

THE WASHINGTON GOACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



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Presidents Message

Darrell Olson

Fall 2024



Fellow WSCA Members,

School is back in session, fall sports are underway, everyone is undefeated and believing they can win their conference championship. What a great time of the year. I begin my 46th year in the education/coaching profession and fall is my favorite time of the school year. Everybody is refreshed, everything is new. Those of you that are new head coaches or new to the coaching profession, you are jazzed and ready for your first season to get under way.

This is the time of year when WSCA membership renewal is well underway. If you are a coach registering as an individual, get onto our website and get your registration completed. If you are part of a district that covers your cost of membership, get onto our website and get your registration completed so you get your card before the post season. A reminder to ALL WSCA MEMBERS: your WSCA membership card allows you entrance into all post season events, including the state tournaments. This is not a ticket into regular season athletic events. Your AD should remind you of this. In your online registration, coaches will be able to select the multiple sports you are coaching. **Please be mindful that the #1 sport you select is where \$17 of your registration goes to support that individual sport with clinics, All Star games, and/or professional growth opportunities.** Your professional association is here for you.

A reminder to ALL coaches of the 2024-'25 school year: ALL paid high school and middle school head and assistant coaches are required to complete on-line WIAA and sport specific rules clinics. It is believed that all coaches should know the WIAA rules and the rules of the sport they are coaching. ALL coaches must complete their rules clinics before the first day of practice. Failure to complete these rules clinics will result in a WIAA violation. Whether we like it or not, completing this requirement is part of the professionalism of being a coach. Get it done.

By the time you read this, the deadline for submitting an amendment proposal to the WIAA, for the 25- '26 school year, will have passed. This is an important step if you are looking to initiate change in your sport. You are the change agent for your individual sports, and it starts with you. If you have an idea that you think will improve your sport, sit down with your AD and/or principal and share your thoughts and idea. Get them on board then download the appropriate form from the WIAA website and start the process for getting your amendment proposal rolling. It takes time! It is a slow process. Understand it takes months and multiple readings to get it to a position to be voted on.....but it is worth it.

I want to personally encourage all coaches to get involved and get off the sidelines. Make a contribution to your sport specific organization in 2024- '25. 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 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.

Here's to a successful fall sports season for everyone.

Keep the head down,

Darrell Olson
President

Executive Director/ Treasurer Report



Rob Friese, Executive Director, Treasurer



Be in the Know

It is a great time to be a member of the WSCA for the 2024-2025 year. Each year over 4000 members are represented and provided the benefits of being a member. Go to: <https://washcoach.net/memberBenefits.php>

The WSCA Executive Board is committed to doing whatever we can to support individual sports on their endeavors. We are in close, positive relations with the WIAA. This enables us to have a strong voice on matters that affect individual sports. Never before have I seen a clear avenue to make changes to policies and processes.

Having said that, we have learned that change is not an easy thing. The process of making change in any sport takes time and commitment. Complaining without a solution is usually not going to go far. Good ideas and data help to drive change. Often times the consideration of how an idea impacts other sports is vital. We are, like never before, working to create a forum in which all voices can be heard. It seems that the “one size fits all” idea is not longer the norm. Communication is the key. Understanding the structure and process is invaluable. Athletic Directors, District Directors, Individual Sport Representatives to the WSCA, and the Sport Representatives to the WIAA have a wealth of knowledge of why things are the way they are in your sport.

We continue to be committed to providing support to all sports in Washington State. Your membership not only provides a wealth of benefits, but also gives a substantial dollar amount back to your individual sport (last year \$66,000 dollars). We were also able to give \$17,000 to sons and daughters of members.

This is an exciting time for Washington State activities. If you have any questions or concerns, feel free to contact me.



QUESTIONS OR CONCERNS?

Contact - robfriese@gmail.com

Washington State Coaches Association

- Eligible to coach in sanctioned WSCA all-state games. WIAA will only authorize WSCA sanctioned All-State events.
- Receive reduced fees at WSCA sponsored coaches clinics and WIAA clock hours toward coaches education certification and/or salary placement.
- Honor member coaches for their coaching achievements through our Career Recognition and Lifetime Achievement programs.
- Provide reimbursement to each Individual Sport Association for enrollment in the WSCA.

For registration information please visit:
washcoach.net

Why Should I Become A Member?

This \$50 question is asked by many coaches in our state. The first answer is that the WSCA is a professional organization for Washington State high school & middle level school coaches. *We exist to support your efforts as a coach.*

- Professional education and training, to earn clock hours and coaching education hours.
- 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 \$2 million** for our membership while working a scheduled, sanctioned and supervised WIAA sport or event.
- An opportunity for your son or daughter to apply for WSCA scholarships. (i.e. **Burnett-Ennis, Terry Ennis, Student Teaching**).
- Eligibility for your sports' **Hall of Fame and Coach of the Year** recognition.

OTHER BENEFITS:

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

SCAN HERE



Building a Lasting Legacy



Dan Weedin

Insurance Strategist | Speaker, Author, Podcaster August 26, 2024

This past weekend, I spent quite a bit of time enjoying the AIG Women's Open Golf Championship being played at the famed Old Course at St. Andrews in Scotland. For the non-golfers, St. Andrews is considered the OG, the original golf course constructed a mere 500 years ago.

I'm reading a book about the construction of my favorite golf mecca, Bandon Dunes in SW Oregon. The owner Mike Keiser would tell the employees they were building something of great value and permanence, something that would still be around in 500 years. He often used St. Andrews as an example.

As I grow older, my thoughts often move towards my personal and professional "permanence." What is the legacy I want to build? Or maybe the better question is, what is the legacy I'm actually building?

From a professional level, we often get mired into what's going on right now. We constantly hear about being "present," and that is good advice. However, we also must be focused on what we are actually building and whom it's for. While handing down family business has been a hallmark of American industry, my suggestion is that we are also building legacy for those we serve.

Much like St. Andrews serves the golfers of today just as it has for centuries of them, what your company offers as value might just stretch among generations. Whether you're building houses, financially advising clients, manufacturing goods, or whatever it is that you provide, there will be a lasting value to that long after you're gone.

Are you focused on that?

In our personal lives, it's even more apparent. As I watch my grandchildren grow and become more entrenched in their lives, I see the faces of my children. I'm guessing my parents must have felt the same way. The time we invest in our family, friends, and

communities will have lasting value. We even have a greater ability to impact others because of technology through video chats and sharing of time?

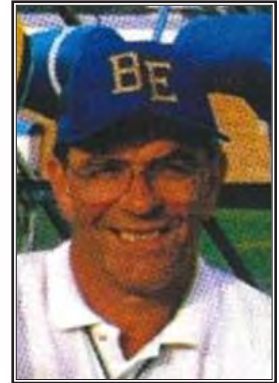
Are you focused on that?

Mike Keiser made sure his workers knew the value of what they were building. Ironically, Mr. Keiser made his wealth creating a greeting card company in the early 1970s that undoubtedly helped others share their feelings of friendship with others.

It's a good reminder for all of us to focus in on how we invest our time and resources for our own legacies.

Keep chasing unleashed. ■

Hearing their final whistle...



Coach Glenn Rickert

Burlington - On June 9, 2024, Glenn Edward Rickert, age 96, left the field of play for the last time. The man fondly referred to as “The Legend” by the boys and men he coached over his career passed away peacefully and quietly after many years of retirement life. Glenn was born on April 21, 1928, in Tacoma, Washington to Edward and Katherine (Kester) Rickert. He was soon joined by his two sisters, Nancy and Linda, and the family grew up on a small farm on Rickert Road along the banks of the Puyallup River. He became an accomplished athlete at Puyallup High School, earning multiple All-Conference honors in football, basketball, and baseball, and helped lead the Puyallup Vikings to an undefeated football season in 1945. In 2000, he was selected as one of the top high school football players in Pierce County history.

After graduation, Glenn received a football scholarship to Washington State College (WSU), where he played under legendary coaches Phil Sarboe and Forest Evashevski. He was a three-year letterman and remained a life-long Cougar fan and supporter. In later years he would help coach the Cougar alumni team against the varsity in the annual spring game. Glenn graduated from WSC in 1951 with a degree in business and a set of 2nd Lieutenant bars courtesy of ROTC.

On June 30, 1952, the Rickert’s welcomed their first-born, Michael,

and on July 1, 1952, Lt. Rickert shipped out to Korea as an infantry platoon leader. While leading a night patrol near Heartbreak Ridge, Glenn was seriously wounded by a land mine and evacuated to a medical facility and later hospitalization in Japan. He was awarded the Purple Heart and the Combat Infantryman Badge.

Glenn coached at Mead High in Spokane from 1953 to 1956, where daughter Amy joined the family. In 1956, the family moved west so Glenn could take a job closer to family, and in 1959 son, Jon, was added. Upon arrival at Burlington, he started a lifetime love affair with the Blue and Gold at Burlington-Edison High School. And Burlington loved him back. After 33 years as head football coach and athletic director, when he retired in 1989, he was the winningest coach in state history with a record of 272 wins-68 losses and 11 ties, 14 Northwest League championships and three state titles.

