Congratulations WSCA!

3,180 members and growing!
WASHINGTON STATE COACHES ASSOCIATION

2008-2009 Membership Application

See our website at www.washcoach.org

Please PRINT All information LEGIBLY

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

<table>
<thead>
<tr>
<th>Preference</th>
<th>H</th>
<th>A</th>
<th>Years Coached</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseball</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Basketball (B) (G)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bowling</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Certified Trainer</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheer</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cross Country (B) (G) (Both)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dance</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Drill</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Football</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Golf (B) (G) (Both)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gymnastics</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Soccer (B) (G)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Softball (FP) (SP)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Swim &amp; Dive (B) (G) (Both)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tennis (B) (G) (Both)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Track &amp; Field (B) (G) (Both)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Volleyball</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wrestling</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other Sport-Please Specify</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(Please help us communicate more effectively by including this)

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

Benefits Include:
*State Tournament Pass for All WIAA Tournaments and Selected WIAA District 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 1-800-441-7776
18468 8th Avenue NE
Poulsbo, Wa 98370
jparrish@donobi.net

Benefits effective upon receipt of application and $35.00.

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.

Membership is from 8/1/08 through 7/31/09.
What’s Inside

From The President ........................................................... 2
From The Sidelines .......................................................... 3-4
WSCA Career Recognition ............................................... 5
Softball Hall of Fame ...................................................... 6-7
Thank you Coach Iverson ................................................ 8
Coaching with my Dad ...................................................... 9
Parental Advisory .......................................................... 10-11
Cross Country .............................................................. 12
Earl Barden East-West Classic ................................... 13-15
Football Hall of Fame ..................................................... 16-18
WSCA Executive Board Nomination Form ...................... 17
Rookies Message “Never Give UP!” ............................. 19-20
Member Coaches by Sport ............................................. 21-31
Gymnastics Report ....................................................... 32
Hawkes Squawks .......................................................... 33-35
Volleyball Hall of Fame ................................................... 35
Loading Patterns .......................................................... 36
Student Teacher Scholarship ........................................ 37
On The Sideline .......................................................... 38-39
The Passing Parade ....................................................... 39
Practice Management .................................................... 40
“Silent Gesture” Worth Reading! ................................. 41-42
Burnett-Ennis Scholarship ........................................... 43-44

Do you have an article you would like to have published in the Washington Coach?
Send to Barb Johnston at Johnston.barbcliff@verizon.net or
421 E. Davies Loop Road,
Lake Stevens, WA 98258

Summer Deadline is May 14
Dear WSCA Members,

I have observed over the years that in a room full of coaches there may be as many points of view and opinions on a given topic as there are people in the room. Coaches are often passionate about how they see things. The likelihood of agreement on a complex issue may be small, but the exchange of ideas can be informative and spirited. However, I believe one essential ground rule for this verbal activity is that opinion must not be a substitute for fact. All those at the table should be very clear which is being shared.

The past few weeks I have found myself involved in e-mail conversations with several different coaches. The topic of our discussions has been coaches who are “out of building”, volunteers and coaches who are not teachers. This exchange of thoughts and ideas was initiated by an “out of building”, “non teacher” coach who was trying to understand comments which were made by some other coaches. His irritation was caused when the words and examples used by others did not match his personal experiences as a veteran high school coach. I readily understood his point of view and agreed that perhaps opinion was being offered as fact. Ground rules are necessary for this activity.

Coaching student-athletes is much more than teaching them how to make jump shots, baton exchanges, or a 4-10 split. We can all agree on that being a fact. As coaches, we are often one of the most influential individuals in the lives of our student-athletes. Quality coaches not only understand this responsibility, but are genuinely concerned with the well being of the young people in their charge while they are on and off the field. All of us know quality coach. All of us also know quality coaches who are making a living in a place other than the school where they are coaching.

Three of the nine head coaches and the entire girls’ soccer coaching staff in our building are not teachers and they are indeed quality coaches. We consider ourselves extremely fortunate to have them on our coaching staff. Our athletic program may not even be possible without their contributions as the current teaching staff would not be capable of filling those positions.

Knowledgeable, compassionate, dedicated, and energetic coaches are a necessity if our profession is to thrive. These qualities can be found in men and women in many different places. We owe it to our student-athletes, our athletic programs and our profession to find quality coaches. I don’t believe that search should be limited to the faculty room.

Let us hear from you and always keep your head up,

Mike Schick
FROM THE SIDELINES
by Jerry Parrish

ORCHIDS
WSCA would like to thank the WIAA Districts in our state who are acknowledging our WSCA membership card for entrance into various WIAA District events. WSCA greatly thanks each WIAA District.

THANKS TO OUR SPONSORS
- To the BIG 5 sponsors who helped make the WSFCA mid-winter clinic successful;
  - Seattle Seahawks
  - Gear Athletics
  - Varsity Gold, Inc.
  - Digital Sports Video
  - Coaches Choice
- To the TRACK AND FIELD CONVENTION SPONSORS
  - Pocket Videos
  - LLC
  - Brooks
  - Ron Morris on Track
  - VS Athletics
  - Sport Fab, INC
  - Canopies by Fred
  - Marysville Coaches Association
  - Boathouse Apparel
  - Foot Zone
  - On Track
  - Coaches Choice Videos and Books

Washington State Track and Field Coaches Association
- Congratulations Hall of Fame inductees: Dan Blackmer (Kings), Jerry Russell (LaCrosse, Franklin-Pierce, Green River CC), Jim Kennet (Mt Rainer and Kentridge).
- Tuck Gionet, Snohomish High Track coach, has put together a great web site. Coach has put together a nice web site with emphasis on their recently completed clinic. You can visit by going www.wstfca.com
- Bouquet of ORCHIDS to Rob Phillips (Seattle Academy), Daunte Gouge (Kings) and Larry Royce (Bellevue Christian) for putting together a great Track and Field Convention.
- Award winners from Washington State Track and Field Coaches Convention
  - Dawn Geiser (Skyline) Women’s Coach of the Year
  - Kevin Eager (Gig Harbor) Men’s Coach of the Year
  - John Crawford (Pasco) Lifetime Achievement Award
  - Dave Bowden (Athletic.net) Contributor of the Year
  - Bob Sund (PNWTFA0) Official of the Year
  - Craig “Sideline Smitty” Smith (Seattle Times) Media Person of the Year

Washington State Football Coaches Association
- Congratulations Hall of Fame Inductees: Bob Bourgette, (Kennedy); Larry Lunke (Peninsula, Anacortes), and Dan Graham (Reardan).
- To Greg McMillan for his magnificent work in putting together a great WSFCA Hall of Fame program to honor three great coaches on their induction into the WSFCA Hall of Fame.

Continued on page 4
And to Dan Heltsley, Bethel Athletic Director, and Rick Stubrud, Archbishop Murphy Athletic Director, for their well managed Coach of the Year Awards—very well done.

Vendors who know that being at the WSFCA clinic is an important link to the coaches of the WSCA.

Ed Laulainen for putting together an excellent array of speakers for the WSFCA clinic.

To the Earl Barden “Gofers” and other administrative assistants who helped make the clinic a success.

Orchids to mature officials who have taken it upon themselves to recruit new, younger officials and helping to make them better.

**ONIONS**

I just cannot sit here and have a good feeling and not share with the readers the conversations regarding requests for WSCA membership cards at or near winter sport tournament time. What really burns me is that these coaches who request a day or two ahead of tournament time for card use are forgetting the other very good benefits available through WSCA membership.

Here are some good ones:

- ✓ My wife washed my wallet.
- ✓ Can you fax me a pass so I can get into the Tacoma Dome. I have just left my school and I cannot find my membership card.
- ✓ I am planning on going to the tournament tomorrow; can you send the card before I leave?
- ✓ I cannot find where the coaches meeting are to be held. Perhaps reading the packet from WIAA would help.
- ✓ These are all pretty good, but my all time favorite is when a coach called me on his cell phone while in the ticket line at the Sun Dome asking if I could call the ticket seller telling him that this coach was a member.
- ✓ Nike for showing up uninvited and unscheduled and parking in the Hilton parking lot at the WSFCA football clinic
COACH: Are you a Candidate for the WSCA Career Recognition Program

The WSCA Executive Board has a recognition program for the coaches in our state association.

A criteria has been developed for head coaches at the high school level in the following sports:
- Football
- Volleyball
- Girls Basketball
- Boys Basketball
- Girls Soccer
- Boys Soccer
- Baseball
- Softball

Criteria for assistant coaches and for the remaining sports will be established later this year after consulting with I.S.A. representatives.

Coaches in the mentioned sports will be honored for reaching career milestones. It will take 100 wins in those sports (50 in football) to achieve Level I. To reach Level II it takes 200 wins (100 in football). Accumulating 300 wins (150 in football) allows you to attain Level III. Those coaches who have 400 career wins (200 in football) will be honored at Level VI. Awards ranging from certificates to plaques will be given to deserving coaches by the WSCA.

To be recognized by the WSCA, you must apply for this award and be a WSCA member. An application is located below.

Congratulations in advance for our coaches who meet the milestone criteria.

HAVE YOU APPLIED?

CAREER MILESTONE RECOGNITION PROGRAM

Name: _____________________________________     School: _____________________
Home Address: ______________________________    City/Zip: _____________________
Sport: ________________________  Membership #: ___________  Years Coached: _____

School                       Year                       Victories

TOTAL VICTORIES______

Forms need to be complete and accurate before being returned to:

Jerry Parrish, 18468 8th Ave. NE, Poulsbo WA 98370
WASHINGTON STATE SOFTBALL COACHES ASSOCIATION

HALL OF FAME 2007

The 5th annual WSSCA Hall of Fame Luncheon was highlighted by the induction of Jeff Skelly (Inglemoor) and Bruce Welling (Central Kitsap) into the Hall. These two coaches have combined for over 765 wins on the diamond with each winning a state championship. The luncheon, which was held on November 10, also recognized WSCA members who were selected as “Coach of the Year” as well as honoring milestone award winners. Tom Harmon (Nooksack Valley) once again organized the affair and began the occasion recognizing this year’s milestone award winners. This year’s recipients for level 3 (300- plus career wins) were Steve Barker (Lakewood) and Bob Vanderhaak (Lynden Christian). Level 1 (100- plus career wins) winners were John Barrington (Mead) and George Lynn (Shadle Park).

This year’s “Coach of the Year” award winners all had successful seasons, many of whom brought home some hardware from this year’s state tournaments. Each of the nine districts around the state had a coach nominated by their WSCA District Area Representative.

In District 1, Kelly Howell led the Concrete Lions to the 2B state title. District 2 winner Jeff Skelly guided the Lady Vikings of Inglemoor to a third place finish. In District 3, Paula Grande’s North Mason Bulldogs won the 2A state title. Marni Dean of Mossyrock in District 4 led the Lady Vikings to a second place finish in the 2B championship. Jeff Barker from Chelan, once again won the award for District 6. In District 7, Chuck Moffat of Lakeside (Nine Mile Falls) saw his team finish third in 1A state tournament action. Shadle Park’s George Lynn repeated as District 8 winner where his Highlanders saw themselves back in the title game once again, but this time bringing home the 4A state title. Rounding out the this year’s selection was Phil Weagraff from Garfield-Palouse in District 9 who took his team to post season and the state tournament in 2B action. Congratulations to each of these coaches on a fine season!

The main event of this year’s program was the Hall of Fame induction. Both coaches have found success on the softball field. Each has over 300 victories. Each made the transition from slowpitch to fastpitch. Each has won a state title, but more importantly, each has touched the lives of the athletes whom they have coached over the years. This year each inductee was introduced by an assistant coach and/or a family member. All three speakers gave great introductions sharing stories and memories of their inductee. Thank you John Sitton, Tracy Pugh, and Hally Skelly for a job well done.

Jeff Skelly and Bruce Welling

Bruce Welling

Coach Welling has coached softball since 1982. His Central Kitsap Cougars have been to the fastpitch state

Continued on page 7
tournament nine times, placing in the top four seven times and winning the State Title in 1993. Bruce has 451 career wins and has been a member of the WSCA for over 25 years. Success seems to follow any team that Coach Welling is a part of as he has coached three different sports, football, softball, and bowling in state tournaments. This is Bruce’s 38th year of teaching and his 36th year of coaching. Bruce has two sons, Kevin and Kyle and a daughter Kara.

Jeff Skelly

Coach Skelly has been the softball coach at Inglemoor for 22 years. Jeff has 314 career wins, one state title, three third place state finishes, nine Kingco Championships, and has qualified for the state tournament nine times. For the last 29 years Jeff has also coached football at Inglemoor, where he is the co-defensive coordinator and defensive line coach. Jeff serves as the District Director of Traffic Safety and teaches Traffic Safety along with P.E. at Inglemoor. Jeff has been a member of the WSCA for six years. He and his wife Bobbye have two children, son Mike and daughter Hally, who also gave a touching speech about her dad at the luncheon.

Our association would like to congratulate these two fine additions to the Hall of Fame as they are both great ambassadors for our sport and our profession.

