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4A	Bethel	Garfield
3A	O'Dea	Chief Sealth
2A	Medical Lake	King's
1A	Bellevue Christian	Colfax
B	Sunnyside Christian	Cusick

WRESTLING

4A	University
3A	Sedro Woolley
2A	Lakeside (9Miles Falls)
1A/B	Warden

GIRLS' GYMNASTICS

4A	Rogers (Puyallup)
3A	Bainbridge

GIRLS' BOWLING

Cascade

BOYS' SWIMMING

4A	Decatur
3A	Mt. Rainier



WASHINGTON STATE COACHES ASSOCIATION



2005-2006 Membership Application

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www.washcoach.com

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

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Name _____

Mailing Address _____

City, State, Zip _____

Home Phone _____

School Where Coaching _____

Name of the School District _____

School Phone _____

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

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

Preference	H	A	Years Coached
<input type="checkbox"/> Basketball (B) (G)			_____
<input type="checkbox"/> Bowling			_____
<input type="checkbox"/> Certified Trainer			_____
<input type="checkbox"/> Cheer			_____
<input type="checkbox"/> Cross Country (B) (G) (Both)			_____
<input type="checkbox"/> Dance			_____
<input type="checkbox"/> Drill			_____
<input type="checkbox"/> Football			_____
<input type="checkbox"/> Golf (B) (G) (Both)			_____
<input type="checkbox"/> Gymnastics			_____
<input type="checkbox"/> Soccer (B) (G)			_____
<input type="checkbox"/> Softball (FP) (SP)			_____
<input type="checkbox"/> Swim & Dive (B) (G) (Both)			_____
<input type="checkbox"/> Tennis (B) (G) (Both)			_____
<input type="checkbox"/> Track & Field (B) (G) (Both)			_____
<input type="checkbox"/> Volleyball			_____
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<input type="checkbox"/> Other Sport-Please Specify			_____

Which Sport Group should receive credit _____

Benefits Include:

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

Send completed form with \$35.00 to:

Jerry Parrish, Executive Secretary 18468 8th Avenue NE Poulsbo, Wa 98370	1-800-441-7776 jparrish21@comcast.net
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Benefits effective upon receipt of application and \$35.00.
Membership is from 8/1/05 through 7/31/06.

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

We want to know more about our coaches.

Could you please tell us:

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

USE BACK OR EXTRA IF NECESSARY



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For more information contact one of the following:

Secretary-Treasurer
Jerry Parrish
18468 8th Ave NE, Poulsbo, WA 98370
800-441-7776 (H-WSCA) 360-779-4326 (FAX),
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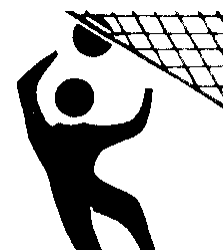
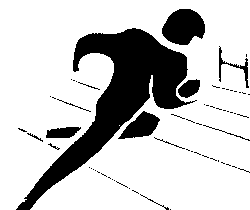
Magazine Editor
Terry Ennis
1415 Madrona Avenue, Everett, WA 98203
425-259-6028, terry_ennis@msn.com

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

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

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Check out our website at www.washcoach.org

From The President

Spring 2005

As I sit down to draft my message for this edition of the WSCA magazine, the focus of high school sports is on the winter state championships. The pyramid of winners gets smaller as post-season play eliminates athletes and teams from competition. Teams that are eliminated are quickly forgotten as the media and the play-off system direct the attention to the surviving teams that are winning.

On the average only 1 – 2% of athletes participating in most team sports in Washington will end the season as champions. The 98 – 99% of athletes who didn't win a state championship will go to season ending awards banquets and hear their coach or a featured guest share with them about the lessons, values, experiences, and relationships they will take with them for the rest of their lives. Are these opinions of only those trying to give a positive end to the seasons experience or do these concepts have merit?

I had two special experiences this winter that specifically directed my attention to what players retained from their high school experience. In January my wife and I traveled to Buhl, Idaho for a reunion of the 1975 state championship team. Buhl is a town of 3000 people with a high school of about 475 students. It hasn't changed much since I had my first head coaching position there in 1973-75. The 1975 team won the first state basketball championship in the school's history. Almost all of the players from that team returned. We had a long evening of visiting. The subject of winning the championship seldom was discussed. The conversations were dominated by what it had meant to them to be a part of the team and where they had gone in their lives since 1975. Most of them had sons and daughters participating in school sports. Their joy was not in reliving winning games but of renewing relationships. This was a group of men after thirty years who weren't dwelling on one night in March of 1975. They shared about their lives since 1975 and the bond they had of working together and sharing the experiences of a team.

In December I had a very moving letter from a player that was on our team in 1977-79. He was a player that I hadn't remembered a lot over the years. He was the last player kept on the team as a junior and the one I encouraged to be a manager as a senior. He was limited in talent but he persevered and convinced me to carry him both his junior and senior years. He never saw the floor before a game was decided either year. To his credit he had a great attitude and was never a problem. In his letter he wanted to share what had happened in his life the past year. He was forty-three years old with a happy family and a good job. Everything changed when his company changed and eliminated much of middle management. He spent several months unemployed and then obtained an interview for a desirable position. As part of the process, he was asked to write about what experiences and lessons in his life had the biggest impact on him. He had sent me a copy of what he wrote. It was all based on his experience as a basketball player. He was honest and candid in relating his playing experiences and his skill level. He was direct and confident that he would be a successful part of the work team because of his high school basketball experience. He shared with me how the efforts to just be a member of a team in high school had prepared him to battle through a difficult time in his life.

Many of us have had similar experiences and these are what make it so special to be called "coach".

Jerry Koester
WSCA President



FROM THE SIDELINES

by Jerry Parrish



From The Sidelines

ORCHIDS AND ONIONS

ORCHIDS

- TO VENDORS WHO CONTINUALLY HELP AT ALL CLINICS
- TO CLINIC COORDINATORS WHO PLAN AND HAVE CLINICS RUN SMOOTHLY
- TO CLINIC SPEAKERS WHO ARE ORGANIZED
- TO HALL OF FAME ADVOCATES WHO STAY ON TIME SCHEDULE
- TO CLINIC STAFF WHO HELP WITH TOTAL CLINIC ORGANIZATION
- TO SCHOOL SECRETARIES WHO HELP COACHES CORRECTLY REGISTER FOR CLINICS
- TO SCHOOL DISTRICT SECRETARIES WHO PROMPTLY PAY PURCHASE ORDERS AND ESPECIALLY THOSE WHO RETURN SECTION OF INVOICE TO WSCA FOR FILING

GOAL

To create a positive plan so that WSCA members could have complimentary entrance to all playoff games, starting with district level contest. I do not believe that there would be much of a financial burden on any districts by allowing current WSCA members entrance to district level contests.

Volleyball, boy's and girl's basketball games and other 16 team events which are under WIAA sponsorship allow entrance. I believe district level events should have the same benefit for WSCA members.

I will be communicating with district secretaries to seek a solution so current WSCA members may be allowed entrance to district athletic events.

CALENDAR UPDATE

WSCA Executive Board and Individual Sport Reps will be meeting on Sunday, March 20th at the WIAA building. President Koester has asked that the meeting begin at 10:01AM.

April 20, 2005, is deadline for Burnett-Ennis Scholarship applications.

Check WIAA web site (www.wiaa.com) for other important spring athletic/activity dates.

DO YOU KNOW WHAT YOUR NEW CLASSIFICATION WILL BE?

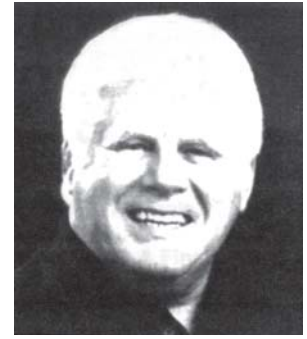
Proposed WIAA Amendment #6 could possibly affect all schools. Suggest all take a look and find out what changes your school may have.

ADDRESS CHANGES

Since retiring on January 31, 2005, I will no longer be at North Kitsap High School. WSCA phone is 1-800-441-776—Home email address is jparrish21@comcast.net and fax number is (360) 779-4326.

HAWKES SQUAWKS

by Dee Hawkes
Retired



After weeks of sipping coffee, it was time to write another Squawks column. It's hard to believe that after thirty years I still have the writing bug. One of the most encouraging things is getting feedback from you, especially by the email route.

LAWBREAKING PUSHY PARENTS

There appears no limit to what parents will do to get their kids to play baseball. In Snohomish County, ball fields were built on farm land in violation of the state's Growth Management Act. Barring a change in the law, these fields will be shut down to comply with state regulations. My beef concerns the pushy parents who knew that they were breaking the law when they built the fields. Something seems amiss. Breaking the law to build athletic fields isn't the way to model behavior. Now, the adults are asking state legislators for help to change the law they broke. How strange it is to see these adults do a complete turn-about when they are subject to being fined. Apparently, they think what they did isn't wrong. I beg to differ.

SCHOOL TIME CAPSULE

There may be no better way to preserve a school's athletic history than in a time capsule. Imagine returning to your 20 year reunion, opening up the capsule to find newspapers clippings, jerseys, equipment, and photographs. Each year a new capsule is

loaded with special items to be opened at a later day. This way, at the start of the school year, the contents could go proudly on display in the school's gym so current athletes and fans could enjoy their school history. How quickly we forget the teams of the past! This capsule would bring attention to how things have changed.

PERSIST, PERSIST, PERSIST

No one should underestimate how powerful persistence is in one's coaching life. Those who give up too early don't fully understand that obstacles fall away, one by one, when you persist. When it seems you're not making any progress at all, persist. When you persist, the door of opportunity opens. In my experience, the reality of what works and what doesn't is guided by the choices you make today. You must be very clear in your vision to coach. Dedicated coaches do their homework before determining the best way to run a successful program.

THE STATUS QUO OF PHYSICAL ED

It appears that our current physical education classes are subject to criticism. Critics argue that students spend little time exercising, even as childhood obesity grows. PE experts say there is little accountability for PE teachers in most schools. If our students were measured for fitness, this would silence those who believe PE

should be eliminated. They believe that without PE, students would have more time to do better academically. They believe that math and science are more important. According to the National Center for Educational Statistics, nearly one-fifth of all high school PE teachers don't have a major and certification in PE. Experts contend that often the instructor is a coach who is more interested in winning games than in producing healthy students. I believe that those who think this way are clueless. I don't believe a coach cares more about his team than about the students in his PE classes.

It is a sad how PE requirements are being dismissed. Participation varies widely in different states. Illinois is the only state that requires daily PE for K-12. Alabama requires it only for K-8. Nationwide, only 28 percent of high school students attend a daily PE class. As you know, the majority of schools in this state have dropped the PE requirement from the core curriculum. New federal education laws don't provide schools much incentive to change. Without a fitness push, the yellow pages of the future won't use much space for listing physical education. If we talk about maintaining physical fitness through classes of weight lifting and aerobics, the odds are that they may survive.

There's a need to be more understanding about the pressure placed on coaches. Pressure is a double edged

sword for a high school coach today. Despite running a successful program, many coaches have to deal with angry parents who desperately want them to be replaced. They write passionate letters, conduct secret meetings, and go complaining to the school administration. Their message is that the coach must go, even if it's in the middle of the basketball season. This is what happened at Port Townsend High School when Coach Russ Hickman was asked to resign.

Then there is the matter of recruiting. In order to win and keep their job, a few coaches have been known to behave unethically. One thing is certain; athletes don't transfer for academic reasons. Running a year round program to stay up with the "Jones" can add additional pressure and cause burn out. Funny, isn't it, that in some schools when a coach does not put in time off-season, it may be grounds for getting fired.

THE GAME IS GETTING UGLY

Over the past ten years something very strange has been happening to boys' high school basketball. There is extraordinary athleticism in the players running up and down the court. Many play on select teams as early as the fifth grade and often travel to national tournaments. For the most part, the large schools are stacked with players who learn the game at an early age.

