it was on the playing fields of Everett that Haug found his niche. While attending Everett High School, he competed in football (lineman), basketball (forward), & track & field (shot put & discus). Haug lettered every year in all three sports. He was All-Conference in football his junior & senior years. Haug’s senior year he also played on a Seagull basketball team that finished 4<sup>th</sup> in the state.

When he graduated in ’69, his athletic accomplishments opened the door to football scholarships at Western Montana University, Everett Junior College, & Central Washington University. Haug’s senior year he helped the Central Wildcats (N.A.I.A.) finish the football season with a 9 win & 1 loss record. They claimed the conference championship.

That spring (’73), Haug earned his B.A. in physical education. And, armed with a teaching certificate, he returned to Everett, filled out a job application with the Everett School District, & waited for an opening. Haug credits Seagull coaches Bill Dunn (football), Norm Lowery (basketball), & Bert Slater (track & field) as influences who motivated him to pursue a career in teaching/coaching.

But, in the meantime, Haug went back to the summer job he’d held throughout college –working the green chain pulling & stacking lumber for Weyerhaeuser – Mill “B”. One day his boss came to him & said he’d received a phone call from the Everett School District. Haug was

to report to the old administration building on Colby for a job interview.

It was Owen Forbes (superintendent), Jim Ennis (District Athletic Director), Mark Whitman (Everett principal), & Bert Colburn (Cascade principal) who gave Haug the nod. That fall he began his teaching career as a physical education instructor at Everett High School. Haug also launched his coaching career with the Seagull football team.

An interesting story... After Haug was hired, Forbes called him into his office one day & said – “Regardless of what Ennis tells you, you work for me!” Later, Ennis would pull Haug into his office & say – “Regardless of what Forbes tells you, you work for me!” Evidently, it was a long-standing joke between the two administrators.

Haug entered the coaching ranks on what he calls the “shirt-tails of the old guard”. These were Everett’s past legendary coaches Ennis (football), Lowery, Slater, Dunn, Reg Scodeller (basketball), & Craig McClennan (football). And, over the past 43-years, Haug’s contributions have established him firmly amongst their ranks.

In just the category of longevity, Haug has garnered impressive credentials. He’s coached football for 43 years, basketball for 38 years, track & field for 10 years, & softball for 1 year. It was Jim Ennis who asked Haug to start the girls’ softball program at Everett High School in ’75. In their first season, Haug coached the team to the League Championship. Haug says it was their pre-game chant that made the difference. It was – “Softball, hotdogs, apple pie, Everett High!”

For 30+ years, Haug has also helped the Washington State Football Coaches’ Association host the East/West All-Star Football game. Haug is a past All-Star football coach & recipient of the coveted “Golden Helmet Award” for his years of service. He’s also been a member of the Washington State Coaches’ Association for 43 years. Add these numbers up & one finds Roger Haug is nearing the hundred mark in terms of seasons coached. In a profession that sees coaches come & go, there are few who can claim Haug’s impressive accomplishment!

However, never one to boast or brag, Haug simply considers himself fortunate to work with the type of kids he’s coached. “We didn’t always have the best teams; but, we got the most out of our athletes,” said Haug. There have been the legendary players too. Names like Ron Gibson, Chuck Nelson, Chris Chandler, David Vik, Zlatko Savovic, & Molly O’Neil.

For fifteen years, Haug was head boys’ basketball coach. He’d worked up through the ranks under Everett’s Joe Richer. In the 90’s, Haug had solid teams. They made five state meet appearances. Their highest finishes were

3<sup>rd</sup> (’90) & 5<sup>th</sup> (’95) in the 3A State Basketball Championships. In addition, Haug looks fondly upon the cross-town rivalry between Everett & Cascade. “The contests always brought out the best in both teams,” he said.

But the best thing Haug has gotten out of his coaching career is the rich relationships that have developed between coaches & athletes on his teams, & opposing teams. “It has also provided an opportunity to see kids in a different light,” he said.

For the past 38 years, Haug & his wife, Maree, have lived in Everett’s Northwest Neighborhood. It was here they raised their three children – Kelbea, Blake & Cale. Like their parents, all three graduated from Everett High. Blake played football & basketball for his dad. Cale played football for him as well. Presently, Blake is a teacher/coach in the Everett School District. He has coached alongside his dad on Seagull football teams.

Haug’s legacy goes beyond teaching & coaching. Socially, he has been at the heart of events that bind Everett High’s past & present. Some extend back to the beginning of his career. A few of Haug’s fondest memories include – The District Coaches’ Golf Tournament, The Joe Richer Golf Tournament, The Blue & Gold Golf Tournament, & his Everett High School pinocle group, which has been playing for the past eighteen years.

Everett High boasts a very close-knit community. It has rich traditions. One Hundred & thirty-six years’ worth. People bleed blue & gold. Many alumni have returned to teach & coach. At one time, Everett High had as many as seventeen alumni on staff. Few know the positive impact this has on a school more than Haug.

And what does the future hold? The sixty-five-year-old Haug smiled & simply said – “I just want to take a little time off, do a little traveling with my wife, & see what the future unfolds. I have not ruled out returning to coaching.” He may be eyeing that prestigious hundred seasons coached mark. If so, Haug’s not tipping his hand.

When this school year ends in the Everett School District on June 22<sup>nd</sup>, Roger Haug will do something he hasn’t done for 43 years – he’ll hang up his whistle. A familiar face will disappear from the playing fields of Everett. Haug has already begun boxing up a life-time of memories. He’s turned over his locker to a new coach. He’s donated his extra sick-leave to teachers in need.

Yes, at the heart of Haug’s teaching/coaching career has been a genuine kindness & tolerant compassion for kids & an unwavering dedication to their best interests. That’s what it’s always been about for this guy from the “School of Champions”. If I had to come up with one word to describe what this guy’s about, it would be – people. Well done, Roger! ■



# Burnett-Ennis 2016 Scholarship Recipients



*Aidan Liddiard and  
dad Kevin*



*Averie Freund and dad Bob*



*Baylee South and dad Dustin*



*Carter Dahmen and  
mom Kelli*



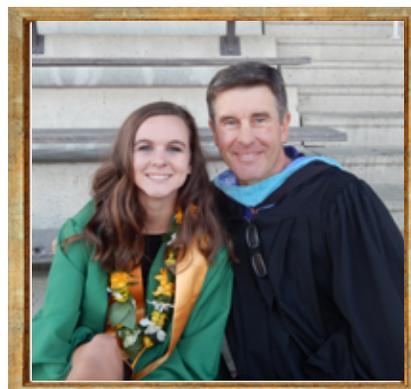
*Jessica Flanagan and  
dad Glen*



*Keegan Riley and mom*



*Kelsey Williams and  
dad Mike*



*Maddie Kramme and  
dad Curt*



*Rachel Parrish with dad  
Craig and mom Janine*



# Burnett-Ennis 2016 Scholarship Recipients



*Scott Burge and dad Doug*



*Shelby Dollemore and  
dad Darin*



*Sydney Taggart and  
dad Mike*



*Tessa Wollan and dad Bob*



*Troy Johnston and  
dad David*



*Zac Hanson and dad Craig*

## *Congratulations*

---

# O P I N I O N

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## “WHEN I WANT YOUR OPINION.... I’LL GIVE IT TO YOU”

by Coach Don Papasedero

### “.....hey Coach, what do you make of the Bellevue football situation?”

I am a long time KingCo participant and observer. I have tremendous respect and passion for this league. I went on the record in this column some time ago praising the quality of instruction and play of the BHS football program. I also stated that the WIAA, District 2, and Bellevue school district is accountable for deciding what needs to be done. It appears that there are enough



Coach Don Papasedero

facts that warrant powerful sanctions.