Know anybody who you feel is deserving of the Softball Hall of Fame? Send your nominations to tharmon24@hotmail.com or jschuh@cvsd.org. Criteria for induction consideration are: If still coaching, they must have coached softball in Washington state for a minimum of 15 years and be a member of the WSCA. If retired, they must have coached in Washington state for a minimum of 10 years and been a member of the WSCA. All names will be forwarded to the Hall of Fame committee.
Thank You Coach Iverson
by Mike Schick
WSCA President

January 31, 2008 was a Thursday. Unlike most Thursdays it was a very special day for many of us who attended the varsity boys’ basketball game at Rogers High school. The fact that Rogers would be playing their final game of the season against Spanaway Lake High school was significant as the seniors and their families were honored before the start of the contest, but what made it a very special Thursday was this would be coach Iverson’s final game as the head coach of the Rogers basketball program.

Having announced his plans to retire from basketball earlier in the season, coach Iverson knew as we all did, that at some point his last day of coaching basketball would come this season. Maybe it would come at the state tournament where his teams have been in the past. Maybe the final game would be in the West Central District or the SPSL tournament as boys’ teams from Rogers were regular participants at both these events. However, the final game of a 43 year basketball coaching career would be the last game of the league schedule, a Thursday night at home and appropriate enough ending with an exciting win for Rogers.

It is often said that we don’t fully appreciate what we have until it’s gone. Coach Iverson has been appreciated everyday of his career. His players have appreciated his demanding and most of all caring philosophy of coaching basketball. His students have appreciated his knowledge and genuine interest in preparing them for their future. The many coaches he has mentored have appreciated learning not only the game, but how to compete with pride and class.

As the game ended, coach Iverson met with his team in the locker room. A reception in the cafeteria was waiting for his arrival where many would speak of his coaching career but all would speak about coach Iverson the man. Integrity, honesty, compassionate, caring, competitive, forgiving and self-demanding were the qualities rightfully attributed to coach Iverson by each and every person who spoke. Coach Iverson is appreciated as a teacher, a mentor, a father, a “papa” and as a basketball coach. His coaching may be done, but coach Iverson the man, who is truly great in all of these roles, will continue to be appreciated by all of us always.

Thanks coach… ■
At first, my dad was leery of us coaching track together. I was only 19 and thought I knew everything about Track & Field. And as I grew to learn, he was usually right - as a father and as a coach. Luckily Dad gave me a chance and over the next decade I learned the patience and perseverance it took to make a difference in coaching.

This February we’ll begin our tenth season together. Even during the two years when I taught and coached outside of Spokane, not a Thursday dual meet evening went by where we didn’t discuss whose team ran a faster 4x400, which discus-throwing 100m runner achieved two PRs, or which opposing coach caused the biggest fuss at the long jump. Dad has always coached football too, was the featured guest speaker on post-play when I coached basketball for a few seasons, and dabbled in wrestling before I was born. Track & Field, though, had always been our common bond. Well that, the Seattle Mariners, popcorn, and dogs that stick their heads out car windows.

Last Track season when pancreatic cancer tried to lap him, Dad found a way to beat it and as opposing coaches have experienced, did so with absolute determination and dignity. I filled in for him temporarily as the Head Girls Track Coach at Lewis & Clark High School and realized immediately how important he was to so many people. The girls were devastated, other coaches in the league were constantly emailing with well-wishes and inquiries, and keeping the team working towards a common focus was a daily struggle. I learned to appreciate how much hard work goes on behind the scenes when you’re in charge of a program and how committed to the sport and the kids you truly have to be. I also learned to appreciate what a wonderful coach and mentor my dad has been to me.

During a late night in the ICU with him last winter, I thought a lot about how Dad had prepared me for the challenge of leading our team for the next few months. He had faith in me and I wasn’t going to let him down. I was determined to carry on his message and he was determined to rejoin the Tigers. Over the course of the season, Dad’s health continued to improve and it was no mystery why our team improved also. I remember one rainy meet day in particular when he braved the conditions, still recovering from surgery, and spoke just three simple and powerful words to the girls: “Do your best.”

Dad has helped me do my best, striving for that every day in coaching, teaching, and in life. The following is a compilation of the most important things he has taught me during the journey to be a successful coach:

- Read Frosty Westerling’s Make The Big Time Where You Are - If an athlete believes they are part of something, you’ve won. If you help them understand how to compete with class, while at the same time competing hard, they’ve won too.
- Be consistent and be fair.
- Commit to keeping an open mind, with the desire to constantly learn new things.
- Attend coaching clinics and become involved in the Coaches Association.
- Pick your battles. (Singing on the bus - OK. Not wearing team colors during warm-ups - Not OK.)
- Teach goal setting and keep teaching it.
- Choose assistants who are loyal, knowledgeable, and committed to the program and kids.
- Don’t act like a teenager - no matter what age you are as a coach, be the adult. (No water balloon fights in the locker room after practice)
- Treat your colleagues, administrators, and parents with respect. That respect will be returned over time in spades.

Dad told me once that he taught so he could coach. Without him I never could have realized my full potential as a teacher or as a coach. He gave me a chance to grow through coaching, as a person, as an example to young people, and as a professional committed to maximizing the potential of athletes.

Thank goodness we’ll be able to continue coaching together so I can continue to learn even more. Dad’s ready to begin his 42nd season and I’m ready to begin my 12th.

[Box: Biography: Pat Pfeifer is a former President of the Washington State Coaches Association and has coached multiple sports in the Spokane area for more than 40 years. Stephanie Splater is his daughter and coaching colleague. She teaches Fitness & Health in Spokane.]
Parental Advisory

by Lem Elway

One of the most overlooked aspects of coaching is dealing with parents. From the dad who has coached his son throughout youth football to the mom who doesn’t understand why her slow-footed linebacker son isn’t starting (“But Coach, he hasn’t missed one practice!”), parents rarely accept their children’s lot in sports just because someone says so.

This generation of moms and dads wants logical explanations for every action a coach takes. They have questions about why certain decisions are made and concerns about how the coach’s actions affect their child. Handling these situations correctly can make for a positive experience, but if handled incorrectly, they can cause a lot of sleepless nights.

For many coaches, the first response is to tell parents not to interfere. But this strategy usually backfires. It simply makes the parents distrust the coach. I’ve found a better solution is to educate the parents on their role and the proper procedures for raising questions.

**Communicate Roles**

The first step in educating parents is delineating roles. It helps immensely when parents know their responsibilities as well as those of the players and coaches. These may vary depending on your particular school and support staff, but I’ll explain how I break it down in my program as an example. (See “Rules on Roles” for a complete list.)

The role of the coaches is to be the leaders and communicators. They lead by acting professionally at all times, being good teachers, making fair rules and decisions, staying organized, and setting a good example through all their actions. As communicators, they must exhibit good listening skills, be available to players and parents, clearly outline rules and expectations, and be in touch with all administrative guidelines. Another constant responsibility of the coach is to reduce all risks associated with the game and follow safety rules. And, finally, coaches alone decide on playing time and strategy.

The role of the parents is to be a support system for the players and coaches. This entails respecting the rules and decisions made by those in charge, staying positive about every aspect of the team and all of its players, and keeping any negative thoughts to themselves. It also entails thoroughly understanding the role of the coaches and knowing not to interfere with that role.

The role of the players is to be a responsible member of the team. This includes having a good attitude, following team rules, and asking questions of the coach when needed.

**Being Proactive**

Once you’ve outlined the responsibilities of the three major groups, you need to communicate to each person the roles everyone plays. With players and assistant coaches, there are plenty of opportunities to talk about roles and responsibilities, but with parents, you need a more proactive plan.

The first step is accepting parental involvement as part of the job. It is very important to make parents feel comfortable about asking questions and to provide good answers. We all know that a good portion of parents who ask questions will never be thoroughly satisfied, but as coaches, we need to provide the answers, whether they are accepted or not.

Coaches also need to be ready to justify their actions when dealing with players. This also helps to ensure that we are doing the right things in all situations. We need to be ready to respond to the disagreeable parent. And we need to be patient with the parent who has played or coached and thus thinks he is an expert on the game.

At the same time, we need to realize that most parents’ experiences are very limited. Something that seems obvious to a coach may need extra explanation to a parent. In addition, parents, by nature, have tunnel vision—they usually see only their child’s
needs and seldom are objective. The reality is that it falls on the coach’s shoulders to educate and lead parents through this experience.

**Team Meetings**

Being proactive in dealing with parents also means opening the lines of communication from day one. I do this by setting up group meetings with parents. I may have three or four such meetings throughout a season. This may seem like a lot of extra work, but it actually reduces the number of one-on-one discussions I need to have with parents.

**RULES ON ROLES**

A great way to entice parents to become positive members of your support system is to get them to understand their role, as well as the roles of the coaches and the players. In no particular order, here is how I outline responsibilities for my players’ parents:

**COACHES’ ROLES:**
1. Set a good example for players and fans to follow.
2. Be positive, fair, and consistent with the players.
3. Make playing time and strategy decisions with thought and care.
4. Establish and organize practice for the team on a daily basis.
5. Be a good communicator with players and parents.
6. Protect the safety of all athletes.
8. Make sure players know expectations, procedures, rules, and lettering requirements for the program.
9. Make sure everyone has practice and game schedules.
10. Be a professional practitioner; stay current with X’s and O’s.
11. Keep inventory of equipment.
12. Work to help assistants improve.
13. Keep track of the academic progress of athletes.
14. Be available to talk with players and parents.

**PARENTS’ ROLES:**
1. Be a fan of everyone on the team.
2. Respect the decisions of officials.
3. Respect other fans, coaches, and players.
4. Talk to your child if he has any questions and, if necessary to answer them, contact the coach through agreed-upon athletic department procedures.
5. Keep any negative thoughts about a coach, the program, or teammates to yourself.
6. Don’t talk to coaches on game day about a complaint.
7. Understand that the coaches’ responsibility is to make certain that students are safe and become better people and athletes, not to win every game.
8. Be supportive of your child.

**PLAYERS’ ROLES:**
1. Be positive and have a good attitude.
2. Support your teammates.
4. If there are any questions, ask the coach.
5. Know and follow school and team rules.
6. Challenge yourself as an athlete and a person.
7. Meet classroom expectations.
8. Notify the coach of any scheduling conflicts in advance.
9. Talk to the coach about any special concerns.

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

The WSCA web page address is:
www.washcoach.org

Our web site has been expanded to include a membership roster to be used as our membership grows and get more information. Please help us keep this site current.

We are willing to include job information, open dates and other items pertinent to High School Sports in the state as well as highlighting the activities of the association. Send us your information and we will display it.

**RENEW YOUR MEMBERSHIP**

**TAKE ADVANTAGE OF BENEFITS AVAILABLE**
Another cross country season has come and gone, another winter, and now, as we enter spring, many of you will look towards Track and Field or other endeavors. But even so, there are a number of cross country items to keep in mind for the coming year. First and foremost, as you undoubtedly know by now, is the site of the state meet. Although John Crawford is stepping back (although we all know he won’t be able to tear himself away completely) the meet will still be in Pasco for the next two years.

Your state cross country coaches association will be busy as well. By the time you are reading this, you will likely have received your ballot and had the opportunity to vote for positions on the executive board as well as your own district representatives. The board met this winter, and among the other things discussed how we can continue to honor athletes and coaches, both past and present. We increased the number of Coach of the Year awards to honor boys and girls coaches in all classifications. We are purchasing two more traveling trophies, so that there is one for all classifications. We have begun adding Hall of Fame Plaques to a dedicated Cross Country wall at the WIAA headquarters in Renton, and we have also added two levels of coach’s recognition. Letters to this years Senior All Star team have been sent out as well, and hopefully there will be a great turn out at the All Star race in July. Information on all of these items can be found at our website, www.watfxc.com.

Along those lines, the East West All Star race has continued to expand the number of scholarships awarded. We are also (always) in need of volunteers to help with the race, as well as the Run of the Mill in Mill Creek (one of our major fund-raisers). Our scholarships are awarded to athletes statewide but the sad truth is that well over 90% of the scholarship funds come from the Puget Sound Region. If you know of a possible supporter (running store, local business, road race, etc.) that would be willing to help out, please let us know. Our fund raising coordinator is Jeff Sowards (jsowards@lwsd.wednet.edu) of Lakewood High School. Please understand that we aren’t asking you to write a check yourself. While we will never turn away a donation, the scholarship fund should come from cross country alumni, running related businesses, and other businesses in your community. Every dollar we raise goes back to the athletes in scholarships. Unfortunately, we do have one other problem. We simply do not have enough applicants for the scholarships. In a sport where high GPA’s, community service, and involvement are the norm, this is troublesome. Please encourage your senior athletes to go on-line at watfxc.com and fill out the scholarship application. Helping our athletes is a driving mission for us. Please help us help your kids by encouraging them to apply for a scholarship.

Speaking of the East West All Star race, the invitations are out and we hope to finalize our team soon. If you have an athlete who has been offered a spot on the team, we would encourage them to participate. The race has become a great event, with athletes receiving team uniforms, t-shirts, and other “swag” from Brooks and Super Jock and Jill. Coaches of state championship teams are our honorary coaches (you must be a WSCA member though at the time of the race). The race also has open divisions for current athletes, coaches, parents, and community members. The race is followed by a fine barbecue with some of the best cross country coach/grillmasters around.