The game is still about putting the ball through the hoop. Fundamentals are the measuring stick of sports. What we don't see now are bank shots off the glass, small hooks across the key, turnaround jumpers, or the "sky hook" perfected by Abdul-Jabbar and Bob Houbregs, in my time.

What we do see are dribblers carrying the ball, body checking collisions, body flops acted for the referees, and taking steps while shooting. We behold the slam dunk, the throw-it-down, in-your-face showing off pure power shot which is not a skill, but a pure vertical jump. The three point shot is another matter. It would get my vote if the "dunk" was worth only one point. The addiction to dunking puts a greater emphasis on individual heroics and personal acclaim. In my mind, there's nothing better than watching the midrange jumper swish through the net.

There's a need to be more understanding about the pressure placed on coaches. Pressure is a double edged sword for a high school coach today.

The difficulty of coming to grips with how the game is played today won't change soon. One can only imagine what the high school game will be like in the next ten years. The inevitable question is whether the game will become a veritable dunkathon or a foul shooting contest. One can only hope that teams will be running constant motion offenses, be hitting the open man, and continually crash the boards. Here's another scenario: use four officials, with two at each end of the court. To my disappointment, the use of finesse in basketball has been replaced by physical play, which leaves only memories of how it used to be.

SHORT SQUAWKS

There can be little doubt that

Coach Jerry Parrish (football) and Tom Sewell (wrestling) will be missed. Both retired coaches were pioneers in promoting their sports to a higher level of excellence. . . Don't look now but because of Juan Canseco's book, *Juiced*, the use of steroids by professional baseball players has caught our attention. Unfortunately, there doesn't seem to be any serious movement to stop this practice. It does matter among the preps; so take some time and educate your athletes about the use of this illegal substance. . . . The trend for big sneaker shoe companies to sponsor summer basketball tournaments is likely to continue. The college coaches will be around to evaluate talent. . . For all those Husky fans, even though Coach Tyrone Willingham had a short recruiting window, he did a nice job convincing J.R. Hasty and E.J. Savannah from Bellevue High's championship football team to wear the purple and gold. . . . Bruce Brown, former Bellevue School District coach,

now runs the Proactive Coaching Co. His resume reads like a telephone directory with stops all over the country. He helps coaches work character building into their practice plans, which is worthy of your full attention. . . Plain and simple, retooling our high school classifications makes sense, because it would help to level the playing field. Sure, it would be full of tradeoffs, but in the long run those who play would face more even competition. . . . The movers and shakers of school spirit are divided into two groups: (1) the cheerleaders who work the sidelines with dance routines and coordinated yells and (2) those who want to be part of a competitive team (the kind you see performing on ESPN in front of a national audience).

Continued on page 6

Continued from page 5, *Hawks Squawks*

There are a number of reasons why they should be treated as athletes and given a school letter. . . . By the way, Lem Elway, the state baseball editor, will soon have a new book out on coaching management. . . . Another book you need to read is Mike Lude's, "Walking the Line", in which he candidly takes you behind the scene of big time college sports at University of Washington and Auburn.

TUG OF WAR OVER GRADES OR HOOPS

In these days, we like to fix things that aren't broken. (For example, there is the 6 feet, 8 inches of arms and legs reading about his name in a sports magazine.)??? This 16-year old basketball player is academically ineligible for his public high school team. He must make a decision to stay at home and crack the books or to take his game nationwide and attend a prep school. Prep schools are a controversial topic. One side says that the academic guidance and basketball advantages they provide are perfect for the top prospects with poor grades. The other side believes that some prep schools are merely basketball factories willing to sacrifice or ignore schoolwork for exposure on the court. The argument centers over whether players should and shouldn't transfer. Most of these prep

schools are east of the Mississippi River.

There's seems to be something wrong when there are virtually no rules governing these prep schools. They do not belong to a state association. Teams are allowed to play an unlimited number of games, which could include playing against a college junior varsity. Some prep schools even grant a fifth year of eligibility. AAU coaches are often paid a finder fee by the shoe companies or by a prep school to locate talented players. What especially catches our attention is how easy it is for parents to move their kid around until they find the right school - all in the name of sports!

(It is obvious that failing to put education as the main priority even coming from a rough school district.)??? Look what Coach Ken Carter did with his troubled players, as seen in *Coach Carter*, a true story that was made into a movie. As I see it, the players should first be challenged in the classroom and then on the courts.

Regardless of whom you are and what you do, if you have something to say about the preps, get it off your chest and send me an email (hawkes32@comcast.net). My guess is that you may have something to say and don't know where to deliver the message. You set the agenda for my Squawks.

See you around, I hope.

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1 SOURCE

Doering's emotional story exemplifies spirit of awards

Colfax volleyball coach pays tribute to problem-free team

by Mike Vlahovich Staff writer Spokesman Review
reprint with permission Spokesman Review

It was a Wednesday afternoon of surprises, tears and a standing ovation when junior winners were announced at the 27th Annual Spokane Regional Sports Commission's Sports Awards Luncheon at the Spokane Ag-Trade Center.

On an afternoon when small school teams and athletes got their due, the standing ovation was for Colfax volleyball coach Sue Doering following an emotional acceptance speech after she was named the 2004 Junior Coach of the Year.

Doering just completed chemotherapy treatments that began last October after she was diagnosed with breast cancer. She was at the head table, along with other finalists, wearing a fur cap to cover her hairless head.

"The good thing about not having hair," she quipped upon receiving her trophy, "is if you look at your dinner plate and see a hair, you know it's not yours."

Next up is radiation treatment in Spokane, she said, which will coincide with trips to watch spring sports.

The cancer was discovered last fall and found in two lymph nodes, but it didn't keep Doering from coaching, as she has for 25 years, another State 1A championship team. She missed only one match on Colfax's journey to its fourth title in the past decade.

"I have so many things to be thankful for," Doering said. Not the least was, "my amazing team. I've never coached a girls team that didn't have problems. This one did not have one throughout the season. I had all the problems. They took it home and won a state title for me."

Mead's volleyball team, which won its second straight state 4A champion-

ship, and Rogers High track and cross country phenomenon Becca Noble were voted junior female team and athlete of the year.

In accepting Mead's trophy, setter and co-captain Lacey Anderson said that the team theme, 'Ain't No Mountain High Enough,' thanks to "our rendition of it," was the inspiration for their success.

Noble, who became the second-fastest Washington prep runner at 400 meters, among a litany of top performances, said the award was better than winning a state title.

During her acceptance speech she said, "Oh, wow! It's been a good year. (This is) pretty important to me."

The other two awards, like Doering's, went to small-school standout efforts.

LaCrosse-Washtucna's three-time state champion B-8 football team, winner of 35 straight games, was team of the year.

"The Tigercat football program put in countless hours of weight rooms, camps and practices," said team representative and All-State defensive back Craig Koller. "We pride ourselves in being a class act on and off the field. Thanks."

Kevin Hatch, the all-around athlete at Class 1A Freeman, was junior male athlete of the year. Hatch has had a standout career.

Over three years of state track and field, he's won two pole vault championships, the high jump, finished first and second in the triple jump, and took third twice in the long jump.

Last fall he rushed for nearly 1,700 yards in football as a two-way and All-State player for the state finalists and in his spare time plays basketball for a

state-placing program.

"What an honor," said Hatch when he learned of the award.

He thanked God for his ability, his parents for support, coaches for shaping him and his teammates, "for the great years out at Freeman and for the memories I won't forget."

Memories were the theme of speakers, from Lewis and Clark graduate Erik Coleman, a rookie starting safety for the New York Jets, to Juliann Laney, a former Gonzaga Prep standout now playing basketball at Gonzaga University, and Joel Clark, the Mt. Spokane three-sport star, who quarterbacked Whitworth's 7-2 football team and plays baseball for the Pirates.

"I remember sitting over there (at the head table) and now I remember how nervous I was as an athlete up there," said Coleman. "And when I think of great experiences and times of my life, I think about growing up in high school."

Laney, whose college career has been limited by a series of injuries, recalled a crushing basketball loss that kept G-Prep from state.

"Of course, I was crushed that we had worked so hard for nothing," she said. "But I also knew my pain and frustrated feeling at the time was not the same as my other teammates. Unlike them, the game would not be the last time I stepped on the basketball floor."

Her message: Appreciate and respect sports, be a role model and don't take things for granted.

It was a message received, given the standing ovation the audience of nearly 1,100 – most of them young athletes – gave Doering.

RON SEIBEL

Named National Wrestling Coach of the Year by NFHS

Ron Seibel

Frontier JHS 1969-76
Moses Lake High School 1976-2004

For 35 years Ron Seibel taught and coached in Moses Lake, seven at Frontier Junior High and the last 28 for the Chiefs of Moses Lake. Seibel also wrestled in the Moses Lake program, placing as a runner-up in state his senior year and as an All-American while wrestling at Big Bend Community College. As a wrestler Ron was given the best chance to succeed because of some outstanding coaches including Hall of Famers Dick Deane, Gary Frey, Bob Mason and Eric Beardsley. With this strong foundation and the dedication of many outstanding assistant coaches, Ron's teams were destined to excel.

Seibel's teams placed in the top four at state twenty

times. 26 times his teams finished in the top ten. Ron coached nine state championship teams along with seven runner-up finishes and two third place trophies. 132 state placers wrestled for Seibel, including 26 state champions and 29 runners-up. The teams he coached won 23 league titles and 25 district titles. His dual meet record in the Big Nine was 227-7-2 and his overall record was 408-28-2.

He was named as the Big Nine Coach of the Year 21 times, state Coach of the Year twice, and Region 7 National Coach of the Year in 1996. Without his wife Cathy's tremendous support and sacrifice the above accomplishments could not have been possible. Along with their son Bryan, they have had a very rewarding life in wrestling.

Moses Lake High School

WRESTLING TRADITION

MOSES LAKE CHIEF TEAM HISTORY AT STATE

YEAR	PLACE	YEAR	PLACE
1954	9TH	1955	6TH
1958	2ND	1959	1ST
1962	7TH	1963	21ST
1966	1ST	1967	1ST
1970	2ND	1971	5TH
1974	7TH	1975	9TH
1978	2ND	1979	1ST
1982	11TH	1983	2ND
1986	2ND	1987	10TH
1990	4TH	1991	18TH
1994	2ND	1995	1ST
1998	1ST	1999	1ST
2002	1 ST	2003	8 TH

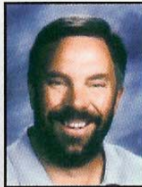
Current thru 2005

YEAR	PLACE	YEAR	PLACE
1956	5TH	1957	2 ND
1960	1ST	1961	1ST
1964	1ST	1965	1ST
1968	1ST	1969	2ND
1972	54TH	1973	5TH
1976	7TH	1977	12TH
1980	1ST	1981	3RD
1984	2ND	1985	1ST
1988	1ST	1989	7TH
1992	2ND	1993	7TH
1996	3RD	1997	2ND
2000	1 ST	2001	4 TH
2004	5 TH	2005	45th

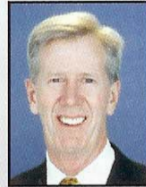
Congratulations Ron!

NFHS Coaches Association 2004-05 Advisory Committee

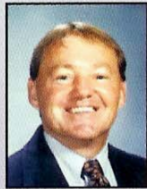
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The King of exercises: the mighty SQUAT

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

Walk into the many commercial gyms located throughout the nation and you will no doubt see a multitude of mirrors and machines spread throughout the facility. Now glance around and take note of all the patrons working out on the 'ab' machines' or doing twists on the rotation devices in an effort to 'spot' reduce. You no doubt will also see men and women wearing weight belts as they do endless, mindless sets of light-weight barbell or dumbbell 'vanity' curls, maybe with an actual bar in hand, but more than likely seated in a machine.