I hold two observations for the coaching community to consider. As angry and disappointed that we all are, the media and public opinion ARE NOT the jurors..... neither are we. The rules of eligibility protect all of us. Let’s allow the rules makers and enforcers to handle this without

making our own outlandish comments.

In addition, I hope that somebody is keeping a close eye on the important ones...the student athletes. We all know how much our sports and the massive commitment players and coaches make. If those young players on Wolverine Way have passion for their program.... and they are not artificially coerced into this passion, allow them to celebrate and be part of it without besmirching all of them.

### “....it is gone, but not forgotten”

There are a fair amount of coaches, usually a little grayer and rounder than the majority, that truly remember how GOOD Seattle’s city teams (Metro league) used to be in football and baseball. It seems that the basket-

ball teams continue to flourish as always. With the addition of tremendous private school programs in the 80’s, the football and baseball teams have represented the league well in statewide competition. However, the public schools continue to suffer from low participation, absurd funding, coaches without real “coaching” credentials, and puny leadership in the buildings.

In the 70’s, most city schools in the old Metro league would match up with any team in Washington. It is a very sad prospective that some “old” coaches have when we reflect back on how good those teams were.

### “.....if you do not have a solution, don’t complain”

I am a long time girl’s golf coach with 19 years in the wet and cold springs we have around here. I love the game and I am devoted to our Islander team. At the conclusion of the 3A Girls state golf championships, I had a serious concern pointed out to me by two coaches about some possible “creative scoring” by one of the participants.

This athlete had not “broken 100” in her regular season and qualified out of district play with a 103 score. On day one of state she played with 2 opponents who shot 111 and 114.....she carded an 87 score and pushed 3 girls out of the second day’s competition. The opponent’s coaches who walked with that threesome were incredulous at the score she turned in and suggested that her real score may have been 15-18 shots higher! On day two, (presumably) her score was more accurately counted and was 104.

This was a travesty on many levels. Firstly, veracity in scoring golf is the single most fundamental component we can teach the athletes. The player, her opponents, and **the coaches who walked the course** needed to “step up” and make the appropriate correction. (In our program, we have a very brutal, harsh, published system for any Islander that does not truthfully count every stroke). Second, the girls that were squeezed out

went home trusting that the scores were accurate and they were “so close” to making the cut...when in all probability, they scored well enough to make it. One of the players, had she made the cut as she probably earned, would have garnered enough points to move her team up a notch in the final standings!

As I said at the outset, the adults that handle young golfers all should have serious handle on teaching veracity. I sympathize greatly with the kids that did not make it.....and I condemn those that let it occur. I do not have a concrete, suggested solution, but the need to keep an ever watchful eye on young golfers and their score keeping.

**“A place where education, sportsmanship, competition, and focusing on athletic improvement abounds!”**

**On the field, there is a pervading, urgent sense of valuing  
IMPROVEMENT THROUGH SAFE PLAY!**

Wenatchee High School, and it’s classy head coach Scott Devereaux, run a low cost, no frills football team camp each summer. I have attended with my teams 4 times and as a guest instructor twice. Being a veteran of a myriad of summer camps, the Wenatchee camp, stands out to me as superior.

The teams and the adults “camp” at the gym. Volunteer parents prepare meals and provide adequate hydration in the heat. On the field, there is a pervading, urgent sense of valuing IMPROVEMENT THROUGH SAFE PLAY! Many camps quickly expect full contact, fast play from the very first whistle. At Wenatchee, the coaches can slow down the scrimmages, use “quick whistles” and focus on teaching the game. This is tremendous for kids and very safe! ■

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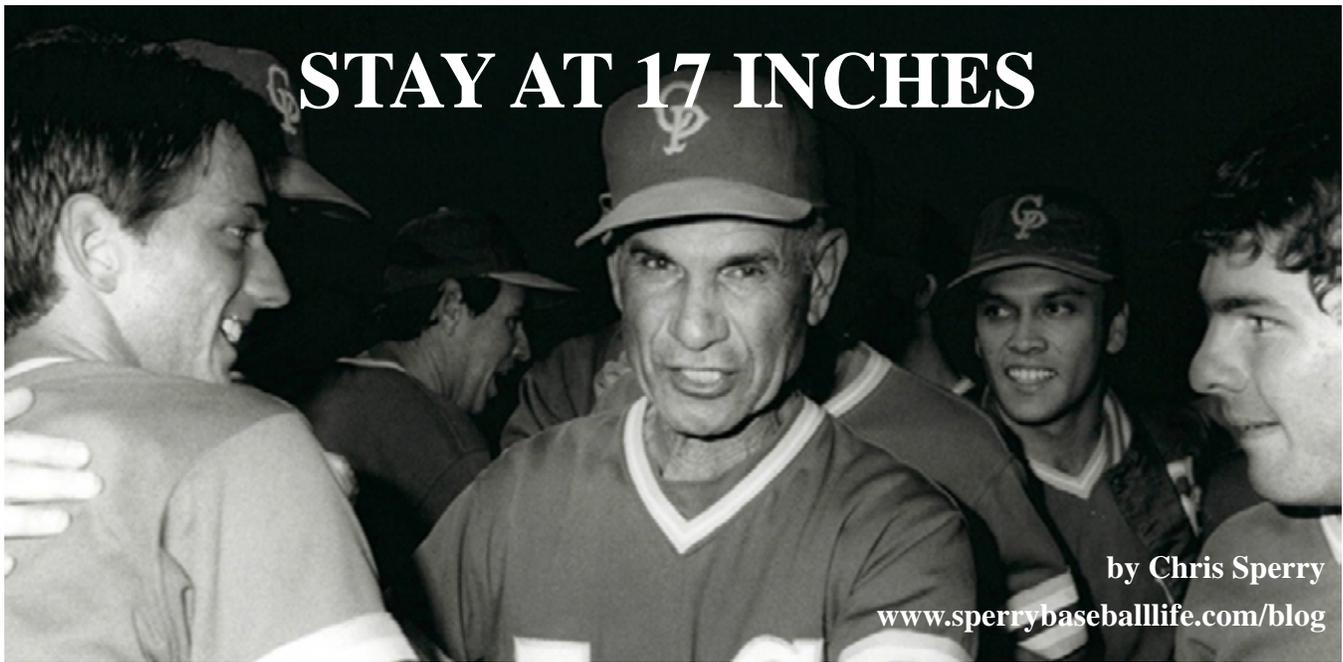
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# STAY AT 17 INCHES



by Chris Sperry

[www.sperrybaseballlife.com/blog](http://www.sperrybaseballlife.com/blog)

In Nashville, Tennessee, during the first week of January, 1996, more than 4,000 baseball coaches descended upon the Opryland Hotel for the 52nd annual ABCA convention. Nineteen times since, many of the same professional, college, high school, youth, and a slew of international coaches from passionate and developing baseball nations have gathered at various convention hotels across the country for two-and-half days of clinic presentations and industry exhibits. Sure, many members of the American Baseball Coaches Association have come and gone in those years; the leadership has been passed, nepotistically, from Dave Keilitz to his son, Craig; and the association — and baseball, in general — has lost some of its greatest coaches, including Rod Dedeaux, Gordie Gillespie, and Chuck “Bobo” Brayton.

I have attended all but three conventions in those nineteen years, and I have enjoyed and benefited from each of them. But '96 was special — not just because it was held in the home of country music, a town I'd always wanted to visit. And not because I was attending my very first convention. Nashville in '96 was special because it was there and then that I learned that baseball — the thing that had brought 4,000 of us together — was merely a metaphor for my own life and those of the players I hoped to impact.