This year marks the return of the White Pass Coaches clinic August 5-8. The White Pass camp for athletes has been full since December, and Falcon, Olympic Peaks, South Sound and several others out of state are seeing more and more athletes attending. Our sport is strong and getting stronger. As a coach who regularly gets athletes from out of state via military transfers, I often hear how impressed they are with the strength of the athletes and programs in our corner of the country. It’s not the water; it’s you, the coaches and volunteers who make our state so strong. Keep on doing what you do for our student athletes...it’s working.
The 2008 Earl Barden All-Star Classic will be held for the 14th straight year on June 21st at 1pm at Zaepfal Stadium in Yakima. The teams are selected from the nominations of the coaches from each league in our state. The selection process took place in early January and the rosters for the game will be published in the spring magazine.

The game was started in 1995 with the financial and organizational leadership of Earl Barden. Earl was a successful businessman in the Yakima area and was highly influential in the support given by the Yakima community to start this game. Earl passed away in the winter of 1999 and the community of Yakima has embraced the game and continued in its tremendous support of the Classic.

We have always embraced any football coaches who would wish to become part of this game. If you are interested in becoming a “gopher” for the Classic please contact me and I will get you “on the team!”

LET’S ALL MEET IN YAKIMA ON JUNE 21st FOR SUMMER FOOTBALL………

Earl Barden Classic Chairman: Bill “Alex” Alexander, Quincy HS
201 C St. SE, Quincy 98848
509-787-1152 (h)
787-3501 (w) Quincy HS
Alexfb1@msn.com (h)
walexand@qsd.wednet.edu (QHS)

East Game Coordinator Selection Chair:
Mike Lynch, lynchm@ritzcom.net
509-659-1109, 509-660-1131, fax.

West Game Coordinator/selection chair:
Rob Friese: robf@willapa.wednet.edu
360- 942-2006
### EAST-WEST EARL BARDOEN FOOTBALL CLASSIC

#### EAST TEAM

<table>
<thead>
<tr>
<th>FIRST</th>
<th>LAST</th>
<th>HT</th>
<th>WT</th>
<th>POSITION</th>
<th>SCHOOL</th>
</tr>
</thead>
<tbody>
<tr>
<td>David</td>
<td>Walker</td>
<td>6'2&quot;</td>
<td>185</td>
<td>FB/LB</td>
<td>Othello</td>
</tr>
<tr>
<td>Brian</td>
<td>Jones</td>
<td>6'</td>
<td>230</td>
<td>OL/DL</td>
<td>Naches</td>
</tr>
<tr>
<td>David</td>
<td>Rowley</td>
<td>6'4&quot;</td>
<td>230</td>
<td>OL/DT</td>
<td>Connell</td>
</tr>
<tr>
<td>Spencer</td>
<td>Hadley</td>
<td>6'1&quot;</td>
<td>205</td>
<td>WR/DB</td>
<td>Connell</td>
</tr>
<tr>
<td>Gabe</td>
<td>Webster</td>
<td>6'</td>
<td>195</td>
<td>G/LB</td>
<td>Brewster</td>
</tr>
<tr>
<td>Robbie</td>
<td>Alter</td>
<td>6'1&quot;</td>
<td>165</td>
<td>WR/FS</td>
<td>LaSalle</td>
</tr>
<tr>
<td>Travis</td>
<td>Todd</td>
<td>6'3&quot;</td>
<td>230</td>
<td>TE/LB</td>
<td>Odessa</td>
</tr>
<tr>
<td>Cory</td>
<td>Gall</td>
<td>6'4&quot;</td>
<td>275</td>
<td>G/DE</td>
<td>DeSales</td>
</tr>
<tr>
<td>Frank</td>
<td>Willis</td>
<td>6'</td>
<td>235</td>
<td>G/DE</td>
<td>Clarkston</td>
</tr>
<tr>
<td>Wes</td>
<td>McAdam</td>
<td>5'11&quot;</td>
<td>180</td>
<td>RB/LB</td>
<td>Lakeside</td>
</tr>
<tr>
<td>Brett</td>
<td>Clyde</td>
<td>5'11&quot;</td>
<td>175</td>
<td>QB/DB</td>
<td>Connell</td>
</tr>
<tr>
<td>Sean</td>
<td>Timmerman</td>
<td>6'1&quot;</td>
<td>185</td>
<td>QB/TE/DE</td>
<td>Tonasket</td>
</tr>
<tr>
<td>Mike</td>
<td>Reno</td>
<td>6'3&quot;</td>
<td>195</td>
<td>QB/LB</td>
<td>Kittitas</td>
</tr>
<tr>
<td>Daniel</td>
<td>Gannon</td>
<td>6'2&quot;</td>
<td>185</td>
<td>TE/LB</td>
<td>Prosser</td>
</tr>
<tr>
<td>Justin</td>
<td>Walker</td>
<td>6'2&quot;</td>
<td>263</td>
<td>G/DT</td>
<td>Cheney</td>
</tr>
<tr>
<td>Michael</td>
<td>Ledgerwood</td>
<td></td>
<td></td>
<td>RB/LB</td>
<td>Riverview</td>
</tr>
<tr>
<td>Dexter</td>
<td>Allred</td>
<td>5'11&quot;</td>
<td>190</td>
<td>FB/LB</td>
<td>Royal</td>
</tr>
<tr>
<td>Dale</td>
<td>Entel</td>
<td>6'2&quot;</td>
<td>165</td>
<td>WR/CB</td>
<td>Clarkston</td>
</tr>
<tr>
<td>Jeremy</td>
<td>Garza</td>
<td>5'10&quot;</td>
<td>215</td>
<td>C/DE</td>
<td>Othello</td>
</tr>
<tr>
<td>Sterling</td>
<td>Hatch</td>
<td>6'5&quot;</td>
<td>205</td>
<td>T/DT</td>
<td>Pullman</td>
</tr>
<tr>
<td>Parker</td>
<td>Flynn</td>
<td>6'1&quot;</td>
<td>180</td>
<td>WR/CB</td>
<td>West Valley</td>
</tr>
<tr>
<td>Silas</td>
<td>Rohner</td>
<td>6'4&quot;</td>
<td>230</td>
<td>G/CT</td>
<td>Colfax</td>
</tr>
<tr>
<td>Lucas</td>
<td>Fox</td>
<td>5'11&quot;</td>
<td>195</td>
<td>RB/SS</td>
<td>Kettle Falls</td>
</tr>
<tr>
<td>Pat</td>
<td>Chase</td>
<td>6'1&quot;</td>
<td>185</td>
<td>RB/DB</td>
<td>Cle Elum</td>
</tr>
<tr>
<td>Brett</td>
<td>Linehan</td>
<td>6'2&quot;</td>
<td>180</td>
<td>WR/DB</td>
<td>Chelan</td>
</tr>
<tr>
<td>Derek</td>
<td>Toney</td>
<td>6'1&quot;</td>
<td>250</td>
<td>T/DT</td>
<td>Reardan</td>
</tr>
<tr>
<td>Tyler</td>
<td>Moos</td>
<td>6'5&quot;</td>
<td>190</td>
<td>TE/DE</td>
<td>Reardan</td>
</tr>
<tr>
<td>Kevin</td>
<td>Baffney</td>
<td>6'2&quot;</td>
<td>210</td>
<td>QB/SS</td>
<td>DeSales</td>
</tr>
<tr>
<td>Kurt</td>
<td>Russell</td>
<td>6'2&quot;</td>
<td>200</td>
<td>WR/DB</td>
<td>East Valley</td>
</tr>
<tr>
<td>James</td>
<td>Porteous</td>
<td>6'7&quot;</td>
<td>235</td>
<td>OL/DL</td>
<td>Cle Elum</td>
</tr>
<tr>
<td>Cody</td>
<td>Davis</td>
<td>6'0&quot;</td>
<td>235</td>
<td>OT/DT</td>
<td>Asotin</td>
</tr>
<tr>
<td>Kip</td>
<td>Swem</td>
<td>5'5&quot;</td>
<td>175</td>
<td>RB/LB</td>
<td>Ephrata</td>
</tr>
<tr>
<td>Luke</td>
<td>Carter</td>
<td>6'2&quot;</td>
<td>250</td>
<td>T/DT</td>
<td>Royal</td>
</tr>
<tr>
<td>Austin</td>
<td>Allred</td>
<td>6'</td>
<td>175</td>
<td>QB/DB</td>
<td>Royal</td>
</tr>
<tr>
<td>Tanner</td>
<td>Wood</td>
<td>5'9&quot;</td>
<td>160</td>
<td>WR/CB</td>
<td>Cashmere</td>
</tr>
<tr>
<td>Hector</td>
<td>Ledezma</td>
<td>6'</td>
<td>200</td>
<td>RB/LB</td>
<td>Royal</td>
</tr>
</tbody>
</table>
# EAST-WEST EARL BARDEN FOOTBALL CLASSIC

## WEST TEAM

<table>
<thead>
<tr>
<th>FIRST</th>
<th>LAST</th>
<th>HT</th>
<th>WT</th>
<th>POSITION</th>
<th>SCHOOL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Randy</td>
<td>Eang</td>
<td>5'9&quot;</td>
<td>160</td>
<td>DB/QB</td>
<td>South Bend</td>
</tr>
<tr>
<td>Ernie</td>
<td>Cardin</td>
<td>5'9&quot;</td>
<td>185</td>
<td>LB/OL</td>
<td>Willapa Valley</td>
</tr>
<tr>
<td>Clint</td>
<td>Burgoyne</td>
<td>6'3&quot;</td>
<td>185</td>
<td>QB/DB</td>
<td>Castle Rock</td>
</tr>
<tr>
<td>Sean</td>
<td>McDonald</td>
<td>6'3&quot;</td>
<td>260</td>
<td>OL</td>
<td>Kalama</td>
</tr>
<tr>
<td>John</td>
<td>Matthews</td>
<td>5'11&quot;</td>
<td>225</td>
<td>LB</td>
<td>Life Christian</td>
</tr>
<tr>
<td>Jon</td>
<td>Donner</td>
<td>6'0&quot;</td>
<td>260</td>
<td>DL</td>
<td>Life Christian</td>
</tr>
<tr>
<td>Robbie</td>
<td>Elliott</td>
<td>6'3&quot;</td>
<td>210</td>
<td>QB/DE</td>
<td>Adna</td>
</tr>
<tr>
<td>Derrick</td>
<td>McCann</td>
<td>5'10&quot;</td>
<td>240</td>
<td>OL/DL</td>
<td>Adna</td>
</tr>
<tr>
<td>Sean</td>
<td>Hurlbut</td>
<td>5'9&quot;</td>
<td>175</td>
<td>DB/RB</td>
<td>Meridian</td>
</tr>
<tr>
<td>Andrei</td>
<td>Lintz</td>
<td>6'4.5&quot;</td>
<td>228</td>
<td>TE/OLB</td>
<td>Meridian</td>
</tr>
<tr>
<td>Brain</td>
<td>Hughes</td>
<td>6'2&quot;</td>
<td>260</td>
<td>OL/DL</td>
<td>LC</td>
</tr>
<tr>
<td>Quincy</td>
<td>Guy</td>
<td>5'9&quot;</td>
<td>175</td>
<td>DB/RB</td>
<td>Woodland</td>
</tr>
<tr>
<td>Shawn</td>
<td>Smith</td>
<td>6'1&quot;</td>
<td>205</td>
<td>WR/TE</td>
<td>Washougal</td>
</tr>
<tr>
<td>Nick</td>
<td>Cody</td>
<td>6'5&quot;</td>
<td>300</td>
<td>OL</td>
<td>Hockinson</td>
</tr>
<tr>
<td>Kyle</td>
<td>Mcquire</td>
<td>6'5&quot;</td>
<td>270</td>
<td>DL./OL</td>
<td>Hockinson</td>
</tr>
<tr>
<td>Chris</td>
<td>Riggs</td>
<td>6'2&quot;</td>
<td>200</td>
<td>DE</td>
<td>Mark Morris</td>
</tr>
<tr>
<td>Jonathon</td>
<td>Williams</td>
<td>5'11&quot;</td>
<td>185</td>
<td>LB</td>
<td>Cedarcrest</td>
</tr>
<tr>
<td>Ryan</td>
<td>Bourke</td>
<td>6'4&quot;</td>
<td>215</td>
<td>OL/DL</td>
<td>Archbishop Murphy</td>
</tr>
<tr>
<td>Brady</td>
<td>Paxman</td>
<td>5'11&quot;</td>
<td>195</td>
<td>RB/DB</td>
<td>Cedarcrest</td>
</tr>
<tr>
<td>Brent</td>
<td>Phillips</td>
<td>5'9&quot;</td>
<td>183</td>
<td>RB/DE</td>
<td>Montesano</td>
</tr>
<tr>
<td>Ryan</td>
<td>Huber</td>
<td>6'2&quot;</td>
<td>150</td>
<td>QB</td>
<td>Tenino</td>
</tr>
<tr>
<td>Tyler</td>
<td>Fry</td>
<td>5'11&quot;</td>
<td>186</td>
<td>LB</td>
<td>Montesano</td>
</tr>
<tr>
<td>Tyler</td>
<td>Cardin</td>
<td>5'9&quot;</td>
<td>165</td>
<td>RB/DB</td>
<td>Fife</td>
</tr>
<tr>
<td>Chris</td>
<td>Finlayson</td>
<td>6'6&quot;</td>
<td>220</td>
<td>DE/TE</td>
<td>Fife</td>
</tr>
<tr>
<td>Joe</td>
<td>Haggard</td>
<td>6'1&quot;</td>
<td>230</td>
<td>DL/OL</td>
<td>Foster</td>
</tr>
<tr>
<td>Conner</td>
<td>Rounds</td>
<td>6'2&quot;</td>
<td>220</td>
<td>OL/LB</td>
<td>Darrington</td>
</tr>
<tr>
<td>Nick</td>
<td>Olsen</td>
<td>6'3&quot;</td>
<td>260</td>
<td>OL/DE</td>
<td>Darrington</td>
</tr>
<tr>
<td>Erich</td>
<td>Schmidtke</td>
<td>5'10&quot;</td>
<td>205</td>
<td>LB</td>
<td>Aberdeen</td>
</tr>
<tr>
<td>Brandon</td>
<td>Semken</td>
<td>6'4&quot;</td>
<td>194</td>
<td>WR/DB</td>
<td>Tumwater</td>
</tr>
<tr>
<td>Hank</td>
<td>Bryant</td>
<td>6'4&quot;</td>
<td>215</td>
<td>DE</td>
<td>Tumwater</td>
</tr>
<tr>
<td>Joey</td>
<td>Tivnan</td>
<td>6'2&quot;</td>
<td>250</td>
<td>OL/DL</td>
<td>Centralla</td>
</tr>
<tr>
<td>Kolby</td>
<td>Arendse</td>
<td>6'3&quot;</td>
<td>215</td>
<td>QB/WR</td>
<td>Burlington-Edison</td>
</tr>
<tr>
<td>Brady</td>
<td>Bomber</td>
<td>5'10&quot;</td>
<td>170</td>
<td>DB/WR</td>
<td>Lynden</td>
</tr>
<tr>
<td>Josh</td>
<td>Lott</td>
<td>6'3&quot;</td>
<td>235</td>
<td>OL/DL</td>
<td>Burlington-Edison</td>
</tr>
<tr>
<td>Ryan</td>
<td>Gaylord</td>
<td>6'2&quot;</td>
<td>175</td>
<td>WR/DB</td>
<td>Lynden</td>
</tr>
<tr>
<td>Steve</td>
<td>Burghis</td>
<td>6'3&quot;</td>
<td>245</td>
<td></td>
<td>B-E</td>
</tr>
<tr>
<td>Griffin</td>
<td>Squires</td>
<td>6'3&quot;</td>
<td>220</td>
<td>QB</td>
<td>Chehalis</td>
</tr>
</tbody>
</table>
Bob Bourgette