What do all of these observations have in common with one another? These well meaning but ill-informed people are, for the most part, exercising in a fashion that will not and does not contribute a great deal to the improvement in the fitness, strength or power levels of the human body. In many instances, they are simply enhancing their 'mirror' muscles and not developing the vital structural and muscular changes that will sustain them, as they grow older.

Look carefully and you may see a squat rack tucked away in the corner, but you probably won't see anyone using it. This is the lot of power rack in the majority of the largest commercial gyms, its there but not used very often. Why? Because of the gym owner's fear of someone getting hurt, doing squats. Or using so much weight that it 'scares other customers away' or even worse yelling and using chalk to help keep the bar on the shoulders during a heavy lift intimidates other consumers.

Just what are all of these people trying to accomplish? Is it to forge the 'Perfect body'? Perhaps they are trying to lose a bit of weight for the upcoming Holiday party season. Possibly, to tone up their body or maybe even, God forbid, to actually become healthier. So you ask yourself just what does this have to do with the king of exercises. Well let me tell you it has everything to do with the squat, but in a round about way.

A well toned body, which may eventually lead to the perfect body (what ever that may mean) on the way to increased physical fitness and better health all begins with added muscle mass. Added muscle mass increases the basic metabolism rate of the body. This in turn helps to burn a higher percentage of calories throughout the day and into the night. Therefore, even as you sleep, your muscles are helping to keep you trim and slim. The lower body has massive amounts metabolism increasing potential. The best and most efficient way to tap into this is by doing heavy legwork. Not machine leg curls or leg presses but with squats. Bar on the back, sweat producing, breath taking,

heart pounding squats.

Squats performed correctly and diligently will:

- Increase your muscle mass
- Raise you basic metabolism
- Increase and improve your general physical work capacity
- Increase your mental and physical energy levels
- Produce better sleep patterns
- Aid in compositional changes
- Enables an increased release of the natural pain killers into your body by way of Endorphin secretions into the system
- Strengthens your shoulder girdle, the vertebrae of the back and the long bones of the lower body by increasing the mineral density of these supportive structures. This is an especially important point for women to consider.

Bear in mind that incorrectly performed squats have been blamed for every knee and lower back problem facing mankind. Therefore speak to your primary health care provider before beginning any new exercise regimen or movement pattern to make certain your body will tolerate the new experience in a healthy manner.

Now then, let me guide you through the correct set up and execution of this excellent exercise. Each of the following contributes to a successfully executed squat.

- Spotters
- The power rack or squat rack
- The lifting belt
- Set up under the bar, hand position
- Bar position-high or low
- Head angle
- Back positioning
- Breath control
- The step out
- The step back into squatting position
- The descent
- The bottom
- The ascent
- The rack
- Cautionary note: do not utilize the Valsalva maneuver as it raises the blood pressure to an extreme level in many individuals.

Spotters

First off, make sure to have spotters on hand to help you move in and out of the rack. Spotters are there to help protect you as you move the bar to the starting and ending positions prior to the lift and the rack at the end of the movement. Make certain they are aware of the repetitions you are performing, have knowledge of the correct manner in which to spot to protect both you and them, and are able to adequately communicate with you as they assist. The number of spotters depends upon the load, the experience and strength of the spotters and lifter, and the ability of the lifter.

The power rack

By a rack, I mean a power rack, one of the full cage ones that are built specifically to catch the bar if you are unable to stand back up. Put the safety catch pins low enough so you can squat full depth without hitting them on the way down but high enough that they will prevent a total collapse of the weight onto your body should you miss the lift. Full depth is below parallel and not a half squat like the ones so often seen in the gyms of our High School.

Position the hooks so that the weighted bar will touch just below the insertion points of your clavicle to your sternum as you face it. This gives you adequate height on the bar to safely lift it out of the hooks and then replace it after the lift is completed.

Hand placement

The next step is to properly place your hands on the bar itself. Notice the knurling on all of the Olympic style bars, particularly that in the direct middle of the bar. This series of ridges is machined into the bar for a purpose and that is to help keep the bar from rolling off your shoulders during the squat. Place your hands evenly on the bar by making note of where each hand resides to keep the bar in balance once you move out of the rack.

Grip the bar in either one of two different ways; one with the fingers and thumb circled around it or, two, with an open or thumbless grip. The recommendation is initially to use a closed grip until you are familiar enough with the holding of the bar to go to the open grip. In some cases, a lack of flexibility will preclude the use of the closed grip so the type of grip will be clearly evident.

With your hands in the right position look directly at the middle of the bar, now duck under the bar and pop up on the other side of it, still keeping your hands on the bar of course.

Bar position

There are two common positions for bar placement. One is referred to as the 'high bar', which it actually is when compared to its alternative the 'low bar'.

- The high bar
- The bar rests on the top of the posterior deltoids at the base of the neck-which can cause irritation- with the hands just wider than shoulder width apart.

- The low bar
- The bar rests at the lower portion of the junction of the trapezius with hands a little wider than shoulder width. This position takes longer to learn but is well worth it in the end as it provides an excellent 'shelf' hold the bar and it shortens the moment arm of the lift. Both help contribute to a higher load on the bar.

Now that you are under the bar, are you asking yourself why hasn't he mentioned using a lifting belt?

The lifting belt

A belt is not necessary unless you are lifting maximum weight i.e. up around your 95%-100% one repetition maximum. If you become dependent on the belt and use one for all sets then your body will not develop the strong supportive torso musculature that is needed to correctly lift the weight in the first place. Better to lift well within your capacities at the outset and engage those synergistic muscles than to bolster them with artificial aides early on in the training program.

After debating whether or not to use the weight belt and then finally deciding to snip the umbilical cord of the belt, its time to lift.

Head angle

Keep the head in a slightly extended but not an excessively extended angle. If your head tends to drop forward, the back will almost always follow suit. This means you will begin to round over creating a massive amount of compression and shear force on your lower back. Obviously not a healthy situation so don't do it. Looking up at an angle approaching forty-five degrees in front of you will keep your head in the correct alignment for the lift to safely continue.

Back positioning

Hold your back in a neutral to slightly arched manner. At all costs, avoid rounding off in the lower back. If the weight is too heavy to lift safely, then set it down on the pins and lower it to an acceptable level. The form comes first then added weight. Many different exercises will improve the isometric strength of the low back stabilizers. If your back continues to flex then consideration needs to be made to include these strength exercises into your routine before you seriously injure yourself doing squats improperly.

The step out

Now that your hands are correctly situated on the bar and it is placed on your back the way you want it, its time to step back. Lift the bar off the hooks with your legs and not by extending your back up. Take one small step backward followed by a second small step with the other foot. Align your feet together, with one more small adjustment, a little wider than shoulder width apart. As you develop your own preferences and style this foot spacing may increase a great deal wider.

Continued on page 12

Continued from page 11

Breath control

It is very easy to form the habit of holding your breath during execution of any heavy lift. Holding your breath does help stabilize the center portion of your body but it comes at a cost. And that cost, in certain individuals, is a drastic increase in blood pressure. High blood pressure places your body in a high risk for suffering a stroke, heart attack, kidney failure and blood vessel aneurisms. A slight second or two holding of the breath during the sticking point may in most cases be ok. But it all depends on what you and your doctor have discussed at the outset of your exercise program beginnings.

Cautionary note: do not utilize the Valsalva maneuver as it raises the blood pressure to an extreme level in many individuals.

The descent

With your feet evenly spaced, take a deep breath. The descent begins **FIRST** with your **HIPS** moving backward, **NOT** with your knees bending. Envision trying to touch the wall by moving your buttocks backwards. Unhinging at the hips allows the body to drop down while still keeping the lower legs in an upright aspect relationship to the floor. It also brings into play the powerful hip flexors and extensors during the movement. You now have tremendously effective synergistic muscle activity to complete the exercise.

As an example of what I am saying, watch a small one to two-year-old child squat down. Perfect form. Their little bottoms are nearly resting on the floor, with their lower legs perpendicular to the floors surface and their backs held ramrod straight.

Practice this by standing in a door way and holding onto the door jam with both hands. Step back one foot length away from the doorway while still holding onto the jam. Lean back onto your feet, now drop your buttocks down to the floor. If you let loose of the door, you will fall backward, but notice where your lower legs stand in relation to the floor-they are nearly vertical aren't they? This is the ideal squat position at the bottom. With the exception of the elite lifters, it is rarely achieved, but it is still a technique to be practiced.

The bottom

Once at the bottom of the lift the easy part has concluded. Getting back up is what separates the real lifters from the wanabe lifters. Begin moving upwards by first pushing up on the bar with your hands while at the same time extending out your chest and head. Doing this counteracts the momentum of the bar as you approached the bottom of the lift. Unless you held very tightly to the starting our position your upper torso has flexed a bit. This small flexion leaves you behind the lifting curve. It tendency has to be overcome early on in the ascent or the lift rapidly becomes a modified good morning. You and your spotters will quickly see this as your buttocks will rise before the bar starts to come back up.

The ascent

With the bar starting to move due to the push of the hands, the chest and head motion it is time to move it further upward. Keep the weight centered over the middle to back part of the foot. During the lift, you should still be able to wiggle your toes. Accelerate the bar throughout the lift until you reach a point where it has to be stopped, i.e. near the end at the top. Maintain control of the bar at all times.

The knees **HAVE GOT TO REMAIN IN LINE WITH THE FEET**. The prevention of valgus and the maintenance of a solid arch in the back are vital to preventing injury.

The step forward back into the hooks of the power rack

With your spotters in close attendance, begin to take the two to three small steps back into bar hooks. Make certain you place the bar into the hooks before letting go. It is the responsibility of your spotters to follow you back into the hooks and to make certain the bar is seated before backing away from the action.

Recall the 'runners high'? That is simply the brain being pounded* onto the brain stem to such an extent that it becomes numb. You will get the 'squat high' without the brain damage because the endorphins truly are being released as you utilize this fine exercise movement. *Of course this is from a resistance trainer's (power lifters) point of view and is not supported by any medical evidence what so ever-at least to this point.

Performance of the squat, in the correct manner, will improve your muscle mass, improve your strength and power but more significantly will get you on the right track to improve your overall physical and mental health.

If you have questions or comments feel free to send them along to me.

*Danny M. O'Dell, MA. CSCS*D is the co-owner of 'The WeightRoom' gym and Explosivelyfit.com, both located in Nine Mile Falls, WA. His Masters Degree is in Human Services and he is a Certified Strength and Conditioning Specialist with Distinction through the National Strength and Conditioning Association. He is a member of the Washington State Coaches Association.*

He has published articles in national and international magazines describing the benefits of becoming stronger, more powerful and living the healthy lifestyle. Danny is a national and internationally recognized fitness presenter. In addition, he is the author of the following training manuals: Wilderness Basics, Strength Training Secrets, and Composite Training.

These are complimented by several smaller handbooks covering strength and fitness at home and in the gym: Power up your Driving Muscles, The Twenty Minute Dumbbell Routine, The Workout at Home and Push up Power. With the exception of Wilderness Basics, all are available in download versions at <http://www.explosivelyfit.com/ExplosivelyfitTraining.html>



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DEADLINE: APRIL 20, 2005

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

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- ◆ Submit the below application.
- ◆ Submit a letter of recommendation from your principal, counselor or teacher.
- ◆ Submit your High School transcript.
- ◆ Submit a statement on what the scholarship would mean to you.

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

Parent/Guardian _____ Years Member of Association _____

Address of Parent/Guardian if different from applicant

High School Attended _____ Graduation Date _____

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Principal _____ College Planning to Attend _____

Check List

- Letter of recommendation
- Transcript
- Statement from applicant

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

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

BASEBALL NEWS

At their annual Hall of Fame Luncheon held at the Best of the West Clinic in November, two new awards were presented. The two new awards are: **The Don Freeman Award and the Dan White Award.**

The Don Freeman Award is given to a coach who has shown tremendous dedication and commitment to high school baseball in Washington State. Coach Freeman was a fixture in Washington high school baseball at Prairie High School until he recently retired. His Falcons won 2 State Championships and were always playoff contenders. Don served as President of the Baseball Coaches Association for 10 years. Don served 3 stints with USA Baseball's Youth National Team. He twice served as pitching coach winning a World Championship and a silver medal in the PAN-AM games. In 2003, Don was the head coach of the Youth National Team that won the World Championship, defeating Taiwan 11-7 in Taiwan. Don is a well-respected national and international clinician. He has taken hundreds of high school athletes from Washington to Australia in the summers. He has since taken the head baseball coaching position at Hillsboro High School in Hillsboro, Oregon.