While I waited in line to register with the hotel staff, I heard other more veteran coaches rumbling about the lineup of speakers scheduled to present during the weekend. One name, in particular, kept resurfacing, always with the same sentiment — “John Scolinos is here? Oh

man, worth every penny of my airfare.”

Who the hell is John Scolinos, I wondered. No matter, I was just happy to be there.

Having sensed the size of the group during check-in, I woke early the next morning in order to ensure myself a good seat near the stage — first chair on the right side of the center isle, third row back — where I sat, alone, for an hour until the audio-visual techs arrived to fine-tune their equipment. The proverbial bee bee in a boxcar, I was surrounded by empty chairs in a room as large as a football field. Eventually, I was joined by other, slightly less eager, coaches until the room was filled to capacity. By the time Augie Garrido was introduced to deliver the traditional first presentation from the previous season's College World Series winner, there wasn't an empty chair in the room.

ABCA conventions have a certain party-like quality to them. They provide a wonderful opportunity to re-connect with old friends from a fraternal game that often spreads its coaches all over the country. As such, it is common for coaches to bail out of afternoon clinic sessions in favor of old friends and the bar. As a result, I discovered, the crowd is comparatively sparse after lunch, and I had no trouble getting my seat back, even after grabbing a plastic-wrapped sandwich off the shelf at the Opryland gift shop.

I woke early the next morning and once again found myself alone in the massive convention hall, reviewing my notes from the day before: pitching mechanics, hitting philosophy, team practice drills. All technical and typical — important stuff for a young coach, and

I was in Heaven. At the end of the morning session, certain that I had accurately scouted the group dynamic and that my seat would again be waiting for me after lunch, I allowed myself a few extra minutes to sit down and enjoy an overpriced sandwich in one of the hotel restaurants. But when I returned to the convention hall thirty minutes before the lunch break ended, not only was my seat not available, barely any seats were available! I managed to find one between two high school coaches, both proudly adorned in their respective team caps and jackets. Disappointed in myself for losing my seat up front, I wondered what had pried all these coaches from their barstools. I found the clinic schedule in my bag: "1 PM John Scolinos, Cal Poly Pomona." It was the man whose name I had heard buzzing around the lobby two days earlier. Could he be the reason that all 4,000 coaches had returned, early, to the convention hall? Wow, I thought, this guy must really be good.

I had no idea.

In 1996, Coach Scolinos was 78 years old and five years retired from a college coaching career that began in 1948. He shuffled to the stage to an impressive standing ovation, wearing dark polyester pants, a light blue shirt, and a string around his neck from which home plate hung — a full-sized, stark-white home plate.

Seriously, I wondered, who in the hell is this guy?

After speaking for twenty-five minutes, not once mentioning the prop hanging around his neck, Coach Scolinos appeared to notice the snickering among some of the coaches. Even those who knew Coach Scolinos had to wonder exactly where he was going with this, or if he had simply forgotten about home plate since he'd gotten on stage.

Then, finally ...

"You're probably all wondering why I'm wearing home plate around my neck. Or maybe you think I escaped from Camarillo State Hospital," he said, his voice growing irascible. I laughed along with the others, acknowledging the possibility. "No," he continued, "I may be old, but I'm not crazy. The reason I stand before you today is to share with you baseball people what I've learned in my life, what I've learned about home plate in my 78 years."

Several hands went up when Scolinos asked how many Little League coaches were in the room. "Do you know how wide home plate is in Little League?" After a pause, someone offered, "Seventeen inches," more question than answer.

"That's right," he said. "How about in Babe Ruth? Any Babe Ruth coaches in the house?"

Another long pause.

"Seventeen inches?" came a guess from another reluctant coach.

"That's right," said Scolinos. "Now, how many high school coaches do we have in the room?" Hundreds of hands shot up, as the pattern began to appear. "How wide is home plate in high school baseball?"

"Seventeen inches," they said, sounding more confident.

"You're right!" Scolinos barked. "And you college coaches, how wide is home plate in college?"

"Seventeen inches!" we said, in unison.

"Any Minor League coaches here? How wide is home plate in pro ball?"

"Seventeen inches!"

"RIGHT! And in the Major Leagues, how wide home plate is in the Major Leagues?"

"Seventeen inches!"

"SEV-EN-TEEN INCHES!" he confirmed, his voice bellowing off the walls. "And what do they do with a Big League pitcher who can't throw the ball over seventeen inches?" Pause. "They send him to Pocatello!" he hollered, drawing raucous laughter.

"What they don't do is this: they don't say, 'Ah, that's okay, Jimmy. You can't hit a seventeen-inch target? We'll make it eighteen inches, or nineteen inches.

We'll make it twenty inches so you have a better chance of hitting it. If you can't hit that, let us know so we can make it wider still, say twenty-five inches.'"

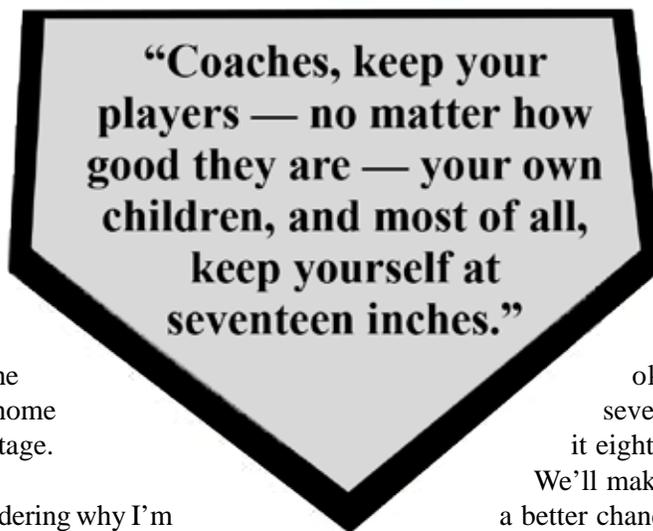
Pause.

"Coaches ..."

Pause.

"... what do we do when our best player shows up late to practice? When our team rules forbid facial hair

*Continued on page 16*



*Continued from page 15*

and a guy shows up unshaven? What if he gets caught drinking? Do we hold him accountable? Or do we change the rules to fit him, do we widen home plate?

The chuckles gradually faded as four thousand coaches grew quiet, the fog lifting as the old coach's message began to unfold. He turned the plate toward himself and, using a Sharpie, began to draw something. When he turned it toward the crowd, point up, a house was revealed, complete with a freshly drawn door and two windows. "This is the problem in our homes today. With our marriages, with the way we parent our kids. With our discipline. We don't teach accountability to our kids, and there is no consequence for failing to meet standards. We widen the plate!"

Pause. Then, to the point at the top of the house he added a small American flag.

"This is the problem in our schools today. The quality of our education is going downhill fast and teachers have been stripped of the tools they need to be successful, and to educate and discipline our young people. We are allowing others to widen home plate! Where is that getting us?"

Silence. He replaced the flag with a Cross.

"And this is the problem in the Church, where powerful people in positions of authority have taken advantage of young children, only to have such an atrocity swept under the rug for years. Our church leaders are widening home plate!"

I was amazed. At a baseball convention where I expected to learn something about curveballs and bunting and how to run better practices, I had learned something far more valuable. From an old man with home plate strung around his neck, I had learned something about life, about myself, about my own weaknesses and about my responsibilities as a leader. I had to hold myself and others accountable to that which I knew to be right, lest our families, our faith, and our society continue down an undesirable path.