Bob has spent his entire 35 years coaching career at Kennedy High School. He was an assistant for the first 22 years and has been the head coach for the last 13 seasons. His overall record stands at 125-21, including 12 league championships and a second place finish in the 2006 state championship. Bob has been selected as “Coach of the Year”, Seahawks “Coach of the Week”, and has also coached in the All-State Summer Classic. Bob is also the athletic director at Kennedy and has served as the WIAA football representative as well as being a member of the Executive board for the WSCA.

Bob and his wife, Margaret, have been married for 36 years and have three children and four grandchildren.

Dan Graham

Dan and his wife of 41 years, Mary Lynne, both graduated from Selkirk High School and Central Washington University. They began their teaching careers in Chewelah, where Dan was an assistant for fellow HOF member Herm Pein. After a stop in Rosalia, Dan landed in Reardan, where he worked for another HOF coach, Gene Smith. While at Reardan, Dan was an assistant in football and basketball, and also the head track coach. He took over as head football coach in 1993, making the playoffs 9 out of 10 years and winning state titles in 2002 and 2003. Dan credits Mary Lynne with being a “faithful companion”, for him, and “mentor” and “mother” to their four sons and the many athletes that have passed through their lives. Dan and Mary Lynne are also the very proud grandparents of five grandchildren.

Larry Lunke

After graduating from South Bend High School and EWU, Larry began a 34 year coaching career at the high school and college level. During his 23 years as a head coach in Grand Coulee, Cle Elum, O’Dea, Peninsula, Anacortes, and Lake Washington, his overall record was 128-96-2. Larry turned Cle Elum, Peninsula, and Anacortes into winning programs and went to the state playoffs 6 times.

The highlight of his career was playing in the first two Kingbowl’s with Peninsula, and winning the State Championships in 1978. He also coached in two All-State games.

Larry and his wife, Kathy, have been married for 42 years and have 2 daughters and 4 grandchildren.
GOLD HELMET AWARD WINNERS
Bert Karnofski and Tom Ingles

Silver Helmet Award Winner
Scooter Chapman

WSCA EXECUTIVE BOARD NOMINATION FORM

- Any current member may be nominated for a position on the board, provided that he/she has the endorsement of at least three other current members in the Association.
- Include a brief summary of coaching experience.
- Nominations will close June 8, 2008.
- Send nominations to: Jerry Parrish, 18468 8th Ave NE, Poulsbo, WA 98370

Nominee’s Name:_________________________________________________________

Nominators: 1. __________________________________________________________
             2. __________________________________________________________
             3. __________________________________________________________
The Washington State Football Coaches Association presents The 2007-08 District coaching award recipients with WSCA president Mike Schick

Roger Haug, Jamie Plenkovich, Tuck Gionet

Tom Yearout, Pat Pfeifer

Craig Hyatt, Roger Hoell, Randy Wiggins

Ross Hjelseth, Mike McKay

Dave Jagla, Sandy Cooprider

KC Johnson

Todd Kinley

Hoover Hopkins, Chad Barrett, Neil Buckmaster
Rookies Message “NEVER GIVE UP!”
Has Something For Everyone
by Steve K. Bertrand

Anyone who has seen the Disney movie “The Rookie” knows the story of Jim Morris. It’s basically the tale of a small town guy who gets a second chance to realize his dream. The plot goes something like this – Jim Morris (played by Dennis Quaid) injured his shoulder playing minor league baseball over a decade ago. It ended his pitching career. Since his injury, Jim has pursued a different path. He’s become a high school chemistry teacher & head baseball coach at Reagan County High School in Big Lake, Texas, a bone dry, oil town where football is king.

Hoping to motivate his struggling ball club, Jim cuts a deal with his players. If the team wins the District playoffs, he will attend major league baseball tryouts. His team doesn’t take this challenge lightly. Though a program with a losing reputation, the boys achieve their goal. This forces Jim to live up to his end of the deal.

During tryouts, a professional scout discovers Jim can throw a fastball 98 miles per hour. At the time (1999), only about ten professional baseball players could throw that hard. Previously, when Jim had been drafted by the Milwaukee Brewers in the first round (4th pick) of the 1983 amateur draft, he’d averaged around 86 mph. He goes on to sign a major league contract with the Tampa Bay Devil Rays. Jim quickly works his way up through the minors; & on September 18th, 1999, he makes his debut as a relief pitcher against the Texas Rangers, striking out Royce Carlton on four pitches.

The 6’3”, 215-pound southpaw spends two seasons with the Devil Rays. During that time, he pitches 15 innings in twenty-one games & has an earned run average of 4.80. Jim Morris stepped away from the game of baseball in 2001 to devote more time to his family. “I was tired of doing homework over the phone with my son,” said Morris. He now spends his time as a motivational speaker addressing everyone from kids to corporate America.

On Monday, February 11th, I got the opportunity to meet & listen to Jim Morris speak to coaches in the auditorium at Everett’s Cascade High School. “Morris was brought to Everett to present his message to middle school students about dreaming big & getting around people who want to deny your dreams from becoming reality,” said Robert Polk, event organizer & district athletic director. Morris had encountered his share of “dream killers” growing up. “Even though Disney created a “G-rated” dad for the film, in real life, my father was a dream killer,” said the soft-spoken Morris.

The biggest influence on Jim Morris growing up was his grandfather, Ernest Morris. “He was a great man,” said Morris. “He was either at work or church.” A war veteran, Jim’s grandfather went about his life quietly helping his fellow man. “At Thanksgiving, he bought turkeys & delivered them on a buck board to the needy in our community. He did this anonymously,” said Morris. Jim Morris credits his grandfather with teaching him how to become a “Man’s Man”. “Grandpa taught me how to open doors for people, how to say ‘Yes, sir’, & ‘Yes, mam’, & how to shake hands. He made me take grandma on lunch dates to practice my table etiquette.”

Above all, Jim remembers conversations with his grandfather. “He used to tell me to ‘Remember who you are, Jimmy’. He told me ‘People are watching for your reaction to things.’ I may not know everything about baseball; but, I know how to treat people,” said Morris. “Grandfather used to tell me ‘You are born with your name & die with your name; but… it takes a life-time to build character.’” Ernest Morris died due to complications with Lou Gehrig’s Disease when Jim was eighteen.

Because of the strong impact his grandfather made on his life, Jim’s message addresses the important job

Continued on page 20
we all have as role models. “As teachers & coaches, we need to stand up to parents & kids & tell them what is the right & wrong way to do things,” said Morris. “We need to let people know sport is an opportunity for learning, not just winning.”

Learning had never come easy for Morris. Because of his verbally abusive father, he’d grown up thinking he was dumb. At age twenty-four, he decided it was time to change his outlook. As a result, he went on to graduate from college with honors. Learning became his passion. And, the first time he stepped into a classroom as a teacher, he was hooked. “I love seeing a young mind light up!” said Morris.

While a teacher/coach at Reagan County High School, what Jim did to turn the Owls’ baseball program around was focus on developing self-esteem & respect. “I didn’t want to be the kind of coach who screamed at kids. I’d seen enough of that. Because we’d only won one game per season the previous three years, & had just eight returning ball players, I attempted a motivational incentive. In an attempt to boost our numbers, I offered A’s in physics to anybody who came out for the team. Unfortunately, I only had two takers,” said Morris, shaking his head.

Morris didn’t quit. A question lingered in his mind... “How can I get the most out of these kids?” Borrowing from the teachings of his grandfather, he returned to the lessons he had learned. He’d have to show them he cared about them as people. So, they started with little things. “We dressed nice. We opened doors. We kept our mouths shut. We refurbished our baseball field. We learned to let our ball playing speak for us. Slowly, we earned respect. We lived by the motto ‘If it’s worth doing, it’s worth doing well 100% of the time,'” said Morris. In 1999, the Reagan County Owls were district champs. As a result, the next season sixty-three players came out for the team. I finally got my kids attention!” exclaimed Morris.

As it turned out, Jim’s athletes weren’t the only ones who learned something. “I was so proud of those kids,” said Morris. “I learned at age thirty-five life isn’t about me. When those kids won... I had tears streaming down my face. I thought I was the teacher. As it turned out, I was the one being taught.” What Jim learned from his experiences as a coach was it wasn’t about him. “I failed in life when it was about me,” he said. “When I quit trying to do things for myself, I started being successful & achieving my dreams.”

Jim was the type of coach who made a promise to kids & saw it through. “I didn’t try out for the majors for any other reason than my kids,” he said. “I was the type of coach who made a promise to kids & saw it through. I didn’t try out for the majors for any other reason than my kids,” he said.

What I learned from Jim Morris was this... As people, we all have dreams we’ve never pursued. We are never too old. As teachers/coaches, we have kids who have dreams. It’s our job to help them fulfill those dreams. Life is about perseverance. It’s about perspective. It’s about the bigger picture. It’s about second chances. It’s about making mistakes. It’s about helping each other up. It’s about making a difference. It’s about teaching beyond the game. It’s about not underestimating the power we have in kids’ lives. In Jim Morris’s case, it was about pushing a group of kids; & getting them to push back. In the process, everyone learned something. I must say, it’s refreshing to be as impressed with a man as you are with his message.

Jim Morris is a downright likeable guy. Morris, now forty-four years old, hopes to return to teaching when his kids are grown. Typically, the further one gets from a film like “The Rookie” (2002), the less speaking opportunities an individual like Jim Morris is offered; but, in his case, it’s been just the opposite. If you haven’t caught the film, it’s worth watching. Working with a budget of $100,000, the 138-minute movie is 90% accurate. “Dennis Quaid made me out to look leaner than I am!” chuckled Morris. The movie received the “Truly Moving Picture Award” in 2002, designating it as a film that can “move you to laughter, to tears, to make a difference”. If your district has the funds, you might want to bring Jim Morris in as a motivational speaker. His message has something for everyone. “We all need to be reminded why we are in the ‘kid business’ from time to time,” said Robert Polk. “Presentations from people like Jim Morris help to redirect us in our approach.”

Continued from page 19

Cascade H.S. Athletic Director, Doug Kloke, Jim Morris & Everett School District Athletic Director, Robert Polk
FOR YOUR INFORMATION...