The first recipient of this award was Dan White-Eastmont High School. Coach White was very active as a former President of the State Baseball Coaches Association and has been the director of the All-State Baseball Series for 21 years. Dan coached for 33 years in Washington State winning 580 games. He was selected for his dedication, tireless work, and commitment to high school baseball.

The Dan White Award is presented to the Assistant Coach of the Year in Washington State. The first recipient of this award was Monte Walton-Assistant Baseball Coach at Sehome High School. Monte has been with the Mariner program for 26 years. He does an outstanding job of working to improve the players both on and off the field. Monte is a true baseball man. He is a yard bird.

Three Washington Coaches Honored

At the recent NW Baseball Clinic held at the Embassy Suites, Portland International Airport, their peers for their outstanding contributions, successes, and dedication to high school baseball honored three Washington high school baseball coaches with Life-Time Achievement Awards. All three are recognized regionally and nationally for their

commitment to high school baseball. The 3 coaches honored were: Lem Elway, Kim Hammons, and Scott Knight.

Lem Elway

Lem Elway has coached high school sports for 32 years at Black Hills (Tumwater), Rochester, Anacortes, and Hoquiam. He has been a high school head coach in baseball, football, and basketball. His baseball teams have won 322 games. He also was the head baseball coach at the University of Montana. His 1980 Hoquiam baseball team won the State Championship. His 1981 Hoquiam team finished 3rd and his 1990 Anacortes team finished 3rd. He was elected to the High School Baseball Coaches Hall of Fame in 1992. He received the KLKI-Community Service Award in 2003 for his unselfish and dedicated work in the Anacortes community. Lem has conducted the Washington State Baseball Coaches Poll for 24 years. He has written a soon to be published book on coaching and is known nationwide as an outstanding baseball clinician.

Kim Hammons

Kim Hammons has coached baseball in Snohomish since 1970 in various capacities. He has been the head baseball coach at Snohomish High School since 1992 and continues to lead the Panthers. He is a 1964 graduate of Snohomish High School. The Panthers won the State Championship in 1998. Kim's teams are always in the playoff picture. They are known for being sound fundamentally and they always play hard.

Kim coached 2 players of note-Rick Anderson who pitched for the New York Mets and played in the 1984 World Series. Coach Anderson now serves as the pitching coach for the Minnesota Twins. Adam Eaton, a 1996 Snohomish graduate was the 11th pick in the 1996 amateur draft and is now a starting pitcher for the San Diego Padres. Kim is well deserving of this award.

Scott Knight

Scott Knight has coached high school baseball for 34 years. He has coached at Sedro Woolley, Stanwood, Rosalia, Rosalia-Oakesdale, West Valley (Spokane), and Pullman with 26 years as a head coach. His 1986 Rosalia team won the State Championship. In 1985, Rosalia team finished in 3rd place while his 1980 Rosalia-Oakesdale

team finished in 5th place. He has been involved with 23 teams that have participated in district or state playoffs. Since 1991, he has taken 15 teams of Washington high school players overseas to: Australia, China, Cuba, The Netherlands, and Belgium. He was selected as ABCA Region 7 High School Coach of the Year in 2003 and was a finalist for National High School of the Year. He was elected to the Washington High School Baseball Coaches Hall of Fame in 1993. He has been very active in the state baseball coaches association serving as the Chairman of the Hall of Fame committee and executive board. Coach Knight has three years involvement with USA Baseball, 2 years with the Youth National Team and 1

year with the Junior National Team. His teams have always been known for their hustle and for being fundamentally sound.

4 New Hall of Fame Inductees

Four new Hall of Fame members will be inducted at the State Baseball Coaches clinic in November 2005. The new inductees are Dave Chambers-Lake Washington High School, Larry Heinz-Rochester, Dan Hollod-Meridan (Bellingham), and John Thacker-Ferris. Congratulations to the new inductees.

Wisdom and Wit

“The way to catch a knuckleball is to wait until the ball has stopped rolling and then pick it up.”

Bob Uecker

“When wealth is lost, nothing is lost; when health is lost, something is lost; when character is lost, all is lost.”

Billy Graham

“The difference between the mile and the marathon is the difference between burning your fingers with a match and being slowly roasted over hot coals.”

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Tacoma Area Coaches Have Impressive History of Success

Long time sports enthusiast Doug McArthur has sent the *Washington Coach* a list of the Tacoma area coaches who may have had their career victories overlooked in our state record keeping. The following coaches all have reached the 100 win circle:

- | | |
|---|--|
| <ol style="list-style-type: none"> 1. John Anderson, Sumner 114-49-6 2. Gerry Austin, Clover Park/Lakes 118-53-8 3. Don Clegg, Wilson 100-48 4. Ed Fallon, Orting/Bellarmino 104-36-6 5. Doug Funk, White River 124-117-10 6. John Heinrick, Bellarmine/Stadium 127-55-15 7. Mike Huard, Puyallup 143-38 | <ol style="list-style-type: none"> 8. Bob Lucey, Curtis 163-81 9. Norm Mayer, Lincoln 140+ 10. Jerry Redmond, Puyallup 105-85-7 11. Mark Ross, Steilacoom 119-75 12. Dick Zatkovich, Lincoln/Lakes 129-39 |
|---|--|

Thanks to Doug for this piece of history. If you know of other coaches who are not listed in our career victory list, please let the *Washington Coach* know.

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Home/School Address _____

City _____ Zip _____

Current teaching/coaching location _____

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

Thank you for your efforts

ALL STATE GIRLS BASKETBALL GAME(S)

Sat. Mar. 19th 2005 @ Thomas Jefferson HS

by Mike Grady, Athletic Director
Thomas Jefferson HS

On Saturday Mar. 19th, the Washington State Girls Basketball Coaches Association put on its second annual "All-State" girls basketball games at Thomas Jefferson HS in Federal Way. This year's format had 3 different classification games versus last year's inaugural 2 games. The theme this year was "Playing the Best, from East to West" as the best did come from all four corners of the state.

On Friday Mar. 18th, the girls arrived at TJHS for a 2 hour practice session with their respective team members before being treated to a "Welcome Dinner" and gifts in the TJHS cafeteria. The 250 athletes, families, and coaches were met with local dignitaries and sponsors to honor them for their senior year accomplishments and to wish them well in the 3 games on Saturday. On Saturday morning after another brief practice, photo session, and lunch, the B/A east took on the B/A west in an exciting game that had the east pulling away at the end to win 73 to 64. Leading the way was for the east and MVP of the game was Melissa Baker of Freeman who fired in 8 points, most of them in the crucial 4th quarter. Scoring for

the east included Bruketta (14), Wujeck (13), Short (12), Bluff (11), Hess (7), Manley (5), Wells (4), Shepard (2), and Shaw scored 1 point. On the west team, Jessica Ventoza of Seattle Christian led the west with 13 points, Lewis (8), Carnes (7), Bryant (7), McFerron (7), Poetter (7), Edgcombe (6), Holgate (6), and Black (3). Coaching for the west was Jim Kelly of White Pass HS and for the east, Coery Baerlocker of the state champions, Colfax HS.

At the 3:00 pm 2A/3A east/west game, the game came down to the wire as the west pulled out an exciting 69 to 68 win with Willow Cabe of Elma being selected the game MVP as she dominated both ends of the court scoring 20 points to lead all scorers. Other west scorers included Williams (14), Koebel (10), Esmeralda (6), Bergner (6), McHugh (5), Whitfield (5) and Bartholemew (2). The east team were led by the 16 points of Jennifer Ayers-Stamper of Lacrosse-Washtucna. Other east scorers include Crawford (13), Buchberger (9), Parsons (8), Trochim (7), Hamilton (6), Corigliano (5), Little (5), and Phillips (1). Coach for west was Rick Harden of River Ridge HS and for the east, Nick Greenwell of Tumwater HS.

The primetime 5:00 pm 4A game between the east and the west pitted some big time players that battled until the end as the west team lost a big lead in the 4th quarter and the east squeek out a 61 to 58 win in the last seconds of the game. MVP of the east was Kentlakes Luv Rattler who could not play for the west team due to her coach was coaching the west team. Luv hit for 20 points which included "four" 3 pters and 11 of her points being scored in the decisive 4th quarter. Other east scorers included Herman (15), Schott (10), Short (7), Johnson (5), McCoy (2), and Lanker (2). On the west team, Syndey Benson of Snohomish, Amanda Durocher, and Jocelyn Moore of Bethel all



scored 9 points each to lead their team. Other scorers included, Denbo (8), Phippard (7), Nance (5), Montgomery (4), Swanlund (4), and McNeil (2). Coaching the east was Kevin Strozier of Lincoln of Tacoma while Chris Carr of Kentlake HS coached the west squad.

Over 20 NW college coaches attended the event and over 900 to 1000 people attended the games. Illahee Middle School cheerleaders cheered for both the east and the west teams all day long and the TJHS school band played for the 4A teams during the 5:00 pm game. The Baden Ball company representative as well as Seattle Storm player Alicia Thompson presented the MVP awards. Our sponsors list is posted below. We can not thank them enough for helping to make this game possible for the top senior girl basketball players in the state of Washington.

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We'll focus on three areas: 1) Proper arm warm-up; 2) Quick draw; 3) The Finish.

I. Proper Arm Warm-up

A proper warm up gives you the opportunity to not only prepare the athlete to swing, but to also reinforce your technique and work on problem areas.

a) 2 handed overhand throw with no bounce – focus on extending the elbows and snapping the wrists. **NO FOLLOW THROUGH.**

b) 2 handed overhand throw with a bounce – same as above, but with a more exaggerated wrist snap. Do not allow them to throw the ball straight down by bending at the waist. Force them to snap wrists. **NO FOLLOW THROUGH.**

c) One handed throws with a bounce, but **NO FOLLOW THROUGH.** Again, focusing on extending at the elbow and snapping.

d) 15 feet apart, toss to self, reach and snap the ball to your partner – no bounce and **NO FOLLOW THROUGH.**

e) 30 feet apart, toss to self, reach and snap ball to your partner with a bounce, still **NO FOLLOW THROUGH.**

f) Lastly do same as above, but add a follow through down to your hip. Focus on the elbow – it is the focal point. Lead with your elbow then forearm, not the shoulder.

II. Quick Draw

One of the most common errors that occur in attacking is the athlete's ability to prepare to swing at the highest point of their jump. It could be a result of not extending the elbow during contact, timing, or drawing the arms slowly.

a) Both arms are drawn/risen above the head simultaneously.

b) Non-hitting arm – serves as guide arm. If you have athletes who leave their arm down by their side, they are

not maximizing the height at which they can contact the ball. This will often cause them to be leaning in the air (falling away). If you're having a problem with this, force the athlete to point at the ball with their non-hitting arm.

c) Hitting arm – draws straight up your side, **PALM OUT.** Never allow the hitting arm to go in front of the body while drawing to hit. The old "bow and arrow" analogy is outdated. Not all female athletes have the ability to hang in the air or be blessed with a 36" vertical jump. They must get their arm up as soon as possible. **PALM OUT** forces the elbow to be high.

If your athlete continues to have a slow draw, have them keep their arms bent and in by their sides during their approach. (All middle blockers should use this technique at all times, but it can help the outside hitter with the slow draw as well.)