He was one of the first coaches to be elected to the Washington State Coaches Hall of Fame, a two-time National High School Coach of the Year, and was inducted into the Pacific Northwest Football Hall of Fame in 2012. His former ball players adored him and his family never tired of hearing “How is your dad?” hundreds of times each year from former players. He taught his players toughness, responsibility,

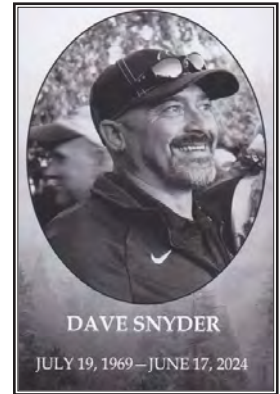
organization and teamwork. They responded with outright love, respect, and a winning tradition.

Glenn enjoyed winters in Arizona with close friends and golf at the Skagit Golf & Country Club in the summer. He was a member of the Burlington Lutheran Church for over 65 years. Glenn recently resided at Creekside in Burlington, where he enjoyed visiting with family and numerous old ball players and coaches.

Glenn is survived by Michael & Piper Rickert; Amy Rasar & Lowell Hanson; and Jon Rickert; grandchildren Tye (Kerry) Rickert, Joe (Julia) Rasar, Tracie (Josh) Fredlund, David (Kaylin) Rasar, Camlynn (Saxton) Shearer, Brett Rickert, and Chelsea (Jim) Herman; stepchildren Stephen Fohn, Renee Peterson, Scott Fohn, and Peter Fohn; and 12 great-grandchildren with one more on the way. In addition to his wives, he was predeceased by his sisters, Nancy Null and Linda Robertson, and sister-in-law, Beverly Whitsell.

At his retirement dinner attended by hundreds of former players and friends, he quoted Lou Gehrig: “Today, I consider myself the luckiest man on the face of the earth.” Looking back on his 96 years, he would say that again today. ■

Hearing their final whistle...



Coach Dave Snyder



Coach Dave Snyder Passes Away

North Kitsap High School and indeed the entire Poulsbo community are finding ways to cope with the loss of coach Snyder who died on June 17th while preparing the 2024 Viking football team while at camp held at CWU in Ellensburg. Dave was 54 years old.

The long time defensive coordinator and head track coach began his teaching and coaching career at Kingston Junior High school in 1996 before joining the NK football staff in 2002 as an assistant coach. Dave was

a big part of the 2022 Viking football team which played in the state championship game. Taking the head track coaching position in 2004, Dave saw his girls track team win the 2A State Championship in 2012.

Being named a Kitsap Sun Coach of the Year, previously coaching the Kitsap County Bears, assisting with the school's first girls flag football team, teaching history, coaching the track and football teams, coach Snyder's absence will be mourned by all who experienced his love, caring and friendship. E+R=O+1 ■

WASHINGTON STATE
COACHES ASSOCIATION



WCSA Coaches Card

We have had some questions from coaches about when and where their WCSA card is valid as an event pass. As a reminder, and as it says on the card, WCSA cards are valid for entrance into post season games...District, Regional, and State. They are not valid for regular season events, as this would be against ASB rules and regulations.

If you have questions about this, feel free to contact me.

Rob Friese, Executive Director/Treasurer
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Washington State Coaches Association
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Lebam, WA 98554

Hearing their final whistle...

Coach Ron Brown



*Reprinted with Permission
Posted Friday, July 5, 2024 10:52 am
By The Chronicle staff*

Legendary Centralia hoops coach Ron Brown passes away



Centralia's Ron Brown soaks in the moment after his 700th career win as coach of the Tigers. *The Chronicle File Photo*

Ron Brown, who coached Centralia High School's boys basketball team from 1961 to 2017, passed away early Friday morning, according to friends of the legendary coach.

He was 90 years old.

The educator and coach, whose longevity was surpassed only by his legendary calm on the Hub City sidelines, guided the Tigers to state basketball championships in 1979 and 1981. He was inducted into the Washington State Interscholastic Basketball Coaches Association Hall of Fame in 2006. The Centralia High School's gym floor was named in his honor in 2008.

Brown won 722 games as a head coach, currently third on the state's all-time list behind only Ed Pepple (Mercer Island) and Pat Fitterer (Ellensburg, Eisen-

hower, Sehome, Kentwood, Highland).

In addition to the state titles, his teams finished second, fourth, fifth, sixth (twice) and eighth (twice) at state, qualified for the state tournament another seven times and won 722 games, placing him third all-time in Washington history.

He was twice honored as the Washington State Coach of the Year, and in 1999 he received the National Federation of Interscholastic Coaches Association Section Eight Distinguished Service Award for boys basketball, a distinction that covers six states.

Brown coached players that went on to play in the NBA (Detlef Schrempf), NFL (Calvin Armstrong) and MLB (Lyle Overbay). He famously never received a technical foul, though in a

2017 Chronicle interview he said he once came close — back in his JV coaching days, just before he took the varsity job in 1961.

"I was angry at a call, and I think I found myself on my feet, probably with my fist in the air, and I turned down to my bench, and these kids looked like me — they were yelling and screaming and angry," he said. "I thought, 'My Lord, I can't let this happen,' and thought at the time, 'I'm not going to be an inspiration to bad behavior.' I just said I'm not going to do it, and I didn't."

Through 1,263 high school games, he kept his word.

His former players dotted the local coaching landscape for decades after his first crop of players graduated, and he built relation-

ships with top-tier coaches around the region — many of whom visited Centralia during the summers to help out with his annual basketball camp.

He collaborated with former players Jared Stewart and Chris Thomas to publish a book in 2022 chronicling the history of his 56 years leading the Tigers. Proceeds from the book, naturally, went to the Centralia basketball program.

"The total picture was more important to me than any state championship or season," he said upon his 2017 retirement. "It was just a wonderful career — 58 years, 56 as head basketball coach, and just the way the community has treated me and my family. It's just been a wonderful thing for all of us, I think." ■

WSVCA
WASHINGTON STATE VOLLEYBALL
COACHES ASSOCIATION



INAUGURAL VOLLEYBALL CLINIC A SUCCESS

On July 26th, the WSVBCA held its first-ever Volleyball Clinic at Burlington-Edison, and it was a resounding success! With 36 participants, the event featured valuable presentations from James Suh, Kim Grycel, Tawnya Brewer, and Suzanne Marble. It provided an exceptional opportunity for learning and collaboration. We extend our heartfelt thanks to the Burlington-Edison volleyball team for their excellent demonstrations and to Brandon Williams and Baden Sports for their generous donation to support our clinic. We're already excited for next year's event! ■



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Your opportunity to make contact with over 4,000 coaches throughout the state comes by choosing to advertise in "The Washington Coach." Published online three times a year on the Washington State Coaches Association website, washcoach.net, "The Washington Coach" provides information and a forum to our membership with the intent to enhance the highest possible knowledge, standards and ethics in the coaching profession.

Rates for 3 issues:

- Full Page (7"x 9") \$500
- Half Page (7"x4.5") \$320
- Quarter Page (3.5"x4.5") \$200

Rates for 1, 2 issues are also available.

Contact Michael H. Schick, Editor "The Washington Coach"

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Cell phone: 253-318-9432 ■



EARL BARDEN 2A-1A-B
★ COACH ALEX ★
WEST VS. **EAST**
ALL-STAR CLASSIC



Another great Saturday in June was had in Yakima in 2024. Rex Larson led his Anacortes High School high school team to a state championship in the fall and, through his West Team Offensive MVP performance, he also led the West to a 34-7 victory over the East. In a week full of competitions (between practice games, between inning entertainment at the Yakima Pippins baseball game and Belly Flop Contest just to name a few) the East was able to win the right to be the home team, but this day was dominated by the West. Charlie Ayers from Lynden High School was a problem all day as he garnered the Defensive Player of the Game for the West as well as tossing a touchdown pass. Other award winners for the West included Ferrill Johnson from Raymond' South Bend as the Outstanding Teammate Award and Jesus Mares from North Kitsap High School was voted Most Inspirational by his teammates. Jesus lost one of his high school coaches early in the week as 2022 Earl Barden Assistant Coach as well as an Assistant Coach at North Kitsap during football camp at CWU. The news of coach passing was tough on us all. The East team had the following players garner awards: Offensive MVP- Case Christensen from

Royal High School, Defensive MVP- Calvin Mikkelsen from Lakeside, Nine Mile Falls High School, Most Inspirational- Jonathan Holdway from Reardan High School and Outstanding Teammate Award- Levi Barham from West Valley- Spokane High School.



Planning has already begun for the 31st edition of the Earl Barden Classic. It is scheduled for Saturday, June 21st and played at East Valley High School in Yakima. The event is bigger and better than ever, so put it in your calendar to attend!

Mark Mochel- Chairman/ East Coordinator
Tom Sanchez- West Coordinator

Dom Coffin- East Coordinator

Mazen Saade- West Coordinator ■

The Washington Coach on the Road...

Coach Jerry Smoot had his copy of *The Washington Coach* with him on the way to a Father's Day dinner in Bellevue at Daniels Steakhouse. Cheers Coach! Swing Hard!



Take your copy of "*The Washington Coach*" on the road. 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 ■





GENERAL LIABILITY INSURANCE PROGRAM

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

CARRIER

HDI Global Specialty (A Rated)

POLICY PERIOD

August 1, 2024 – August 1, 2025

LIMITS OF INSURANCE

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

COVERAGES

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

EXCLUSIONS

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

CAMP INSURANCE

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

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

PROCEDURE FOR CAMP INSURANCE

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

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

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

PURCHASE INSURANCE

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

INSURANCE ADMINISTRATOR



www.loomislapann.com
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Disclaimer: This is an insurance overview for summary purposes only; for complete policy terms and conditions please refer to the NOCAD Master Policy.

