

# THE WASHINGTON GOACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION

Gone too soon  
and never  
to be forgotten...



Dee Hawkes



Bob Isitt



Ed Pepple



Mike Pugh



Virg Taylor



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# WASHINGTON STATE

## COACHES ASSOCIATION

A WASHINGTON STATE NON-PROFIT ORGANIZATION

### Our Mission

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

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**From the Editor**

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

# Presidents Message

Darrell Olson

Fall 2020



Fellow WSCA Coaches,

I keep telling myself this is only a dream (nightmare!) and we will all wake up and this will all be over. Not even close! Who would have thought? Educators and coaches across the state are asking themselves, what's the next step? Nobody knows. COVID reports are changing daily and coaches and athletes are waiting and waiting and waiting.....

My hat is off to Mick Hoffman and the entire WIAA staff. They are doing the impossible and trying hard to make it work to get us sports seasons for our kids. I would encourage all coaches to keep abreast of the changes and schedule modifications that the WIAA is posting on their website. Most recently, at the time of this message, there are three modified sports calendar options. Please take a look at these options. **WE ARE ALL IMPACTED BY THESE.** Become knowledgeable on what could happen depending what phase we are in statewide. The WIAA Executive Board has been working so hard in trying to address every possible situation. Everything changes so quickly. In the meantime, go to the WIAA website and complete your individual sport rules clinic and quiz. Get this out of the way. Additionally, if you're in need of clock hours, check out the WIAA Continuing Education clock hours being offered to coaches.

We as coaches had better come to grips with the fact there will be a new normal and not even close to what it used to be. That is fact. Forget the complaining. Each coach has to come up with a game plan that will fit your sport, your athletes, and your school situation when the time comes for us to return to action.

The WIAA has notified the WSCA that current year (2020-'21) membership cards will be honored at post season events that may occur after the May 31 expiration date listed on our membership cards. If you are part of a school district that covers the membership cost for its coaches, check with your AD to see if your school has signed up their coaches for the current year. Some school districts are choosing to wait until sports seasons are up and running. A number of districts have already paid membership costs for their coaches.

A reminder to all ISA representatives, if you are planning a coaches clinic this school year or next summer, now is the time to get your clock hour paperwork sent to Rob Friese, WSCA Clock Hour Administrator, for clinic clock hour approval. All fees collected at any of your clinics will stay with your sport provided you have completed and submitted the proper paperwork for approval. You can find the necessary clock hour forms on our website with instructions and timelines to submit to the Exec Board. The WSCA offers this 'perk' to all sport organizations and it is a great way to do some fundraising for your sport. I would highly recommend all ISA's look into this. It will be the WSCA Executive Board that will ultimately authorize or deny clock hours for your clinic. **You need to plan ahead!** This process takes some time. If your sport group is planning to offer a clinic this school year or next summer, you need to move on this asap. Our Executive Board continues to meet during this delay in return to sports and is conducting WSCA business.

We all know how difficult things are right now. We don't know when we will all get back to coaching our athletes. The WSCA is still here and working hard on the behalf of our high school and middle school coaches. Even though we're closed down, I want to personally encourage all coaches to get involved and get off the sidelines. Make a contribution to your sport specific organization in 2020-'21. Ask how you can help.

The Executive Board is always open to suggestions to better improve our WSCA. The Exec Board is a strong group of coaches with a depth of experience and a wide variety of coaching backgrounds. They serve as advocates for all middle school and high school athletic programs and support all coaches working with our young athletes.

Stay safe. Mask up. Keep your distance.

Keep the head down,  
Darrell Olson, President

# Washington State Coaches Association

## Why Should I Become A Member?

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

- Eligible to coach in sanctioned WSCA all state games. WIAA will only authorize WSCA sanctioned All-State events
- Receive reduced fee's at WSCA sponsored coaches clinics and WIAA clock hours toward coaches education certification and/or salary placement
- Honor member coaches for their coaching achievements through our **Career Recognition** and **Life Time Achievement** programs
- Provide reimbursement to each sport group for enrollment in WSCA

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

### OTHER BENEFITS:

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



## Hearing their final whistle...

### Coach Dee Hawkes

May 24, 1936 - September 24, 2020

Dee, once considered a “legend” by some coaching circles in the state, died on September 24, 2020, surrounded by his family. He was the firstborn child of his parents Berness Erving and Myron Dwight Hawkes, Sr. He was born in Wallace, Idaho in 1936.

At the age of six, the family moved to Seattle. He attended FH Coe Elementary School and Queen Anne High School. He was a three-sport athlete. During his senior year (1953-54), he quarterbacked the football team to the Seattle City Championship, played Olympia in the traditional Turkey Day Game, and was selected to play in the City-State Game.

Dwight went on to play football at Washington State College where he became a member of Beta Theta Pi fraternity. For two summers, he attended the Platoon Leaders Class at Quantico for the U.S. Marines. He met Judy Greenup, the love of his life at WSC and they were married over 61 years.

Dwight’s teaching and coaching career began in 1958, as an assistant football coach to Jack Elway, whom he considered a mentor. He also became the head baseball coach. After three years in Port Angeles, he went to the UW and completed his master’s degree in 1962.

Dwight and Judy spent the next two years in Japan where he taught and coached U.S. Air Force dependents for the Department of Defense (DOD) at Johnson High School near Yokota Air Base. In 1964, they transferred to Nuremberg, Germany, where he taught Army Dependents at Nurnberg American High School and coached football and basketball. Overseas, they traveled extensively.

Back in Seattle, with the birth of their son David, Dee taught one year at Queen Anne HS where he assisted in football and basketball. He then relocated for a head coaching position and ended up coaching six years at Davis HS in Yakima, WA, where a daughter, Leanne, was born.

In 1973, Dee started coaching and teaching at Bothell High, where he stayed for 18-years. During his tenure there, he was known for his motivational techniques and his master teaching. For Bothell football, he ran the Wing-T, Run and Shoot, and a No Huddle package. Cours-

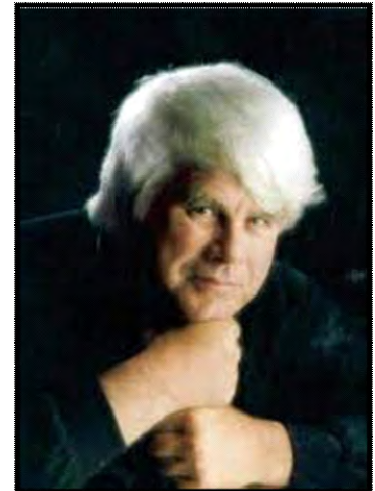
es he taught included psychology, biology, personal growth, and personal motivation.

When one of Dwight’s best friends died due to a plane crash, he developed an organization, called the Men and Women of Queen Anne (MOQA). From this group, he organized golf tournaments and found other ways to provide scholarships for children and grandchildren of QA alumni.

Dee was involved in many activities after retirement. First most, he loved to write. His first book, Best Plays of Washington High School Coaches, was self-published. This led to three books published by Human Kinetics: Football’s Best Offensive Playbook, AFCA’s Defensive Football Drills, AFCA’s Offensive Football Drills, and What Every Coach Should Know published by Infinity Publishing. At the end of his life, he left a memoir for his family called His Coaching Journey. For 40+ years, he wrote a column in The Washington Coach magazine called “Hawkes Squawks”.

Besides writing, he served on the board and was past president of the King County Chapter of the National Football Foundation. In partnership with the Seahawks, he developed a Coaching Academy for coaches. The NFL later used his scheme to start a nation-wide plan. He later came out of retirement to coach Skyline HS football team’s first season.

Dee will be missed by many. His great leadership, motivational, and organizational skills won him many awards, highlights include his induction on the Northshore School District Wall of Honor, the Gold Helmet Award from the Washington State Football Coaches Association, and two memorial coach awards from the



# Washington State Coaches Association Insurance

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

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

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

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

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

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

The insurance policy is underwritten by K&K Insurance.

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

National Football Foundation. Dee was a proud lifetime member of the American Football Coaches Association for over 35-years.

Dee was preceded in death by his parents and sister Donya. He is survived by his wife Judy, son David (Rene'), daughter Leanne, grandchildren Sophia and Donovan, brother Dwayne (Penny), sister Duanne (Bob), and many nieces, nephews, and cousins. The family would like to thank the wonderful care given by the Evergreen Hospice and the Assisted Living Staff at The Chateau in

Bothell. Due to Covid-19, a Celebration will be held later. A private family burial is planned.

Donations in Dee's name can be made to: National Football Foundation Scholarship: Seattle Chapter, honors scholar-athlete football players from King and Kitsap Counties, PO Box 1304, Issaquah, WA 98027; Wall of Honor, Northshore School District Scholarship: Northshore School District Partnership Coordinator, 3330 Monte Villa Parkway, Bothell, WA 98021; USMC Support Group, 3006 Northup Way, STE. 301, Bellevue, WA 98004 ■

# Congratulations Coach Ed!

## *Well Done and Thanks!*

In a video presentation by Cindy Adsit, Assistant Executive Director of the WIAA, coach Ed Laulainen was recently presented with the WIAA Meritorious Service Award for his 40 years of service as the WSCA representative on the Honorary WIAA Executive Board.

While Ed is stepping away from his role representing the WSCA, he will continue to serve on the WSCA Executive Board as Emeritus. His experience, wisdom, loyalty and commitment to the coaches in our state and the leadership of the WSCA will continue to be to the benefit of all of us. ■

*Thanks Coach  
Ed!*





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# SPORTS COMPLEX AT WVC TO BE NAMED FOR SANDY COOPRIDER

by **Eric Granstrom** - NCWLIFE Program/Sports Director, NCWLIFE Channel  
10/23/2020



The man who was the catalyst behind the sports complex at Wenatchee Valley College will finally have his name attached to it. Sandy Coopridner, who retired in 2015 after teaching, coaching and mentoring at WVC for 44-years, will have his name permanently attached to the fields he helped build.

The college's Board of Trustees announced Wednesday that the complex that includes Paul

Thomas, Sr. Baseball Stadium, North Rotary Fastpitch Field, Mike Hollis Soccer Field and the multipurpose field will be known collectively as the Coopridner Sport Fields Complex.