III. The Finish

The Finish not only applies to the hitting arm, but also the non-hitting arm.

a) Non-hitting arm is the first part of the swing/finish. Force your athletes to pull their non-hitting arm into their stomach. Actually punch themselves in the tummy. I know this sounds a bit extreme, but we are trying to prevent the athlete from throwing her hitting arm outside their body. Throwing the hitting or non-hitting arm out/away causes the athlete to fall away – the result can cause shoulder problems and not hitting at the peak of their jump. We also want to use their abdominal muscles to add to the power of their swing.

b) Hitting arm – just like in the arm warm up. Focus on extending the elbow and snapping the wrist. In the beginning stages and during warm up, do not allow them to follow through – focus on extension and snap.

STRONG SIDE HITTERS

To work on hitting cross-court, the finish/snap is thumb down. The elbow will actually rotate out and the thumb will snap down. To work on hitting line or back to position 1 (right back), the finish/snap is thumb up, which has the

fingers pointing to the opposite shoulder. Once the hitter has mastered the extension and snap, allow them to follow through. For a straight over the top snap, finish by your hip. Thumb down – allow the athlete to follow through naturally. Thumb up – will be to opposite hip. Long finish for outside hitters.

MIDDLE HITTERS

Everything above applies for Middles too. Their finish is just shorter = less follow through and focus is on the quick snap. On the thumb up finish they will not finish by the opposite hip, but rather with their fingers pointing at their opposite shoulder.

TRAINING PROGRESSION

The best way to train the armswing is to eliminate the timing factor. You can use the wall, but I prefer to droop the net. This still forces the athlete to reach and extend at the elbow to successfully hit the ball over the net and provides a visual and realistic teaching/training aid.

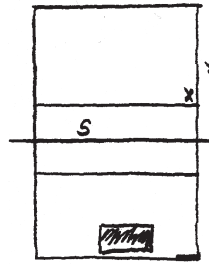
1. Droop the net to about chin level.
2. Group athletes into 4's, 5's or however many you need. I can usually fit four groups of hitters on the net. You now have a hitter, a tosser, a hander and a shagger.
3. Hitter starts with hips open to tosser with their arms already drawn to swing, tosser tosses the ball about three feet in the air, hitter works just the straight over the top finish/snap. The hitter should go up on their toes; non-hitting arm pulls down in the stomach. 10 swings and rotate.
4. Hitter starts with arms down by their side and must now practice the quick draw. Remember that both arms are involved in the draw, hitting arm is PALM OUT. The focus is still to pull the non-hitting arm down to the stomach, using the abs to add power. Still no arm follow through. ELBOW EXTENSION AND SNAP. Work Straight Snap, Thumb Down and Thumb Up. (You could add a blocker on the other side of the net to add a visual aid of hitting around the block or to teach hitting off the blocker.)
5. Crank the net up, but not all the way. Add a jump – just the plant, jump and draw to attack (i.e., right handers would be Right –Left). Be sure the hips are open to the tosser. Work all three snaps again.

If you have platforms or boxes, all of this can be done on boxes as well. Note: Your athletes can work on their armswing while doing team table defense. You're free to watch.

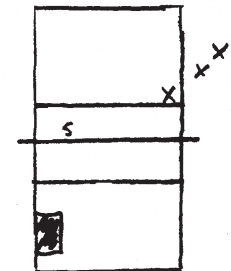
Now the athletes are ready to apply their ball control/accuracy to pressure or goal oriented situations.

DRILL: You can have them Pass to Attack, Dig to Attack, or Block to Attack. I place a gymnastic mat in the designated area. This gives them a great visual aid (you could use cones or a chair). The ball must be successfully attacked and hit the mat to count. Set whatever number you want, hitting errors are minus 1.

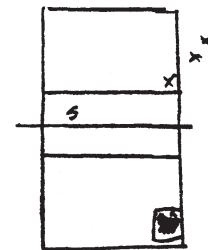
Hitting the Hole
(Straight Snap)



Cross Court
(Thumb Down)



Down the Line
(Thumb Up)



Progressive Ball Control Drills Utilizing Armswing Technique

1. 2 on 2 Narrow Court: Divide your court into two narrow courts by tape or antennas. Each side will have one attacker and one setter. A single block should always be used. The drill begins by one side tossing the ball to her setter, she sets the hitter, the hitter plays the ball across the net to the digger. When your hitter plays the ball across the net your team switches places (setter becomes the hitter, hitter becomes the setter).

Progression/Variations: 1) Stand on the ground and shoot the ball over with two hands (getting used to switching places). 2) Jump and tip the ball across. 3) Drive A (quick set) and jump and tip. 4) Perform a Down Ball across the net. 5) Jump and swing across the net. All of these varia-

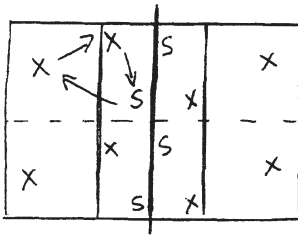
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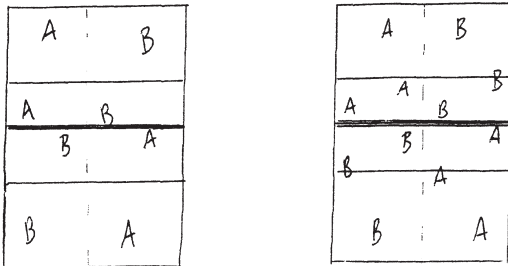
tions can be cooperative or competitive scoring drills.

2. 3 on 3 Narrow Court: Divide your court in two narrow courts. One side will have a left front, setter in the middle, and a left back. The other side will have the setter in right front, a middle hitter and a right back. A double block should always be used. The drill starts by one side tossing the ball to her setter, setter sets the hitter, the hitter plays the ball across the net to the digger. When your hitter plays the ball across the net, your team rotates.

Use the Progression/Variations from above.



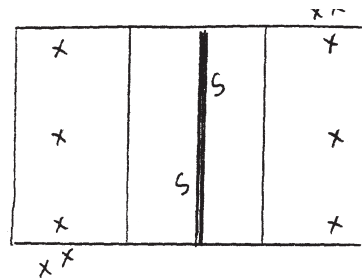
Note: Both 2 on 2 and 3 on 3 drills can be performed in a cross-court fashion as well. Team A's are playing together at the same time as Team B's are playing together.



3. 4 on 4 Deep Court or Rotating 4's: Each side will have three players in the deep court and one setter at the net. The setter at the net will block. Extra players will wait at right back to rotate in. This is a backcourt attacking drill. Every time the ball crosses the net the players rotate to their left (during the rally) and a new player enters the court. The setter will remain in the front court and do no rotating. The drill is initiated with the coach or a manager tossing a freeball to one side. The drill can be played as a cooperative drill where the team is attempting to get a certain number of three contact rallies or a competitive scoring drill.

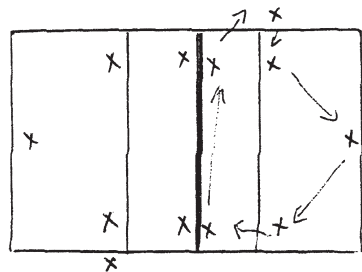
Progression/Variations: 1) Stand on the ground and shoot the ball over with two hands. 2) Attack a down ball across the net. 3) Jump and swing (you could designate an area to attack the ball to).

4. 5 on 5 Control Drill: Each side will have five players on the court – right front (serves as setter), right back, middle back, left back and left front. The remaining players will wait at right back to rotate in.



Each time the ball crosses the net the players must rotate out at right front and rotate in at right back. You can have your setter remain at right front and just rotate around her. The drill is initiated by the coach or the manager tossing a freeball to one side. The goal is to set the attacker in left front; you determine what shot the attacker is working on. Again this can be played as a cooperative drill (goal oriented) or competitive scoring.

Progression: 1) Stand on the ground and shoot the ball over with two hands (getting used to rotating). 2) Attack a Down Ball – cross court. 3) Jump and attack.



Variations: 1) Jump and attack cross-court only. 2) Jump and attack down the line (position 1). 3) Jump and tip to position 4 (along the net) or to position 3 (middle front).

Advanced Variations: One side will tip a high outside set to position 3, the other side will pick up the tip and transition with a high set in the middle that must be played to position 1 (by either a deep tip or a controlled swing to right back). Or use any setting combos and shots that you expect your hitters to perform.

ALL STATE VOLLEYBALL SERIES

By Jan Kirk, Coordinator

The 20th annual East vs. West All State Volleyball Series will be happening again this coming summer – July 14 at Fife High School in Fife, July 15 at Selah High School in Yakima and July 16 at Mead High School in Spokane. It is the longest running high school all-star event held for graduating senior volleyball athletes in our state.

In the beginning the event was sponsored by Mizuno and then Dairy Farmers of Washington. Most recently sponsorship has been in conjunction with Puget Sound Volleyball Region, Washington State Volleyball Coaches Association, Evergreen Volleyball Region, Puget Sound Volleyball Club of South Sound and Club Wahine of Highline.

The series involves 64 athletes and 12 coaches, plus a “bunch” of volleyball enthusiasts, who donate their time and energy to making the event a success; Jan Kirk, Fife High School and Tanya Campbell, Emerald Ridge High School are the Coordinators. The Tacoma, Yakima and Spokane Officials Boards donate officials, and the Fife, Selah, and Mead school districts donate use of facilities and equipment. A special thank you, also, goes to Ron Zaffino, owner of the Scoreboard Pub in Federal Way, who donates all of the food to feed the athletes and coaches while they are participating in Fife.

The selection process is a lengthy one. To be eligible,

athletes must be a senior, first team all-league selection. Applications are sent out to those first team athletes in January (210 applications sent this year), and these are returned to Tanya Campbell. A group of coaches (any high school head coach may be involved) from all divisions (A, B, 2A, 3A, 4A) meet after the deadline to tabulate results from the criteria that has been previously established to select the teams. There are 6 teams: 2 A/B (East and West, 24 athletes), 2 2A/4A (East and West, 24 athletes) and 2 3A (East and West, 20 athletes). There are 2-3 alternates selected for each team plus 12 coaches.

The sponsorship monies are spent on food, housing, bus transportation to different playing sites, uniforms and memorabilia for the athletes and coaches. Programs are printed and an all-state t-shirt and sweatshirt are designed.

The matches this year will be held at Fife High School July 14th, Selah High School July 15th and Mead High School July 16th. Admission is charged and it is \$5 for adults, \$3 for students and children 12 and under free. At Fife and Yakima, the games are played at 4, 6, and 8pm and in Spokane they are 3, 5 and 7pm beginning with AB, followed by 3A and finishing with 2A/4A.

Further information can be obtained by emailing Jan Kirk at vbmojo@comcast.net or Tanya Campbell at diggintee@aol.com or perusing the all state website at www.eteamz.com/allstatevolleyball.