SPORTS

Individual Sport Representatives

These are the coaches you need on your staff!

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

ATHLETIC TRAINERS

Ciara Ashworth
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BASEBALL

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SOFTBALL

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TRACK & FIELD

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VOLLEYBALL

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WRESTLING

Brett Lucas
Todd Beamer
blucas@fwps.org ■



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

Spotting in the Weight Room

A large part of strength training safety is the ability of the athletes to correctly spot one another during certain lifts such as the squat, bench press, incline bench press, military press, lunges, step-ups, and others that don't immediately come to mind.

The primary responsibility of the spotter or spotters is the protection of the lifter. To keep them as safe as possible and to help prevent an injury. The spotter must also be at least as strong and as tall as the lifter to properly assist when necessary. Both lifter and spotter must always use the correct technique for each of their parts in the lift. The spotter also must use good form when giving assistance by establishing a strong position and a solid stance.

This means getting into a position that offers the spotter the best leverage to help manage the load if it becomes necessary.

- The athlete and spotters' both need to know:
- The lift, how it's done correctly, what the lifter expects from the spotter, the potential dangers to both if the lifter needs assistance, and how many reps the lifter expects to do in the set.

Spotters ask if the lifter wants a lift-off in helping to move the weight into the start position.

- The spotter must pay attention through the full set.
- Don't help or touch the weights because the lift will not count.

Only touch the bar/dumbbell if it's necessary.

- If the spotter thinks they need to give assistance they should let the lifter know they are about to do it. If,
- However, if the lifter is in obvious danger the spotter must take charge and help the lifter out.

Remind the spotters their job is NOT to lift the weight, but to assist in, as is the case with the bench press, giving a lift off, and re-racking the bar when necessary.

Every one of us has seen spotters straining to help move the bar during the concentric phase as they keep yelling; "you got this," "nice job," "that looked easy," "one more rep," "keep going" and other such comments.

After finishing the exercise, the lifter and spotter look like they have both been lifting the weight for several repetitions.

While I applaud their encouragement and enthusiasm, they must know the correct manner of spotting and the above-mentioned spotting is not the correct way to do it.

Competent spotters don't take over the lift, they let the lifter lift. Spotters spot.

Coaching the athletes to become competent and dependable spotters relies on our ability to verbally explain and by demonstration of the correct manner are fundamental to their development.

Summary:

- The spotter knows good spotting technique
- They maintain clear communication and know when to step in and spot.
- Spotters aren't talking to someone else or gazing around.

It is the spotter's sole duty to pay close attention to the lifter. Nothing else!

Spotting the squat:

Squats and squat bars

Back squat, front, bent bar, limited ROM squats, safety squat bar, Bulgarian split squats with bar/dumbbells, over load squats, bands, (attached above and below the bar) chains, lunges with bars and dumbbells, and hanging, waist height plate holders, and the Zecher squat are just a few of the many lower torso, leg-oriented exercises safely done in the power rack.

Exceptions for the need for spotters:

- Safety Squat bars generally don't need spotters due to the configuration of the bar. If spotters are used, they must be aware of the immediate bar swing as the two spotters assist the lifter or remove the bar.
- Bar hanging on chains generally do not need spotters.
- The "concentric only" lifting apparatus. This allows the lifter to control the eccentric portion of the lift via a winch and then lift only the concentric part. Then

repeating the sequence again until the set is finished.

Spotting suggestions to consider

Proper squat technique begins with the lifter moving the hips backward I want my spotters touching the sides, front, and the lower back of the lifter.

- If the lifter correctly starts the squat, pressure should be on the thumbs on the lower back indicating the correct backward sitting progression of the squat.
- On the other hand, if the lifter begins the squat by dropping straight down, pressure felt on the index fingers indicates the lifter is beginning the lift by first bending the knees.

After determining if the lift is started right, the lift begins when the lifter is in position to start going down, the following immediately applies.

Spotting the squat-lift in the power rack

- Set the safety pin about one hole below the lowest position of the lifters squat.

One spotter:

The spotter must be someone the athlete trusts 100% to help them if necessary.

- The spotter stands behind and without touching the lifter.
- Places their forearms close to and under the lifters arm pits.
- And the spotter follows the lifter down and back up, again without touching them.
- The spotter must not stutter step when going either back or forward with the lifter.

When a male is spotting a female

- Begin in the same behind position, without touching, with arms and hands extended under their arm pits.
- If they get stuck, reach up and grab their shoulders, to help them up.
- Both the lifter and spotter drive up to the finish.
- Stay with the athlete until the bar is racked.

Two spotters:

- When using two spotters, communication is essential. Each must maintain eye contact with one another if the bar is going to be removed. The bar should not tilt either way. It ought not if both the spotters are paying attention.
- The spotter's stance is with their feet shoulder width apart and the knees bent a little.
- One spotter stands on each side of the bar. With the hands clasped together, fingers intertwined and not just held open, the lift begins.
- The spotters hold their hands several inches below the ends of the bar. As the lifter begins to move backwards, both spotters move backwards with the athlete.
- As the lifter begins to squat both spotters follow the bar down and up. All the while maintaining good posture with flexed/extended knees, hips, and torso. Always keep the back in the neutral position.
- At the top of the lift both spotters, at the same time, take hold of the bar and assist the lifter by slowly releasing the bar back into the "J" hooks

Bailing in the back squat. This is dangerous as hell and used only as a last resort.

- Not recommended unless necessary and then only after warning your spotter if you have one.
- If this should happen, the lifter shoves the bar backward and jumps forward letting the bar crash to the floor behind or power rack and scaring the heck out of every student in the gym. The teacher, meanwhile, is close to having a heart attack all the while praying the student is not hurt.
- After the commotion is over the coach may take the students aside and ask what happened, where were your spotters, and then direct attention to the spotters by asking them what they

were doing, what were they paying attention to?

Front squat spotting

With a few exceptions spotting the front squat is like the back squat. Those exceptions are:

Assist in balancing the bar on the lifter as it's removed from the rack

Assist in maintaining the balance of the bar when it's returned to the rack.

Spotting the lunge

Barbell and dumbbells

- Stand directly behind the lifter, with feet shoulder width apart and the knees slightly flexed.
- The spotter should not stutter step in either direction.
- Assistance is necessary only when the lifter begins to lose their balance.
- The spotter mimics the lifters movements throughout the entire lift, from start to finish.
- The spotters' hands are near the athletes' hips, waist, or mid torso ready to help at any time.
- The athlete lets the spotter know when they are ready to back up. The spotter moves backward with the athlete until they are set up and ready to lift. As the athlete moves backward the spotter also moves backward.
- When returning to the starting position the spotter lines their feet up with the lifter's feet. If the lifter leads with the right foot, the spotter moves their right foot forward about a foot or more behind the lifter's foot. The spotter also moves up and down with the lifter.

Spotting the step up

The spotter's directions for the lunge, barbell, and dumbbells, are the same for the other lower body exercises listed above.

continued on page 16

continued from page 15

3rd degree bench press

The bar is 5 feet long (length of the bar) x 40 (load) = 200 pounds. The applied force at the 2-foot mark makes the load approximately 100 pounds.

The 3rd degree belt squat.

The bar is 5 feet long (length of the bar) x 40 (load) = 200 pounds. The applied force at the 2-foot mark makes the load approximately 100 pounds. This is just what my orthopedic surgeon told me NOT exceed 100 pounds after both of my knees were replaced over twenty years ago.

Having one of these in your gym is an effective method to teach proper squat technique because when squatting with the belt squat, the first motion will be to the rear, as in sitting back onto a chair. The load is off the back and placed firmly on the quads.

The spotter stands to the side and quickly lets the safety chain drop the safety support.

If in doubt about the lifter and the load on the bar, place the number 4 or 5 board from the board press bench under the lower part of the belt squat bar.

Spotting the barbell and dumbbell in the flat bench press, decline, and incline bench

Bench press equipment commonly used in my gym and some in the school.

Bench presses (BB and DB), with bands, chains, danglers (rope tied to plates hanging on the barbell), Tsunami bars, incline bench presses, decline bench presses, in my gym. We did not do these in school because the proper bench was not available to us.

Asymmetrically loaded bars must have competent and skilled spotters due to the nature of the lift, beginning at the initial lift off the rack.

Spotting the flat, decline, and incline bench press

A male, in my opinion should not be spotting a female by hovering over her head in any of the lying down exercises. Have another female do the over the head spotting position.



The 3rd degree belt squat.

The same is especially true if she is using dumbbells due to the manner of spotting the dumbbell exercises.

My advice is to have a female spot a female.

Depending on the lifter's strength level and the load on the bar, the spotter either stands to the side of the lifter or over their head. If a female requests a male to spot her have him stand beside her hip/waist. If the weight is too heavy for the male, then two spotters are necessary.

Ask if they want a lift off, if so, the lifter says when to go. The spotter then gives them a smooth handoff.

General bench-pressing spotting considerations.

The spotter:

- Stands near the head of the lifter, or by the side if strong enough to manage the weight on the bar.
- Place the feet evenly spaced about shoulder width apart with a slight bend to the knees
- Whenever the spotter touches the bar, it is with an alternate grip. This helps in preventing the bar from rolling out of their hands.
- This grip, generally, will be inside of the lifter's hands. In the case of the narrow grip bench this obviously must be shifted out farther. Keep in mind the farther out on the bar the weaker the grip becomes.
- When the lifter says they are ready the spotter helps take the bar from the rack and gently

guides the bar over the lifter's chest and smoothly releases the bar.