There will be a naming ceremony when gatherings are safely allowed. The complex will feature a plaque honoring Coopridner and detailing his legacy at Wenatchee Valley College. ■



# A Pandemic's Silver Lining

By Mick Hoffman, WIAA Executive Director

## ■ Opportunity ■ Blessing ■ Motivation ■ Advocacy

What are some words we can use to describe the pandemic and 2020? For me, those words are opportunity, blessing, motivation, and advocacy.

I can only assume that the positive nature of those words has left you scratching your head. There is no doubt that 2020 has created unprecedented challenges. COVID-19 has taken friends, family and colleagues from us, students have missed out on once-in-a-lifetime opportunities, parents have lost jobs, and at some point or another, I'm sure we have all found ourselves battling some level of depression. Despite the fact that COVID-19 has wreaked absolute havoc on our lives and education-based athletics, not all of the consequences are negative. There are positive outcomes we can embrace as we work collectively for a better tomorrow.

Personally, the opportunity to work at home has provided me more time with my family and loved ones than I had the previous two years combined. I have learned to be more proficient with technology and, as an Association, we have found efficiencies that have led to greater engagement with membership, while at the same time reducing costs. Online meetings have allowed incredible communication opportunities and reduced the cost and risks associated with travel right now. Admittedly, the amount of time in front of screens can be draining, and I think we could all benefit from some face-to-face time.

Due to being understaffed and responsible for over 120 annual State

Championships, the WIAA staff doesn't normally have the capacity to attack projects like verifying compliance with online ticketing, transitioning to a new scheduling program, providing training and continuing education for thousands of members on a multitude of topics, and attending meetings being held by members around the state. I know I speak for the rest of our staff when I say that we would much rather be hosting State events, but the time allotted has been a blessing for our team to tackle these projects and initiatives.

As many schools rely on ticket sales from athletic and activity contests to fund ASB programs, the WIAA relies on gate revenue for over 50% of our operating budget. The staff is highly motivated to find efficiencies to reduce expenses while maintaining a high level of service and value to our membership and sponsors. This has motivated creativity as seen in our virtual conferences like Coaches School, Mind Gym, and the upcoming Women in Sport Leadership Conference, and also in projects like "Made in Washington," which has afforded us the opportunity to connect with prominent WIAA alumni to provide messages of hope and inspiration to students, while sports and activities continue to be on hold.

Finally, the pandemic has magnified the importance of education-based activities. There are studies that show the impact on our students not being able to play, countless examples of students

less engaged with their education, and hundreds of angry letters, phone calls and emails regarding the cancellation of sports. There are student groups marching on the capital and political decisions being made in response.

Those of us in the business have always known our work is more than what is shown on the scoreboard and what happens between the first and final whistle. The pandemic has shown how incredibly impactful our efforts are to hundreds of thousands of our students and community members. It is our honor to advocate for the opportunity to play.

We have united as an organization, starting with our students and continuing through our coaches, our ADs, our superintendents, our school directors, our District Directors, our WIAA staff and our Executive Board. As a unified association, we must continue to advocate for decisions to be based on facts and experience, not just theory. In the long term, we must not forget how much we need each other now and the positive impact we can have on our students and communities when we work together. This year has been brutal in a lot of ways, but we must find opportunities to make good things happen. We are in this business because we love to compete, and we must not let a pandemic defeat us. I am thankful for those of you fighting to make a positive difference for our students and am honored to serve next to you. ■





## Squat Variations - part one



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

Squats have been blamed for nearly every single body ailment in the book due to misinformation and incorrect squatting style. As in all new exercises, if your students have been squatting consistently in the past and are continually getting hurt then now is the time to talk to an NSCA certified strength coach to address any form/technique issues they may have acquired.

If their form is OK and but their knees continue hurting with the form corrections in place, then advise them to speak with their doctor and get their opinion as to whether or not squatting will benefit them, considering their current health situation. But before abandoning squats altogether, keep in mind there are many ways to train the legs.

So, being the strong advocate of squatting, let us discuss the benefits of squatting.

### Benefits of the squat

The advantages of squatting are many and here are just a few that you may find interesting.

- Lean muscle mass is increased.
- Basic metabolism is faster.
- Your general physical fitness and work capacity are positively improved.
- Mental and physical energy levels are amplified.
- You will sleep better.
- Body fat will be lowered.
- Endorphins, the body's natural painkillers are released into your body.
- The heavy load on your shoulders, back, and legs help to make your bones stronger by increasing their mineral density.
- The connective tissues of your body adapt to the load and in turn, become stronger and better able to tolerate the additional stress of the weight.

Now that you have a small inkling of the benefits of squats let us move on into the warm-up before hitting the squats.

### The warmup

Before beginning your lower torso, such as the squat and deadlift, or, for that matter, your upper torso exercises start with an overall warm-up exercise such as skipping rope/riding a bike for three to four minutes. Then do some area-specific warm-up movements such as wide and high leg swings to the front fore and aft and to the sides. Follow these up with bodyweight only squats and good mornings.

It is generally advisable before moving into any exercise with external loads that you be able to use good form in that exercise with bodyweight only, thus we start with bodyweight squats. If the bodyweight squat cannot be done properly, then we will move into the squat progressions.

### Squats, the king of all exercises

The benefits of this powerful activity have already been listed, now's the time to move into the squat. The basic instructions for this exercise are as follows.

Make sure you keep your head and chin upright but not looking at the ceiling or sky. Always look upward a few degrees but keep the horizon in sight during the squat, both with and without weight.

Keep your back in its normal position with the natural lordosis always present. Push the weight back up by staying on the back portion of your foot and not your toes or the balls of your feet.

You must learn how to squat correctly, and this implies keeping your knees aligned with each foot. The center of your kneecap should be moving in a direct line with a point between your big toe and the one right next to it. If not, then you are not doing it right.

This must be corrected before you hurt yourself by damaging the ACL and cartilage in the joint. It is particularly hard on the ACL when your knees go into the valgus position (a valgus move results when the distal part of the leg below the knee is deviated outward, resulting in a knock-kneed appearance.)

If your knees come inward during either the lowering or the upward phase of the squat, then push them outward. Imagine sliding your feet to the sides, if your knees tend to collapse, but do so only if you have good supportive shoes that will not roll off to either side.

Prevent the knees from traveling over your feet when squatting. This means moving your buttocks and hips backward at the very beginning of the exercise. You may have to practice with a band that is pulling you backward, so you learn to move your hips back at the beginning of the squat. This saves your knees, and lower back from potential damage that occurs if you do not squat right.

If you are unable to do the regular squat, try some of the next exercises is to see if you can get your squat squared away. We will start first with spotting the squat.

### Spotting the squat hand position squat progression test

Before touching the lifter explain the reason for the action. The reason for the hand positioning is two-fold; safety of the lifter and checking their technique.

Make certain you have their permission before taking the next steps.

Place both hands on their outer hips just above the hip bone. Your thumbs should be touching the outer to mid-portion of the back pointing toward the middle of the back. The rest of your hand is wrapped around the front of the lifter.

If you notice their body pushing down against on your front fingers, specifically the index finger, at the very first start of their squat you know immediately they are beginning with their knees instead of sitting back by hinging at the hips because they are dropping down rather than sitting back.

### Box squat progression test



If you or your trainee is beginning the squat with the knees, this is an automatic and immediate cue to **stop** and do it right.

Start out standing, as shown in the picture, with your toes touching a narrow, over the knee-high box. If, during the initial move, the squat the box falls forward then you know immediately you have started with your knees rather than sitting back into the squat.

### Bench sit exercise



It should be noted in this exercise that I know my bench is not going to be moving backwards because I have done this numerous times. Also, notice that it is loaded with about 145 pounds on it.

If I am having one of my trainees do this exercise, I always stand right behind them to keep them from falling off the back of the bench.

- Start out with your feet about shoulder width apart and slightly pointed to the outside
- Viewed from the side the buttocks/hips go back first

*continued on page 12*

continued from page 11

- Viewed from the front the knees must track in line with the feet
- Viewed from the rear positive backward motion starts the squat
- The lower legs **must** remain in contact with the edges of the bench
- The movement is directly to the rear
- The lower legs are perpendicular to the floor at the bottom of the move
- The upper thighs parallel to the floor at the bottom portion
- The upper body inclines slightly as it sits on the bench
- Leg power lifts the body up-avoid the tendency to lunge forward and gain momentum to get up
- Keep the arms and hands at the side or on the chest to prevent their extra assistance in getting up

If they were able to do this correctly you may not have much of a problem getting them to squat correctly.

### Chair squats

If you are just beginning an exercise program and you that have never squatted before, one of the better ways to learn how to squat is to simply sit into a chair. Make note that when you set, you are not sitting down, but instead, you are moving your hips backwards. As you do so, you flex at the hips and set down to the chair.

### Free standing bodyweight squat



Stand with your feet approximately shoulder width apart, arms at your side. If you lack the balance to do a squat in this manner, then hold your hands out to the front of your body or stand by a solid handhold to steady yourself.

Move your hips backward and your knees out to the side so they stay in line with your feet. Much of your weight should be felt to the rear of each foot. At the bottom position of the squat, try wiggling your toes. Hold onto something if your balance is poor. Being able to wiggle them indicates that you are into the correct position to squat.

As you start to squat, imagine sitting in a chair. Keep your back straight and your chest up. Drop all the way down and then come back up quickly---each rep with perfect form.

The reason for coming up quickly is this: it gets them through the sticking point of the lift.

Note for the coaches: In your daily life practice getting up from a chair without using your hands on your legs for assistance, just use your leg muscles to get up.

### Step by step guide

- If necessary, hold the hands out in front of the chest to maintain balance
- Start out with your feet about shoulder width apart and slightly pointed to the outside
- With your arms now straight out or nearly so, to the front of your body
- Move your buttocks backwards until they are touching or nearly touching the floor
- Viewed from the side the buttocks must go back first
- Viewed from the front the knees must track in line, parallel, with the feet
- Your lower legs should now be nearly vertical and perpendicular to the floor
- Rise back up from the lowest squat position
- As you rise keep your arms straight out without using them for gaining momentum

If you have been able to do the preceding exercises correctly, now is the time to move into the barbell squat.

### Barbell squat

This exercise involves a large portion of the muscular makeup of the body. That is precisely why it is so valuable as a strength building exercise.