WSCA MEMBER COACHES BY SPORT

Athletic Directors
Chris Holway
Wendy Malich
Andrea McHenry
Pam Olson
Trish Olson

Athletic Trainers
Brad Agerup
Ken Ahlstrom ATC
Sarah Aiken ATC
Brian Apling ATC
Chris Balm ATC
John Banaszak ATC
Dale Blair ATC
Jayson Boehm
Dawn Bolos
Matt Brennan ATC
Larry Brown ATC
Steve Calhoun
Jennifer Carrol ATC
Larry Heinz
Gary Hirst ATC
Chris Hiatt ATC
Sara Holway
Wendy Malich
Chris Holway
Athletic Directors

Barry Smith ATC
Dan Ruiz
Cheryl Reed ATC
Zandra Raef
Scott Peck ATC
Sandra Johnson
Craig L Middlebrook
Chris Murphy
Wendy Nygaard ATC
Rick O'Leary ATC
Patrick Olsen
Krista Parsons ATC
Todd Parsons ATC
Scott Peck ATC
Zandra Raef
Cheryl Reed ATC
Dan Ruiz
Barry Smith ATC
Laurie Yocum

Baseball
Jon Aarstad
Kevin Alley
Tyler Alseth
Rodger Anderson
Wayne D Anderson
Nate Andrews
Mike Archer
Chad Arko
Jesse A Bartlett
Jeff Beha
George Benedetti
Jesse Benedetti
Mike Bettinson
Bishop Bielec
Bob Blair
Tim Booser
Kurt R Boyd
Frank Boyle
Ron Brooks
Mike Brown
Ryan Browne
Rory Bryant
Jim Burbury
Bob Burnett
Patrick Calkote
Eric Carlson
Ryan Carter
Gary W Clausen
Jim Clem
Cam Coers
Brad Conn
Carlton J Cooper
Jose A Cosme
Kim Cox
Tim Crepeau
Kevin Daling
Pat Davis
Stephen L Davis
Bruce Davison
Larry Delaney
Pete Doumit
Shannon R Downing
Rex M Easley
Brian Eisenbarth
Aaron Elway
Lem Elway
Brandon Esparza
Scott Estes
Mark Everhart
Joe Facone
Jim Fairweather
Kevin Fennell
Mike Finnegan
Brian Fischer
Conor Fish
Peter Frentzen
Mike Friddle
Jason Frost
Bob Gallaher
Robert Garcia Jr
Darin Gardner
Richard Garza
Ed Gay
Kevin Gillispie
Keith Gradwohl
Tim Graham
Gary Groenen
Robert Haensel
Merle Hagbo
Joe Halhead
Kim Hammons
Gary E Hatch
Larry Heinz
Dan Hollod
Randy K Huey
Jay Hultberg
Steve Huylar
Ryan Ingram
John Jackson
Ben Jacobs
Wade Janssen
Willie Joe
David J Johnson
Greg Johnson
Leon (Jim) Johnson
Gary Jonas
Larry Jones
Phil Jones
Dennis Kiefer
Todd Kirk
D Scott Knight
Mike Kreuch
Eric Kuntz
George P Kuth
Levi Lacey
Jason Landram
David Larson
Gary Larson
Jeff Leavitt
Bob Levitin
Gary Lewallen
Matt Lewallen
Francisco V Lopez II
Joshua G Luette
Mike MacCulloch
Jason Mackey
AJ Marquardt
Quinn Marshall
John T Martin
Mark P McCallum
Larry McCutcheon
Todd McDougall
Rick McGrath
Gary McGregor
Pat McGuire
Ed McNamara
Michael F McRae
Scott Meeker
William Melton
Gilbert Mendez
Charles Kelly Miles
Michael L Mills
Jim Moehrlr
Michael Moeller
George Monica
Paul Moody
Brett R Muche'
Steven FX Naccarato
Chad Nasinec
Jim Newby
Craig Nighswonger
Shane Nixon
Darin D Nolan
Neil P O'Brien
Dave Olson
Pete Orgill
Manuel Ortiz
Arthur E Osmundson
Jason Parsons
Ed Paulter
Dan Percifield
Randy J Phillips
Todd J Phillips
Jerry Powell
Brad Quarnstrom
Jeff Rashoff
Jason Reich
Fred Reiss
Kirk Rembold
Don Ressa
Rory Rickard
Roy Rojas
Jon Rokoolidge
Steve Roth
Scott Rowland
Paul B Sanders
Tim Sanders
Brandon Schmitten
Bill Segerman
Clayton W Simmons
Jacob Simmons
Korey Sites
Gibran Smith
Dustin Snediger
Paul J Sopak
David M Sparks
Kyle Sprague
Ryan Springer
Mike Staton
Mike Steiber
Brent Stienman
Sara Stewart
Michael B Stoddard
Jerry Striegel
Jake Strecke
James Tamez
John Tarman
Virgil Taylor
David Tempel
Dan Thompson
Mark Thorpe
R Scott Tibbling
Wyatt Tonkin
Moses Tovar
David J Traver
Kerry L Tupper
Justin Turner
Paul Valdez
Paul Van Pelt
Daniel Vander Kooi
Velko Vitalich
Glen Walker
Tom Walker
Bill Walker Jr
Bill Walker
Jim Walker
Mike Walter
Zak Webb
Jamie Weeks
Jeff Weible
W Dave Wensveen
Mark T Wheeler
Quintz Whitaker
Mike Williams
David Wilson
Bob Withrow
Ryan K Yingling
Roy J Young

Basketball – Boys
Tom Adams
KC Ahrens
Kentin Alford
David F Alwert Sr
Nick Amrine
Rico Ancheta
Justin Anderson
Jim Andrew
Larry Arlnt
Garry F Arnold
Kevin Ashen
Joshua Auckland
Mark Avey
Bill Bakamus
Bill Ballance
Mark Bannish
Matt Bannish
Chris Barthlow
Dan Bass
Brandon Beeman
Richard Belcher
Lindsay Bemis
Bob Benson
Michael Betha
Rob Birdsell
Tim Black
Chris Blake
Stanley Bluff Jr
Leonard Bone
Tyler Borden
Darren Bowden
Dennis Bower
Scott Boyce
Bart Brandenberg
Evan Bratz
Joshua M Brooks
Nathaniel Brost
Arnold K Brown
Cliff Brown
Lonny Brown
Matthew J Brown
Ron Brown
Roy Brownlee
Jeff Bryson
Mike Buchholz
Doug Burge
Chris Burman
John Callaghan
Scott Campbell
Gary Carlet
Gry Cheevers

The Washington Coach - Spring 2008
21
## For Your Information...

### WSCA Member Coaches By Sport

<table>
<thead>
<tr>
<th>Basketball - Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dwayne Anthony</td>
</tr>
<tr>
<td>Joe Harris</td>
</tr>
<tr>
<td>Brock Lodgerwood</td>
</tr>
<tr>
<td>Scott Parrish</td>
</tr>
<tr>
<td>Tony Stoddard</td>
</tr>
<tr>
<td>Jay Staggs</td>
</tr>
<tr>
<td>Chisholm</td>
</tr>
<tr>
<td>Stan Harris</td>
</tr>
<tr>
<td>Eric Ledferd</td>
</tr>
<tr>
<td>Gary Peasley</td>
</tr>
<tr>
<td>Tony E Stoddard</td>
</tr>
<tr>
<td>Kurt Clemmens</td>
</tr>
<tr>
<td>Bill Hawk</td>
</tr>
<tr>
<td>Kyle A LeMay</td>
</tr>
<tr>
<td>Bryan Stiles</td>
</tr>
<tr>
<td>Bryan Streleski</td>
</tr>
<tr>
<td>Jerry Clyde</td>
</tr>
<tr>
<td>Bruce D Hayes</td>
</tr>
<tr>
<td>Ben Leyde</td>
</tr>
<tr>
<td>Glen Stump</td>
</tr>
<tr>
<td>DON COLOM</td>
</tr>
<tr>
<td>Wayne Hayes</td>
</tr>
<tr>
<td>Bill Liley</td>
</tr>
<tr>
<td>Bob Swannack</td>
</tr>
<tr>
<td>Tony Conti</td>
</tr>
<tr>
<td>Ben Hazelwood</td>
</tr>
<tr>
<td>Bruce A Lindell</td>
</tr>
<tr>
<td>Eric Swanson</td>
</tr>
<tr>
<td>Rich Gwinn</td>
</tr>
<tr>
<td>Skye Heaton</td>
</tr>
<tr>
<td>Ron Livingston</td>
</tr>
<tr>
<td>Torey Swanson</td>
</tr>
<tr>
<td>Ric Cook</td>
</tr>
<tr>
<td>Ben Heimerman</td>
</tr>
<tr>
<td>Mark Lovadelay</td>
</tr>
<tr>
<td>Mark Swarton</td>
</tr>
<tr>
<td>KC L Craven</td>
</tr>
<tr>
<td>Dan J Helms</td>
</tr>
<tr>
<td>Greg Lowell</td>
</tr>
<tr>
<td>Mike Taggart</td>
</tr>
<tr>
<td>Mark Crawford</td>
</tr>
<tr>
<td>Larry L Helms</td>
</tr>
<tr>
<td>Mike Lowery</td>
</tr>
<tr>
<td>Larry Taylor</td>
</tr>
<tr>
<td>Bernard Daos</td>
</tr>
<tr>
<td>Michael E Helms</td>
</tr>
<tr>
<td>Paul Mayer</td>
</tr>
<tr>
<td>Pat Thomas</td>
</tr>
<tr>
<td>Gregory DeJardin</td>
</tr>
<tr>
<td>Phil Hergert</td>
</tr>
<tr>
<td>Darrell Mcomber</td>
</tr>
<tr>
<td>Robert S Thomas</td>
</tr>
<tr>
<td>Bryan DeLong</td>
</tr>
<tr>
<td>Rod Hergesheimer</td>
</tr>
<tr>
<td>Dale W Mcomber</td>
</tr>
<tr>
<td>Bob Smith</td>
</tr>
<tr>
<td>Adam Desautels</td>
</tr>
<tr>
<td>Sid Herron</td>
</tr>
<tr>
<td>Marvin Prince</td>
</tr>
<tr>
<td>Gene Dettorre</td>
</tr>
<tr>
<td>Jason Devere</td>
</tr>
<tr>
<td>Chad Herron</td>
</tr>
<tr>
<td>Travis Radich</td>
</tr>
<tr>
<td>Dave Dickson</td>
</tr>
<tr>
<td>Levi Heyen</td>
</tr>
<tr>
<td>James Ramsey</td>
</tr>
<tr>
<td>WL KOEPHUS</td>
</tr>
<tr>
<td>Lucas Dobbs</td>
</tr>
<tr>
<td>Scott Hirz</td>
</tr>
<tr>
<td>Ken Ryan</td>
</tr>
<tr>
<td>DW JOHNSON</td>
</tr>
<tr>
<td>Shawn Dotson</td>
</tr>
<tr>
<td>Chad Hoidal</td>
</tr>
<tr>
<td>Darrell Walker</td>
</tr>
<tr>
<td>Peter Esser</td>
</tr>
<tr>
<td>Jim Horan</td>
</tr>
<tr>
<td>Larry Walker</td>
</tr>
<tr>
<td>Gary Evans</td>
</tr>
<tr>
<td>David Jamison</td>
</tr>
<tr>
<td>Kyle Vickers</td>
</tr>
<tr>
<td>Brandon E Evenson</td>
</tr>
<tr>
<td>Mark Jensen</td>
</tr>
<tr>
<td>Mikey Jenson</td>
</tr>
<tr>
<td>Rolland Wallace Jr</td>
</tr>
<tr>
<td>Brett Fancher</td>
</tr>
<tr>
<td>Brent Johnson</td>
</tr>
<tr>
<td>Seth Johnson</td>
</tr>
<tr>
<td>John Felton</td>
</tr>
<tr>
<td>Kevin Johnson</td>
</tr>
<tr>
<td>Stephen R Johnson</td>
</tr>
<tr>
<td>Seth Johnson</td>
</tr>
<tr>
<td>Chris Ferenz</td>
</tr>
<tr>
<td>Thomas G Johnson</td>
</tr>
<tr>
<td>John Hyppa</td>
</tr>
<tr>
<td>James Johnson</td>
</tr>
<tr>
<td>Chris Ferrier</td>
</tr>
<tr>
<td>Scott A Justus</td>
</tr>
<tr>
<td>Ken Iversen</td>
</tr>
<tr>
<td>Cameron L Ross</td>
</tr>
<tr>
<td>Steven D Fink</td>
</tr>
<tr>
<td>Jan Karsnoski</td>
</tr>
<tr>
<td>Darrell Miller</td>
</tr>
<tr>
<td>Pat Fitterer</td>
</tr>
<tr>
<td>Bill Kelly</td>
</tr>
<tr>
<td>John R Miller</td>
</tr>
<tr>
<td>John Flaherty</td>
</tr>
<tr>
<td>Tim Kelly</td>
</tr>
<tr>
<td>Ken Mender</td>
</tr>
<tr>
<td>Daniel Fountain</td>
</tr>
<tr>
<td>Andrew Kernutt</td>
</tr>
<tr>
<td>Michael A Melder</td>
</tr>
<tr>
<td>Tyler Francis</td>
</tr>
<tr>
<td>Jason Kerr</td>
</tr>
<tr>
<td>Bob Morden</td>
</tr>
<tr>
<td>Mac Fraser</td>
</tr>
<tr>
<td>Nicholas L Kheriaty</td>
</tr>
<tr>
<td>Brent Monroe</td>
</tr>
<tr>
<td>Cameron Fry</td>
</tr>
<tr>
<td>Mike Kilcup</td>
</tr>
<tr>
<td>Dean Montzingo</td>
</tr>
<tr>
<td>Tim Gaebe</td>
</tr>
<tr>
<td>J Jacob Hunt</td>
</tr>
<tr>
<td>Ben Miller</td>
</tr>
<tr>
<td>Roy Garcia</td>
</tr>
<tr>
<td>Randy King</td>
</tr>
<tr>
<td>Harold Montzingo</td>
</tr>
<tr>
<td>Greg Gardner</td>
</tr>
<tr>
<td>Ron King</td>
</tr>
<tr>
<td>Ben Munn</td>
</tr>
<tr>
<td>SCOTT GAUSE</td>
</tr>
<tr>
<td>Jon Kinloch</td>
</tr>
<tr>
<td>Rodger Pederson</td>
</tr>
<tr>
<td>Cass Gebbers</td>
</tr>
<tr>
<td>Brian Kissingger</td>
</tr>
<tr>
<td>Jon Klarich</td>
</tr>
<tr>
<td>Mike Willis</td>
</tr>
<tr>
<td>Mike Giusti</td>
</tr>
<tr>
<td>Steven Kloke</td>
</tr>
<tr>
<td>Al Gleich</td>
</tr>
<tr>
<td>Blake D Kluse</td>
</tr>
<tr>
<td>John P Golden</td>
</tr>
<tr>
<td>Wade Knowles</td>
</tr>
<tr>
<td>Denny Gowan</td>
</tr>
<tr>
<td>Kevin Koch</td>
</tr>
<tr>
<td>Curtis R Graff</td>
</tr>
<tr>
<td>Matt Koenigs</td>
</tr>
<tr>
<td>Rob Gray</td>
</tr>
<tr>
<td>Jim Koele</td>
</tr>
<tr>
<td>Don Green</td>
</tr>
<tr>
<td>Mike Koon</td>
</tr>
<tr>
<td>Thomas A Griffith</td>
</tr>
<tr>
<td>Jonathan Knebser</td>
</tr>
<tr>
<td>Thomas Williams</td>
</tr>
<tr>
<td>Rich Gwinn</td>
</tr>
<tr>
<td>Scott Krenels</td>
</tr>
<tr>
<td>Les Hagen</td>
</tr>
<tr>
<td>Kim W Kruger</td>
</tr>
<tr>
<td>Gregory J Haglund</td>
</tr>
<tr>
<td>Ray LaBete</td>
</tr>
<tr>
<td>Duke Hammond</td>
</tr>
<tr>
<td>Jeremy Landram</td>
</tr>
<tr>
<td>Robert Colombo</td>
</tr>
<tr>
<td>Rolland Hansen</td>
</tr>
<tr>
<td>Marc Larrabee</td>
</tr>
<tr>
<td>Cliff Harris</td>
</tr>
<tr>
<td>JD Larson</td>
</tr>
<tr>
<td>Peter J Larson</td>
</tr>
</tbody>
</table>