- If the lifter is new to the weight room the spotter may follow the bar down, and back up, without touching it unless necessary.
- When the bar is at the top the spotter helps, with the alternate grip, put the weight back on the uprights.

Spotting the flat bench by the side, with the knee gently pressed against the lifter's hips, has several advantages over the hovering method.

- The spotter knows instantly
- If the lifter's hip moves up.
- If the feet and legs move.
- It is easy to notice the position of the elbows, arms, and wrists.
- The bar path is easier to see,
- As well as the breathing patterns.

<https://www.artofmanliness.com/health-fitness/fitness/how-to-spot-someone-on-the-bench-press/>

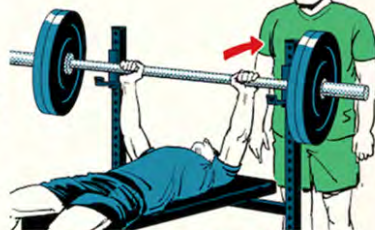


My thanks to Brett and Kate McKay for the use of the excellent graphic on page 17. Check out their website has a wealth of information in it.

HOW TO SPOT SOMEONE ON THE BENCH PRESS



1: ON A COUNT OF "THREE" the lifter will extend his elbows to lift the bar out of the J-cups. Assist during the lift off. Don't let go of the bar until it's over the chest of the lifter.



2: AFTER YOU'VE LET GO of the bar, step back and out of the lifter's line of vision. It's distracting to see someone's big ugly mug or crotch while you're bench pressing.



3: DON'T TOUCH THE BAR when you see a lifter grinding it up. You'll distract the lifter or throw off his bar path.



4: ONLY ASSIST A BENCHER if you see the bar start going down (while it should be going up). In that case, grab the barbell with an alternate grip, and pull it up and then back into the J-cups.

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The 3rd degree bench press.

3rd degree bench press

When x pounds of force is applied to one end of a lever that is L feet long, the resulting force y on the other end is determined by the distance between the fulcrum (the lever's pivot) and the end of the lever on which the x pounds of force is exerted.

The bar is 5 feet long (length of the bar) \times 40 (load) = 200 pounds. The applied force at the 2-foot mark makes the load approximately 100 pounds.

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The Washington Coach Magazine DEADLINES



Fall Issue - September 14

Winter Issue - January 14

Spring Issue - May 14

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

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



Spotting the kinetic bar bench presses

Spotters follow the same directions when using this bar as they do for the other benches.

This bar is a full 2-inches in diameter, making it difficult to hold for someone with small hands. Just with all spotting in the benches, use the alternate grip for safety reasons.

In my gym, we periodically use a kinetic bar filled with large ball bearings or water.

Spotting the Dumbbell bench press

Some of you may not like the following where it describes starting out and getting back to the starting position but try it on your own. It takes a bit of practice before it the movement begins to smooth out, but once learned becomes very safe and comfortable.

I use it to avoid damage to the shoulders when they try holding the dumbbells to the sides when getting into position. Instead have the lifter follow this sequence.

The athlete begins the dumbbell exercise with the DB resting upright on their lower thighs. As they start moving their body onto the bench, they are pulling the dumbbells into their chest area and not letting them drift toward the floor. This takes a certain amount of practice, but the time spent learning how to do it is well worth the injury reducing effort.

The spotter.

- As they begin laying back to the

bench, grasp the lifter wrist at about the forty-five-degree angle and follow them down into the actual bench press beginning.

- Hold both wrists until the set is completed.
- Assist the lifter by helping them fully extend their arms.
- With the arms fully extended above their head.

• At this point, the lifter begins to slowly move their arms forward, still straight, in an arc downward. With the spotter still holding the wrists.

- While the weight is moving down, the upper body goes along with it to the upright position.
 - Depending on the weight used, and if done correctly, the upper torso will also be moving quickly. So just before the lifter is upright on the bench, they must start slowing the weight down to avoid momentum throwing them off the bench.
- When the lifter is sitting upright the dumbbell should be resting just above the knee, not on the knee!

The spotter sticks with lifter throughout most of the exercise while being careful not to damage their wrists during the spotting process.

Spotting the Dumbbell

If asked, help get the dumbbells into position. Take your position behind the lifter.

Put your hands around the lifter's wrists, not the elbows because if they begin to lose the lift the normal path of the dumbbells will be collapsing onto the lifters head.

Watch and listen to the lifter.

Spotting the half rack and full military press.

Military presses, front only and not behind the neck military presses, due

to the extreme stress on the shoulders.

The spotter should be, if possible, equal in height and strength to be effective.

The **half rack military press** in the power rack simply means the lift starts at chest level in the power rack. The safety pins are set at shoulder height and the start of the lift begins here. This does not allow for any momentum either at the start at the bottom due to the preset pin height.

Military press

- The spotter stands with their feet about shoulder width apart and knees slightly bent, directly behind, but not touching the lifter.
- When the bar is lifted it is the spotter's role to stabilize the lifter if they begin tipping to either side or to the rear.
- The spotter in these cases should tell the lifter to stop and lower the bar. During this time, the spotter also takes hold of the bar and helps lower it down to the rack position. If the lifter now has control, they will lower it down to their waist.
- If the lifter is making satisfactory progress in the lift but falters near the last couple of inches, then a slight assist is permissible. When doing this the spotter helps push the bar up with their hands fully extended.
- Once at the top, the spotter stays near the bar without touching unless it is clearly out of control. If that happens, the spotter must quickly take hold of the bar and assist the lifter in lowering it down to the lifter's waist.

Bailing in the military press.

- **This is extremely dangerous to the spotter and lifter. There must be a quick warning that it is about to happen**

If the weight is too heavy, then have two spotters on the bar. If there is only one spotter and the lifter is no longer under control of the weight, the safest way for the lifter is to bail by pushing

the bar backward/forward and jumping to the front or rear.

Normally, it has been my experience that if the spotter is paying attention, they will know this is about to happen and will already be moving away from the lifter.

However, this is not a desirable choice in the weightroom, but it may be a necessary one.

Triceps extensions standing and lying lifts.

Straight bar, bands, chains, and an EZ curl bar.

The spotter

- Stands near the head of the lifter, or by the side if strong enough to manage the weight on the bar.
- Place the feet evenly spaced about shoulder width apart with a slight bend to the knees
- Whenever the spotter touches the bar, it is with an alternate grip. This helps in preventing the bar from rolling out of their hands.
- This grip, generally, will be inside of the lifter's hands. In the case of the narrow grip triceps extension this obviously must be shifted out farther. Keep in mind the farther out on the bar the weaker the grip becomes.
- When the lifter says they are ready, the spotter helps take the bar from the rack, off the floor or bar rack, and gently guides the bar over the lifter's chest and smoothly releases the bar.
- If the lifter is new to the weight room the spotter may follow the bar down, and back up, without touching it unless necessary.

- When the bar is at the top the spotter helps, with the alternate grip, takes the weight from the lifter and puts it back where it came from.

Power rack specs

I do not recommend using the Smith Machine because the bar path does not fit any exercise.

The weight of these power racks allowed us to move them around our gym until they were easy to use in room. Each one took a minimum of space in our small 1200 square foot area.

We probably could have used the schools' shop to measure, cut, drill the 1-inch holes, and then, under close supervision by the instructor, to weld them up. However, due to safety concerns we bought them from Forza, in Spokane.

The dimensions of each one:

123 lbs	Total weight
Rack Height	72"
Rack Total Width	58"
Rack Depth	48"
Working Area	44.1" W 26"

D This is ideal for lifting inside of it. There is plenty of space to safely move away from and then back into the J-hooks.

Hole Spacing	2" I would have preferred them to be closer.
Hole Size	1"
Hardware Size	3/8"

Plate holders

- Attached to the uprights on each side, 45 lbs. 35 lbs., 25 lbs., 10 lbs., and 5 lbs.

- The 2-1/2 plates are stacked in the back corners, out of the way for the lifters and the inside spotters.

Power rack safety

Setting up the power rack for lifting

The squat.

- Begin by setting the safety pins about 4 inches from the bar at the lowest position in the squat. If using the safety straps have the lifter put a bare bar on their back or front deltoids/upper arms and squat down. The straps are correct if the bar is several inches above the straps.

The bench presses

- Set the pins near the bottom of each lift.

The military press

- Set the pins near shoulder level.

Personally, I tended to have my students do as many exercises as possible inside the power rack.

We used, and they are still in use, the standard sized power rack. These are the simplest racks without all the bells and whistles seen on many of the racks in use today. The single addition to them being the T-bar holder on the rear bottom cross member.

Questions or comments are welcome just use this address explosivelyfit@gmail.com

Endnotes

1 This is a talking point with the lifter after the lift is finished, not during the lift unless the lifter is so out of position that the lift needs to be stopped or taken down to the safety pins.