The bar path, as it travels up and down, traces a relatively perpendicular line to the ground. Your buttocks, on the other hand, will be moving backwards as the bar goes down.

Imagine yourself setting in a chair. You first move the buttocks backward to the chair. Do not begin the movement by first bending at your knees. By doing so, you place yourself in an anatomically precarious position. The

knees will then end up way ahead of the toes, a dangerous practice to get into when squatting.

The knees should travel in the direction of the foot and not stray from side to side either way. They should be tracking over the second toe on the foot and not going past the tip of the foot, in either the squat or the lunge.



The squat can be performed with a barbell or holding onto dumbbells, naturally using a barbell is going to allow you to use much greater weight than dumbbells

### Exercise Description

Start with the barbell in a squat or power rack.

- Hold onto the bar at a width and position that is comfortable for your body size.
- Stand under the bar
- The bar should rest on the upper trapezius muscles and across your upper shoulder area. Make certain it is balanced before you back out of the rack with it on your shoulders.
- The bar position can be either in a high bar or a low bar position. If you are having difficulty in holding the bar on your shoulders, lift your elbows up.
- High bar position-the bar rests above your rear deltoids at the base of your neck. Your grip position will be a bit wider than your shoulder width.
- Low bar position-the bar sits across the rear deltoids and at the middle of the trapezius with your handgrip wider than shoulder width.
- Inhale and arch your back into a solid position.
- Looking straight ahead or a bit upright, in a cone of vision of about 10-20 degrees will help keep you centered and balanced.
- Lift the bar out of the rack and take two small steps backward. Do not get into the habit of making

many small steps as you prepare to set up to squat. It expends needless energy; energy that could be better placed into doing another quality squat. You are not training for a walking contest; you are here to squat. So, get set up efficiently and safely.

- With your toes pointed a bit to the sides in a small angle outward. Start the move by unhinging at your hip joint. Bend at the hip to start the buttocks moving to the rear.
- At the bottom, your knees should be directly above, not in front of your ankle and certainly not forward, ahead of and past your toes.
- The ideal squat is to be in the low squat position with your lower legs perpendicular to the floor. This takes technique practice and hip flexibility to achieve.
- Continue to sit back until your hip joint is below the top of your knee.
- This is the low point of the squat. The easy part is over!
- Anyone can get the depth; it is getting back up that is the hard part. So, let us discuss this critical part of the lift.

Getting back up

- Maintain a very solid back and stomach on the squats
- As you begin back up; start with your head and chest.
- Push the bar back upward, get it moving, and follow through with your powerful leg muscles.
- Do not allow your hips to go up faster than your legs are going. If so, you will end up in a very heavy and unforgiving good morning position. (not illustrated)
- Continue to push with your legs until you are upright again.
- Take a nice breath and go down for another quality repetition.

Remember to always keep your back solid, keep the weight over the heels on your feet. You should not have all the weight either on your heels or on your toes. The weight should be pushing down through your ankle and on into the ground.

### Cheating indicators when doing the squat

- Lack of depth
- Lack of full depth
- Lack of depth
- Lack of full depth
- Lack of depth

*continued on page 14*

continued from page 13

Do you get the idea? Go deep. Let this magnificent exercise do its magic for you in helping develop the power in your body. Your legs may hurt when you do them, they may even hurt after you do them, and they may hurt a day afterwards. If so, back off a bit and rest, then go at it a bit easier next time.

Now for some different variations of the squat, the first of which will be the box squat.

### Box squats

Here is a quick brief description of how to do a box squat from Ricky Dale Crain<sup>1</sup> international world record holder quoted verbatim from one of his articles and re-printed with permission

“When doing box squats there are two styles.....in the first you sit down on the bench...rock back a bit and then forward and up...in the second style you do a touch-n-go.....either way is acceptable and it is totally your preference.....” in either instance, you must stop on the box for a brief period to help develop that explosiveness out of the hole.”

- Start out with your feet about shoulder width apart and slightly pointed to the outside
- Place your hands across your chest hold, two dumbbells at chest level or the bar on your upper back

Move your buttocks backwards until they are touching the bench or box, rest one to two seconds by relaxing your legs only. Keep your back solid. Do not relax it at all.

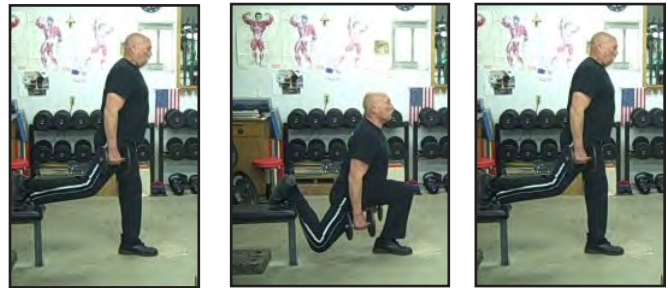
- Viewed from the side the buttocks must go back first
- Viewed from the front the knees must track in line with the feet
- Your lower legs should now be nearly vertical and perpendicular to the floor
- Keep your arms tight to your sides, the dumbbells at chest level or the bar secure on your back.
- Rise back up from the lowest squat position



As was seen in one of the previous articles for the magazine, this is my adjustable box squat bench. It adjusts from 10 inches up to 13 inches. I normally use it at 11.

And no, I am not a professional woodworker despite what you may think by looking at my handcrafted box.

### Bulgarian split squats



Start

Bottom

Finish

Start with your bodyweight only. Do not use any extra weight in your hand or on your shoulders. Place one foot on a bench behind you and step out at least the distance of your upper leg. Turn the front foot in towards the middle part your body just a little bit so that when you lower down, your knees are in a parallel line with your feet. Avoid, at all cost, a valgus position of the knee with this foot, as this is extremely hard on your anterior cruciate ligament.

### Dumbbell squat

Chose a challenging sized dumbbell with the thumbs of both hands pointing forward. Hold it close to your body but without bending forward. Take a deep breath and prepare for the start of the squat movement by unhinging and pushing your hips back.

Your arms must be straight and perpendicular to the floor throughout the entire exercise.

Keep your elbows in line with your knees and in a groove that follows both your knees and lower legs to the floor. At the bottom, your knees should be directly above, not in front of your ankle and certainly not forward, past your toes. Lightly touch at the bottom and return to the starting point.

### Belt squat

I realize that not many schools or gyms have a belt squat of this nature and since I have already discussed this in a previous article, I am just leaving it here as a reminder of this very useful exercise.

This exercise is especially useful if your athletes have a problematic back, their shoulders are bothering them, or they have issues with their elbows under the bar. A belt squat lessens the risk of further damage to the spine or upper body and still strengthens the lower body.





## Hearing their final whistle...

### Coach Mike Pugh

Mike Pugh, former teacher and coach at West and Bremerton High, suffered a fatal heart attack on April 26, 2020 – a day later, his wife Janet the daughter of South Kitsap legend Maynard Lundberg, suffered a heart attack undergoing a five-way heart bypass. She is currently doing very well.

Pugh played baseball and basketball at Central Kitsap High School and basketball at Olympic College and Eastern Washington University. He taught and coached at Sultan and Pilchuck High Schools before moving onto West High/Bremerton High School. Pugh created the girls basketball program at West, assisted in football, coached tennis and played city-league basketball. He later became a football official.

Who best to talk of the memories than student-athletes:

Laura Dahl MD, one of the best female high school basketball athletes in the early 70's - practiced with the varsity as a 7<sup>th</sup> grader. Two-year starter

at Mt. Hood Community College after her medical degree and having a son.

“Over the years, I’ve seen a lot of coaches yell or berate kids. That wasn’t his style. Every once in awhile he would hit the bleachers with his heel but most of the time he was calm and real positive with the kids.”

Tony Boddie, out-gained Herschel Walker in an early season USFL Game and was later selected as Captain of the Denver Broncos for Super Bowl XXII:

“I remember Mr. Pugh and the contagious smile on his face. He was a man who enjoyed working with young men and women teaching them lifetime skills. We were fortunate to share a part of our life with him.”

Annette Hamre Bergsma, good student-athlete involved in the community:

“Kind, humble, funny, supportive and a great mentor to all. He was respectful and understanding. Having a baby in high school, three teachers

helped me find strength and hold my head high, Mr. Smith, Mr. Dowell, and Mr. Pugh. They made my life lessons easier to get through. We will miss seeing him.”

Marty Osborn, former head football coach and now Athletic Director at Kentridge High:

“Mr. Pugh had a very outgoing personality and he was a leader who made students and athletes feel welcome in his classroom and on his teams. One of the best shop projects Mr. Pugh had our class complete was the Golf Tee Signs for Gold Mountain back in the 1970's. He was a very positive role model and he created a fun and productive environment in the classroom and on the field. He was one of many Bremerton High School teachers that provided inspiration for me to choose secondary education as a career!”

*By Lane C Dowell with an assist from Terry Mosher, Kitsap Sun* ■

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It forces the person to use good form as it works the hips and quadriceps. Additionally, this exercise utilizes the Gluteus Maximus, Adductor Magnus and the Soleus muscle groups in a synergistic role.

Placing the emphasis on the quads means you have to structure the workout to include posterior chain lower body exercises such as the stiff leg dead lifts, hamstring curls, both standing and supine, Nordic hamstring curls, and calves. These act as dynamic stabilizers during the belt squat movement.

Here is a **formula<sup>2</sup> for determining the result** of the weight you have on your device. This is from [https://www.engineeringtoolbox.com/levers-d\\_1304.html](https://www.engineeringtoolbox.com/levers-d_1304.html)

#### Exercise description

It is called a belt squat for a reason...you use a belt to do the exercise, not as a back support but as an actual piece of the lifting device. Some use a dip belt or a specialized belt squat belt. I had mine made the way I wanted it to fit. However, you decide to do it, you will still need a belt

Select the load or load it up with what you want to lift, hook the belt up, brace your abs and back and then release the weight. Automatically you notice the load on your legs forcing you to move your hips backwards, just like starting to do a regular squat.

<sup>1</sup> <http://www.crain.ws/index.html>

<sup>2</sup> [https://www.engineeringtoolbox.com/levers-d\\_1304.html](https://www.engineeringtoolbox.com/levers-d_1304.html) ■

# ON THE HORIZON...

Steve Bridge  
Clear Risk Solutions

I have been a part of all of the WIAAAD workshops the past two weeks and here is some info that has come from those meetings.