"If I am lucky," Coach Scolinos concluded, "you will remember one thing from this old coach today. It is this: if we fail to hold ourselves to a higher standard, a standard of what we know to be right; if we fail to hold our spouses and our children to the same standards, if we are unwilling or unable to provide a consequence when they do not meet the standard; and if our schools and churches and our government fail to hold themselves accountable to those they serve, there is but one thing to look forward to ..."

With that, he held home plate in front of his chest,

turned it around, and revealed its dark black backside.

"... dark days ahead."

Coach Scolinos died in 2009 at the age of 91, but not before touching the lives of hundreds of players and coaches, including mine. Meeting him at my first ABCA convention kept me returning year after year, looking for similar wisdom and inspiration from other coaches. He is the best clinic speaker the ABCA has ever known because he was so much more than a baseball coach.

His message was clear: "Coaches, keep your players — no matter how good they are — your own children, and most of all, keep yourself at seventeen inches."

He was, indeed, worth the airfare. ■



**Written by Chris Sperry**

*Chris Sperry is a baseball consultant who develops players and amateur coaches, assists professional scouts, and counsels families of prospective college-bound student-athletes. He holds a Bachelor's of Business Administration from the University of Portland, the same institution at which he served as head baseball coach for 18 years. His key interests are in player and personal development as they pertain to a life in and beyond sports.*

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## These are the coaches you need on your staff!

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



### Sport Associations Board Representatives

Athletic Trainers	Lorrie Howe	Eastmont	howel@eastmont206.org
Baseball	Jesse Benedetti	East Valley (Yakima)	benedetti.jesse@evsd90.org
Basketball - Boys	Nalin Sood	Mountlake Terrace	Soodn@edmonds.wednet.edu
Basketball - Girls	Dan Taylor	King's	dtaylor@crista.net
Cheerleading	<b>OPEN</b>		
Cross Country	Joe Clark	Lakes	jclark@cloverpark.k12.wa.us
Fastpitch/Softball	Tom Harmon	Nooksack Valley	tom.harmon@nv.k12.wa.us
Football	Adam Fisher	East Valley (Spokane)	fishera@evsd.org
Golf	Jim Anderson	Jackson	janderson2@everettsd.org
Gymnastics	Ryan Fleisher	Issaquah	issygymnastics@yahoo.com
Soccer	Aaron Radford	Kentwood	aradsoccer@comcast.net
Tennis	<b>OPEN</b>		
Track & Field	Dawn Geiser	Skyline	GeiserD@issaquah.wednet.edu
Volleyball	Tawnya Brewer	Burlington-Edison	tbrewer@be.wednet.edu
Wrestling	Brett Lucas	Todd Beamer	blucas@fwps.org ■

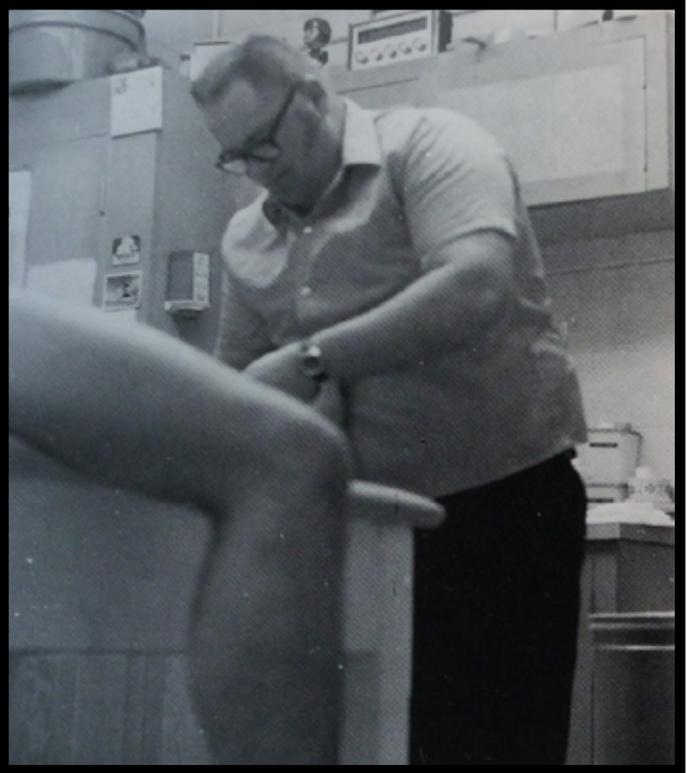
Hearing their final Whistle...



## The Passing of a Pioneer

by Lane C Dowell

with retired scribes for the *Kitsap Sun*, Chuck Stark  
(Editor and former Wildcat three sport athlete)  
and Terry Mosher (Columnist)



Our editor has allowed me, in years past Fall Edition, to reminisce about some of the iconic figures I encountered during a very magical slice of my life when I served as an assistant coach for Washington State HOF Football Coach Chuck Semancik\* at West High in Bremerton. So...

Albert "Al" E. Smith, 79... **There may never be another one quite like Al Smith**, a man who told it like it was, sometimes with sharp sarcasm. He challenged kids to be the best they could be and gave all his loyalty to the Bremerton school where he graduated in 1954. Al retired from the Bremerton Schools in 1997. Smith was heard to say, **"I never had a job. I had an experience, an experience I wouldn't pass up again."** **Many feel he was the first NATA Certified Athletic Trainer for preps in our Evergreen State.**

Upon graduation from Indiana University and garnering his NATA (National Athletic Trainers Association) certification, Big Al returned to his hometown in 1969 to give back to its youth. Smith had opportunities to move into the collegiate ranks, but he saw the need to help KIDS providing them first class care by putting the practitioners of *the tape-an-aspirin-on-it* mentality on the shelf.

Some of you will recall the days when you and your staff were the first line of defense for the prevention and treatment of athletic injuries. Most of us who had the above mentioned tacked onto our coaching job description found it a great relief when trained certified individuals relieved us of this duty.

The construction of perhaps the first training room for

an Evergreen State high school was started in the late summer of 1969 when Smith, his father, and a second year assistant coach, who saw merit in this new addition to Wildcat sports, cleaned out the stinky storage room of smelly rain parkas and blocking dummies, painted it and tiled the floor.

Big Al received no stipend or budget for what was needed to do a first class job which was the only way for Al to fly. He often said that I am going to give these KIDS nothing less than the best care. The athletes bought into Big Al or Al as they called him, almost immediately.

Much of the equipment needed to make the facility first class came from the Smith family budget. Al's partner in crime, the bride (Sharon) saw the value and

It became obvious that the thought patterns of Chuck and Al were similar in many ways. Eventually Chuck and the district administration could see the benefit of *the band-aide guy* and Smith received his budget and salary. A more valuable hire had never been made in Bremerton.

KIDS knew that they could always come to Al, and he would listen and if they wanted feedback, he would give it to them...always **straight-forward**, like it or not. When asked, "Where's Al?" Chuck would often say, "Oh he is in the training room taking confession." Big Al was famous for his *True Story*, which knowing Al, referred to some happening that was highly embellished often to the point of ridiculousness for the sake of humor.

Bed time for Smith was sometime after the team bus



passion for cause in her husband and simply nodded her head in approval.

Al was meticulous in his preparation for his initial season...the fall of '69. No one got any special treatment other than an emergency. As long as athletes adhered to Al's rules the so-called minor sports were cared for the same as the billboard attraction, Chuck's perennial state powerhouse Wildcat eleven.

Chuck wanted his guys tough. Sometimes this was a bit much for Al. Coach Semancik was definitely a proponent of the tape-an-aspirin-on-it mentality. This changed as Chuck saw the value of Al, who never pampered the athletes. Big Al had no use for slackers.