2 <https://web2.0calc.com/questions/the-lever-s-pivot-show-work> ■



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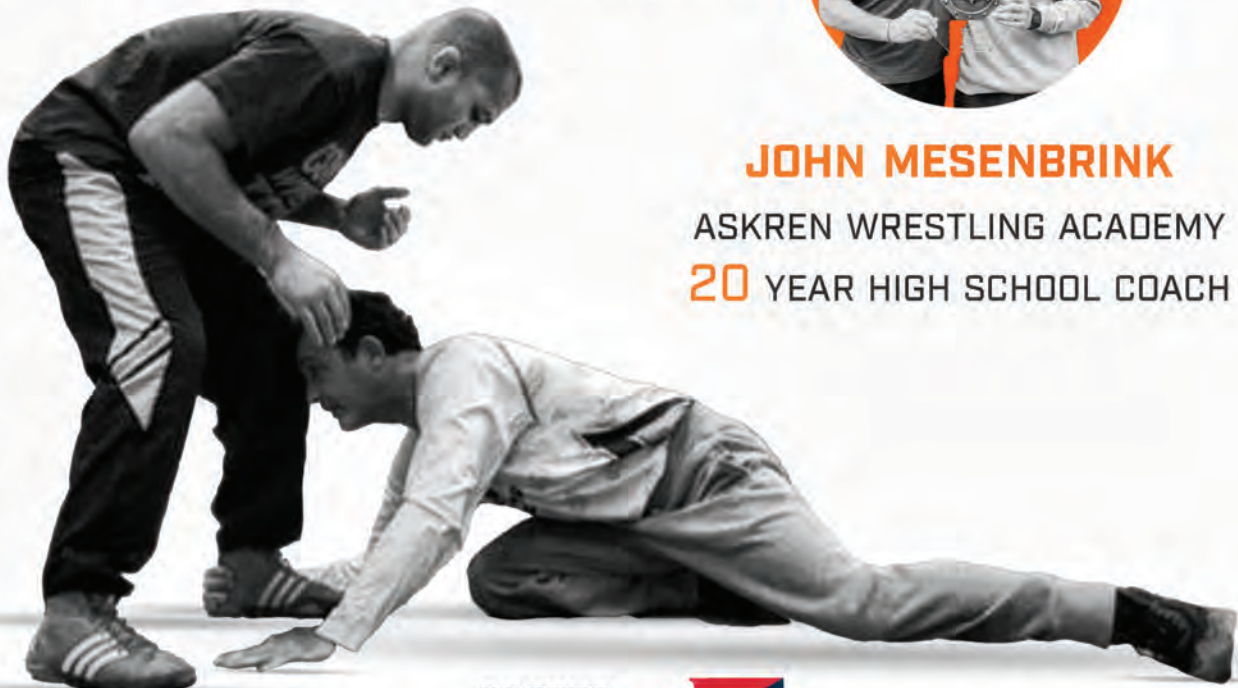
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WSWCA Hall of Fame Class of 2024



The Washington State Wrestling Coaches Association (WSWCA) is proud to announce the Class of 2024 inductees to the WSWCA Hall of Fame. The HOF ceremony will be held on Saturday, November 2, 2024 during the annual WSWCA Coaches Clinic. Ticket information will be available in September.

The WSWCA Hall of Fame Class of 2024 includes the following coaches listed in alphabetical order: Travis Hughes (Mt. Spokane), David Johnston (Rogers, Kent-Meridian), Phil McLean (Mead, Gonzaga Prep), Dave Smith (Mt. View MS, East Valley SD), Mike Sowards (Orting), Jamie Wise (Issaquah, Moses Lake). These coaches were selected through a voting system of current HOF members along with the WSWCA Executive Board. There were twenty-one nominees in the head coach category and four nominees in the assistant/middle level category.

In addition to the Hall of Fame induction, the WSWCA will honor two members of the

wrestling community for their contributions to the sport in Washington. Joe Sanford (Pasco) will be awarded the Dr. William Tomaras Award. Scott Norton (Highline CC) will be recognized as the recipient of the Joe Babbitt Contributor's Award.

Attendees of the WSWCA Coaches Clinic can attend the Hall of Fame ceremony as part of their clinic registration. Those not attending the clinic should look for ticket information on the WSWCA website and Facebook page in mid-September. ■



Scholarship Recipients - Tell us your story

One of the most significant benefits of WSCA membership is the opportunity for your son or daughter to apply for the Burnett-Ennis Scholarship and/or the Jerry Parrish Scholarship for student teachers. These scholarships are awarded in the spring through the great work by our scholarship committee. The applications may be found on our website, washcoach.net, under General Forms.

This column, **On the Journey to Success**, written by the recipients highlights how the scholarships have assisted them in obtaining their degrees or certifications and where they are now on their journey to success.

If your son or daughter has received a WSCA scholarship or you know someone who has, please encourage them to contact me as we would like to honor them again by sharing their experience in "The Washington Coach".

Mike Schick
Editor, "The Washington Coach"
wscs-editor@comcast.net ■



The Girl in the Boat

by Lane C Dowell
WSTFCA HOF 2012
WSCA Lifetime Member
Correspondent for *The Washington Coach*



This story is about the sport of Rowing – Women’s Rowing – and how a 1988 Bremerton High student spent her first year with the University of Washington’s Rowing team having literally no experience in the game.

But first, a bit of UW history...because we have to remember women’s part in athletics.

We all take pride in the history of the University of Washington’s Men’s Rowing Team winning the Gold at the 1936 Berlin Olympics. It was towards the end of the Great Depression...it was Seattle...and the tradition continues.

Just this Olympiad, Washington Rowing completed a historically successful 2024 Olympic Games with 17 Washington Rowing alumni – the highest total for any single college – competing for six different nations. In all, 11 Washington rowers, both men and women, won Olympic medals, the highest total in program history.

The University of Washington is surrounded on two sides by water, Lake Union to the west and Lake Washington to the east. Rowing is a natural draw to the students and faculty. UW Team Historian and Board of Rowing Stewards member, Eric Cohen, described the creation of Rowing at the University of Washington campus when the first students took to the water to row. An estimated 5,000 people showed up on shore and by boat to watch the first intercollegiate rowing race between California and Washington in 1903.

1903 was also the first year of documented women’s rowing at Washing-

ton: *“The co-eds have taken to rowing for the first time this year. A number of the young ladies of the dormitory may be seen each morning about six o’clock down at the lake training faithfully. They use the same boats used by the boys and under the same conditions.”*

Hiram Conibear was hired in the fall of 1906 as a general athletic trainer for



the track and field teams and was convinced by the athletic board to also assume the role of head coach for “aquatics” (rowing) for the 1907 sea-

son. With some women already informally rowing out of the boathouse, Conibear made it official and started a women’s program, the only one of its kind at a public school in the nation at the time.

Conibear – an innovative, intelligent, curious, determined risk-taker – believed in four core principles: hard work - team over self – camaraderie - rowing to win.

The magnitude of what those women, along with their coach, were accomplishing by maintaining a daily regimen of rowing at a university at this time cannot be understated. In 1907, 1) Theodore Roosevelt was President of the United States; 2) Oklahoma, New Mexico, Arizona, Alaska, and Hawaii were not states; 3) and women could not vote.

There were two women’s rowing

programs active at U.S. universities at the time: Washington and Wellesley, a private women’s college in Massachusetts. Women’s athletics were not only unsupported by most of the country, but they were also often admonished as unhealthy for women, particularly in endurance and aerobic sports.

Hiram Conibear did not agree with that sentiment. He encouraged women to row and fought for it multiple times, even risking his job by ignoring an administration that saw women’s rowing as dangerous and unflattering to women. Women’s Rowing was cancelled by upper campus more than once, but each year would come back with the blessing of Conibear, to the point where by 1913 he was hiring a woman to be the women’s head coach.

In September 1917, Hiram Conibear died from a fall in his backyard picking plums. He was 46 years old. Following his death and the post-World War I revisions on campus, women’s rowing took a decades-long hiatus at the university. It was not until after World War II that rowing began to re-emerge but only as a physical education alternative for women.

Commemorating his name, the UW’s Conibear Shellhouse was constructed in 1949. It sits on the shore of Lake Washington and has served as the primary home for Washington Rowing and has been described as the heartbeat of athletic life for all Husky student-athletes.

In the fall of 1968, Mills College (Oakland CA) transfer, Joan Bird

wanted to sign up for Women's Rowing and was surprised to find the UW had no such thing. When asked, there claimed to be no interest, but the person helping her sign in said, with a conspiratorial smile, 'If you can demonstrate there is an interest, the university is obligated to supply you with equipment.' There was a great deal of interest - thirty women signed up and Coach Bernie Delke was hired as the coach.

After several coaches, Coach Bob Ernst took over the helm in 1980 and was a 4-time coach of the U.S. Olympic women's team. Jan Harville replaced him in the summer of 1987.

This is where our story begins:

Karla Spainhower Bakos - The Girl in the Boat



Captain Karla Spainhower.

My love for sports started when I was young. I was an active kid. We swam and fished at my

grandparents' lake in the summer and ice skated on it in the winter. In elementary school, my sister and I went to a day camp in the summers called Play Haven. It was a sports-centric camp and taught me a lot about team sports. We had swimming lessons, played soccer, basketball, and learned archery. We also had fort-building competitions and cook outs.

I learned to downhill ski at 8 years old. My mom, sister, and I would go cross-county skiing regularly up on Snoqualmie when I was young. In the summers, we would water ski with my dad in Portland, Oregon or with my grandparents in northeastern Washington.

YMCA swim team was a huge part of my life in elementary school. I made great friends with my fellow swimmers. My coach Jan Dougherty, one of the first women to coach swimming in the YMCA organization, made swimming fun. Every time we improved our

personal time we got to pick a colorful animal-shaped button to add to our collection.