All-State Teams

2A/4A - West

Angie	Alvord	Meridian
Ashley	Bergeson	Woodland
Haley	Bury	Bethel
Sarah	Conwell	Kentwood
Shyanna	Davis	Heritage
Kristen	Fass	Woodinville
Ashley	Grayson	Heritage
Jennifer	Luatua	Everett
Jennifer	Oney	Span Lake
Savannah	Reid	Bethel
Jamie	Richards	Woodland
Kayla	Roof	Eatonville
<i>Shirley</i>	<i>Baker</i>	<i>Spanaway Lake</i>
<i>Nance</i>	<i>Zehnder</i>	<i>Auburn</i>

2A/4A - East

Lacey	Anderson	Mead
Nikki	Bardwell	Colville
Anna	Bordner	Omak
Betheny	Castilleja	Kamiakin
Danielle	Cowan	Grandview
Mandy	Daniels	University
Azure	DeLaCruz	Chelan
Daidre	Mendenhall	University
Rachel	Schurman	Mead
Kelsey	Speiser	Omak
<i>Judy</i>	<i>Kight</i>	<i>Mead</i>
<i>Jenny</i>	<i>Kerr</i>	<i>Omak</i>

Continued on page 24

A/B - West			A/B - East		
Ravenel	Brisbee	South Bend	Sarah	Anderson	Royal
Rashelle	Davenport	Kalama	Monica	Boone	Garfield-Palouse
Erica	Gray	Christian Faith	Amy	Bruya	Colfax
Annie	Herold	Naselle	Nancy	Donato	White Swan
Anita	Ihlenfeldt	Orcas Island	Brenda	Hershaw	Garfield-Palouse
Jocelyn	Judd	White Pass	Holli	Hollbrook	Garfield-Palouse
Alicia	King	Onalaska	Lydia	Hu	Okanogan
Lacey	Morris	South Bend	Mary	Hutson	Liberty Bell
Sarah	Peoples	Morton	Mallory	Puckett	Tekoa-Oaksdale
Kelli	Revis	Naselle	Holly	Robertson	Zillah
Kari	Reynolds	Toledo	Sarah	Rusch	Desales
Shannon	Strege	Evergreen-Lutheran	Jill	Solbreck	Colfax
<i>Steve</i>	<i>Hanson</i>	<i>Morton</i>	<i>Ron</i>	<i>Dinsmoore</i>	<i>Garfield-Palouse</i>
<i>Laurie</i>	<i>Judd</i>	<i>White Pass</i>	<i>Greg</i>	<i>Knott</i>	<i>Liberty Bell</i>

3A - West			3A - East		
Stephanie	Augustavo	Bishop Blanchet	Lynnea	Braun	West Valley
Sara	Bendorf	White River	Lauren	Harold	Shorecrest
Alanna	Ohara	Sequim	Marissa	Hill	Mount Si
Tori	Ross	Bishop Blanchet	Michelle	Miller	Bainbridge
Clare	Schroder	Highline	Danielle	Palacios	Prosser
Jenicka	Schuler	Black Hills	Sarah	Primrose	Issaquah
Cassie	Smith	North Thurston	Becky	Scherer	Shorecrest
Kara	VanZanten	Mark Morris	Callie	Webster	Mercer Island
Laren	Vercammen	Squalicum	Emily	White	Mount Si
Kelsey	Williams	Black Hills	Julie	Wilson	Prosser
<i>Glenn</i>	<i>Rodenhurst</i>	<i>Highline</i>	<i>TBD</i>		
<i>TBD</i>			<i>TBD</i>		

Congratulations
All-Star
Volleyball Players!

Volleyball Hall of Fame

We are attempting to establish a Volleyball Hall of Fame. Criteria has been established (see attached) and the plan is to induct 10 coaches into the hall of fame at the state championships next fall in conjunction with the 100 year celebration of WIAA.

We have received nominations from the following coaches or former coaches:

Sharon Brandon – Kiona Benton HS
Virginia Greenlee – Renton HS
Trudy Weinheimer – Nooksack Valley HS
Linda Sheridan – Shadle Park HS
Janet Johnson – Kent Meridian HS
Nancy Zehnder – Auburn HS
Evelyn Goodrow – Kentridge HS

We are still in the process of locating successful coaches and are convinced that we will have a very fine group of inductees next fall.

If you would like to nominate a coach, please fill out the nomination form and send to Jan Kirk, 37929 53rd Ave S, Auburn, WA 98001.

Washington State Volleyball Coaches Association Hall of Fame Nomination Form

Nominees Name: _____

Address: _____

City: _____ State _____ Zip _____

Phone: _____ Email: _____

Nomination Criteria: (circle the # in front of the criteria met by the nominee)

Must have:

1. coached high school volleyball in Washington State for a minimum of 15 years.
2. made a significant contribution to the development of volleyball.
3. must have recorded 300 wins as a head coach.
4. must have been or currently is a member of the Washington State Coaches Association.

The nominee will be sent an official nomination form for their perusal and completion and be contacted to obtain three (3) references. These references will be contacted for letters of recommendation.

In the space provided, please give a brief statement as to why you are recommending the nominee.

Your name (please print): _____

Signature _____ Date _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

Please send nomination forms to: Janice Kirk, 37929 53rd Ave S, Auburn, WA 98001 (vbmojo@comcast.net)

Private vs. Public

Illinois Ruling Acts on Private vs. Public Schools in High School Sports

by By EMILY TROPP, (courtesy of the Rockford Register Star)

<http://www.bright.net/~wkki/sreport.htm>

Working with Professional and College Athletics

Aggressive + Progressive = Stability

Consulting Services

Send us your email at theusbc@yahoo.com on how you see this ruling. It continues to be a topic of many states.

In an effort to level the playing field for public and private schools, the Illinois High School Association has approved an enrollment multiplier that will start in the 2005-2006 school year.

The IHSA Board voted 8-2 on Saturday in Peoria to apply a 1.65 multiplier to all non-boundaried schools with an enrollment of 450 and above. Non-boundaried schools include private, lab, charter, residential and magnet schools.

This means private schools in the state with at least a 450 enrollment will have their enrollment multiplied by 1.65 to determine its postseason class.

The plan came after nine months of research and meetings by the IHSA Public-Private Task Force, which was formed in June.

“This is a significant step in the history of the association,” IHSA executive director Marty Hickman said. “We have a long history of trying to take steps to create an even playing field for private and public schools, and we’re going to continue to try to reach that.”

The board also agreed to begin research for a possible four-class basketball system. Hickman said a committee will spend the next 10 months in a series of 28 statewide meetings to come up with a proposal for next January. Hickman said 56 percent of the schools the IHSA has interviewed are in favor of a four-class system, but he said that does not mean anything is inevitably going to change.

The IHSA has 752 member schools which includes 629 boundaried public schools and 123 private non-boundaried schools. The task force found that over the past 10 years, private schools with an enrollment of 450

or more have achieved far greater success in postseason play than public schools of similar size.

Research shows that private schools under a 450 enrollment, such as Rockford Lutheran, Rockford Christian Life and Rockford Christian, have similar success to small public schools.

“A 1.65 multiplier was necessary to bump schools over 450 to the next level,” Hickman said.

The multiplier primarily will affect football, which is the only IHSA sport with more than two classes. It has eight. Hickman said the multiplier will be applied to the school enrollment, and the football enrollment will be determined based on the new number.

Based on this year’s football enrollments, about three private schools would have moved up in two classes. Fifteen more would have moved up one class. About the same number of public schools would have been moved down a class.

In other sports, about 20 of this year’s Class A private schools would be bumped up to Class AA.

Hickman said that 70 percent of the schools the task force interviewed over the past nine months were in favor of the multiplier. Eighty percent of public schools favored the change.

Fifty percent of private schools will not be affected by the multiplier. In northern Illinois, the multiplier could bump Rockford Boylan up a class in football and soccer. It will not affect Boylan in basketball, since the Titans already are a AA team.

THOUGHTS ON SELECTING THE SQUAD

By David Hoch

Naturally, as a coach, you want the best possible athletes for each position on your team. That's a given. But what else should and do you need to consider in the process of selecting the squad? There is much more involved.

Initially, coaches have to determine the optimal size of their squad. The number of assistants, facilities, regulations involved with the sport, and perhaps tradition and community expectations are usually part of the formula which establishes the number of athletes on the team.

Once the exact size of the squad has been determined, coaches need to analyze their offensive and defensive philosophies. This needs to be done in order to determine how many athletes will be needed at each position. Obviously, some positions need more players and backups than others.

While the ultimate responsibility of selecting the squad lies with the coach, it is extremely wise to communicate the criteria for the selection of the team with both the athletes and parents. This should be done in written form prior to the start of the season so that there is no misunderstanding (Hoch, 1999).

Having taken these preliminary steps, the following are some other intangible factors a coach should consider. While several of the examples involve a basketball team, they are applicable to all sports. For other sports, just plug in the numbers which would apply.

1. Several years ago, one of my excellent assistants pointed out that

seniors provide the real leadership on a team regardless of whether they are captains. There are legitimate reasons for this. Seniors have a sense of urgency, destiny and perhaps even a legacy in this, their last season. After all, there is no tomorrow. Underclassmen, on the other hand, can always find comfort in, "Well, there is always next year."

2. This is not to suggest, however, that a coach should not cut any non-starting senior, but one should consider the leadership quotient for each senior. It may be better to carry younger players and give them a chance to develop.

3. If one checks college box scores, it is easy to see that the first seven or eight players get the overwhelming majority of playing time. This is also true for most high school teams. Therefore, athletic ability alone should not be the only consideration for filling the 9-14 slots on a team. These players need to be positive and supportive individuals, who while working to improve, understand their role on the team. Prior to making your final selections, sit down individually with the players who would fill these last slots on the team. Explain their role and ask them were they see themselves. It is better to cut an unrealistic player than to have a disgruntled athlete who could cause dissension.

4. Consider keeping a balanced mix of players from grades 10-12. This may also mean keeping a "special" freshman as long as this athlete projects as one of your top eight players. Keeping a balanced mix lends

continuity to a program, whereas if you carry a squad comprised of mostly seniors, you have to rebuild after their graduation. With a mix, you just reload and make some adjustments. Returning, experienced players become role models for the newer, younger athletes, while a coach must still teach and instruct at practice sessions, experienced players can aid this process.

5. However, if young players do not project into the rotation of the top eight players, they would be better suited to play on the JV squad. In this manner, the athlete will get necessary playing time in order to improve his or her skills and experience.

6. An exception to this approach is the necessity of carrying a young player – 9th or 10th grader – because he would have no competition at the JV level in which to help his development and improvement.

7. In my 24-year coaching career, I usually encountered two surprises at the beginning of each season. There was always one player who had worked hard over the summer, developed beyond anyone's imagination and became a major contributor. At the other extreme, there was usually also a player with high expectations who never developed. It is also possible that a promising athlete did not even come out for the team. The moral of these surprises for a coach is to carry as large a squad as possible, because the coach does not know who will emerge. This is particularly true for JV squads, because these players have more room to develop.

Continued on page 28

Continued from page 27

8. There is another good reason to carry a large squad. In a normal season, a coach will probably encounter injuries, illness and perhaps the possibility of losing a player due to academic eligibility (particularly in basketball, because the season extends over two marking periods). If a coach prefers a squad of 12, for example, the loss of a player or two can be particularly disastrous when trying to conduct good practice sessions. With a larger squad, however, the loss of a few players will not become a disadvantage conducting practices.

9. Don't keep disruptive, selfish or negative players regardless of their talent level. An extremely talented athlete with a poor attitude will destroy the team. Very much like cancer, get rid of a problem athlete as soon as possible. Regardless of an individual's talent, the team is much more important.

10. It may be as difficult as releasing a disruptive athlete, but do you keep a player who taunts and constantly displays poor sportsmanship? While the parents may not initially understand or agree with your decision, it is the educationally sound and ethical way to go. All players represent the school and athletic program, and athletics is a privilege and not a right. Therefore, only athletes who demonstrate good sportsmanship should be members of the team.

With all of this to ponder, no one said that selecting the squad would be easy. But you should now be better prepared for this very important responsibility which is a very necessary part of coaching.

Reference: Hoch, D. Cutting the Squad. *Strategies*. July/August 1999. pp. 9-11.

No Child Left Behind The Football Version

1. All teams must make the state playoffs, and all will win the championship. If a team does not win the championship, they will be on probation until they are the champions, and coaches will be held accountable.
2. All kids will be expected to have the same football skills at the same time and in the same conditions. No exceptions will be made for interest in football, a desire to perform athletically, or genetic abilities or disabilities. **ALL KIDS WILL PLAY FOOTBALL AT A PROFICIENT LEVEL.**
3. Talented players will be asked to work out on their own without instruction. This is because the coaches will be using all their instructional time with the athletes who aren't interested in football, have limited athletic ability or whose parents don't like football.
4. Games will be played year round, but statistics will only be kept in 4th, 8th and 11th games.
5. This will create a New Age of sports where every school is expected to have the same level of talent and all teams will reach the same minimal goals.

If no child gets ahead, then no child
will be left behind.