NEW AD's: As of today, (Friday Aug. 28) there will be 41 new AD's in the State.

It appears there is a big question regarding what the end of the season events will look like including State Tournaments. The feeling from throughout the State is to eliminate over night stay. As a result the end of the year tournaments may end up being regional or sectional and would be events occurring on one day. For basketball that would mean an adjustment into the number of contest in a single day and that is something the WIAA would allow.

Many of the mandatory practices needed to compete in specific sports are being cut in half (example volleyball currently is 10, would be cut to 5). The only exceptions would be Gymnastics and Football- they would be 10. Also in football the mandatory three day period of no pads appears to be receiving support from the SMAC committee. This is similar to the current rule. The following chart provides the cuts.

Sport	HS Minimum Practices	MS Minimum Practices
Baseball	<del>10</del> 5	<del>8</del> 4
Basketball	<del>10</del> 5	<del>8</del> 4
Bowling	0	
Cheerleading	<del>10</del> 5	
Cross Country	<del>10</del> 5	<del>8</del> 4
Dance/Drill	<del>10</del> 5	
Football	<del>12</del> 10	<del>12</del> 10
Golf	0	0
Gymnastics	<del>15</del> 10	<del>13</del> 10
Soccer	<del>10</del> 5	<del>8</del> 4
Softball	<del>10</del> 5	<del>8</del> 4
Swimming/Diving	<del>10</del> 5	
Tennis	<del>10</del> 5	<del>8</del> 4
Track and Field	<del>10</del> 5	<del>8</del> 4
Volleyball	<del>10</del> 5	<del>8</del> 4
Wrestling	<del>12</del> 6	<del>8</del> 4

The Department of Health will be tracking the number of concussions kids receive State wide. This new rule mandates states as follows:

- Beginning with the 2020-21 school year, schools will be required to report confirmed concussions. The State Department of Health will be tracking this information and a link will be housed on the WIAA website to make reports.

There is also a new rule for ALLAD's called the Kenny Bui rule. Kenny is a young man who died a few years ago due to a hit in a football game. The new rule is as follows:

17.11.5 – To resume participation following medical care for suspicion of concussion or concussion, both the school athletic director and the medical authorities approved by the WIAA to make return to practice/play decisions (MD, DO, PA, ARNP, LAT) shall use the WIAA's designated "Return to Practice and Competition for Athletes with a Suspected Concussion" form. This new rule will be known as the "Kenney Bui Rule."

This potentially is a big deal for smaller schools or those without trainers as it puts the responsibility to provide the final RTP on them with the AD's signature. The purpose of the rule is to avoid clearance without AD or Athletic Trainers knowledge and for the Athletic Department be aware of the clearance.

The Medical Aspect committee also approved a rule that would mandate kids who leave the State to play in a traditional season (ie- Montana to play football this fall) and plan to return to play in the delayed season in our State

would need a new physical and concussion screening prior to participation. Montana and Idaho both have reported there are 20 kids from the State of Washington who have transferred to each state.

That an updated pre-participation physical is performed and would also include a concussion screening for any athlete that has left the state and moved back to Washington during the academic year to insure that there are no new medical concerns

A couple more rules pertaining to football only:

- That contests/scrimmages not be allowed between schools during the open coaching window of Sept. 28-Nov. 30 to limit possible exposure and transmission of Covid-19. Inter-squad games could be played as deemed appropriate by the local Department of Health. That football be allowed the additional time to practice without contact, helmets and pads during the out of season coaching period of Sept. 28 - Nov. 30 after the standard 20 allowable practices are met.

The final piece of information also dealing with medical aspects is about medical notes and when are they needed for an athlete to RTP after an injury. The rule reads as follows:

- 17.11.4 – Medical note needed for clearance when seen for medical care.

If there are any questions, please let me know. The WIAA power point used in their workshops is on the WIAA webpage. ■



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Contact, Michael H. Schick, Editor "The Washington Coach" Email: [wscs-editor@comcast.net](mailto:wscs-editor@comcast.net)

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# National Athletic Equipment Reconditioners Association

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STADIUM SYSTEM  
CANAAN, CT

USA RECONDITIONING  
GARFIELD, NJ

XENITH  
DETROIT, MI

Dear Sir/Madam,

NAERA (National Athletic Equipment Reconditioners Association), NOCSAE (National Operating Committee on Standards for Athletic Equipment) and helmet manufacturers is informing you of reconditioning and recertification recommendations for football, lacrosse, baseball and softball helmets.

NAERA recommends that during every football, lacrosse, baseball and softball season or practice period, every helmet should be cleaned and inspected regularly by a school or organization staff member with knowledge of manufacturer recommendations. We further recommend every helmet should be reconditioned and recertified annually unless stated otherwise by the manufacturer. ONLY a company licensed by NOCSAE can perform the recertification of football, lacrosse, baseball and softball helmets. For a list of NAERA members that are licensed by NOCSAE please visit our web site [www.naera.net](http://www.naera.net). More information regarding NOCSAE and their standards can be found at [www.nocsae.org](http://www.nocsae.org).

**Reconditioning/Recertification and Sanitization during Covid-19:** NAERA recommends every football, lacrosse, baseball and softball helmet issued during the time of Covid-19 and prior to being reissued to another athlete be reconditioned and recertified for the 2021 season unless stated otherwise by the manufacturer. NAERA further recommends that nonrecertifiable equipment, including but not limited to, football and lacrosse shoulder pads, chest protectors and shin guards be sanitized in accordance to manufacturer guidelines.

On January 1, 2017 NOCSAE put into effect standard ND 001 6.1.1 shown below.

**ND 001 6.1.1. Helmets intended to be recertified shall have a recertification interval provided by the manufacturer. Certification life is limited to this time period. Helmets not recertified during the stated interval shall no longer be certified. Recertification interval required for warranty validation shall satisfy this requirement.**

**What does ND 001 6.1.1 mean for your school or organization?** For Football helmets, as of this writing, the requirements from all football helmet manufacturers for recertification is a minimum of every other year. If you acquired new helmets in 2018 these helmets will need recertification per this standard.

Helmets that have a lapsed certification per NOCSAE DOC. 001 may be recertified under most conditions. Always ask your NAERA representative if you have doubts. **Remember when your team Captain or Coach tells the official your team is legally equipped, you need to know that is correct and factual.**

Every state association playing under NFHS (National Federation of High Schools) and NCAA (National Collegiate Athletic Association) rules has adopted the NOCSAE standards for football, lacrosse, baseball and softball helmets. Other state associations may have similar rules; however, most support the helmet manufactures recommendations.

Please make certain your school or organization is using a reconditioning company licensed by NOCSAE.

Sincerely,

*Tony Beam*

Tony Beam, BA, E.S., CAA  
Executive Director, NAERA

# Coaches, What Do We Do After Covid?

Steve Bridge  
Clear Risk Solutions

Like many of you, the past few months have been frustrating being locked up and not being able to do what we all do best and that is to teach and interact with kids. The new normal of virtual reality only allows so much contact, but most importantly, takes away from that locker room camaraderie that we all need so much. We are all social creatures and need interaction.

This article centers around what do we do when we get back. What type of expectations should we have of our team members and their desire to return to normal activity and routine of practice, working out and of course, contests and competition? I want to share a quick story. A few months ago, I had a conversation with a football coach who told me he had received a message from two of his better kids (one was a captain) that they had decided not to play football next season (2021). They had lost interest and just weren't "feeling it" anymore. The coach immediately contacted them to ask why the sudden change of heart? He gave them all the reasons why they should continue, but most importantly, he told them how much they would be letting down their teammates. Their response really provides the basis of this article. They said "They just didn't care anymore." The question then becomes, "How did two motivated leaders, kids who had demonstrated all the qualities of leadership and desire get to a point of 'I just don't care anymore?'"

Let's review what these kids have been doing the past few months. Their normal routine has disappeared for many of them. Going to school, hanging out with friends, being in the weight room and sweating together, constant chatter about how good they are going to be next year and "if we

work together, **there are no limits to what we can do**"- just like the coach has told them forever. Now they have no coach. They have no teammates. They have no one pushing them to get better, to strive to reach goals that they, as a team, established and committed themselves to achieve. Kids find other things to do, like video games, time on their phones, watching movies, etc. None of those contribute to who they were or who they wanted to be just months before. As coaches, how do we respond to the change in culture? I would like to make a few suggestions and use criteria from Bruce Brown's books, [The Impact of Trust and Life Lessons for Athletes.](#)

In his book, [Life Lessons for Athletes](#), Bruce shares 10 Life Lessons that kids should learn from the athletic experience. I am not going to go in depth of all ten but would like to share some thoughts on a few.

**Teachable Spirit: "Hold onto instruction, don't let it go, guard it well, for it is your life" (pg 4)**

Where is our instruction coming from today? We certainly can't watch TV and get much positive instruction on how we should act, how we should treat each other, or how we should behave. How does playing "Mortal Combat or Fortnite" all day do anything to teach proper instruction or behavior? How many of your players are doing anything in school, or for that fact, even made contact with their school? An AD in a 2A school told me recently they have over 430 FTE's missing from their school district. These are kids who have not made contact with any building in their school district. Then there is the issue of eligibility. Will we see a spike in eligibility issues when competition does return?

*continued on page 20*

This leads right into Mr. Brown's next lesson regarding academic responsibility. **"Make it a life rule to give your best to whatever passes through your hands. Stamp it with your manhood and let excellence be your trademark"** (pg 5). We are seeing a variety of skills and techniques being used by schools to make contact with kids; some effective, some are not. Again, the consequence of the lack of academic responsibility has the potential to blow up a team because of eligibility issues. Without the direction of a coach, who is pushing these kids to be accountable?

Let's take a look at another life lesson revolving around **Selflessness and Teamwork** and the implications of players' involvement. In the state of Washington, we have had several kids transfer to the states of Montana and Idaho just so they can play in a regular football season. There are a few requirements placed on these kids should they decide to come back and play in the Washington season this Spring. How are we dealing with the issue of **Selflessness**? Please don't misunderstand the point. There certainly is a valid reason some of the premier kids have left their schools, coaches and teammates for an opportunity to play and potentially showcase their talents. But in so doing, what is the message to their former teammates who were counting on these elite players to make their season the best it could be? It is a tough decision for kids and parents and those decisions will be something those kids will live with. But it is this behavior that goes against every

lesson we try to teach regarding being selfish and how to be a good teammate, and is not driven by anything a coach or the school did. It is driven all by the desire to play.