In middle school I played fastpitch softball for two years. I swam on the high school swim team for three years and was co-captain during my junior year. I wasn't ever the fastest or very competitive in sports, but I did enjoy rooting for my teammates and being active. During my senior year I was on the tennis team instead of the swim team. In addition to playing several different sports I was active in many clubs and very focused on academics with my sights set on college. My senior year I was co-editor for yearbook and had a part-time job.

During my senior year of high school, I received a letter from the University of Washington women's crew coach Jan Harville inviting me to come check out crew. I thought "Why not." When I got to UW in the fall of 1988, I joined the crew team. It wasn't really on my radar that they were national champions, but once I got there, I saw what an incredible program they had built.

At 5'1" I was recruited to be a coxswain and one of three coxswains for the women's crew team that year. It was a huge learning curve since I had never rowed or coxed before. Many of the women had rowed during high school and had years of experience. We had three boats of eight that year and most of my time was spent in the third boat.

My favorite part of crew was being on the water. We would depart the dock and head out to open water towards the middle of Lake Washington. During practices we would

row along the 520 floating bridge through Montlake Cut and Portage Bay into Lake Union. In the afternoon the water sometimes looked like mercury, glimmering in the sun as the shell cut a path through the surface. It was a very tranquil atmosphere. I loved being on the water.

My biggest challenge was making my voice the right pitch so the rowers at the far end of the shell could hear me. I didn't realize that my voice wasn't carrying until my friend Leah (from boat one) told me and helped me work on it. Since I was in the third boat I used a regular megaphone, not an amplified one, and it was more difficult to hear my voice throughout the boat. As a coxswain I was responsible for steering the boat and coordinating the power and rhythm of the rowers—encouraging, motivating and uniting the crew of 8 to be one.

I think my biggest miscalculation was the time I steered the boat too close to a buoy and one of the rowers hit it with her oar. Another instance was that I didn't realize I shouldn't steer while the rowers had their oars in the water. Apparently, that made the boat unstable. I don't remember being taught that by the coaches, but the rowers let me know once they realized I was doing it. I was glad to know how to improve my skill.

continued on page 24



continued from page 23

Regatta memories:

I remember racing during the Husky Open (in the Montlake Cut) in the Spring of 1989. It was my first race, and it was an exciting day. My favorite part of rowing is the strategy of the race and being able to come from behind and beat another boat. It is amazing to have 8 people rowing as one and gliding through the water.

Practices:

We had practices in the weight room, the field in front of the crew house, the ERG room, and running. The field was usually covered in goose poop from the prolific Canada Geese, so we had to try to dodge those land mines. I remember going on a 5-mile run with the team once and I had the worst shin splints afterward. It was a beautiful run through the trees near campus. There was also a hill that the rowers had to run called heart attack hill down near U Village. Running was my least favorite part of crew. The ERG room was one of my favorite places. The rhythmic sound

of the rowing machine (erg) has such a great cadence to it and is calming.

The biggest adjustment for me was the year-long season. I was used to shorter sport seasons like in high school so after a few months I was ready for the season to end, but that's when the racing season started.

My time as a member of UW crew during my freshman year taught me how to be part of a team pulling for the same goal, singularly focused on being efficient, and getting from the start to the finish line faster than the other boats.

Her good friend and teammate, Leah R. from boat one, commented about Karla: *"Steering those boats was hard, not to mention juggling the race rules, and a bunch of rowers who were also learning. What I remember is a super dedicated and organized boss who had to take the lead even though she was as new as everyone else in her boat. Her crazy organizational executive functioning was in full swing."*

As an adult I swim, bike, hike, and play tennis with my husband Barry.

When we lived in Japan we climbed Mt. Fuji as a family. Our boys, Sebastian and Kasdan, were eight and ten years old (respectively) at the time.



Today Karla is at the half century mark and swims regularly as a part of the 100-mile swim club on Marine Corps Air Station Miramar base in San Diego. There is a

core group who have been swimming for the past 5 years. Her best year so far was 2020 when she swam 250 miles despite the pool being closed half the year due to the pandemic.

There are currently 150+ varsity programs competing in Women's Rowing throughout the United States. UW is in the NCAA Division 1, consistently ranking in the top five of the 89 teams in that division.

Think about this sport when applying for college - partial and full scholarships are available. ■



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

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





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WIBCA Hall of Fame

Ron Cox Lakeside



More than fifty years after graduating from Coulee City High School the legend of Ron Cox, the phenomenal basketball player's name still radiates through the school and community.

Cox and his Coulee City Rams teammates were a must watch in their small community on the shores of Banks Lake. The gym was always packed to the rafters for home games even though the high school enrollment was only forty-nine students.

Cox, the star center, closed out a brilliant "B" tournament career in 1973. Cox scored 248 points and picked off 227 rebounds (still a State B record) in fifteen State tournament games in the Spokane Coliseum. Even though he never won a team title as a player with the Ram's, Ron



Cox was truly a champion in the eyes of "B" fans.

After graduation from high school, played college basketball at Eastern Washington University for Coach Jerry Krause. In 1976, Cox was named NAIA 2nd team All American and in 1977 was named first team NAIA All American.

In 1977 the 6'6" Cox was selected in the NBA draft by the Cleveland Cavaliers in the sixth round.

After serving as a student assistant at Eastern Washington during the 1977-78 season. In 1984, Coach Cox became the Head Basketball Coach at Tekoa/Oaksdale high School. The State B Championship that was elusive as a player, came to reality as a coach when Tekoa/Oaksdale won the State "B" Championship in 1993. Coach Cox coached at Tekoa/Oaksdale from 1984-1999 before accepting the head coaching job at Lakeside High School in 1999. He resigned as coach at Lakeside High School in 2006 but returned as the head coach in 2015 and held the position until retiring in 2020.



Coach Cox was awarded Class "B" Coach of the Year in 1982 and 1992. In 2005 he was named 2005 AA Co-Coach of the Year. He finished coaching in 2020 with a career record of 447-330.

"The primary and most important take away for anyone associated with Coach Cox is the theme of respect. Every season Ron used the word "Respect" to teach players, parents, and coaches that his program would demonstrate respect for the game, our opponents, the officials, parents, teachers, facilities, and the list goes on. Respect is the word we broke every hurdle, and it continues to be a pervasive theme in my 15 years of coaching since. Even more significantly, Ron lived and continues to live the word respect to the best of his ability. He is kind to others, he demonstrates interest in others, and serves others by giving himself. In other words, he walks the talk," said John Edwards who worked as assistant coach to Coach Cox.

Coach Cox has received awards as both a player and Coach. In 1988 he was inducted into the Eastern Washington Hall of Fame as a Player. In 2011, he was inducted into the WIAA Hall of Fame as a player. In 2016, he was honored to be inducted into the Eastern Washington Hall of Fame as a team member of the 2977 men's basketball team. In 2019 Coach Cox was inducted into the Inland Northwest Sports Hall of Fame as a coach.

Coach Ron Cox has been married to his wife Betty for 50 years. Their son Jaime Cox (deceased on March 25, 2024) and daughters Tanya Pauling and Heather Cox. They have seven grandchildren, Ashley Franco, Jocelyn Brown, Aaliyah Pauling, Tristan Cox, Javon Williams, Zeshawn Griffin, and Jalen Cox.





WIBCA Hall of Fame

Ron Livingston Yakima



Ron Livingston is a graduate of Highland High School in Cowlitz, Washington where he played basketball and baseball. By his own admission, he was not a very good player, but that never deterred his love for the game or his desire to coach. Upon graduation, he began his pursuit of educational credentials at Yakima Valley College, Central Washington University and his alma mater, Washington State University. While there, he was able to take classes from Elwood Crosier, Dean Nicholson and George Raveling, all legendary hall of fame basketball coaches who left their legacies on many players and future coaches. While at WSU he began his coaching career as a volunteer coach with the Pullman Parks and Recreation department and upon graduation in 1979, took his first job as an assistant coach for Toppenish High School.

After successfully coaching the sophomore and junior varsity teams for five years, he joined head coach Steve Myers who had recently relocated from coaching stints in Indiana and North Carolina. As the varsity assistant, he and coach Myers had seven state appearances in ten years with state championship games in both 1991 and 1992 with the Toppenish Wildcats.

Basketball was fully ingrained in his life, and it was after the unrelenting urgings of a former player's mother, he finally went on a blind date shortly after the 1986 state tournament. Ron has been happily married to Karri Jo for thirty-seven years.

Looking for a slightly less demanding role as his boys grew up, he then coached 7th Grade boys and 8th Grade girls at Toppenish middle school for ten seasons which allowed him to coach his boys in AAU basketball.



In 2000, Coach Steve Elder became the head boy's coach at East Valley (Yakima) and Ron rejoined his former Toppenish player, again as a varsity assistant where together they had five teams qualify for the state tournament and a championship appearance in 2004. After ten seasons, Ron stepped back from coaching to focus on increased instructional and administrative duties with Toppenish School District where in 2021 he retired after forty-two years as a teacher, coach, and administrator.

Upon the urging of his boy's, Ron once again teamed with Coach Elder as the boys' volunteer varsity assistant at East Valley where he is now just entering his fifth season with his second go around as a member of Coach Elder's staff.