HELP YOURSELF BECOME A BETTER COACH



Make your plans now to
attend the

9TH ANNUAL WIAA COACHES SCHOOL

August 5-6, 2005

Yakima Convention Center
10 North 8th Street, Yakima
(1-800-221-0751)

Another opportunity to learn beyond the X's and O's.

The annual conference for Washington Coaches presented by Washington Interscholastic Activities Association. Over 500 coaches registered/attended the 2004 WIAA Coaches School.

In an effort to continue to better serve coaches and administrators statewide, the 2005 Coaches School will again feature a weekend format. Registration will be from 7:30 PM to 8:30 PM on Thursday August 4th and at 7:30 AM on Friday, August 5th, 2005. The closing session will conclude Saturday afternoon, August 6th, 2005. There will be a pre-conference sessions on hands-on athletic taping workshop hosted by the Vocational Athletic Trainers Association and a workshop on "True Colors-Communicating with your Athletes" available to all coaches school participants on Thursday evening August 4th. Sports Medicine First Aid and CPR training will also be offered Thursday August 4th at 12 PM. This course will cover first-aid for coaches and will include an on-field assessment, ideas, rehab ideas, and some taping.

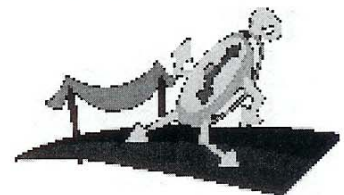
The WIAA Coaches School is an excellent opportunity for coaches, advisors and administrators for **all** activities and athletics to interact, to learn, and to share experiences that contribute to the professionalism of interscholastic coaching.

The Coaches School topics focus on the Coaches Standards Categories: Medical Aspects of Sports, Psycho/Social Foundations, Sport Philosophy and Sports Management and Sport Pedagogy.

Enjoy a power-packed conference that will inspire, motivate, and prepare you for the upcoming school year.

If you need Coaches Education hours for WIAA Coaches Certification, don't miss this clinic...

Note: WIAA will provide one (1) additional complimentary registration for every ten (10) paid registrations from a school district.





SPRING IS BUSTING OUT ALL OVER

by Diane F. Taniguchi
Middle School and High School Volleyball Coach
All ages VB Formal Instructor
High School VB Consultant to Coaches and Athletes

Ah yes! It is that time of year when most things seem to turn over to the new or a bright beginning. Daffodils and crocuses are blooming, cold weather tries to turn warm, and students can feel summer vacation coming around the corner.

For coaches, too, we take another look at our athletes as they prepare for their next step in their athletic adventures furthering their career. For juniors and younger, they are looking at elite teams, summer camps, and playing somewhere to gain more experiences. For seniors, they need to consider SAT scores and possibly other exam scores, they need to complete Clearinghouse papers for NCAA colleges, and finalize college applications, among other procedures. Some have already signed their Letters of Intent to respective recruiting colleges.

This is a time when coaches reflect on the past year and recall what could have been, what should have been, and what actually did happen. Those are all very typical thoughts. On the other hand, how many coaches take the time to assist our players in this new/unfamiliar process of applying for college as an athlete? There is so much to do and some research to complete that it can infringe on our time which is already stretched almost two-fold more than normal.

Being at a private school has its advantages since I am able to see athletes for almost five to six years before they come up to varsity and we begin talking about colleges at all levels: 2-year, 4-year NAIA, 4-year NCAA all divisions, or international. Also, coaching at a public school in the spring helps me to see students from Seattle for three years, and then follow their careers into high school and beyond. Last but not least, as an official at the middle school level throughout King County, it gives me a greater view of more athletes as I take a look at the pool of talent with thoughts of prospective athletes for college in mind.

Having attended several American Volleyball Coaches Association Minority Coaches Clinics/Sessions, I have come to understand more and more about how colleges

recruit minorities and what they require. So, I am always looking for these athletes to get them connected to the appropriate coaches, and being both a coach and official allows me to see and talk to quite a few young players.

I enjoy this aspect of coaching as I am able to use my experiences to track certain players from the 6th to 9th grades and see what their progress is, how they have changed, and what I can tell coaches about this particular athlete from an outside coach's point of view. Sometimes their coaches have their hands full or are not aware of where to go for information, so it is a great learning experience to share said information between coaches and players. As typical athletes they continue on into high school, and return each spring to talk to the younger players and have stories to share with them as well as classmates, friends and families. Sometimes college experiences can change a young mind about the future.

So, what can coaches do to make that one small difference in an athlete's life? Naturally the talent and skill improvement is easy to track since that goes hand-in-hand with the progress of the team. However, to log the personal improvements is a bit more difficult and time consuming. Talking to the athlete and showing the human side of coaching would be a step in the right direction. Find out about how school is going, what subjects they like, and what their plans are for the summer or into the future. It does not hurt to start asking about college in the 9th or 10th grade so the athlete can begin to prepare a portfolio to present to college coaches at the appropriate time. I usually tell athletes to make a long list of about ten choices which pares down to about five in their junior year.

A little time spent now to find out about your athlete would probably save time later on when time constraints can be very stressful. It can make things run smoother and easier rather than shorter and rushed later on. A letter of introduction from you (coach) or one of your staff would help get their name out among the coaches for a look-see; you would be surprised to see what the coaches

already know. Finding out what scholarships are available for the fall or even if there is an open gym/practice session during their time off might make all the difference in the world to these athletes. As the old saying goes, "Practice makes perfect."

Yes, spring is busting out all over and it leads to wonderful surprises, great experiences and pleasant memories... Dawn your recruiting cap or whichever cap suits your interest at the moment and charge forward, facing each challenge one at a time. Though most of these caps would not "make the cut" for the Easter Parade, they will still be stylish to fellow coaches as they will be worn well, worn with pride, and worn to suit the occasion.

Until the next time you meet with your athletes, take time to smell the flowers and enjoy each athlete as s/he comes through your program. Who knows? You may end up with a dozen quality "bloomers"!

HELP

Members

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WIAA 2005 SPRING STATE TOURNAMENTS

SPRING

April 22-23	Drama Festival Site TBD
April 30	State Ensemble Contest State Solo Contest Central Washington University
May 28	Baseball Regionals Various Sites
June 1-2	Boys' & Girls' Golf Spokane - Course locations TBA
June 2-4	2A, 1A & B Boys'/Girls' Track & Field Eastern Washington University, Cheney
June 3-4	Baseball: 4A and 3A Tournaments - Cheney Stadium, Tacoma 2A, 1A and B Tournaments - Yakima Co. Stadium & YVCC

June 3-4	Softball: 4A and 3A Tournaments - SERA, Tacoma 2A and B Tournaments - Walla Walla Point Park, Wenatchee 1A Tournament - Paul Lauzier Athletic Complex, Moses Lake
June 3-4	Soccer: 4A, 3A, 2A Boys Tournament - Location TBA
June 3-4	Tennis: 4A Tournament - University and Central Valley High School 3A Tournament - U of W, Seattle 2A Tournament - Yakima Tennis Club 1A/B Tournament - Yakima Tennis Club
June 3-4	4A & 3A Boys' & Girls' Track & Field Edgar Brown Stadium, Pasco

Simple Nutritional and Health Ideas for Today's Student-Athlete

by Bryan E. Hoddle
Head Coach 2004 USA Paralympic Track and Field Team, Athens-Greece

Eat right! Drink fluids! Get plenty of sleep! Yah, yah. Have you really examined what you are saying to your student/athletes? In my 23 years of coaching, I've said those very words on multiple occasions, while the athlete looks at me like a deer looking into headlights. Do the student/athletes really understand what you want and do they understand the basics of good nutrition and health that will have an impact on their athletic and academic performance?

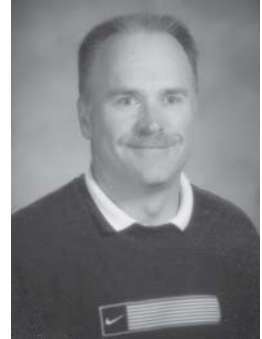
Like most of the athletes you deal with, I want just the simple facts. No nutritional psychobabble. We've got 86,400 seconds in a day to accomplish things like sound nutritional practices. So here are a list of several nutritional and health thoughts that your student athletes can easily understand. I'd like to thank Sarah Aries-Holistic Counselor of Olympia, Washington for her assistance in better helping me understand how I can better help my student-athletes. Put down the sodas, candy bars and donuts.

IT'S NUTRITIONAL SHOWTIME!

1. Avoid refined sugar. Sugar consumption depletes the B Vitamins and hampers digestion. Your energy levels go down 20% of normal. The average American eats 120 pounds of refined sugar each year.
2. Avoid refined carbohydrates. Refined carbohydrates are grains that have had the fiber, vitamin B and E, bran and germ removed. In other words, the nutrients are gone and you are left with starch. Refined foods are stressful to the digestive system and promote yeast growth.
3. Eat slowly and chew your food thoroughly. Improved digestion will enhance your absorption of minerals.
4. Eat plenty of dark green leafy vegetables. Vegetables are very high in mineral content. Green vegetables filter the blood. Fiber in vegetables slows the absorption of fat and toxins. Ideally ½

or more of the volume of the food you eat should be vegetables.

5. Eat plenty of fresh raw vegetables. Vegetables contain bioflavonoids that are powerful antioxidants. In other words, they protect cells. A diet high in antioxidants help protect the urinary tract. Raw vegetables contain enzymes and aid digestion. Vegetables that are high in sulfur, like cauliflower, broccoli, onions, or garlic, are especially useful for helping the body to detoxify. A recent survey conducted by the National Cancer Institute asked Americans about their diet from the previous day. Only 9% of those asked consumed three or more servings of vegetables or two or more servings of fruit on the previous day. One in nine surveyed had no servings of fruits or vegetables on the previous day. Cooking the vegetable will kill the enzymes that are helpful in digestion.
6. Coffee, alcohol and other diuretics cause you to excrete minerals. Colas are high in phosphorus and cause the body to excrete calcium and magnesium needed for bone growth.
7. The average American consumes ten pounds of food additives a year. Chemical additives stress the liver and immune system.
8. Water eliminates toxins. Drink eight-8 ounces glasses a day or drink ½ your body weight in ounces. Mild dehydration will slow down one's metabolism as much as 3%. If you continuously have dry lips, you are lacking 7% of your body's water supply.
9. Exercise does the following; Increases sweating, increases lymphatic drainage and increases oxygen to the tissues.



10. Avoid hydrogenated and partially hydrogenated oils. These will actually decrease the integrity of the cell, making the cell more prone to invasion. You may weaken your immune system.
11. Consume protein within 45 minutes after a workout for better utilization of the protein.
12. Your body re-energizes and repairs between 10:00 pm-2:00 pm.
13. Muscle cramps can mean you have an insufficient amount of magnesium, potassium, calcium, trace minerals or Vitamin B6. You can also be dehydrated. Trace mineral will help you absorb vitamins better.
14. Do not vary your sleep by more than 30 minutes in getting up or going to bed. You need 8 to 9 hours of sleep each night. The average in this country is 7.1 hours. A century ago it was 8.9 hours. 30% of Americans are getting 6 hours or less of sleep a night.
15. Always start the day off with juice to help detoxify the body. Lemon and water are excellent, but orange, apple, and grapefruit will do. Grapefruit can act as a natural antibiotic.

Deadlines for the WASHINGTON COACH Magazine

Next Issue - Summer: May 14

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

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

Please submit on-line photos in black and white


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OFFICIAL SCARCITY

An official scarcity at the high school level of epidemic proportions is affecting athletics nationwide, and Whatcom County is no exception

by Doug Pacey, The Bellingham Herald

A pitcher stands on the mound, impatiently working the ball in his glove. Tapping at his spikes, the batter waits to hear, "Play ball!"

But there is no umpire.

The football is teed up and 22 boys wait for the whistle, their hands pounding helmets and shoulder pads, but no one is there to blow it.

Two girls hop in place at center court, legs ready to explode like springs, but there is no referee to toss up the basketball for the tip.