Finally, some thoughts for coaches when our kids can return to our teams. Give the kids a little space. Many will be moving from a completely undisciplined, lack-of-motivation world into a culture of demanding accountability, mental toughness, academic standards and work ethic. Let's remember, these are values many kids have not had for months. Some of them are hinging on that "Should I play or not" mentality. For some, pushing kids in a physical manner may help them make their decision. From a kid's standpoint "Do I go to practice and bust my butt (in what might be terrible weather in March) or do I just stay on my couch, play video games and really not care about what goes on around me?" That is a bigger reality than what some may believe to be truth. Kids may need a little benevolence as they are welcomed back. The statement **"They will care how much you know when they know how much you care"** may never be truer than in the next few months when kids come back to teams.

All the statistics out there regarding the issues with mental health and the suicide rate among our youth should tell us all that this virus has had a much greater effect on people than just the physical symptoms. Let's work to get kids back in the fold of the normal life style they have grown to expect and appreciate, with coaches who truly care about them as

people and not just their addition as a player. Let's not look to see how tough they are through immediate strenuous physical activities, which in some cases, may drive some kids off.

In Bruce's book about **The Impact of Trust**, he gives us six ways coaches demonstrate personal caring (pg 22).

- Positive talk
- Be loyal
- Show you genuinely are interested- Listen when they speak
- Give credit- Be an Encourager
- Be Accountable (Be able to admit mistakes)
- Confront out of love- Deal with them openly, honestly and fairly (consistently)

As coaches, when we approach what we all hope is the back-end of this virus, let us remember our commitment to our kids. We are role models, and for some, the only positive in their lives. We have been hired to do a job, but remember, the #1 reason kids participate in sports is to have fun. Granted, winning is fun, but not everyone is going to win all the time. Create great memories for your kids and in a time when kids need leadership in the worst way, be that light that turns kids on to being active and to promote all the values we believe to be the necessities for a successful life.

**NOTE: This article is written specifically with football coaches in mind and that is because it was a football coach who first brought this issue to me. ■**



# 2020-2021 Individual Sport REPRESENTATIVES

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

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

## Sport Associations Board Representatives

Athletic Trainers	Lorrie Howe	Eastmont	howel@eastmont206.org
Baseball	Brian Jackson	Graham-Kapowsin	bjackson@bethelsd.org
Basketball - Boys	Nalin Sood	Mountlake Terrace	Soodn@edmonds.wednet.edu
Basketball - Girls	Dan Taylor	King's	knights.in.gods.armor@gmail.com
Cheer	Stephania Gullikson	Skyline	GulliksonS2@issaquah.wednet.edu
Cross Country	Joe Clark	Lakes	jclark@cloverpark.k12.wa.us
Football	Mark Keel	Central Kitsap	MarkK@ckschools.org
Golf	Andrew Hershey	Shorewood	andrew.hershey@shorelineschools.org
Gymnastics	Ryan Fleisher	Issaquah	issygymnastics@yahoo.com
Soccer	Jens Jensen	Royal	jjensen@royalsd.org
	Nick Anderson	Lakewood	nanderson@lwsd.wednet.edu
Softball	Tom Harmon	Nooksack Valley	tom.harmon@nv.k12.wa.us
Tennis	Brooks Hazen	Puyallup	hazenbf@puyallup.k12.wa.us
Track & Field	Kevin Eager	Gig Harbor	wstfcaprez@gmail.com
Volleyball	Suzanne Marble	LaConner	smarble@lc.k12.wa.us
Wrestling	Brett Lucas	Todd Beamer	blucas@fwps.org ■

# Memories of the Toughest.....

by Lane C Dowell



Paul Silvi, KING 5 Sports Director

Filling the void of my favorite sport, High School Football, has not been easy. Paul Silvi, KING 5 Sports Director, has helped by showing highlights from past seasons. Jeff Graham, Sports Editor of our daily Kitsap Sun does a great job listing prep football games nationwide. We would not have seen young freshman phenom, Arch Manning, had it not been for the TV listing in the newspaper.

Paul and Jeff are helping this aging coach, but it just is not the same. I understand and agree with the WIAA changing the seasons, but it's hard for me. It must be very difficult for the current high school coaches and the

student athletes. They are the young heroes who will make their way when the time comes.

Walking through the Semancik Victory Park, nestled in the southeast corner of Bremerton's historic Memorial Stadium, and sitting on the half-ton rocks reminiscing and gazing at the Walk of Champions fills a void. I can see the steep incline where those proud '73 mentally tough Wildcats ran the hill 106 times.

Memories of past NFL greats playing on the magnificent grass gridiron now changed to plastic grass UGgghh. Sorry Chuck! No more chewing on the foliage and spitting out the rocks.

The memories of Bremerton's contribution to NFL - QB Don Heinrich New York Giants, DB Mike O'Brien Seattle Seahawks, RB Tony Boddie Denver Broncos, and OT Kevin Sargent Cincinnati Bengals all played their prep ball for my wily Bremerton mentor Chuck Semancik.

As I reminisce, one name echoes around the historic field...I swear

I can still hear Chuck calling for "Bramwell....Bramwell....BRAMWELL!" years after he played for the Washington Huskies. But that's another story....another time.

If one attended and participated in football as a Bremerton or West High Wildcat, mere mention of Room 8 stimulates a flood of memories. This was where the stage was set for what was appropriately called 'Chuck Football' or 'Ground Chuck'. Those identifying tags were attached to Coach Chuck Semancik's system long before a certain NFL coach brought his brand of rough and tumble ball to the Seahawks.

Pre-game, halftime, and post-game performances could be quite entertaining in Room 8 as the wily mentor endeavored to keep the intensity level high and make corrections in the 'Cats performance. Sophomores sat in the front while starters and upper classmen sat in the back. One of his memorable traditions was to end the Pre-game with the announcement of the starting lineup seconds before they took the field. They listened...



Don Heinrich



Mike O'Brien

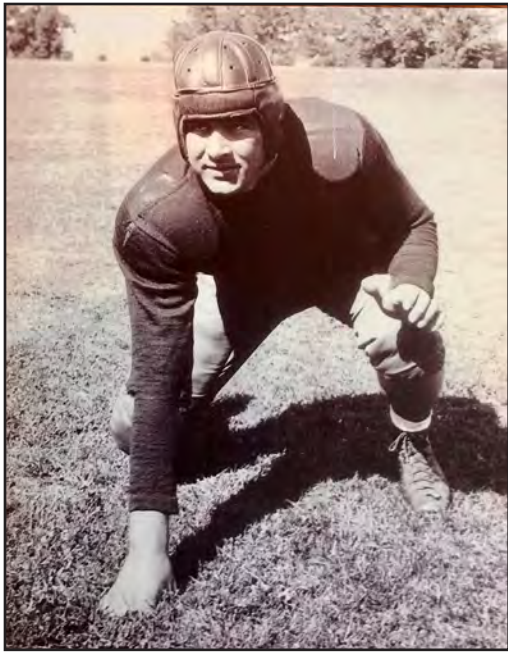


Tony Boddie



Kevin Sargent





*Chuck Semancik WSU 1938*

They cheered...the spotlight shown on one man, veteran Washington State Coaches Association Hall of Fame Coach Chuck Semancik.

During the school week, to call Room 8 a classroom might be a push. It was more of a holding pen for Wildcat boys, costumed in their rag tag PE gear awaiting the signal from PE Instructor Chuck Semancik to “play ball.” If you were allowed to register for 6th Period PE, it meant you were a candidate for next year’s Blue and Gold varsity football team. The curriculum for this class was to run the plethora of offensive plays from the variety of formations that comprised Ground Chuck.

To pass the ball was akin to buying a winning lotto ticket. It just did not happen. Defense consisted of lining up in a 52 Oakie with an occasional Eagle look. Semancik figured if we were tougher than our opponent, we did not need a lot of frills. Just go out and knock ‘em down...play tough... be tough!

The foundation of Bremerton football was physical play. Win or lose if the ‘Cats did not play a very physical brand of ball...well, let’s just say that it was not pleasant to be around Chuck.

Never was Coach Semancik’s obsession for mental and physical toughness more evident than when we took on the Rams of Tacoma’s Wilson High coached by Chuck’s old college rival, Harry Byrd. These epic battles were a sight to behold. They were truly a war, just like when Semancik, a lineman for Washington State, faced his nemesis, Byrd, who wore the colors of the University of Washington, in the Apple Cup.

None personified the wily old-school mentor’s desired toughness more than the 1970 Blue and Gold Eleven, that on a crisp fall evening engaged a huge Rams’ squad composed of future college prospects. Coach Semancik’s West Bremerton High School squad was physically dwarfed by the behemoths from Tacoma, who, in many cases, outweighed them by 50 or more pounds.

That Wildcats’ team never, NEVER succumbed, and left its heart on the muddy field as the scoreboard registered a convincing victory for the Rams. The post-game atmosphere in the visitor’s locker room was unique. A cloak of silence prevailed as Semancik quietly put his arms around many and silently whispered words remembered only by his boys who, that night, gave it their all.

They were really tough!

I have also seen a furious Semancik, in the wake of a 50-point ‘Cats triumph, lambaste his young warriors for a lack of toughness. If

you wore the Blue and Gold you were expected to play tough, no matter what the numbers were on the board.

Yes, Chuck, we were really tough!



*Bio:*

*Lane C Dowell,  
Correspondent for  
The Washington Coach*

*Ass’t Football  
West High Bremerton*

*Ass’t Football Olympic High*

*Lifetime Member WSCA*

*WSTFCA HOF*



The 2020 NFL season is almost here, and though we know this will be an unfamiliar and disappointing Fall with no high school football, it is important that we as a football family stay connected and celebrate the game we love, together. Our stands will be empty as we start the season and that will be tough too, so we want to fill some of the seats with something familiar and special – high school football.

We are putting out this call for every high school football team in the state of Washington to send us two jerseys that we can proudly display on a special section of seats during Seahawks home games this year at CenturyLink Field. We're kicking off our home schedule on Sunday Night Football on September 20 and we want to show the world how proud we all are of the strong state of football here in Washington!