---

22 The Washington Coach - Spring 2008
**FOR YOUR INFORMATION...**

**WSCA MEMBER COACHES BY SPORT**

<table>
<thead>
<tr>
<th>Sport</th>
<th>Coaches</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cross Country</td>
<td>Kathleen Alikre</td>
</tr>
<tr>
<td></td>
<td>Robert Allan</td>
</tr>
<tr>
<td></td>
<td>Jason Allaway</td>
</tr>
<tr>
<td></td>
<td>Rick Ames</td>
</tr>
<tr>
<td></td>
<td>Mark Anderson</td>
</tr>
<tr>
<td></td>
<td>Dan Baker</td>
</tr>
<tr>
<td></td>
<td>Bradley Barquist</td>
</tr>
<tr>
<td></td>
<td>Malcolm S Bates</td>
</tr>
<tr>
<td></td>
<td>Rick Becker</td>
</tr>
<tr>
<td></td>
<td>Dave Beeler</td>
</tr>
<tr>
<td></td>
<td>Steve K Bertrand</td>
</tr>
<tr>
<td></td>
<td>Jim Berwald</td>
</tr>
<tr>
<td></td>
<td>Traci Bianchini</td>
</tr>
<tr>
<td></td>
<td>Eugene Blankenship</td>
</tr>
<tr>
<td></td>
<td>Andrea M Boitano</td>
</tr>
<tr>
<td></td>
<td>Craig L Bowen</td>
</tr>
<tr>
<td></td>
<td>Cathy Boyce</td>
</tr>
<tr>
<td></td>
<td>Richard Brown</td>
</tr>
<tr>
<td></td>
<td>Robin Bryson</td>
</tr>
<tr>
<td></td>
<td>Jennifer Carpenter</td>
</tr>
<tr>
<td></td>
<td>Bob Carson</td>
</tr>
<tr>
<td></td>
<td>Shannon Casey</td>
</tr>
<tr>
<td></td>
<td>Cliff Chaffee</td>
</tr>
<tr>
<td></td>
<td>Greg Chapman</td>
</tr>
<tr>
<td></td>
<td>Loren Childers</td>
</tr>
<tr>
<td></td>
<td>Joe Clark</td>
</tr>
<tr>
<td></td>
<td>Jill Cole</td>
</tr>
<tr>
<td></td>
<td>Curt Corvin</td>
</tr>
<tr>
<td></td>
<td>Bill Costello</td>
</tr>
<tr>
<td></td>
<td>Jay Webber</td>
</tr>
<tr>
<td></td>
<td>Karin Weberg</td>
</tr>
<tr>
<td></td>
<td>Colleen M Wells</td>
</tr>
<tr>
<td></td>
<td>Mark Westley</td>
</tr>
<tr>
<td></td>
<td>Roger Westlund</td>
</tr>
<tr>
<td></td>
<td>Tom Whitmarsh</td>
</tr>
<tr>
<td></td>
<td>Gary A Wilson</td>
</tr>
<tr>
<td></td>
<td>Brady Wiltbank</td>
</tr>
<tr>
<td></td>
<td>Perry Winkle</td>
</tr>
<tr>
<td></td>
<td>Derek Witt</td>
</tr>
<tr>
<td></td>
<td>David Woods</td>
</tr>
<tr>
<td></td>
<td>Evan Woodward</td>
</tr>
<tr>
<td></td>
<td>Vera Y Wright</td>
</tr>
<tr>
<td></td>
<td>Mike Yarnell</td>
</tr>
<tr>
<td></td>
<td>Amber Cruzan</td>
</tr>
<tr>
<td></td>
<td>Mark Cullen</td>
</tr>
<tr>
<td></td>
<td>Allen W Culp</td>
</tr>
<tr>
<td></td>
<td>Misha Dacey</td>
</tr>
<tr>
<td></td>
<td>I Scott Daratha</td>
</tr>
<tr>
<td></td>
<td>Gary Darnold</td>
</tr>
<tr>
<td></td>
<td>Michael Dean</td>
</tr>
<tr>
<td></td>
<td>Bradford L Donovan</td>
</tr>
<tr>
<td></td>
<td>Mary M Downey</td>
</tr>
<tr>
<td></td>
<td>John M Durheim</td>
</tr>
<tr>
<td></td>
<td>Robert Eichelsdoerer</td>
</tr>
<tr>
<td></td>
<td>Susan Elliott</td>
</tr>
<tr>
<td></td>
<td>Matthew J Ellis</td>
</tr>
<tr>
<td></td>
<td>Phil English</td>
</tr>
<tr>
<td></td>
<td>Schlaylee Esparza</td>
</tr>
<tr>
<td></td>
<td>Paula J Everdell-Brown</td>
</tr>
<tr>
<td></td>
<td>Joe Feryn</td>
</tr>
<tr>
<td></td>
<td>Robert M Fiorito</td>
</tr>
<tr>
<td></td>
<td>Sarah Fox</td>
</tr>
<tr>
<td></td>
<td>Hugh B Franks</td>
</tr>
<tr>
<td></td>
<td>Doug Fulton</td>
</tr>
<tr>
<td></td>
<td>Johnny R Garcia</td>
</tr>
<tr>
<td></td>
<td>Robin Garrison</td>
</tr>
<tr>
<td></td>
<td>Kevin Gary</td>
</tr>
<tr>
<td></td>
<td>Steven Gjefle</td>
</tr>
<tr>
<td></td>
<td>Ernie Goshorn</td>
</tr>
<tr>
<td></td>
<td>Tonian Gray</td>
</tr>
<tr>
<td></td>
<td>Mike Hadway</td>
</tr>
<tr>
<td></td>
<td>Candace hammer</td>
</tr>
<tr>
<td></td>
<td>Jeff Hashimoto</td>
</tr>
<tr>
<td></td>
<td>Josh Hayes</td>
</tr>
<tr>
<td></td>
<td>Caryn Heffernan</td>
</tr>
<tr>
<td></td>
<td>James B Hewson</td>
</tr>
<tr>
<td></td>
<td>Erica Hill</td>
</tr>
<tr>
<td></td>
<td>John Hill</td>
</tr>
<tr>
<td></td>
<td>Bryan E Hoddle</td>
</tr>
<tr>
<td></td>
<td>Lee Hodin</td>
</tr>
<tr>
<td></td>
<td>Ken Hoerath</td>
</tr>
<tr>
<td></td>
<td>David R Holmes</td>
</tr>
<tr>
<td></td>
<td>Michael Holz</td>
</tr>
<tr>
<td></td>
<td>Howard Hosley</td>
</tr>
<tr>
<td></td>
<td>Gwen Hundley</td>
</tr>
<tr>
<td></td>
<td>Greg Isham</td>
</tr>
<tr>
<td></td>
<td>Robert D Isitt</td>
</tr>
<tr>
<td></td>
<td>Harlan C Jackson</td>
</tr>
<tr>
<td></td>
<td>Shelby Jacobs</td>
</tr>
<tr>
<td></td>
<td>Dean Janz</td>
</tr>
<tr>
<td></td>
<td>James Johnson</td>
</tr>
<tr>
<td></td>
<td>Kathy Johnson</td>
</tr>
<tr>
<td></td>
<td>Kendall C Johnson</td>
</tr>
<tr>
<td></td>
<td>Paul E Johnson</td>
</tr>
<tr>
<td></td>
<td>Donna Jormlin</td>
</tr>
<tr>
<td></td>
<td>William S Kehoe</td>
</tr>
<tr>
<td></td>
<td>Karen Kelly</td>
</tr>
<tr>
<td></td>
<td>Terence R Kelly</td>
</tr>
<tr>
<td></td>
<td>Bill Kemp</td>
</tr>
<tr>
<td></td>
<td>John Kerr</td>
</tr>
<tr>
<td></td>
<td>Mark Kerr</td>
</tr>
<tr>
<td></td>
<td>Richard La Londe</td>
</tr>
<tr>
<td></td>
<td>Sarah Lamb</td>
</tr>
<tr>
<td></td>
<td>Cathy Lane</td>
</tr>
<tr>
<td></td>
<td>Nick Lazanis</td>
</tr>
<tr>
<td></td>
<td>Darrell J Lee</td>
</tr>
</tbody>
</table>