"You can have two teams report to the floor or field," Northwest District secretary Kim Wilson said, "but you don't have a game until you have the officials."

And there aren't enough of them.

High school and youth athletic associations nationwide are feeling the crunch of an official shortage, and many say the situation will get worse before it improves.

"There's an older guard that's been there for a long time," Ferndale athletic director Vic Randall said, "but there's not enough young blood."

The shortage

A study done by the National Association of Sports Officials in 2001 found that 90 percent of the 60 state scholastic athletic associations - some states, like California, are regionalized and have more than one governing body - surveyed are experiencing an official shortage.

"The trend has been developing over the last seven to 10 years," said Bill Topp, editor of Referee Magazine, "and it's really reaching epidemic proportions."

Washington is among those with a shortage, and the deficiency has long been an unsolved puzzle.

"It's a problem we've had forever, at least since I've been here, and I know it's been something they've been dealing with before I got here," said Todd Stordahl, 33, in his third year as commissioner of the Washington Officials Association.

"If you look at our numbers, they don't move much and we keep getting more schools, which means more teams and games that need officials."

According to the Office of Superintendent of Public Instruction, five high schools and a combined 14 middle schools and junior highs have opened in Washington since the fall of 2003.

These numbers might seem trivial on a statewide scale, but considering high schools have more than one team - varsity, junior varsity, C and sometimes D teams - per sport, and many middle schools and junior highs have instituted "no cut" policies, the increase in the number of teams is larger than appears.

Seattle and Tacoma area associations will take a hit next fall when the Auburn, Sumner and Bethel school district each open a new high school.

But new schools aren't the only factors squeezing associations dry. Seasonal and year-round youth programs need officials, too, and some high schools are adding sports teams.

"Basketball is year-round sport now," said Ira Dunbar, 46, an official since 1993. "With AAU, men's rec leagues, junior rec leagues, summer leagues and summer camps, you can probably work every day of the year except Christmas."

"We added a C squad baseball team, and the county schools have been adding C teams also," Bellingham athletic director Ken Crawford said. "The number of new officials doesn't match up with the number of new teams added."

Statewide, only girls soccer, boys soccer and girls basketball have seen a marked, though minimal, rise in the number of registered officials since 2001, according to WOA.

Girls soccer has seen the largest percentage increase, adding 108 officials from 2001 to 2004, going from 596 to 704. But spread across the state's 18 girls soccer asso-

ciations, that's just an average of six additional officials per organization.

"For high school games, we're short on officials," said Kirk Kamrath, a 35-year-old Blaine resident and 11-year soccer referee. "We're definitely short on adult referees."

Baseball, softball and gymnastics associations in Washington have actually lost officials since 2001. Baseball has suffered the most, losing 42 umpires from 2001 to 2004. (This season's totals are not yet available.)

Football, volleyball and wrestling have posted minimal gains since 2001, each increasing by less than 3.1 percent.

"We have enough officials to get through games," said Larry LaBree, 61, assignor for Whatcom, Skagit and Island counties, "but the question is, do we have enough good officials?"

Keeping them in stripes

The Washington Interscholastic Activities Association and local associations have struggled to attract potential officials to their ranks with consistency.

"We have a meeting once a year with the officials in November and all the association boards that cover our schools in the Northwest District are there," Wilson said. "The recruitment issue is always a key issue. Some associations are healthier than others, but if someone was to ask, 'Do we have enough?' The answer is no."

The NASO survey found that recruiting officials is more difficult than retaining them. Seventy-one percent said a lack of recruits was a bigger challenge than keeping officials, which received 22 percent, and 7 percent reported that both were equally challenging.

Some local associations have found success by posting fliers on the campus of Western Washington University, Whatcom Community College and Skagit Valley College, but it's usually short-lived.

"There are always three or four of those (college) guys working for us," said Ted Ramsey, 49, assignor of the local baseball association. "But the thing about them is when they graduate, they usually go home or wherever and we have to get new guys."

Most agree that the best way to fill the shallow pools is to appeal to high school athletes. Washington has no state-wide program to recruit students to become future officials, but Michigan has had success with its Legacy program.

Started in 1992, Legacy has interested high school seniors officiate seventh- and eighth-grade contests. The students are also assigned mentors - veteran officials -

and have the option of becoming registered officials after graduation. More than 60 percent of the students in the program return to officiating.

"High schools are the key," Stordahl said. "The percentage of kids going on to play at the college level is minimal. If you go to Bellingham High School and then head off to college at Washington State, you can join the Pullman association. If you move back after college, you can officiate there, too. Go out of state and you can do it there. It's something you can do anywhere."

The money officials earn can prove a healthy supplement to regular income, but no one's getting rich calling balls and strikes.

"It's not a vocation, though some people refer to it as that," said WOA president Steve Colby, 56. "You can make some money if you're doing football in the fall, basketball in the winter and baseball in the spring, but I don't know who could live off it."

At the low end of the pay scale are basketball officials, who earn \$33 for working varsity games - they made \$48 per game before moving to three-man mechanics. Football and wrestling officials are each paid \$48 for varsity contests, and baseball, fastpitch, soccer and volleyball officials all earn \$42.

Getting potential officials to introductory meetings is only half the battle; keeping them interested can be more difficult.

Thirteen potential umpires attended a softball rules clinic last week at First Christian Church, 495 E. Bakerview Road, though instructor Gregg Heyne said 18 were signed up. That's not uncommon, as one-third of the class will have dropped out before the eight-class session is completed.

About 10 will pass the test and become officials, but two years from now, it's likely that only three of the original 18 will still be registered, he said.

"Not everybody is cracked up to do it," said Heyne, who umpired games for 33 years before his knees gave out. "You have to have self-control and control over the ballgame."

Why they're leaving

Even if officials can handle the players and coaches, what happens in the stands often affects them the most.

The NASO study found that poor sportsmanship by spectators, coaches and participants is the No. 1 reason officials quit. It's especially prevalent in sports such as baseball, basketball and soccer, where fans are close to the action.

Continued on page 36

Continued from page 35

“Sportsmanship is a big thing,” Stordahl said. “Football is completely different because the fans are so far away. But in baseball and basketball they can be right on top of you. I used to be a coach and didn’t pay attention to it. Now, when I sit at the tables courtside at the state tournament and listen to the coaches, I have a different perspective. You’d be shocked at what they say. Lots of times fans feed off the coach.”

Abuse is far from the only reason officials quit. Family and career demands are other contributing factors.

“For me as an assignor, it’s pretty much a 24/7 job,” Olson said. “Between cancellations, officiating and doing the schedule, my husband pretty much considers himself a widower for three months.”

Because of the increase in the number of games and events in the last decade, some must be scheduled early in the afternoon. Many officials have jobs and can’t work events that begin before 5 p.m. Olson said she knows of officials that have used vacation time or taken time off without pay to work matches.

It’s especially difficult for associations, like most in the area, that cover Island County.

“It’s a dedication and they don’t get a lot of credit for it,” Olson said. “They have to get on a ferry at 10:30 a.m. for a four o’clock match. Then they get back on the ferry and don’t get home until 11.”

If family or work responsibilities don’t run out officials, not moving up the ranks soon enough sometimes does, Wilson said.

“If we don’t give good, young officials the opportunities to do postseason play, they think, ‘Forget this, I’m going to move on,’” he explained. “Some are good and you want to get good, young officials a piece of the action. That’s why they do it, to move up the ladder from the league tournament to the district tournament to the state tournament assignment.”

While some officials quit over not advancing, others are being pressed into service too soon.

“Maybe some get rushed into it,” Ferndale’s Randall said. “They should be doing C basketball games instead of varsity; they just don’t have that seasoning.”

But there’s no alternative.

Assignors must send green officials to pressure-packed varsity games, knowing the officials will be in over their heads because no one else is available.

That’s part of the never-ending headache of an official shortage, and it’s one that won’t go away soon.

“We haven’t figured it out,” Stordahl said, “We’re trying. Once someone does figure it out, it will help not only us, but all over, because every state is suffering the same thing.”

You can reach the author, Doug Pacey at doug.pacey@bellinghamherald.com or 360-756-2863.

Wit and Wisdom

“The only thing my father and I have in common is our similarities are different.”

Dale Berra, son of baseball great, Yogi Berra

“I get tired of hearing my ballplayers bellyache all the time. They should sit in the press box sometime and watch themselves play.”

Buzzie Bavasi, San Diego Padres Pres., 1973

“These are my new shoes. They’re good shoes. They won’t make you rich like me. They won’t make you rebound like me. They’ll only make you have shoes like me. That’s it.” *Charles Barkley*

“My formula for success is rise early, work late, and strike oil.” *Paul Getty*

“It’s not whether you win or lose but whether I win or lose.” *Sandy Lyle*

“Sports is life with the volume up.” - *Mark Whicker*

“Competing in sports has taught me that if I’m not willing to give 120 percent, somebody else will.”

Ron Blomberg

“One man practicing sportsmanship is better than 100 men teaching it.”

Knut Rockne

“Great effort springs naturally from a great attitude.”

Pat Riley

“We’re shooting 100 percent – 60 percent from the field and 40 percent from the free throw line.”

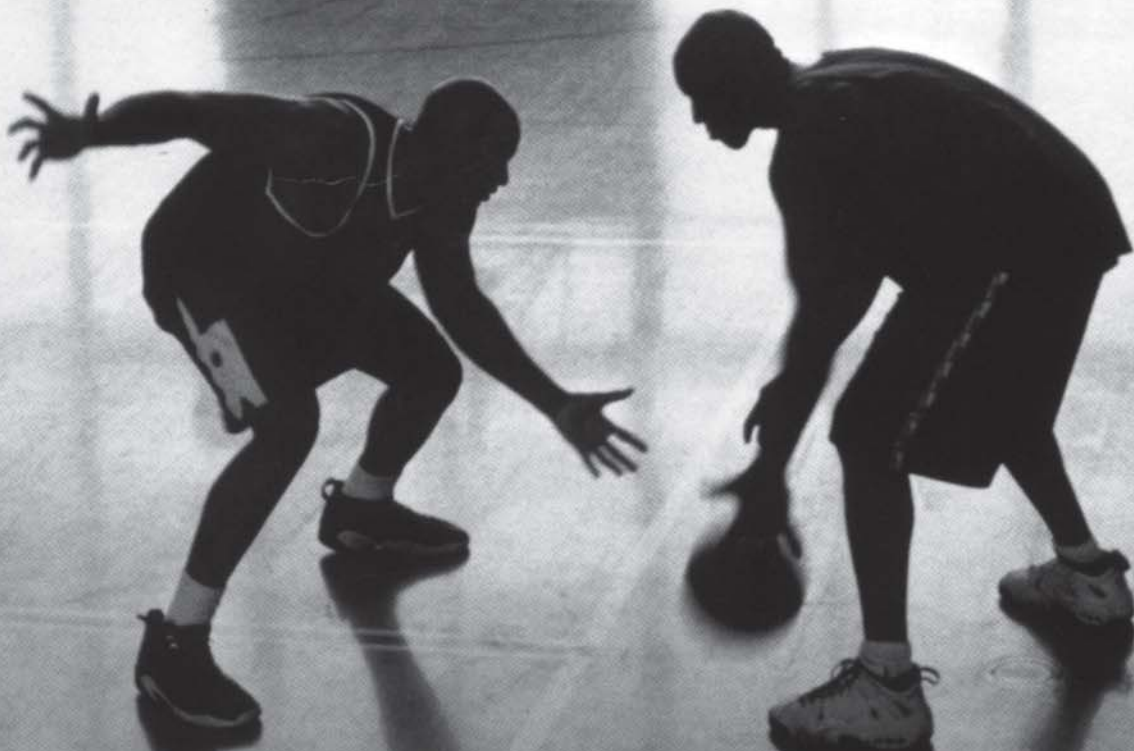
Norm Stewart

“I knew it was time to quit coaching when I was chewing out an official and he walked off the penalty faster than I could keep up with him.”

George Halas

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