Once the form is submitted, we will send you a prepaid mailing label to ship the jerseys to us. If parting with these jerseys is a hardship in any way, we will cover the cost of the jerseys up to \$200 total.

Thank you for all you do for our football community here in Washington. If you have any questions, please feel free to email me at [PaulJ@Seahawks.com](mailto:PaulJ@Seahawks.com).

Go Hawks!

Paul Johns, Director of Youth and High School Football  
[PaulJ@Seahawks.com](mailto:PaulJ@Seahawks.com)





## GO HAWKS!



The message on the previous page was sent from Paul Johns, Director of Youth and High School Football and the Seattle Seahawks through the WSFCA providing an opportunity to promote high school football across our state and support our Seahawks. The Seahawks further asked if the WSFCA executive board could help promote this endeavor as well.

The coaches answered the call! As seen in the pictures above and to the left, high schools across the state were ready, willing and able to provide visual support of our Hawks by sending their school jerseys. Well done WSFCA! ■



Hearing their final whistle...

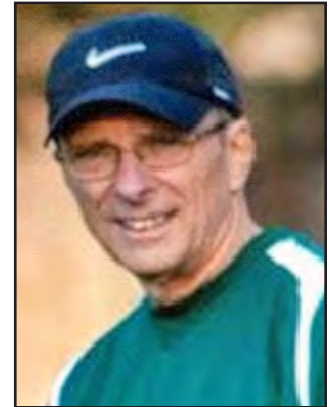
## Coach Bob Isitt

Reprinted with the permission of the Spokesman Review

### Hall of Fame distance coach Bob Isitt remembered as 'role model for coaching ethics'

UPDATED: Mon., Sept. 21, 2020

by Dave Nichols  
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(509) 459-5441



For more than 50 years, Bob Isitt was a fixture in the distance running community in Spokane. If there was a 'Mount Rushmore of running' in the area, Isitt would not be out of place alongside contemporaries and Olympians Don Kardong and Gerry Lindgren and their high school coach at Rogers High School, Tracy Walters.

Isitt died Friday at 70 after battling cancer and other complications.

"He was viewed as such a strong role model for coaching ethics and doing it the right way. He was an incredible individual," said WIAA District 8 director Herb Rotchford, who was principal at Shadle Park High School during Isitt's tenure as girls cross country coach.

"Bob Isitt would be in the same sentence with the best coaches (the GSL) has ever had," said Shadle Park athletic director Bruce Hafferkamp.

"He would have everything to back that up from his legacy that he left as a runner himself, the legacy he left as a teacher and coach, with individual athletes who were the most talented, or the ones that never made the record books. And then he had it with individual and team accolades as well."

Hafferkamp added, "His wife Karmen was his true inspiration to becoming the best husband, father, teacher, coach, and friend that he could be."

Isitt was born in Frankfurt, Germany, to U.S. Air Force parents and attended Rogers High School, graduating in

1968. At Rogers, he participated in football, basketball, cross country and track, where he was coached by Walters and trained with Lindgren.

"It was evident, early on, that he had special gifts," Walters wrote of Isitt in 2013. "He was a leader on the cross country team, able to unite his fellow runners in a way that bonded the team."

He was an outstanding cross country and track distance runner at Whitworth. In 1971, Isitt had the top 3-mile time in the nation for NAIA and set a school record which still stands. He graduated in 1972 with a major in history/political science.

Prior to his coaching career, Isitt worked at YMCA Camp Reed for Walters, along with Hafferkamp and Kardong, where he earned the nickname "Rapid."

"I first heard of 'Rapid' when I was a freshman at Whitworth in 1975," Hafferkamp added. "After school, I was his roommate right after Don Kardong. It was a small running community and Bob Isitt was one of the pillars.

"We were like brothers."

After college, Isitt taught and coached cross country at Shaw Middle School from 1973-81, where he won 15 middle school league titles.

He was hired at Shadle Park in 1982 to teach U.S. history and world current affairs, and originally coached ninth grade volleyball and basketball. He was named girls cross country coach in 1990.

## Take us along on your next adventure!

*And yes, building a snowman in the backyard counts as an adventure!*

**Take your copy of “The Washington Coach” on your next adventure. Send us a picture and tell us where you are. You will have great reading anywhere you go. Send your picture and information to:**

**[wsca-editor@comcast.net](mailto:wsca-editor@comcast.net)**



Isitt won two Greater Spokane League titles and had five state qualifying teams – with one State 3A championship and two runners-up – and coached two individual state champions, Erin Krogel and Andrea Nelson – a two-time winner.

Isitt was named GSL coach of the year three times and was selected as state coach of the year in 2009. He retired from coaching in 2014 and was elected to the Washington State Cross Country Coaches Association Hall of Fame in 2017.

“Statistics are important,” wrote Kardong in 2013, “but the thing I’ve always admired about Bob is his ability to connect with his athletes and to give them meaningful advice in both their sport and their lives.”

“I saw Bob Isitt more than my own family for years and years,” Hafferkamp said. “We coached together, taught in the same building, we shared the hallways together. He was my boss in the (social studies) department, I guess technically I was his boss for the last number of years as athletic director. For literally well over 20 years we saw

each other daily for literally thousands of days.”

Rotchford called Isitt a “renaissance man.”

“We’ve had many discussions over the years, and it wasn’t all about sports,” he said. “It was about life. It was about the kids, it was about politics, it was about religion. And he was such a deep thinker and such a great humanitarian, just such a heart of gold for people and for situations and for circumstances and ideas.”

Isitt had 22 runners who placed in the top 50 regardless of classifications. He had nine top 16 individual finishers and 19 ranked teams. In addition to his 23 all-league runners, his 2009 girls team was ranked third in the nation in Mile Split’s online rankings.

In track, Isitt coached some of the GSL’s finest boys runners, including Michael Kiter, Nathan Weitz, Nick Hauger, Casey Perry, and Peter Miller.

“He just was so talented as a teacher, so talented as a coach,” Hafferkamp added. “He developed the ongoing legacy of cross country running at Shadle Park High School.” ■



# Hearing their final whistle...

## Coach Virg Taylor

Reprinted with permission

### Taylor left a lasting legacy on North Kitsap sports

Terry Mosher, Sports columnist for the Kitsap Sun  
Published 11:23 a.m.PT September 3, 2020| Updated 5:47 p.m.

Virg Taylor, a longtime North Kitsap coach and athletics historian, died September 2.

The people in Poulsbo and those involved in high school baseball and football around the state know very well what they had in Virgil Taylor, a man of good character and cheer with a positive spin on the darkest moments. They respected him, loved him and cheered enthusiastic for the baseball and football teams he coached and the students he so wonderfully taught in his social studies classes at North Kitsap.

To say we lost a good man when Virg died Wednesday at age 80 from various health complications, including liver cancer, is to say water is wet. It's a clear understatement. What we lost is a man of compassion and empathy who filled an empty room with enough light to shine goodness wherever he walked. A guy like him is hard to come by so we tend to hold on to them as long as we can.

Now he is gone, but he leaves behind a legacy that will live forever. His 1988 baseball team won a state championship behind pitcher Aaron Sele, who went on to a 15-year career in the majors, including two stints with the Seattle Mariners, and is now a special assignment scout with the Chicago Cubs. And in 29 seasons coaching the sport Taylor's teams won 382 games and earned respect of every opponent he played for the way he coached the game and for the calm and positive way he handled himself.

Taylor came to North Kitsap in 1964 from Anacortes by way of Washington State, where he started out as a walk-on football and baseball player. He played one year of football as a 178-pound guard/linebacker. He loved playing defense, but the one-platoon scheme the Cougars played had the fullback and center playing linebacker so he never got on the field. And his career as a catcher in



Photo courtesy of the Taylor Family

baseball never really got started because he was cut from the team his first year.

What is a bit strange is Taylor's favorite sport was football. He only played baseball at Anacortes because his friends did, but he became one of the best high school baseball coaches in the state and is now enshrined in the Washington State Baseball Coaches Association Hall of Fame, along with the Kitsap Sports Hall of Fame.

Taylor didn't leave football, however. He got involved with the NK football program his first year at the school and served in various capacities, including offensive and defensive coordinator, over the years. His active involvement in the program ended in 2014 when his health would not allow him to continue. But he left his mark, especially on the defensive side.

"While Jerry (Parrish) was still the coach, (Taylor) told me, 'I will coach the front eight in our four by four, the line and the linebackers, and you make the calls that will be a good pass defense (with the back three, corners and safety),' " said Tom Driscoll. "When I finally got to be defensive coordinator near the end of my (coaching) career he was my mentor. I learned so much from him."

There are many remarkable things about Taylor, including his fascination with the history of NK football. He compiled the school's football record book, season by season, and had an amazing ability to remember the smallest details about baseball games from long ago.

“He was a very unique guy,” says Driscoll. “Virg had pretty much everything on baseball history in his basement. He loved keeping track of things.”

Jeff Weible, the current football and baseball coach at the school, was the catcher on the 1988 state championship baseball team and utilized Taylor as mentor and as a reference source for just about everything associated with the baseball program, including using him as the team scorekeeper.

“When I was a younger coach I would chew on kids and stuff like that,” Weible said. “He would sit with me and say, ‘You could have handled it a little bit differently.’ It was great having him around when I first became a coach in football and baseball.”

Weible says he went on a lot of trips to Eastern Washington and other places with Taylor to watch games or scout, and the stories Taylor would spin, right down to the special details of a game many years ago, always amazed Weible.

Brent Stenman, senior vice president at Timberland Bank in Silverdale and an assistant coach for Taylor, echoes Weible on the remarkable memory of Taylor.

“He remembered plays and players from past games,” says Stenman. “It could just be a random play, a 6-6 game and maybe a 2-2 count on the batter and what happened (on the next pitch). I don’t remember last year.”

Then there was the time that Taylor showed up at the NK baseball field with a new van and parked it right behind the backstop screen.

“It’s my first year of baseball and I’m this big ol’ dopey kid,” Weible says. “I hit a foul ball and it goes up and over the screen and comes straight down on the hood of his brand new van. I’m thinking I’m going to be on the freshman team, but he never said a word to me. I think he knew it was a dumb place to park.”