| Cross Country| Kathleen Alikre                                        |
|             | Robert Allan                                          |
|             | Jason Allaway                                         |
|             | Rick Ames                                             |
|             | Mark Anderson                                         |
|             | Dan Baker                                             |
|             | Bradley Barquist                                      |
|             | Malcolm S Bates                                       |
|             | Rick Becker                                           |
|             | Dave Beeler                                           |
|             | Steve K Bertrand                                      |
|             | Jim Berwald                                           |
|             | Traci Bianchini                                       |
|             | Eugene Blankenship                                     |
|             | Andrea M Boitano                                      |
|             | Craig L Bowen                                         |
|             | Cathy Boyce                                           |
|             | Richard Brown                                         |
|             | Robin Bryson                                          |
|             | Jennifer Carpenter                                    |
|             | Bob Carson                                            |
|             | Shannon Casey                                         |
|             | Cliff Chaffee                                         |
|             | Greg Chapman                                          |
|             | Loren Childers                                        |
|             | Joe Clark                                             |
|             | Jill Cole                                             |
|             | Curt Corvin                                           |
|             | Bill Costello                                         |
|             | Jay Webber                                            |
|             | Karin Weberg                                           |
|             | Colleen M Wells                                        |
|             | Mark Westley                                          |
|             | Roger Westlund                                        |
|             | Tom Whitmarsh                                         |
|             | Gary A Wilson                                         |
|             | Brady Wiltbank                                        |
|             | Perry Winkle                                          |
|             | Derek Witt                                            |
|             | David Woods                                           |
|             | Evan Woodward                                         |
|             | Vera Y Wright                                         |
|             | Mike Yarnell                                          |
|             | Amber Cruzan                                          |
|             | Mark Cullen                                           |
|             | Allen W Culp                                          |
|             | Misha Dacey                                           |
|             | I Scott Daratha                                       |
|             | Gary Darnold                                          |
|             | Michael Dean                                          |
|             | Bradford L Donovan                                    |
|             | Mary M Downey                                         |
|             | John M Durheim                                        |
|             | Robert Eichelsdoerer                                  |
|             | Susan Elliott                                         |
|             | Matthew J Ellis                                       |
|             | Phil English                                          |
|             | Schlaylee Esparza                                     |
|             | Paula J Everdell-Brown                                |
|             | Joe Feryn                                             |
|             | Robert M Fiorito                                      |
|             | Sarah Fox                                             |
|             | Hugh B Franks                                         |
|             | Doug Fulton                                           |
|             | Johnny R Garcia                                       |
|             | Robin Garrison                                        |
|             | Kevin Gary                                            |
|             | Steven Gjefle                                         |
|             | Ernie Goshorn                                         |
|             | Tonian Gray                                           |
|             | Mike Hadway                                           |
|             | Candace hammer                                        |
|             | Jeff Hashimoto                                        |
|             | Josh Hayes                                            |
|             | Caryn Heffernan                                       |
|             | James B Hewson                                        |
|             | Erica Hill                                            |
|             | John Hill                                             |
|             | Bryan E Hoddle                                       |
|             | Lee Hodin                                             |
|             | Ken Hoerath                                           |
|             | David R Holmes                                        |
|             | Michael Holz                                          |
|             | Howard Hosley                                         |
|             | Gwen Hundley                                          |
|             | Greg Isham                                            |
|             | Robert D Isitt                                        |
|             | Harlan C Jackson                                      |
|             | Shelby Jacobs                                         |
|             | Dean Janz                                             |
|             | James Johnson                                         |
|             | Kathy Johnson                                         |
|             | Kendall C Johnson                                     |
|             | Paul E Johnson                                        |
|             | Donna Jormlin                                         |
|             | William S Kehoe                                     |
|             | Karen Kelly                                           |
|             | Terence R Kelly                                        |
|             | Bill Kemp                                             |
|             | John Kerr                                             |
|             | Mark Kerr                                             |
|             | Richard La Londe                                     |
|             | Sarah Lamb                                            |
|             | Cathy Lane                                            |
|             | Nick Lazanis                                          |
|             | Darrell J Lee                                         |

The Washington Coach - Spring 2008 23
FOR YOUR INFORMATION...

WSCA MEMBER COACHES BY SPORT

Rick Leighty
Charles LeWarne
Patty Ley
Jean Licari
Jennifer Little
Michael C Locati
Steve M Lynch
Shannon MacKinnon
Ben Mangrum
Giana Marquardt
Kristin Martin
Stacey Martin
Michele Mathay
Lori K Matthews
Dave McCarty
R Bruce McDowell
Kristin E Metcalf
Dawn Geyer
Andrew Gault
Nancy Garr
Kelly Fennell
Nancy Ellen Elster
Teri Rowe
Laurie Darrow
Kathy Crowley
Lorie J Baker
Cheer

Heidi Tutt
Susan L Valdez
Mark Vantine
Mary Jo Veneziani
Marc L Wakeley
Lacey Way
Rod Wilcox
Joel Wingard
Howard Wood
Kevin E Wright
Susan Wright
Michael Yee
Cheryl L Yoke
George Zelenak
Paul Zimmer

Kristin Hamilton
Donna Harris
Sara Harvey
Marilyn Haskins
Kathy Hatfield
Pamela Headridge
Erin Hogue
Doris Hominda
Tyler Janes
Kim Kawachi
Cindy Kehl
Jeanne L Kelly
Caetlin Kepler
Michael Lawrence
Pegi Littlejohn
Kim Mayer

Jo Moniz
Jenni Mullin
Lindsey Neff
LaDonna Nelson
Nanette Nelson
Cindy Pardee
Brittney Pence
Michelle Peters
Tiffany Phillips
Heidi L Pike
Samantha Pleitez
Kate Richards
Jennifer Rinard
Jennifer Roddel
Brisa Romero
Teri Rowe

Teresa Theolke
Christiann Thomas
Ronda Thomas
Troy Thomas
Karina Tobin
Joni Tommerup
Teresa Troxell
Roger Tutrow
Cheryl Uceny
Heidi L Uher
Bonnie S Walker
Lauren Walters
Sue Ward
Ashley Wavenfuhr
Tonia Waymire
Katia Wheeler
Sue White
Sheri Wilcox
Amber Winsor
Katrina Wyman
Lisa Zanol

Football

Dick Abrams
Leonard E Abrams
Donald L Adams
Greg Adams
Jay Adams
Tom R Ainslie
Elia AIluma-Daley
Jason Aldrich
Eddie E Aleaga
Bill Alexander
Bryan Alexander
Pat Alexander
Wiley Allred
Michael Alton
Scott D Almquist
Nicholas J Aloisio
Robert A Ames
Fred Amrine
Steve Anderson

Moving?

If you have any change of mailing address, telephone number or email address, please contact WSCA Office atjparrish@donobi.net or 1-800-441-7776.

We have had several examples where members have not been receiving their Washington Coach magazine and other WSCA mailings. Because of the cost, we mail third class and the Post Office DOES NOT FORWARD third class mail.

Please notify us so we can get the mailings to you.
FOR YOUR INFORMATION...

<table>
<thead>
<tr>
<th>WSCA MEMBER COACHES BY SPORT</th>
</tr>
</thead>
<tbody>
<tr>
<td>James C Andrews</td>
</tr>
<tr>
<td>Clayton Angle</td>
</tr>
<tr>
<td>Jeff Armstrong</td>
</tr>
<tr>
<td>Arnoldo Arostegui</td>
</tr>
<tr>
<td>Clint Avery</td>
</tr>
<tr>
<td>Kyle Axelson</td>
</tr>
<tr>
<td>Michael Ayling</td>
</tr>
<tr>
<td>Daniel J Baddeley</td>
</tr>
<tr>
<td>Brian Bailey</td>
</tr>
<tr>
<td>Tom Bainter</td>
</tr>
<tr>
<td>Aaron Barcot</td>
</tr>
<tr>
<td>Brad Barnes</td>
</tr>
<tr>
<td>Christian Barnes</td>
</tr>
<tr>
<td>Chad Barrett</td>
</tr>
<tr>
<td>James Barth</td>
</tr>
<tr>
<td>Jeff Bartlow</td>
</tr>
<tr>
<td>Tom Bate</td>
</tr>
<tr>
<td>Jed Bauemister</td>
</tr>
<tr>
<td>Todd Baun</td>
</tr>
<tr>
<td>Miguel A Bazaldua</td>
</tr>
<tr>
<td>Bill Beattie</td>
</tr>
<tr>
<td>Tracey Bechtholdt</td>
</tr>
<tr>
<td>Mark Beddes</td>
</tr>
<tr>
<td>Charlie Bell</td>
</tr>
<tr>
<td>Matthew R Bell</td>
</tr>
<tr>
<td>Richard R Bell</td>
</tr>
<tr>
<td>Chris Benson</td>
</tr>
<tr>
<td>Eric Berg</td>
</tr>
<tr>
<td>Larry Berg</td>
</tr>
<tr>
<td>Thomas Berg</td>
</tr>
<tr>
<td>Chris Berggren</td>
</tr>
<tr>
<td>Jason Bergman</td>
</tr>
<tr>
<td>Steve Bernard</td>
</tr>
<tr>
<td>Jason Beits</td>
</tr>
<tr>
<td>J Craig Beverlin</td>
</tr>
<tr>
<td>Ted Beyer</td>
</tr>
<tr>
<td>Mark Bigger</td>
</tr>
<tr>
<td>Don Blacker</td>
</tr>
<tr>
<td>Ben Blankenship</td>
</tr>
<tr>
<td>Richard Bloomhuff</td>
</tr>
<tr>
<td>Richard A Boesiger</td>
</tr>
<tr>
<td>Curtis E Bogan Sr</td>
</tr>
<tr>
<td>John J Boitano Jr</td>
</tr>
<tr>
<td>Edward W Bomber</td>
</tr>
<tr>
<td>Alan W Bond</td>
</tr>
<tr>
<td>Scott Bond</td>
</tr>
<tr>
<td>Norman L Bonson Jr</td>
</tr>
<tr>
<td>Travis Boortz</td>
</tr>
<tr>
<td>Robert Booth</td>
</tr>
<tr>
<td>Mike Bos</td>
</tr>
<tr>
<td>Eric Boswell</td>
</tr>
<tr>
<td>Jay Bougher</td>
</tr>
<tr>
<td>Bob Bourgette</td>
</tr>
<tr>
<td>Patrick Bowe</td>
</tr>
<tr>
<td>Gene S Bowen</td>
</tr>
<tr>
<td>Richard A Boyle</td>
</tr>
<tr>
<td>Dan Briones</td>
</tr>
<tr>
<td>Matt Brkljaich</td>
</tr>
<tr>
<td>Roger A Brodniak</td>
</tr>
<tr>
<td>Bruce E Brown</td>
</tr>
<tr>
<td>Curt Brown</td>
</tr>
<tr>
<td>Gary E Brown</td>
</tr>
<tr>
<td>Rick Brudwick</td>
</tr>
<tr>
<td>Joshua Dabbs</td>
</tr>
<tr>
<td>Joey Dame</td>
</tr>
<tr>
<td>Brian Danielson</td>
</tr>
<tr>
<td>Robert Darin</td>
</tr>
<tr>
<td>Anthony Davis</td>
</tr>
<tr>
<td>Steven Davis</td>
</tr>
<tr>
<td>Robert Detweiler Jr</td>
</tr>
<tr>
<td>Wayne Dickey</td>
</tr>
<tr>
<td>Terry Dion</td>
</tr>
<tr>
<td>Scott Ditter</td>
</tr>
<tr>
<td>Ron Dorothy</td>
</tr>
<tr>
<td>John Draper</td>
</tr>
<tr>
<td>Terry Duncan</td>
</tr>
<tr>
<td>Brad Durham</td>
</tr>
<tr>
<td>John Durham</td>
</tr>
<tr>
<td>Steve Eacrett</td>
</tr>
<tr>
<td>Grady Emmerson</td>
</tr>
<tr>
<td>Delbert C Enders</td>
</tr>
<tr>
<td>Jason A Eng</td>
</tr>
<tr>
<td>Denny Engberg</td>
</tr>
<tr>
<td>James J Engstrom</td>
</tr>
<tr>
<td>Joe Ennis</td>
</tr>
<tr>
<td>Bob Enos</td>
</tr>
<tr>
<td>Rod Enos</td>
</tr>
<tr>
<td>John Enslow</td>
</tr>
<tr>
<td>Mike Ernaga</td>
</tr>
<tr>
<td>Allen Esparza</td>
</tr>
<tr>
<td>Bill Evans</td>
</tr>
<tr>
<td>Dan Eymar</td>
</tr>
<tr>
<td>Kenneth R Fagan</td>
</tr>
<tr>
<td>George W Fairhart</td>
</tr>
<tr>
<td>Gary Farris</td>
</tr>
<tr>
<td>Rick Feller</td>
</tr>
<tr>
<td>Dan Fenner</td>
</tr>
<tr>
<td>Nicholas Ferguson</td>
</tr>
<tr>
<td>James F Ferster</td>
</tr>
<tr>
<td>Adam Fisher</td>
</tr>
<tr>
<td>Ed Fisher</td>
</tr>
<tr>
<td>John Daniels</td>
</tr>
<tr>
<td>Michael N Fisher</td>
</tr>
<tr>
<td>Rod Fletcher</td>
</tr>
<tr>
<td>Myron (Ted) Flint</td>
</tr>
<tr>
<td>Jerry Fong</td>
</tr>
<tr>
<td>Mickey Fowler</td>
</tr>
<tr>
<td>Richard K Fox Jr</td>
</tr>
<tr>
<td>Dana Fraser</td>
</tr>
<tr>
<td>Steve Frease</td>
</tr>
<tr>
<td>Thomas Fridge</td>
</tr>
<tr>
<td>John T Fullerton</td>
</tr>
<tr>
<td>Scott Gervais</td>
</tr>
<tr>
<td>Dan Gervais</td>
</tr>
<tr>
<td>Steve Gervais</td>
</tr>
<tr>
<td>Jason Gesser</td>
</tr>
<tr>
<td>Samuel D Giampietri</td>
</tr>
<tr>
<td>Dan Giuliani</td>
</tr>
<tr>
<td>Kevin Goetz</td>
</tr>
<tr>
<td>Eric Goodman</td>
</tr>
<tr>
<td>Eric Gough</td>
</tr>
<tr>
<td>Steve Graff</td>
</tr>
<tr>
<td>Dan L Graham</td>
</tr>
<tr>
<td>Patrick Graham</td>
</tr>
<tr>
<td>Dean Gray</td>
</tr>
<tr>
<td>Garren Greenleaf</td>
</tr>
<tr>
<td>Mark Greenleaf</td>
</tr>
<tr>
<td>Todd Griffith</td>
</tr>
<tr>
<td>Tom Griggs</td>
</tr>
<tr>
<td>William D Grigsby</td>
</tr>
<tr>
<td>Jeremy Grillo</td>
</tr>
<tr>
<td>Andy Grimm</td>
</tr>
<tr>
<td>Hal Gronset</td>
</tr>
<tr>
<td>James M Hadland</td>
</tr>
<tr>
<td>Dennis Hagan</td>
</tr>
<tr>
<td>Daniel S Hage</td>
</tr>
<tr>
<td>Matthew S Hage</td>
</tr>
<tr>
<td>Kyle Hagan</td>
</tr>
<tr>
<td>Andy Hall</td>
</tr>
<tr>
<td>Glade Hall</td>
</tr>
<tr>
<td>John Hallead</td>
</tr>
<tr>
<td>Kyle Haller</td>
</tr>
<tr>
<td>Brian Hamada</td>
</tr>
<tr>
<td>Luke Hamada</td>
</tr>
<tr>
<td>Joseph J Hammer</td>
</tr>
<tr>
<td>Kevin Hanis</td>
</tr>
<tr>
<td>Eric Hansen</td>
</tr>
<tr>
<td>Ken Hansen</td>
</tr>
<tr>
<td>John R Harkness</td>
</tr>
</tbody>
</table>