Al, Team Dr. Richardson and TE/DE Gordy Jackson Wildcat football 1983 season

came home from a road trip, no matter the sport. If it was played in Port Angeles, Smith would rarely beat Cinderella's midnight deadline. He'd wait up, meet the bus at the school and check for damaged athletes. If none, he would go home. If somebody needed help, Big Al was eager and willing to make them as whole as he was licensed to do.

During the Winter sports season his days were sometimes a fifteen hour event.

*Continued on page 20*

*Continued from page 19*

He came up with **Al-Aide** while working with the soccer team at Indiana University. "A kid wanted Gatorade, but we couldn't afford it, so I came up with Al-Aide," he said of the drink that later became a staple for West High athletes in the early '70s. No Wildcat athletic team ever competed without the presence of the Lime Kool-Aide based panacea.

"It was green," said JC Carlson, a 1975 West graduate. "It had Lime Kool-Aid, sodium, sugar and potassium and probably some other stuff. He would whip up a batch in a five-gallon container. Everybody would remember drinking it when they were thirsty. I wrestled for three years, and I'd go to the training room and drink a gallon of it."

It didn't take long before Smith was asked by opposing coaches to treat injured athletes from neighboring schools. Countless athletes knocked on Smith's door at home to have him check out an injury or tape a sprained ankle or thumb long after they graduated high school.

Kevin Olson was going to be a key cog on the 1973-74 East High basketball team that would win its second straight state championship, but a knee injury suffered the summer before kept him out almost all of the regular season. It was only through the kindness of Smith that he was able to play in the postseason.

"I couldn't hurt my knee more by playing on it, and I was going to have surgery, so I enlisted Al to help me get back in shape," said Olson, who began traveling across the Warren Avenue Bridge after school and before practices.

"I was the only Knight (East High) in there (the training room) with all these (West) Wildcats," said Olson, who took all of Smith's teasing that came with excellent treatment.

"Of course you got teased," said Jim Spencer\*, a 1971 West graduate who starred in football. "It was Al Smith. He teased everybody. If he didn't tease you, you were in trouble. He was very witty and his memory was scary. It was remarkable the details he remembered

— games in the past and plays and kids. It was amazing...off the charts."

Smith was as good a teacher as he was an athletic trainer. He knew kids and what made them tick and got the best out of them using positive reinforcement along with some tough love. That might have been because **everything Smith did came from his heart**, which is what betrayed him at the end.

Sharon said that her husband thought it would be great if his tombstone said something unusual, something that would sum everything up about him in few words. "The one thing he wanted on his tombstone was, 'The son of a bitch wasn't a hypocrite. He told it like it was.' That was kind of a joke, but he really meant it ... (but) it's not going to be on it."

Al always wanted to write a book, which he would have filled with tales of unique individuals and the adventures they forged. Thanks for saving my life on one of our infamous Runs, Al. The title was to be the *Squirrels Go Hungry*. It would have sold big, well at least in the Greater Kitsap Area.

*I never worked with a guy who dedicated himself more to kids and tried to help them all. He not only spent his (free) time, but his personal resources to help them. He spent hundreds, if not thousands, of dollars to build his training room. He purchased his own equipment and in the beginning he didn't make a salary.*

I can think of three lives he saved. Had he not been on the scene these young men would have perished.

*Dia Grit...my friend. You were truly one in a million.*

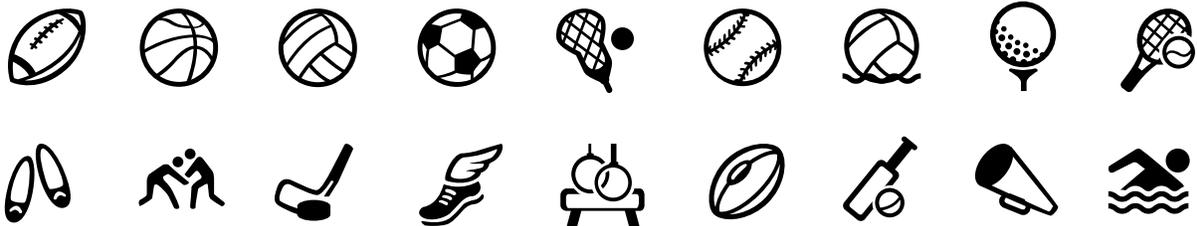
**\*Chuck Semancik...[www.semancik.org](http://www.semancik.org)**

•**Jim Spencer...** was a rarity. He became a varsity starter his sophomore as a DB on the West High team of 1968. This was in the day when tenth graders did not make the varsity. Not only was this a phenomenal fete, but the "Cats never lost a game that Spencer started in his three years as a varsity player for Coach Semancik. Jim was the only athlete that I ever heard call Al, Mr. Smith. ■



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## WSSCA All-State 2016 Spring Soccer Teams (Boys 4A, 3A, 2A, 1A)

\*Coaches-poll, as voted on by Washington State Soccer Coaches Association members

### Class 4A

**MVP** – Miguel Viramontes – Wenatchee

**Coach of the Year** – Dennis Tronson – Wenatchee

#### First Team

**Forwards** – Cris Garfias, Jr. Tahoma; Bennett Lehner, Sr. Camas; Jesus Meraz-Rodriguez, Jr. Pasco; Hector Magana, Sr. Pasco; Jackson Moore, Sr. Lewis and Clark

**Midfielders** – Miguel Viramontes, Sr. Wenatchee; Alex Whiting, Jr. Curtis; Miles Sanchez, Sr. Woodinville; Eric Hollenbaugh, Sr. Ferris; Manav Gill, Soph. Kentwood

**Defenders** – Grant Holland, Sr. Skyline; Oswal Lopez, Sr. Pasco; Jack Sluys, Jr. Gig Harbor; Eric Jones, Sr. Snohomish; Nick Hall, Sr. Thomas Jefferson

**Goal Keeper** – Luis Birrueta, Sr. Davis

#### Second Team

**Forwards** – Luis Navarrete, Soph. Wenatchee; JD Hauenstein, Sr. Central Valley; Gonzalo Frausto, Soph. Sunnyside; Ty Good, Sr. Skyline

**Midfielders** – David Uribe, Jr. Pasco; Brayon Torres, Sr. Puyallup; Henry Smaldon, Sr. Lewis and Clark; Jose Rodriguez, Sr. Chiawana

**Defenders** – Noah Whitman, Jr. Central Valley; Sam Ebner, Jr. Puyallup; Alex Kirk, Sr. Pasco; Charlie Rieger, Sr. Lewis and Clark

**Goal Keeper** – Brandon Wolter, Jr. Union

#### Honorable Mention

**Forwards** – Callan Martin, Sr. Ferris; Danny Wing, Jr. Camas; Jordan Williams, Sr. Bellarmine Prep; Peter Weller, Jr. Mead

**Midfielders** – Isaac Ponce, Soph. Chiawana; Jonathan Granados, Sr. Union; Michael McLeod, Sr. Mead; Toby Pizot, Jr. Camas

**Defenders** – Jose Huizar, Sr. Chiawana; Max Bilsborough, Jr. Camas; Dominic Welch, Sr. Mead

**Goal Keeper** – Travis Peyton, Sr. Gig Harbor

### Class 3A

**MVP** – Conner Seed – Glacier Peak

**Coach of the Year** – Dan Peterson – Interlake

#### First Team

**Forwards** – Nigel El-Sokkary, Sr. Capital; Austin Ball, Sr. Interlake; Christian Thyron, Sr. Prairie; Eric Dreyer, Jr. Mercer Island