When not coaching basketball, Ron and Karri spend much of their retired time traveling and staying involved in the lives of their son (Dr. Chase Livingston D.O.) his wife Paige, and their two granddaughters Everly and Noelle. In addition, they are greatly attached to a young man whom they met on his first day of kindergarten (Mikael Rojas J.D.) and his wife Jackie who live in Washington D.C. and are shortly expecting their first child. Ron feels great satisfaction with having been able to be a part of his boy's high school basketball careers in which they qualified for the state tournament three of their four years in high school.

Ron is greatly appreciative of the personal relationships that he has had with both Coach Steve



Myers and Coach Steve Elder and the many fine players and families that he has had the pleasure of working with in both Toppenish and East Valley school districts. He has long insisted that the key to success in basketball isn't solely about basketball, but hinges greatly on the relationships that are built on and off the court and can last a lifetime. His favorite quote is "The will to win, is only as great as the will to prepare to win." He now is beginning to encourage his granddaughters in the love of basketball.





WIBCA Hall of Fame

Jay Webber North Central



The Coaching career for Jay Webber started at Waterville high school as an assistant coach to the legendary and WIBCA Hall of Famer Wayne Worthem in 1988. Jay helped Wayne earn a sixth-place trophy that year before leaving for Dayton High School in the fall of 1988 for his first head coaching position.

Jay coached at Dayton from 1988-1995. In 1994, the Bulldogs earned a fifth-place trophy at State and followed it up in 1995 with the school's first State B Championship.

One of the star players on the 1995 Dayton team was Will Hutchins. "Over the course of my life, I have come to understand the importance of great leadership. The best teams, programs, companies-you name it-does not just happen by accident. They start with someone who has a vision and who cares enough to make that vision a reality. That person recruits good people to the leadership team and produces a plan to reach the top. Jay did that at Dayton, and his record at North Central showed that his success was not just an accident. He deserves to take his place among other great coaches the State has produced," said Hutchins.

In the fall of 1995 Jay accepted the head coaching job at North Central High School in Spokane. During his 18-year tenure, North Central earned trips to the State 3A tournament four times. In 2006, the Indians garnered the fifth-place trophy in the first State appearance at the Tacoma Dome in 55 years. The following year, North Central rebounded from an extremely poor regular season to capture the third-place trophy at State in the Hec Edmundson Arena at the University of Washington. It was truly a magical run at the end of the year.

North Central qualified for the State tournament two more times in 2010 and 2011 with the later team placing sixth in the State at the Tacoma Dome.

Over the 25-year period that Coach Webber served as a Head Coach, six of his teams made the State Tournament. His teams recorded a 16-7 record in State Tournament play.

Jay was Blue Mountain Coach of the Year in 1995 and GSL Coach of the Year in 2004. He coached more than 20 All-League players as well as 3 League MVP's.

Coach Webber would like to thank all the coaches that influenced him along the way. There were so many that were instrumental in what happened at Dayton and North Central during his tenure, it would be an injustice to mention all of you without leaving one of them out. A special thanks to all the players that he coached and their parents. "The sacrifices that you made were the difference that enabled be to be successful," says Coach Webber. "A coach is only as great as his players, and I was fortunate enough to have a lot of great players."



Coach Webber would like to give a special thanks to his wife Jeanine, who made even more sacrifices than the players. The saying "behind every good man, is an even better woman" holds true in this case as well. He would also thank his children Nichole, Nathan (Tessa), Jessica (Spencer), Jenna and his grandchildren (Ellory, Paxton, and Nigel) for all the support they have given me.





WIBCA Hall of Fame

Steve Kloke Mark Morris (Assistant Coach)



Steve Kloke was born and raised in Anacortes, WA and enjoyed his upbringing in the small, tight-knit community. Steve played an array of sports while growing up, soccer, track, tennis, baseball, and basketball. Sports were an integral part of his formative years. In 1990 he graduated from Anacortes High School where he was a three-sport athlete playing soccer, tennis, and basketball. He lettered all four years in soccer and was also named All-Area three years in a row and two times Second Team All-League. Steve lettered two years in tennis being named All-League his senior year and qualified for the District Tournament. Basketball would become his primary focus in high school where he was a 3-year letterman and was named All-League Northwest Conference as well as All-Area and team captain his senior year. He played for his distant



cousin, Dennis Kloke, who was a high school basketball coach for 52 years and coaching mentor in Steve's early years. "I am absolutely indebted to Dennis for believing in me and supporting me as both a player in his program, and also as a young coach. He taught me to value the fundamentals of the game and the importance of basketball intelligence."

After graduating from AHS in 1990, Steve attended Edmonds Community College playing basketball for one season. For his second year of college, he attended Skagit Valley College playing one season where in 1992, SVC finished 2nd in the NWAAC Tournament losing to Lane Community College. After earning his Associates Degree from Skagit Valley Community College, Steve transferred to Western Washington University where he pursued a BA of History with a teaching certification. He graduated from WWU in 1995.

During Steve's junior year at WWU he began his high school coaching career. His first coaching stint was as the girls freshman basketball team at his alma mater, Anacortes High School. He would also become an assistant coach for the girls volleyball team as well as the coach of the boys JV soccer team at AHS. Finally, he was given a chance to work with his mentor, Dennis Kloke, coaching the boys freshman basketball team from 1994-1997. During that time, he coached his brother, Neal.

In 1997, Steve got his first full-time teaching job as a social studies teacher at Mark Morris High School in Longview, WA. He has taught a wide variety of courses including World History, U.S History, AP U.S. History, CWP, Civics, and AVID. He just finished his 27th year of teaching and still enjoys the classroom very much. In 2003 Steve earned his Master's in Teaching from Grand Canyon University.

Steve will tell you that his primary job is as a teacher. He teaches with passion and high expectations. His students come to realize very quickly that his professionalism, dedication, and student-centered focus make him an educator with great impact. Steve decided early on that coaching would compliment his teaching. He never wanted students to think he was just a coach, but that the two went hand in hand.

Besides basketball, Steve coached student-athletes in other sports at MMHS. He was an assistant coach for both the boys and girls soccer programs. He was the head boys tennis coach from 2001-2006 winning the league title in 2001. He had several doubles teams and singles players qualify for the state tournament. Additionally, his tennis team was awarded Academic State Championship in 2003. Recently, Steve got back into coaching tennis as the girls assistant coach in 2022 and 2023 where he was able to coach his oldest daughter, Jessa.



Photo by Jordan Nailon (Longview Daily News)

His coaching career at MMHS has been defined largely by his role as an assistant coach in the boys basketball program under the leadership of Bill Bakamus from 1997 to the present. He served as the varsity assistant coach where he has been by Coach Bakamus' side for the last 22 years. In total, Steve has coached high school basketball for 30 years. "It has been a privilege and honor to coach with Bill for over two decades. He has been a true mentor and one of my very best friends. I cannot thank him enough for allowing me the opportunity to have a voice and a role in one of the best programs in the state of Washington. Any impact or success I have had has been because of Coach Bakamus' leadership, support, and encouragement."

Steve has been married for 21 years to his beautiful wife Lisa and has raised two amazing daughters, Jessa who is headed to Washington State University, and Kaitlyn who will be a senior at MMHS.



Photo by Jordan Nailon (Longview Daily News)



WIBCA Hall of Fame

David Long Columbia River



The son of a legendary high school coach, Coach David Long has had basketball running through his veins since he was a child. Coach Long played for his father Sonny Long at Lake Oswego High School. Sonny was the head basketball coach at Lake Oswego for 31 years.

Coach David Long got his start in coaching 1991, as the head coach of the Girls Program at Columbia River High School. He coached the girls for two seasons and the program won a league championship and finished seventh in the State.

Coach Long took over the helm from the previous successful Boys coach at Columbia River, Gene Dettorre during the 1992-1993 season. Taking the position made Coach Long only the third head basketball coach in school history following Hall of Famers Earl Enos and Gene

Dettorre.

Over a 30-year coaching career at Columbia River, Coach Long finished with a 452-246 record. His teams have eleven league titles and 12 State tournament appearances. Coach Long's teams have won State trophies at three different levels including 4A, 3A and 2A as the school size shifted over the years. The highest finish came with the 2009 squad, finishing second in the 3A State tournament.

Longtime Mark Morris high school Hall of Fame coach Bill Bakamus remembers the epic battles his teams played against Longs Columbia River Squads. Bakamus did not need to think hard to recall a game that is rooted in his memory: a 23-21 overtime victory by Mark Morris over Columbia River in 2002 when the Monarchs escaped on a buzzer-beater. It wasn't a stall ball effort; it was Columbia River at its finest – a spread offense meant to dictate tempo on every possession and to wait for the right shot. "He ran that until the cows came home," Bakamus said, "and all I remember telling my kids was, 'You're going to play more defense tonight than you will the whole season.'"



Coach Long spent his entire career alongside his college tennis coach at the University Idaho, Jim Sevall. Sevall served as junior varsity coach. Coach Long also had the privilege of having his father Sonny as a program consultant.

He and his wife Holly have been married for 44 years. They had two sons who played for him, Dryden, and Spencer. Their daughter, Madelynn, was a cheerleader for Columbia River High School.

Dave and Holly both retired in 2022 and are living in Goodyear, AZ. They spend their time with their two grandsons, Hudson and Bennett, and enjoy golf and traveling.