Stenman, a fanatic baseball man (he was behind the drive to bring the 13-year-old 2012 Babe Ruth National Tournament to Fairgrounds Field) learned baseball at the feet of Taylor, who was his history teacher at NK.

It turns out that Taylor weaved baseball into history.

“He had baseball questions on his history tests,” Stenman laughs. “It was great. All the baseball guys loved it. He even had football pools.

“He was a fantastic teacher. He was eternally positive. He always had something positive to say whether it was baseball related or not. In my mind, he’s a local celebrity, but I’m bias because we have been friends for so long. He’s the one who got me into Babe Ruth, in 1985, and then to the high school in 1988 (as assistant coach).”

Parrish, who is Mr. Football not just in Poulsbo but also at the state level in his official capacity as secretary of the Washington State Football Coaches Association since 1988, said Taylor was “a steadying influence for me. He was very positive with capital letters. He always saw the good side, whether it was good or bad.”

Years ago I was standing around in the NK locker room with assistant coaches while Parrish talked to his players in a post-game playoff loss. Parrish had the reputation as the no-nonsense guy and the assistants on that night told me Parrish was the bad cop and they were the good cops that cleaned up after him. This is not unusual in coaching situations, but Taylor was especially a good cop guy.

“When I was playing football (at NK), Jerry was kind of the hard nose enforcer while Virg was kind of the guy that was the polar opposite,” says Weible. “He would pat you on the back. I think they worked in tandem (bad cop, good cop).

“Virg never seemed to get rattled or shaken. He would just let it roll off his back. He was very knowledgeable, especially the fundamentals of the game and just the way the game should be played.”

It’s tough to lose a guy like Taylor. For me, he was not only a good human being but somebody I could turn to for answers when I got stumped. He was also easy to talk with and we often chatted about our other things other than sports.

He will be missed by many.

“He was greatly loved, no question about that,” says wife DiAnn, who created her own following for 35 years at Wolfe Elementary School where she retired as office manager and would have been married to Virg for 58 years on September 15. “We couldn’t go anywhere without meeting people, kids and students that knew him. Our boys (David, Matt, Jason) didn’t like to go to Disneyland because we would run into people that wanted to talk to him and that would take away their time for the rides.”

Driscoll recalls after they retired from coaching he and Taylor would sit in the first row of the stands for football games and be constantly interrupted by former students that would stop to talk to Virg.

“I just don’t think there was a better loved coach,” Driscoll says.

“He’s an icon,” says Stenman. “He was really smart when it came to baseball, but he was one that rarely tooted his own horn. But there is no doubt about it; he had a very brilliant mind.

”RIP to a community icon, and truly great man.”

*Terry Mosher is a longtime Sun sportswriter and regular sports columnist. ■*



## MVP DRIVE

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

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

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

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

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

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

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

### MORE THAN JUST TACKLING

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

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

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

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

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

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

# ROGERS



# School Sports and Activities Needed Now More than Ever

by Mick Hoffman, WIAA Executive Director

Ever since I was lucky enough to become the Executive Director at the WIAA, I've told our staff and membership that we are in the memory-making business. Those memories can be made in any town, large or small, in any sport or activity, at a mid-week practice, a senior night, or a State Championship final.

As a former coach and teacher, I had the opportunity to be a part of those memories and I've seen firsthand that high school is defined as much by what you learn outside of the classroom as what you learn in it.

Coaches and athletic directors, along with those of us at the WIAA, have long championed the value of education-based athletics and activities. Everyone has heard how competition can build character, teach discipline and life lessons, and connect students with peers and their communities. These are more than just talking points or "coach-speak" because now, in the absence of these extracurricular activities, it has never been more clear how much they are needed.

Parents can see the outsized toll this sudden change in life has taken on our kids. It has diminished our sense of joy, created anxiety over our safety and wellbeing, and stolen what will soon be a full year of our lives. While there is conclusive evidence about the physical dangers of this virus among certain age groups and demographics, the Governor's Office

and Department of Health must factor in the impact restrictions have on our students' mental and emotional health.

A University of Wisconsin study found in July that approximately 68% of 3,243 student-athletes surveyed, which included Washington students, reported feelings of anxiety and depression at levels that would typically require medical intervention. That was a 37% increase from pre-pandemic levels.

We are fighting a disease we have never seen before and one we know little about. This fall, schools in Washington chose not to offer sports and activities in accordance with the Governor's recommendation. At the time, we had little information on the risk of extracurricular activities in relation to COVID. Now, research from around the country allows us to make decisions on real data.

The University of Wisconsin found that, in a sample of 30,000 high school athletes, only 271 COVID-19 cases were reported with 0.5% of those cases traced back to sports contact.

In New Jersey, EDP Soccer managed 10 youth soccer tournaments in the state as well as multiple soccer leagues along the East Coast. In approximately 318,500 games, no COVID-19 cases were attributed to participation.

Right here in Washington, Seattle United Soccer Club had 1,930 boys



WASHINGTON INTERSCHOLASTIC  
ACTIVITIES ASSOCIATION



and girls participate in its programs this summer for two months of training. In total, two of those players contracted the virus and both of those came from community transmission, outside of sport.

These examples of students returning to sports are not meant to diminish the havoc and loss that this virus has caused. They are meant to show that if we work together and take the proper precautions, we can return to offering these once-in-a-lifetime opportunities. We know this because it has already been done. These are challenging times, absolutely, but there is no hiding from this pandemic.

We've heard the hesitancy among superintendents: "How can we offer athletics when we haven't returned to in-person learning?" This is not a logistical question. It is a question regarding optics and politics. I understand the hesitancy based on the

*continued on page 32*

Continued from page 31

stance of their communities. However, we must focus on the values and interconnectivity of extracurricular activities.

Education-based sports and activities have always been a key component of our school system. We cannot eliminate one portion of a student's education because we had to modify another. Aside from the inherent values that come with athletic and activity participation, students who compete in high school have shown to achieve higher grades, increase motivation and engagement, and improve the overall high school experience.

I've heard anecdotal evidence from our schools as well. Administrators in large school districts are reporting three times the number of students earning failing grades this year with all the challenges we face. Students are not attending on a regular basis or, in some cases, at all. This has been a difficult time for students, teachers and everyone working to

educate our children. Returning to competition will not be a cure-all, but, in a time where students have become disconnected from their education, we know athletics and activities can help them re-engage.

This call to action is not coming from a place of self-preservation or self-interest. While the WIAA itself has taken a financial hit during the pandemic, I am confident the organization is positioned to survive these hard times and thrive when we return to normality. A return to play this year without fans in attendance likely makes for a more difficult financial situation.

But that is not what this is about.

We have seen education-based athletics and activities take place successfully throughout the country. The state of Washington has demonstrated we can develop and execute safety measures during the pandemic. Our athletic directors and coaches have proven they are committed to ensuring the safety of student-participants

and complying with state-mandated regulations.

We must allow students to participate under the supervision of their school leaders and coaches and the WIAA is prepared to assist in navigating that process. There is no safer place for a student than our schools, before and during this pandemic.

Not to mention schools offer the most equitable opportunities for students of all skill levels and financial means. Restricting the ability of schools forces students and families to pursue avenues that are cost prohibitive and have fewer safety measures.

I understand that as I write this, we are seeing another surge in COVID cases around the country as well as in Washington, and that we may need to wait before we begin competition again. But we cannot wait until COVID goes away because students don't have that luxury.

They're running out of time to make memories. ■

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# SEATTLE SEAHAWKS

## “Offensive Legends” High School Chalk Talk

The Seattle Seahawks in partnership with the WIAA and the WSFCA coordinated the “High School Chalk Talk” with Seahawks Offensive Legends on Friday, October 23<sup>rd</sup>. The webinar brought over 500 high school players and coaches from around the state of Washington together to learn key tactics, drills and insights from the pros. The legends were divided up by offensive position groups: quarterbacks, wide receivers, running backs and offensive line. The coaches and players signed into a specific position group and were able to ask questions via zoom chat feature in a one-on-one session with a Seahawks Legend. The chat rooms were facilitated by members of the Washington State Football Coaches Association Executive Board.

This “Chalk Talk” is the brainchild of Paul Johns, director of high school and youth football for the Seattle Seahawks. Currently with high school football being scheduled for this spring, the Seattle Seahawks felt it was necessary to engage with football coaches and players during the fall. High school football is normally played on Friday night so the webinar was scheduled on Friday from 6-7pm – Friday Night Lights! Here is the list of Seahawks Legends in attendance during the webinar:

- NFL Hall of Fame and Seahawks Ring of Honor Wide Receiver **Steve Largent**
- NFL Hall of Fame and Seahawks Ring of Honor Offensive Tackle **Walter Jones**
- Seahawks Ring of Honor Quarterback **Jim Zorn**

- Seahawks Ring of Honor Running Back **Curt Warner**
- Seahawks Center **Robbie Tobeck**
- Seahawks Running Back **Justin Forsett**
- Seahawks Receiver **Ben Obomanu**

It was quite the cast of Seahawks Legends that were excited to donate their time to the high school coaches and players in the state of Washington.

Tahoma Bears Head Football Coach Tony Davis facilitated the RB position group with Curt Warner and Justin Forsett. According to Coach Davis, “Curt and Justin were outstanding....they answered questions in a manner that made their insights seem doable and applied them to their careers.” Some of the questions asked by the players and coaches were best footwork drills for RB’s in the off season, the most important quality in a RB, who were each players’ most inspirational coach, and what was their favorite play to run in a game. The players were really able to interact with the Seahawks running backs using the chat function to ask a myriad of questions.

Seahawks legend Jim Zorn was in the quarterback room, which was moderated by Mountainview Head Football Coach Adam Mathieson. Coach Zorn spent quality time answering personal questions about his career, as well providing his opinion on off season QB development, the benefits of playing multiple sports as a young person, triggers that help a QB best identify defensive cover-

ages/personnel, general play calling philosophies, and how to keep striving to be your best self on the field regardless of your present size or place on a depth chart. Coach Zorn really went into depth with each question asked putting personal examples in each answer.