**Midfielders** – Ethan Hopkins, Sr. Edmonds-Woodway; Christian Rotter, Sr. Auburn Mountainview; Brandon Gonzalez, Sr. Auburn Riverside; Connor Seed, Sr. Glacier Peak; Hunter Bauman, Soph. Mercer Island

**Defenders** – Spencer Baird, Sr. Columbia River; Bradley Keller, Sr. Peninsula; Hector Cervantes, Sr. Hazen; Justin Soto, Sr. Lake Washington

**Goal Keeper** – Sahm Noorfashan, Sr. Glacier Peak and Sten Tolgu, Sr. Garfield

#### Second Team

**Forwards** – Erik De Anda, Jr. Auburn Mountainview; Reyes Garcia, Sr. Hazen; Dane Evanger, Jr. Lynnwood; Sharif Kombo, Sr. Lakeside

**Midfielders** – Isle Raftery, Sr. Ballard; Ivan Castillo, Sr. Interlake; Christian Correa-Avila, Sr. Marysville-Pilchuck; Ethan Kem, Jr. Hazen

**Defenders** – Cameron Miller, Jr. Glacier Peak; Kyle Green, Jr. Marysville-Getchell; Sam Johnson, Sr. O’Dea; Reis Kissel, Soph. Mercer Island

**Goal Keeper** – Matthew LeProwse, Sr. Mercer Island

#### Honorable Mention

**Forwards** – Will Eldred, Sr. Hanford; Ryley Johnson, Jr. Lynnwood; Ariaan Cardenas, Sr. Marysville-Pilchuck

**Midfielders** – Anton Easterbrook, Sr. Bainbridge; Garrett Miyaoka, Jr. Shorewood; David Braman, Sr. Mercer Island; Logan Beachy, Sr. Central Kitsap

**Defenders** – Andrew McCray, Sr. Lakeside; Baruc Galvan, Sr. Marysville-Pilchuck; Tyler Mikulsky, Sr. Glacier Peak; Cameron Cohn, Jr. Edmonds-Woodway

**Goal Keeper** – Kole Bradley-Kuk, Sr. Marysville-Pilchuck



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## WSSCA All-State 2016 Spring Soccer Teams (Boys 4A, 3A, 2A, 1A)

\*Coaches-poll, as voted on by Washington State Soccer Coaches Association members

### Class 2A

**MVP** – Matt Williams – Archbishop Murphy

**Coach of the Year** – Arturo Guerrero – Quincy

#### First Team

**Forwards** – Matt Williams, Jr. Archbishop Murphy; Fredy Ruiz, Sr. Quincy; Israel Gonzalez, Sr. Grandview; Alex Kirstov, Jr. Lindbergh

**Midfielders** – Ray Sigala, Sr. Fife; Max Hauser, Sr. Ridgefield; Parker Buchanan, Sr. Archbishop Murphy; Cesar Corona, Jr. Aberdeen

**Defenders** – Nicholas Taylor, Sr. Rochester; Noah Byford, Sr. Sehome; Ryan Henderson, Jr. Archbishop Murphy; Hector Robles, Sr. Toppenish

**Goal Keeper** – Daniel Mycroft, Fr. Archbishop Murphy

#### Second Team

**Forwards** – Cristobal Cervantes, Soph. Toppenish; Leonel Hernandez, Sr. Kingston; Alex Barrett, Sr. Kingston; Paul Cuevas, Jr. East Valley Yakima

**Midfielders** – Sam Johnson, Soph. Archbishop Murphy; Francisco Alejandrez, Sr. Quincy; Matt Winchell, Sr. Pullman; Spencer Stuart, Sr. Bremerton

**Defenders** – Diego Rios, Jr. Archbishop Murphy; Kody Boles, Jr. Kingston; Joel Moreno, Sr. Quincy; Mason Petrino, Sr. Pullman

**Goal Keeper** – Matthew Evetts, Soph. Lindbergh

#### Honorable Mention

**Forwards** – Devonte Gorman, Jr. Eat Valley Spokane; Liam Harris, Soph. Sequim; Finn Hoffmann, Fr. Shorecrest; Sam Druffel, Sr. Pullman

**Midfielders** – Alejandro Hernandez, Sr. Kingston; James Farrell, Jr. Lindbergh; Deondre Sluys, Jr. North Kitsap; Laurence Silva, Sr. Centralia

**Defenders** – Adam Warren, Jr. Tumwater; Leon Bormann, Sr. Shorecrest; Ethan Schmitt, Sr. North Kitsap; Tim Reitz, Sr. Lindbergh

**Goal Keeper** – Austin Wagner, Sr. Sequim

### Class 1A

**MVP** – Josue Vargas – Connell

**Coach of the Year** – Todd Wallenius – Seattle Academy

#### First Team

**Forwards** – Adair Garibay, Sr. Toledo-Winlock United; Alexis Carmona, Jr. Connell; Alberto Cisneros, Jr. Colville; Nick Iregui, Jr. Charles Wright

**Midfielders** – Jackson Ragen, Jr. University Prep; Gerardo Reyes, Sr. Connell; Lenin Guzman, Sr. Connell; Missael Lopez, Sr. Highland

**Defenders** – Lars Hellenen, Jr. King's; Paul Powell, Sr. Klahowya; Rafa Barajas, Jr. Chelan; Grant Young, Sr. Charles Wright

**Goal Keeper** – Josue Vargas, Sr. Connell

#### Second Team

**Forwards** – Emmaunuel Hidalgo, Jr. Wahluke; Alan Eyoub, Sr. Meridian; Luca Barsher, Sr. Seattle Academy; Jacob Sargent, Jr. Klahowya

**Midfielders** – Ivan Cortez-Robles, Sr. Columbia-White Salmon; Jorge Rincon, Sr. Wahluke; Fernando Munoz, Sr. Toledo-Winlock United

**Defenders** – Jesse Mendina, Sr. Highland; David VanVleck, Jr. Toledo-Winlock United; Jose Garcia, Sr. Wahluke; Mason Joe, Soph. Klahowya

**Goal Keeper** – Tahj Malone, Sr. Hoquiam

#### Honorable Mention

**Forwards** – Benny Paniagua, Jr. Highland; David Postma, Sr. Bellevue Christian; Jonathan VanVleck, Jr. Toledo-Winlock United; Jordan Vazquez-Hunt, Sr. La Center

**Midfielders** – Hunter Leach, Soph. La Center; Keegan Grellner, Sr. Klahowya; Lucas Lieberman, Sr. South Whidbey; Cristian Barajas, Jr. Chelan

**Defenders** – Jose Romero-Martinez, Jr. Columbia-White Salmon; Jose Serna, Jr. Highland; Joseph McManus, Sr. La Center; Ridge Walston, Sr. Colville; Uriel Sanchez, Sr. Granger

**Goal Keeper** – Sergio Sandoval, Sr. La Center ■



# Back to School...The High Performance Lunch

By Emily Edison, MS.RD.CSSD  
www.momentum4health.com

Getting ready for back to school means getting back to packing up your fuel for the day. Creating meals and snacks that are easy to fix (and satisfying to picky customers) can be a tall order. Use websites like Pinterest and books like Wheelicious to help fuel the tank.

Lunch serves as the primary fuel source for after school practices. Lunch should be packed with high-energy carbohydrates and have a balance of lean protein and healthy fats. Lunch and afternoon snack combined should contain approximately 30% of the athletes' fuel for the day. The balance of daily caloric intake comes from (breakfast + morning snack (30%)) and (post practice snack + dinner + evening snack).