WIBCA Hall of Fame

Jim Sevall Columbia River (Assistant Coach)



Jim Sevall is a 1971 graduate of Roseburg High School, where he was a member of four Oregon State championship tennis teams. He was a three-time finalist in doubles, winning twice. He graduated from the University of Idaho in 1976. Coach Sevall played on two Big Sky Conference championship tennis teams and won conference titles in singles and doubles in 1976.

Sevall coached men's tennis for six years and women's tennis for four years at his alma mater. During his tenure, his teams had 189 wins and 82 losses. It was at the University of Idaho that he had the opportunity to coach David and Holly Long.

Coach Sevall joined coach David Long's Columbia River High School basketball coaching staff in 1991 as the girls JV coach after spending one year coaching JV girls and boys seventh grade teams at Lake Oswego Junior High School.

Sevall had been Long's trusted assistant for 31 years. The duo makes for the perfect coaching pair, and their strengths and weaknesses complimented one another. Sevall is organized, detailed-oriented, and with a more outside-the-box thinking on ideas. "He rejected most of them," Sevall said, "but he said to his assistants, "If I don't take your suggestions, don't think I didn't hear you."

Long does not undersell Sevall's value and views their roles as equal. Sevall's role at varsity games might not be as noticeable as Long's, but his impact as a junior-varsity coach cannot be overlooked. "We made for such a great team,"

Long said. "Coach Sevall has as much to do with success. It would have been a hell of a lot harder to do what we did without him."

In thirty-three years of coaching junior varsity basketball at Columbia River, Sevall's record is 462-157.

Along with coaching basketball, Sevall has coached high school tennis for thirty-seven years at five different schools in Oregon (Sunset and Lake Oswego) and Washington (Hudson's Bay, Skyview and Columbia River). He has helped coach ten State Championship teams and worked with two State singles champions and six Championship doubles teams.





WIBCA Hall of Fame

Rex Stanley Napavine



Coach Rex Stanley grew up in Onalaska, WA. His love of basketball led him to pursue a degree in education, so he could teach and coach basketball. He attended Central Washington University where he was an assistant coach from 1996-98. During those two years, the Wildcats won two PNWAC regular season and tournament championships. Both years they reached the Elite Eight at the NAIA National Tournament.

Coach Stanley started his high school coaching career at Napavine High School in 2000. In his second year as head coach in 2001, he guided Napavine to the State Tournament. Rex has spent twenty-three seasons guiding the Napavine Tigers to success. His success includes thirteen State Tournament appearances and placing six times in the State Tournament. He has won five District championships and has won 389 games with a 64% winning percentage. Most importantly, he has built positive relationships with all his players and coaches over the years. Every year, there are former players and coaches that come into the school to see Coach Stanley and talk about basketball and life.

Coach Stanley is best known in Napavine for establishing a positive experience in all athletic and academic activities. Most recently, his 2023 team was awarded an Academic State Championship. This was a huge accomplishment for his team and players.



“Coach Stanley understands the time commitment to establish a successful basketball program. He knows the work that it takes to build a successful program, establish relationships and rapport with students, parents, boosters, community members, staff, administrators, and board members,” said Napavine Superintendent Shane Schutz.

He has been married since 1992 to Laura. They grew up together in Onalaska and have two sons. Both boys played for their dad. Peyton graduated in 2018 and now teaches in Napavine. He scored over 1,000 points for Napavine. Cael is a 2024 graduate. He holds the career assist record at Napavine with 496.

“After twenty-five years of coaching, I am most proud of the fact I was able to start and finish my coaching career at one school, Napavine,” said Coach Stanley.



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2023/24 WIBCA Awards

Pat Fitterer Positive Coaching Award: Kasey Ulin, Garrick Phillips
Ed & Shirley Pepple Service Award: Kirc Roland, Rich Austin
John Wooden Award: Gavin Cree



Left to Right: Rich Austin, Jay Webber, Ron Cox, Garrick Phillips



Front Row, Left to Right: David Long, Jim Sevall, Gavin Cree, Kasy Ulin, Kirc Rowland
Back Row, Left to Right: Bill Bakamus, Pat Fitterer, Dave Dickson, Brian Roper, Nalin Sood

PASSED AMENDMENTS

Each spring, the WIAA's Representative Assembly votes on proposed amendments to the WIAA Handbook. Amendments must be proposed the previous fall and every amendment is proposed by the membership. The Representative Assembly is comprised of 53 (35 high school, 18 middle level) school administrators from each of the nine WIAA districts.

For an amendment to pass, **60 percent approval is needed** from voting members of the Assembly. A total of 32 votes are needed for a middle-level/high-school amendment to pass, while 21 votes are needed for a high school amendment to pass and 11 votes are needed for a middle-level amendment to pass.

This year, **14 of the 27 proposed amendments passed**, going into effect the 2024-25 school year. In addition to

AMENDMENT	RULE	SUMMARY	S	O
ML #1	3.3.2	When a middle school becomes a WIAA member, it may choose on a sport-by-sport basis which activities will be included.	11	7
HS #2	3.6.2	Reduced membership fee for schools that do not offer sports programs.	34	1
ML/HS#3	5.2.3	Every member school must be a member of a league	44	9
ML/HS #4	5.2.1.A	Each WIAA District will provide oversight for the leagues located within the WIAA District.	44	9
HS #5	4.5.0	Criteria for 2B school that must be met in order to appeal to play 1B football.	27	8
HS #10	17.11.2	Reduces minimum practice requirements in all high school sports except football and gymnastics.	-	-
ML/HS #13	18.6.0	A middle school student may participate at their resident public middle school if a program is not offered at a non-member school in which they attend.	41	12
ML/HS #15	20.1.3.D	Any student ejected must complete the NFHS Sportsmanship course if the ejection is upheld.	45	8
ML/HS #16	20.1.3.E	Any coach ejected must complete the NFHS Teaching and Modeling Behavior Course, and a plan to reduce ejections must be submitted by the school if the ejection is upheld.	48	5
ML/HS #17	23.5.1	Eliminates age minimum for head and assistant coaches.	34	19
ML/HS #21	23.5.10	Stunt certification required for all cheer head coaches.	40	13
HS #26	44.3.2	Increases the time between sets for coaching tennis.	28	7
HS #27	45.3.0	Deletes team dates for track and field (individual athlete limit of 10 remains).	29	6
HS #28	45.5.0	Multi-day track meets will count as one contest for the individual provided they participate in a maximum of four events.	33	2



FAILED AMENDMENTS

those amendments, two WIAA Executive Board positions were voted on. Scott Chamberlain (Shelton, District 4) and Russ Waterman (Eastmont, District 6) were re-elected to their positions on the Board.

Amendment #10, focused on reducing minimum practice requirements in all high school sports except football and gymnastics, had an individual vote for every sport. Each sport earned enough votes to pass. Amendment #14 did not count to the list of passed and total amendments as a special committee has been approved to review the Association’s transfer rules ahead of Representative Assembly next school year.

The next deadline for proposed amendments is Friday, October 11, 2024. Proposed amendments are presented at the Winter Coalition in January for discussion, before moving to a vote in spring of 2025.

AMENDMENT	RULE	SUMMARY	S	O
ML/HS #6	17.0.0	Adds Esports to WIAA jurisdiction.	14	39
ML/HS #7	17.5.0	Adds July 1 through July 7 to the out-of-season time period (coaching not allowed).	3	50
ML/HS #8	17.7.4	Would allow baseball and softball players the ability to participate in arm conditioning beginning the day after Martin Luther King Jr Holiday.	18	35
ML/HS #9	17.5.10	Managers may participate in drills and pre-contest warm-ups if on the cleared to participate list.	23	30
ML/HS #11	17.15.0	Adds a contest contract with consequences if contract is not fulfilled.	3	50
ML/HS #12	17.25.0	Each school may determine the parameters regarding involvement with non-school athletic teams.	12	41
ML/HS #18	23.3.0	Coaches must complete the sports specific rules clinic prior to the first contest.	28	25
ML/HS #19	23.5.7	Heat illness prevention course required for all coaches.	25	28
ML/HS #20	23.5.7	Would require two courses over the first two years for new coaches.	22	31
HS #22	25.1.0	1B schools must compete in at least 50% of their football games in 8-person in order to count for 8-person allocations; 2B schools must compete in at least 50% of their football games in 11-person in order to count for 11-person allocations.	20	15
ML/HS #23	29.1.0	Any timed event may be protested with video review.	3	50
ML/HS #24	32.0.0	Adds girls badminton to WIAA jurisdiction.	17	36
ML/HS #24	38.0.0	Adds girls flag football to WIAA jurisdiction.	26	27



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The deadline to reach this goal of enrolling the 31 schools is July 31, 2025.

As described above, member schools and our association could benefit greatly through participation in this program. Let's make this happen!

For additional information about this opportunity, please contact Sean Bessette, Director of Communications, at sbessette@wiaa.com. ■

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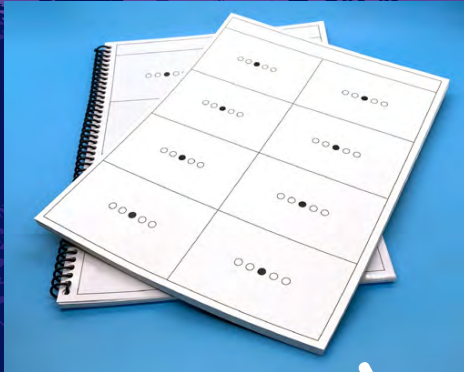
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