Seahawks Hall of Fame Wide Receiver Steve Largent and Ben Obomanu headed the WR chat room lead by Mount Spokane Head Football Coach Terry Cloer. What an amazing experience for the players and coaches to have an NFL Hall of Fame WR to ask questions. Steve Largent provided insights on how he

It was quite the cast of Seahawks Legends that were excited to donate their time to the high school coaches and players in the state of Washington.

would run his routes vs. certain coverages, keys to setting up defensive backs and the technique of catching the football. Additionally, he provided insight on leadership skills what he learned through football and working as team. Ben Obomanu has provided a unique prospective of transitioning

*Continued on page 34*

from the National Football League to having a law degree and practicing law in Seattle. He stressed the importance of academics and always doing your best in school.

I was fortunate to be facilitating the chat room of the offensive line with Seahawks Hall of Fame tackle Walter Jones and center Robbie Tobeck. It was really fun to listen to the banter between the two players when talking about the early 2000's Seahawks offensive line, which both were leaders of, along with Hall of Fame guard Steve Hutchinson. Walter and Robbie were asked "who was your most inspirational coach of your career?," which both replied was their high school football coach. Additionally, when asked "what is the most important physical attribute of an offensive linemen?," both players responded with great footwork. Both stressed the importance of playing multiple sports to gain better footwork, along with off season training drills with cones and ladders. Lastly, both individuals really stressed the importance being a great teammate, studying film, and being coachable.

A huge thanks to the Seattle Seahawks and their support of youth, middle and high school football in the state of Washington. On Friday, November 13<sup>th</sup> the Seattle Seahawks held a defensive legends series featuring Lofa Tatupu, Leroy Hill, Jacob Green, Red Bryant, Cliff Avril, Jordan Babineaux, Layer Milloy, and Marcus Trufant. The Seattle Seahawks, WIAA, and the WSFCA are all encouraged that this could be a great way for professional players to provide insight to players and coaches and provide a model we look forward to continuing in the future!

Go Hawks!

Joe Cronin, O'Dea High School

## WIBCA FOR SOCIAL JUSTICE

Specifically, to our Black student-athletes, Coaches, Fans and their respective families-WIBCA stands by you! The WIBCA is a group of diverse coaches from varying races and religious beliefs. We are one as an association but more so in our belief of fair treatment to all and zero tolerance of racism and hate. The recent death of Mr. George Floyd is sadly another episode that our country has a long ways to go in eliminating hate and discrimination against those human beings that make up our black community; a community that is comprised of pride, love, respect, success, talent and beauty. WIBCA has a strong belief that we need to wake up as a country, open our eyes and see the ugly face of racism and how prevalent it is. If one is silent, then they are compliant and WIBCA stands strongly in support of our black colleagues and the student-athletes we are so proud to represent. Further, WIBCA is saddened that incidents like George Floyd in Minneapolis, Christian Cooper in Central Park, NY and Jacob Blake in Kenosah, WI in addition to the murders of Breonna Taylor, Ahmaud Arbery, and Tony McDade are happening all too often throughout America. Tragedies and ugliness like this simply cannot continue and WIBCA will do everything in our power to speak out against this and promote to our current student-athletes, who are our future, that a nation of hate is a nation doomed to fail. We stand for the equal treatment of all.

### PUBLIC SERVICE ANNOUNCEMENT

Please see the above PSA that was created exclusively to bring about awareness of social injustice across the United States of America. In addition to being posted on our website and promoted through various social media platforms, we hope that high school coaches will have this read throughout Washington on game nights in 2021.

### WIBCA SOCIAL JUSTICE T-SHIRTS

WIBCA with the assistance of BSN Sporting Goods, WIBCA bringing awareness to social injustice through coaches having the opportunity to purchase "WIBCA vs. SOCIAL INJUSTICE" shooting shirts that are to be worn during the 2021 basketball season.

### COACH EDUCATION

With support and guidance of men of color from our basketball community, WIBCA will be presenting a session at our full membership meeting that will better educate high school coaches and administrators as to their importance and roles in increasing social injustice awareness and bringing about change in our communities.

### PLAYER EDUCATION

Through our "Coach Education" session(s) we will be asking that high school coaches impart their increased awareness, knowledge and support towards our student-athletes of color and promote within their programs and communities better equity, equality, and justice.

### INCREASED MEMBER DIVERSITY

WIBCA has and will continue to increase our membership of our coaches of color in the state of Washington. WIBCA will continue to provide coaching opportunities, professional development and collegial offerings for our minority coaches so that they can see the benefits of WIBCA and that we are an association of inclusiveness and brotherhood yet zero tolerance of discrimination, hate and bigotry.



Hearing their final whistle...

## Coach Ed Pepple

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### Legendary Hoops Coach Pepple Passes Away at Age 88

*MI coach led his team to four state titles*

by Andy Nystrom Mercer Island Reporter

Monday, September 21, 2020 9:19am NEWS

Hard work, enthusiasm, toughness and determination.

Those were four of many core values that legendary Mercer Island High School boys basketball head coach Ed Pepple bounced into his players' game plan during his multitude of seasons on the Islanders' court, according to current head coach Gavin Cree.

Pepple, 88, passed away on Sept. 14, according to Cree, a former MIHS player under Pepple. Pepple's grandson Matt Logie, also a former MIHS player, texted his close friend Cree that morning.

Pepple, who passed away from cancer, is survived by his wife of 65 years, Shirley, their four children, Terry, Jill (Logie), Jody (Page) and Kyle, and six grandchildren and three great-grandchildren.

"He lived a very impactful life," said Matt, adding that Pepple was all about family and building authentic, long-lasting relationships on and off the court.

Added Terry: "He treated people with respect. He was very positive. He did just not entertain a negative thought."

Family was No. 1 for Pepple, who was the patriarch of "two big and loving families," the Pepples and the Mercer Island basketball community, Terry noted.

Pepple retired from MIHS in March 2009 after 42 seasons at the helm and four state championships. He is Washington state's winningest basketball coach with 952 victories.

Cree, who graduated from MIHS in 2000, will enter his 12th year as the Islanders' head coach this season. Cree imparts the same values on his players that Pepple did on his squads. It wasn't just basketball knowledge that they absorbed from Pepple, but forming great relationships, too, Cree said.

"He was equally special on and off the court. He cherished the relationships that he had with his players and his staff," said Cree, noting that Pepple created a basketball culture on Mercer Island. "I think it's a unique basketball program in the country where people feel so connected to one another because of the coach that they played for. He was just able to bring a community together and rally around the sport of basketball."

Pepple told the *Reporter* at the time of his retirement: "It's been long enough. It's time to let someone else run the show. And I am not Brett Favre."

He began his coaching career at Fife High School in 1958 and came to Mercer Island in 1967.

Pepple coached for 49 years overall, coached an All-American game, was league and state coach of the year numerous times, averaged two players advancing into the college ranks for every season and is a member of three separate Halls of Fame.

On Sept. 14, the Seattle Mariners honored Pepple, who threw out the first pitch at a game after he retired. The M's tweeted alongside a scoreboard photo: "Today, we join the Seattle-sports community in mourning the passing of former Mercer Island boys basketball coach, Ed Pepple. He led the basketball team to four championships during his 42 years of coaching. Rest in peace, Ed."

"That was overwhelming," Terry said. "He loved the Mariners, he loved the Seahawks, he loved the Sonics. He threw out the first pitch of the Mariners game a few years ago, which was a great honor for him. He was just thrilled. I've never seen him so happy."

Longtime friend Greg Asimakoupoulos, chaplain at Covenant Living at the Shores, said that Pepple "took

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great pride in having coached and mentored guys in high school that went on to achieve in the world of sports. Guys like Steve Hawes and Quin Snyder. Ed was especially proud of how his grandson Matt Logie excelled.”

Pepple ate breakfast at Chace’s Pancake Corral on Bellevue Way so often that they named the “Coach’s Pick” (crepe style pancakes filled with apple glaze) on the menu for him, said Asimakoupoulos, adding that a photo of Pepple hangs over one of the tables.

As one of the last speakers at the Covenant Living at the Shores monthly men’s breakfasts before COVID-19 hit, Pepple “shared about how his less-than-desirable childhood paved the way for a successful career,” Asimakoupoulos said.

On a recent episode of the Scorebook Live Today podcast, Matt (a 1999 MIHS graduate) said that his grandfather was a competitive and disciplined coach of high-level basketball and held lofty expectations for his players.

“He just always believed in me and he helped me develop the habits that would allow me to be successful,” Matt told the *Reporter*. “(He) pushed me to high standards and gave me a window into his life as a coach and his values, and those have been guiding lights for me as I got into coaching myself.”

Matt got his first glimpse into MIHS hoops as a ball boy, then achieved his dream of playing varsity ball for Pepple and winning a state title in 1999. Matt played for and was an assistant coach at Lehigh University, was head coach for eight years at Whitworth University and now

is the head coach at Point Loma Nazarene University.

Terry, who played for Pepple from 1972-74, said his dad brought out the best in his players during an amazing, life-changing experience. He wouldn’t trade those times for anything.

“It was unusual, obviously, being a coach’s son. That’s not an everyday thing that people see. He was certainly hard on me as he was on all of his players, but at home he was dad. On the court, he was coach. We had a complete separation of the two. Our teams were successful and I loved playing for him. I learned a lot. He was the best coach I ever played for,” Terry said.

Travel was an immense thing for Pepple, who journeyed with his MIHS team to Juneau, Alaska, in 1973 for a tournament and continued those trips in subsequent years. After Pepple launched Little Dribblers on the Island in the early 1970s, they traveled to tournaments in Texas each year.

Terry said that Pepple aimed to get his players out of their comfort zone on those trips, stretching themselves by meeting new people and experiencing new ideas along the way.

Pepple played for another legendary coach, Bill Nollan, at Lincoln High in Seattle before playing at Everett Community College for one year and then hitting the court for the University of Utah. At Lincoln, he competed in the state title game in 1950, and at Utah, his team played in the NCAA tournament against Bill Russell’s University of San Francisco squad in 1955. He joined the Marines after college and married Shirley in Everett in 1955.

Pepple’s ashes will be laid to rest at Tahoma National Cemetery in Kent. Terry said they are proud of his service to the United States in the Marines.

Ryan Rosoff, a former player for Pepple, wrote on Facebook: “RIP to a mentor, boss, and legend. No way one post could summarize all that he meant to my growth and development as a basketball player and as a human.”

\* Memorials may be made to the Seattle Cancer Care Alliance. ■



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