Some lunch principles to live by:

**1. Four Foods:** High performance lunches should contain at least four foods. This means sandwich, fruit, veggie and milk. OR Burrito, salad, yogurt and fruit. The reason **four** is the magic number is that lunch provides the bulk of fuel for afternoon practices. Lunch also contributes a significant portion to the overall nutrition an athlete gets in a day.

**2. Carbohydrate and Protein:** Lunch needs to have high energy carbohydrates in the form of bread, rice, pasta or pretzels as well as fruit and dairy. Protein in lunch helps to offset muscle tissue breakdown during practice, however only 25 grams can be used at a time so no need to go overboard. Meat on a sandwich and a glass of milk will get your needs met.

**3. Pack Extra:** Sports nutritionists recommend packing extra food into the lunch bag as snacks for morning and pre-practice. This way, an athlete can choose from all the options throughout their day. Choice helps athletes' fuel well.

The sample below illustrates selections from a high performance athlete's food bag for ONE day (volume dependant on size of athlete):

## What's in the bag?

- 2 cheese sticks (froz)
- 1 baggie trail mix
- 1 apple
- 1 banana
- 1 pear
- 2 Turkey/Cheese Wraps
- 2 box milk
- 1 Clif Bar
- 32 oz Sport Drink



**4. Add Color:** A colorful lunch will provide added nutrients to the athlete's diet as well as make a lunch look tasty. Think fresh fruits and veggies, whole grains, and even foods like salmon are a colorful addition to an athlete's lunch.

The chart below is a simple way to be sure you have what you need to be successful in sport and in school. Follow the chart to create simple meals and snacks that work well for athletes on the go. Remember, sport drink is helpful in hot and humid environments and when practice is loner that 90 minutes of continuous movement, otherwise water is best.

The chart below is a simple way to be sure you have what you need to be successful in sport and in school. Follow the chart to create simple meals and snacks that work well for athletes on the go. Remember, sport drink is helpful in hot and humid environments and when practice is longer than 90 minutes of continuous movement, otherwise water is best.

## how to **Fuel Your Game** lunch edition

### Step 1: grains and protein energy + muscle building

turkey + cheese sandwich	peanut butter + jelly
chicken + cheese quesadilla	leftover chicken + rice
hummus + pita	pasta + chicken salad
beans + rice	greek yogurt + granola

### Step 2: fruit energy + vitamins

apple	grapes	applesauce	blueberries
peargogo-squeez	strawberries	fruit leather	

### Step 3: veggies vitamins + minerals + fiber

carrots	cucumber	snow peas
salad	broccoli	zucchini

### Step 4: snacks extra energy for sport + school

yogurt	string cheese	trail mix
clif bar	granola bar	fig neutons

### Step 5: hydrate performance enhancing

water	milk box (post workout)
sport drink	juice box

[www.momentum4health.com](http://www.momentum4health.com) | momentum nutrition ■



## STRENGTHENING YOUR NECK, STRENGTHEN YOUR GAME

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

The neck rarely gets much attention in our school weight rooms or for that matter, in the professional gyms either. After all, who is going to pay a membership and then look forward to training schedules that focus on the neck—I am inclined to think not many people. However, with football season rapidly approaching, this could be the time to get these athletes better prepared for full a full contact game in September.

Ideally, this training should have already taken place over the summer with this group. But, as we all know, only the highly motivated student's have been in the gym during the summer.

For those just starting out again or coming back for another year of football, now is the time to get going on strengthening up your neck.

A little background on the importance of a strong neck.

Retired University of Puget Sound Professor Scott A. Sheffield<sup>1</sup> states the average human head weighs 10 to 11 pounds, about 8 percent of the weight of a human body's mass. Since our brains only weigh in the area of 3 pounds or so, the additional weight comes from the skeletal makeup.

The brain rests inside this boney structure. When the brain gets rattled around and bounces off the skull, bruising occurs inside of it. This affects the functioning of this important organ and is the reason for the con-

cussion<sup>2</sup> protocol.

Braced and supported by the neck, the head rests on top of seven cervical vertebrae, which allow motion in almost an unlimited movement pattern. Strong muscles, tendons, ligaments, and surface skin buttress these vertebrae in keeping the head in its proper position.

Damage to any of these supportive soft tissues potentially puts the neck at risk of failing to support the head and protect the brain from injury.

When you hear a trainer talk about isolation training, you are listening to nonsense because no muscle works in an isolated manner unless the load is minimal such as opening and closing of the eyelids. Another instance of muscle isolation is during laboratory conditions when artificially energizing a single muscle fiber or fibers. Other than these two examples, it does not happen in real life. Daily life and sports require the musculoskeletal complexes to work in unison for efficiency and physical safety during both activities to occur.

The neck is no exception to the statement in the previous paragraph. It rarely relies on just one muscle to produce movement. In fact, in order for it to flex or extend it must engage multiple muscles. These are the ones targeted in this training article.

Training this region of the body does not end with a glamorous set of show muscles, however, if trained

properly, the end result will be a powerful neck helping to protect the skull from banging around. The equipment needs are minimal or extensive depending on your budget and where-withal in gathering up this gear.

In most cases, unless you are physical therapist, the following will more than suffice for your training needs. The nice part is almost all of the school and commercial gyms have these items on hand.

### Equipment

High and regular height flat bench, sturdy chairs, towels, head harness, elastic material tubing or bands, neck straps, weight plates, high low pulleys and for some exercises a training partner. Another valuable tool is your imagination. With this being said, let's move on to the exercise suggestions.

### Exercises

Do the exercises correctly or one or more of three things will happen:

1. You will get hurt.
2. The exercise will not be as effective or
3. It will not be as effective as it could be if done properly.

Changing the angle of your body to alter the movement path for these exercises will slightly change the exercise but not reduce the effectiveness of them unless used to cheat the movement to make it easier. You have to decide if the adjustment you make

to the exercise is to make it easier or simply a change in the angle of movement with the exercise to place a different stress on the muscles.

### Basic instructions:

As you will soon realize, there are four directions of movement to these neck exercises. Within each of these basic movement patterns lie an infinite number of subtle variations.

I have purposely left out any circumduction movements because they may aggravate any neck issues some people have at the very beginning of exercising their neck. If this is you or your trainee, leave them alone and try another path to increasing the strength of this area. By using your ingenuity, you will be able to figure out other methods of strengthening it.

Do each exercise for three sets of twelve repetitions. Rest between each set for one to two minutes. You can do calf raises, crunches, wrist, and forearms while resting. If you are a beginner, with less than six months in the gym, select one or two exercises and do them on alternate days of the week.

If you have more experience in training your neck, then pick three to four exercises and increase the sets and reps to four to five sets of ten to twelve.

It is generally accepted practice to:

1. Start out with range of motion exercises first,
2. Followed with lighter loads and high volume
3. Transition into heavier strength training loads with the recommended sets and reps.
4. Increase the weight gradually and do not do any of them in a ballistic manner.

Taper off the volume at least a week before you begin the full contact practices or games.

## Exercises

### Four, seated self-resisted exercises

#### Series # 1

- Sit upright on a chair.
- Place both hands on your forehead and look toward the ceiling within your normal range of motion (ROM).
- Resist tipping your head forward.
- Return to the beginning position and repeat.

#### Series # 2

- Sit upright on a chair.
- Place both hands on the back of your head and look toward the floor
- Resist tipping your head backward.
- Return to the beginning position and repeat.

#### Series # 3

- Sit upright on a chair.
- Place one hand on the right side of your head while looking forward.
- Resist tilting your head to the right
- Return to the beginning position and repeat.

#### Series # 4

- Sit upright on a chair.
- Place one hand on the left side of your head while looking forward.
- Resist tilting your head to the left.
- Return to the beginning position and repeat.

#### Using a towel

- Roll up a towel lengthwise and place it around your forehead in the four positions just described. Do not wrap it around your neck! Follow the previous exercise directions.

- Have a partner provide the resistance in each direction. Make sure they understand this is not a contest to see which is stronger, your neck, or their strength. This type of horse-play may cause an irreversible injury. Don't do it!

#### Using a band or other elastic material.

- Check the elastic material for any defects before using.
- Place the elastic material around your forehead in the four positions just described. Do not wrap it around your neck! Follow the previous exercise directions.

#### Using a head strap with a high or low cable pulley set up do these on a bench, chair, kneeling, or standing...

- Attach the head strap to a cable pulley set up.
- Place the head strap around your forehead in the four positions just described. Do not wrap it around your neck! Follow the previous exercise directions.

#### Using a head harness (available on Amazon for \$19—\$36) kneeling, seated, standing, lying, (prone, side, and supine positions)

- Properly fit the head harness on your head. It should not be too tight or too loose.
- Add an appropriate weight to the harness and follow the directions above.
- You will not need a lot of weight to begin with, just get used to the movements and then add in small increments as your strength increases.

*Continued on page 28*

Continued from page 27

Using a barbell plate in the kneeling, seated, standing, lying, (prone, side, and supine) positions.

- Now before you get all tied up in knots thinking about putting a big 45 on your head, which in all reality could eventually become easy, start out light with a 5 or 10-pound plate in each of the four directions.

#### Wrestlers bridge

- Start out facing the floor, put your head on a pad, and now rise up on your feet ending in a pike position. Slowly and carefully, roll your head in a forward and backward motion. Next, roll from side to side.
- Start out facing the ceiling, put your head on a pad, and now rise up on your feet ending up with your hips in the up position. Slowly and carefully, roll your head in a forward and backward motion. Next, roll from side to side.
- Do these in all four directions.

Machines-With not being at familiar with these machines, I have nothing to say about them.

Of course, there are always the muscles of the shoulders (Deltoid raises, Military presses, shrugs...) and upper back (upright rows, pulls, T-Bars, barbell rows...) to be trained. However, with limited time in the weight room, cycle these in during the appropriate training phases of your schedules.

(Footnotes)

<sup>1</sup> Professor Scott A. Sheffield, University of Puget Sound 1979 – 2000 (21 years) Instructor of Human Anatomy and Physiology, Developer of <http://getbodysmart.com/> a free online examination of human anatomy and physiology

<sup>2</sup>Symptoms  
<http://www.mayoclinic.org/diseases-conditions/concussion/basics/symptoms/con-20019272>

By Mayo Clinic Staff

*The signs and symptoms of a concussion can be subtle and may not be immediately apparent. Symptoms can last for days, weeks or even longer.*

*Common symptoms after a concussive traumatic brain injury are headache, loss of memory (amnesia) and confusion. The*

*amnesia, which may or may not follow a loss of consciousness, usually involves the loss of memory of the event that caused the concussion.*

*Signs and symptoms of a concussion may include:*

- Headache or a feeling of pressure in the head
- Temporary loss of consciousness
- Confusion or feeling as if in a fog
- Amnesia surrounding the traumatic event
- Dizziness or “seeing stars”
- Ringing in the ears
- Nausea
- Vomiting
- Slurred speech
- Delayed response to questions
- Appearing dazed
- Fatigue

*Some symptoms of concussions may be immediate or delayed in onset by hours or days after injury, such as:*

- Concentration and memory complaints
- Irritability and other personality changes
- Sensitivity to light and noise
- Sleep disturbances
- Psychological adjustment problems and depression
- Disorders of taste and smell ■

**DEADLINE**

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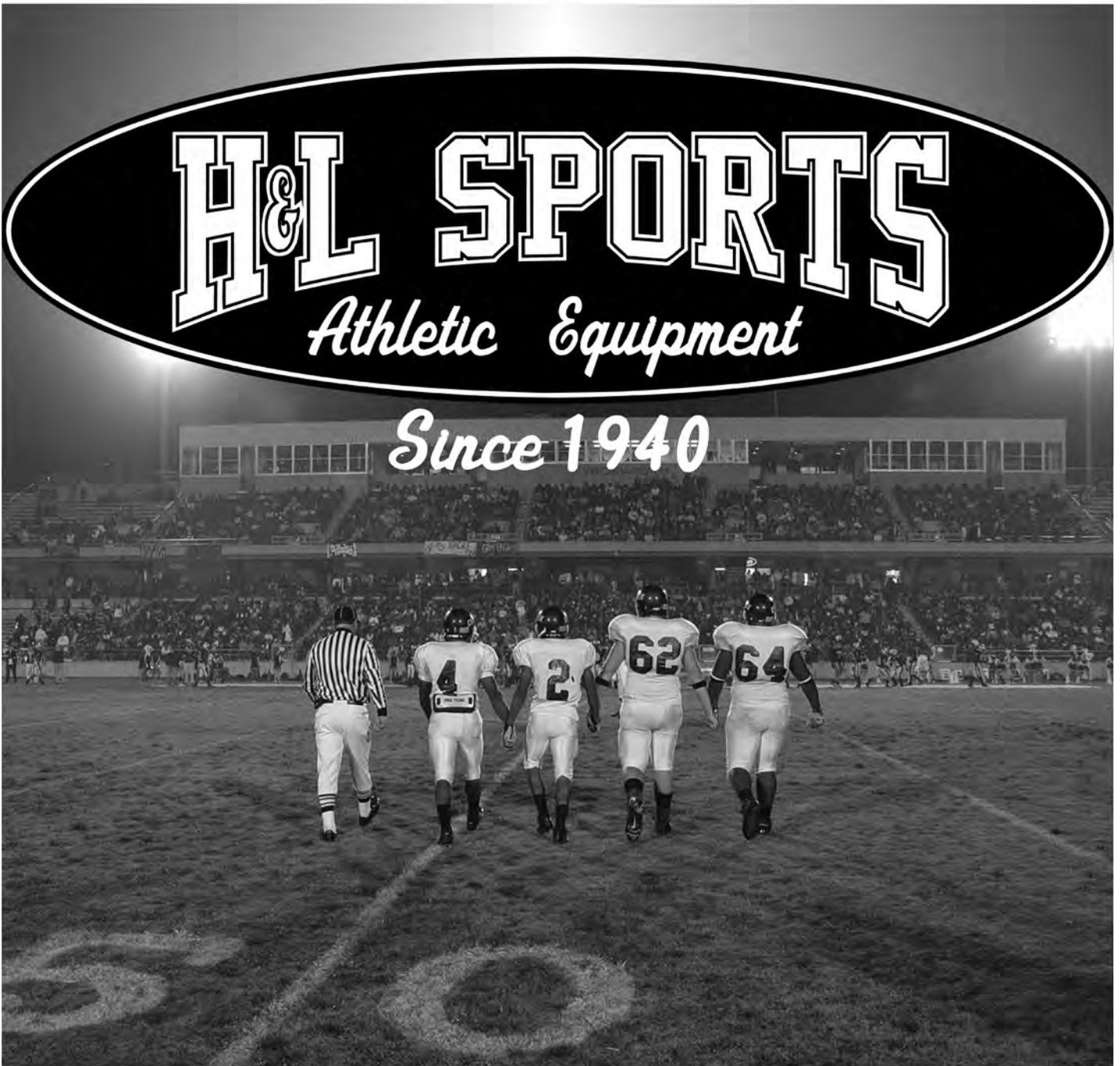
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