The Washington Coach - Spring 2008 25
WSCA MEMBER COACHES BY SPORT

Richard N Johnson Jr  Dick Langum  Gary Manus  Roger A Miller  Shawn Perkins
Bob Jones          Thomas E Larsen  Josh Markey  Tyler Miller  Ty Perkins
Devin Jones        Paul Lawrence  Gilbert Marquez  Joseph W Miller Sr  Mark Perry
Patrick Jones      Matt W Leamer  Marty Marquez  Jay A Mills  Ron (Bubba) Peters
Aaron Joseph       Darrin R Leber  Mark S Marro  Eric Milyard  Erik Peterson
Dino Josie         Richard V Ledford  Bill Marsh  John M Mitchell  Bill Peterson
Rod Kammenga       Alan C Lee           Allen Martin  Mark Mochel  Rob Petschel
Bill Kamp          Clifford W Leeson  Saul Martinez  Sean Monica  Mike Pfeifer
Todd Kamps         Herb Lehman         Adam C Mathieson  Andrew Monsen  Kurt Phelps
Karl L Kearney     Scott Leick         Austin Matson  Edgar Moore  Brad Phillips
Mark Keel          Andrew Lemiere      Kevin McAffee  Kyle M Moran  Tom Picha
Steve Kent         Ron Lepper          Ryan McCallum  Robert Moretti  Gordon Pitts
Jenny Kieckow      Leon D Likens       Andrew S McClure  Bob Morgan  Jeremy T Pledger
Ty Kime            Kenneth R Lindgren  Jim McCuen    Mike Morgan  James M Plenkovich
Tim Kindle         Mike Lindsay        Kory McLeravy  Matt Mueller  Barry Poffenroth
Jerry C King       Kelly Linehan       Douglas R McGill  Tom Mueller  Glenn Poland
Pat King           Alex Logan          Darren McKay    Ken Muhlbeier  Jared Pope
Todd Kinley        Frank Lopez         Mike McKay     Nicholas J Mullen  John Portenier
Charlie Kinnune    Salvador Lopez Jr  Scott McKay    Jeff B Mullin  Chad Potter
Robert K Kirk      William Lucas Jr   Shawn McKay    David Murphy  Peter A Pratz
Greg Kittrell      Ed Lucero           Ed McKinstry   Pat Murphy    Andrew M Prein
Brian Koch         Bob Lucey           Matt McKinstry  Matthew Muxen  Doug Preston
Chris Koester      Craig Lukins        Jason McLean   Brian Myers  David Price
Wade Koglin        Ed Lundberg         Bill McMahon   Dennis R Neely  Lyle Prouse
Monte Kohler       Larry Lunke         Greg McMillan  Kelly F Neely  Todd Puckett
Jacob Kon          Howard Lutton       Jack McMillian  Daniel J Nelson  Phil Pugh
Edward J Kramer    Trevor Lyle         Kevin McNulty  Eric Nelson  Robert Quiles
Myron Kramer       Jeff Lynass          Dave Meade     Jeff Nelson  Edward J Rafferty
Mark Kreutz        Aaron Machart       Michael P Mele  Ron Ness  Vic Randall
Carey T Krumwick   Daniel J Mack       Michael T Merrill  Kent Nevin  Gary Rasmussen
Eric Kurle         John Mack           Darren Mezger  Phil Newburn  Brian Raupp
Bryan LaBelle      Scott Magnaghi      Eroll Miles    Marc R Niemeyer  Ron Redden
Dustin E Lamb      Neil Magnuson       Dave Miller    Eric J Nikkola  John R Reed
John Lambert       Tim Maher           Michael D Miller  Chris Nofo  James Reese III
                                
RATES
If you would like to advertise in the Washington Coach, check out our rates!

Full Page 4 Issues  $500.00
½ Page  4 Issues  $320.00
¼ Page  4 Issues  $200.00

1, 2 or 3 issue rates are also available.

Contact Barb Johnston at 425-334-2760 for additional information.
**For Your Information...**

**WSCA Member Coaches by Sport**

<table>
<thead>
<tr>
<th>Sport</th>
<th>Coaches</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fastpitch Softball</td>
<td>Carl Adams, Sheryl Allford, Kim Allard, Dani Baker, Kathy Balaw, Jeff Barker, Steve Barger, John Barrington, Robyn Barth, David Barthlow, P Keith Becker, Mike Benedict, Bobbi Bentley, Karin Blomquist, Jim Bone, Robert Cameron, Dan Carey</td>
</tr>
</tbody>
</table>

The Washington Coach - Spring 2008
FOR YOUR INFORMATION...

WSCA MEMBER COACHES BY SPORT

**Soccer**
- Brad Allen
- Steve G. Andersen
- David Anderson
- Rollie Arthur
- Michael R. Bartley
- William Beisley
- Michelle Benson
- Amber Bergeson
- Bill Bertram
- Jamie Black
- Shannon Blanksma
- Jan Bolson
- Todd A. Borak
- Anthony A. Braggs
- Don Braman
- Tammy Burrier-Gelenaw
- Paul Camden
- Ian Carey
- Justin Carey
- Robert Champoux
- Ricardo L. Char
- Charla Cole
- Peter J. Collins
- Tim Calvin
- Ian Connell
- Anthony Crudo
- Jesus Cruz
- Kevin J. Cummings
- Darren Daniels
- Stephanie Darling
- Emery Davenport
- Heather Davis
- Russell A. DeFord
- Annette J. Duvall
- Jon Echols
- Lawrence P. Elfering
- Hollis Elliott
- Christine Erikson
- Lloyd Erikson
- Eddie Fernandez
- Jeff Flanagan
- Scott Flanders
- Johe Fromdahl
- Nicole Funk
- Nicole Gabelein
- Carrie Gaston
- Jamie E. Gay
- Mary Gonzalez
- Kimberly Gradwohl
- Janet Gwyther
- Rich Hargett Jr
- Dick Henderson
- Jose Herrera
- Leslie Hill
- Charlie Hingston
- Justin Hoehg
- Kevin R. Houston
- Ashleigh Howell
- Polly Hubbard
- Aaron Johnson
- Joe Jordan
- Sare Keys
- Matthew Kimmel
- Michael J King
- Stephen R. Kirk
- Dean Klepec
- Peter Koosman
- Stephen T. Kunkel
- Phil Larsen
- Alyssa Latham
- Jason Lichtenberger
- David R. Longbrake
- Meghan E Martin
- Marty Martinez
- Christopher W. May
- Robert Meeder
- Alejandro Méndez
- Mike Miedema
- Julie Misasi
- Nicole Mizuha
- Jenny Necisco
- Sean O’Neal
- Moe Orcutt
- Caleb Oten
- Eric Other
- Craig Otto
- Mike Pardini
- Josh Pasma
- Daniel M. Pingrey
- Nicole Pitts
- Brandi Prince
- Paul Quick
- Aaron Radford
- Matt Raney
- Pat Raney
- Mike Reeder
- Augustine Rodríguez
- Sherri Rolfs
- Gilberto C. Romero
- Terry Ryan
- Greg Sambrano
- Anthony Schander
- Teryll Shimoda
- Craig Smith
- Venus Smith
- Scott Sodorff
- Ben Somoza
- Jonathan Soule
- Gary Spidahl
- Beth Stewart
- Amanda Stueckle
- Annie Swanson
- Jack T Ait
- Darren Tremblay
- Dale Troup
- Thomas J Turner
- April VanAssche
- Vaughn Vandelac
- Bryan Vogel
- Aaron Wagner
- Catherine Watjen
- Keltai Weldegaber
- Jamie Whitmire
- Christine Windrim
- Jeremiah Wohlgemuth

**Strength**
- John Freeman

**Swimming**
- Danielle Adams
- Greg Braun
- Rita Brennan
- Jolane Bushnell
- Terry Carlisle
- Dena Christensen-Pugh
- David B Cleave
- Kris Cosme
- Brad Daley
- Dan Dole
- Chris Erickson
- Noel Brett Hammond
- Jason W Hart
- Andrew Hay
- Kris Hendrickson
- Annie Hindman
- Marc Hughes
- Tamara A Lester Dame
- Aaron Lunday
- Erin Miller
- Christine Pohjola
- Norene K Reeves
- Nancy Rink
- Michael Sandbeck
- Jennifer Service
- Robert W Serviss III
- Tony St Onge
- Jerry Stoddard
- Sarah Summers
- Kathryn Tocco
- Art Wiper
- Melissa York

**Track and Field**
- Angela Adams
- Erin Aitchison
- Jerrod Akins
- Daniel E Alderson
- Cynthia Akins
- Kevin C Allen
- Michael S Allen
- Martha G Almquist
- Ann Alokolaro
- Aaron Anderson
- Bruce Anderson
- Scott Appleby
- Kate Atvars
- Tami Baddeley
- Elizabeth Bailey
- Jerry Bamburg
- Robin Barnhart
FOR YOUR INFORMATION...

WSCA MEMBER COACHES BY SPORT

Sam Beesley
James Berry
Jeff Bevers
Ronald Bitonio
Dan Blackmer
Rachael Blackmer
Mike Bonnett
Gail and Larry Bose
Doug Bosted
Charles E. Bowden
Skip Boyd
Jeff Broucher
Brian M. Brickert
Dave Brophy
Mark (Alvin) Brown
Dave Bridgman
Robert W. Bullis
Tom Burggraf
Douglas Burt
Fritz J. Bushnell
Charles Byers
JJ Calzadillas
Debrah Carter-
Benjamin Castaneda
Chris Cavin
Stuart Chaffee
Michael Chapman
Heidi Cherel
Caryn Chooate Deeds
Wayne Christensen
Eric Claesson
Timothy D Clark
Roger Coffman
Stan Cole
Erica Coleman
John A. Comstock
Lauri Conner
David Cook
Brent Copenhaver
Jack Craig
Dwight Cranston
Michael D Cull
Richard Curby
Suzanne H da Ponte
Bruce W Daily
David J Davis
Rick Davis
Kent De Hoog
Tommy Decker
Deborah Denny-Klinger
Aaron AJ DeR
Sandra Deserault
Steven Detweiler
Travis DeVore
Marty DeWalt
Wendi Dewey
Dan Dittmer
Howard Dolphin
Lane Dowell
Blaine C Downey
Keith Duncan
Audra Dunn
Kevin S Eager
Dave Ege
Ron Ellis
Lief W Erickson
Teresa Fay
Rick Fillman
Jody Flanagan
Barrie Florko
John M. Forsberg
Michael E Fox
Tim Frost
Josh Frunz
Greg Fry
William J Ganley
Rita Gardner
Jeff Geers
Dawn Geiser
Tuck Gionet
Teresa Goninan
Danette Gouge
Michael L Grambo
Patti Green-Kent
Eric Grieve
Kwajalein Griffin
Greg Griﬃths
Kevin Gudgel
Linda Guzman
Deborah Guidi
Mike Hahn
Doug Hall
Steve Hansen
Neil Hanson
Kelly Robert Harmon
Tim Harrington
Nicole Hatcher
Lisa Hegna
Sarah Hegna
Delbert E Heistand
Annette Helling
James M Henrie
Rob Henry
Angel V Hernandez
David Himmah
Mike Hinz
Eric Hisaw
Troy Holman
Zachary Holter
Randy Hoover
Travis Howell
Judd Hunter
Dave Hurst
Layne Hutchins
Corey Ingvason
Brannon Jackson
Harold Jensen
Michael Jeske
Tami Johnson
Karen J Johnson
Ron Johnson
Dan Johnston
Bryan A Jones
Craig A Jones
Dale A Jones
Kevin M Jurek
John Karas
Neil Kells,
Jim Kelsey
Jeff Kenoyer
Scott Kent
Louise King-Taylor
Natalie Kinion
Suzy Kirchner
Paul Kirkpatrick
Dave Klinger
Kris Klueman
Chad Kopf
Joe Krieder
Ryan Lackey
Tim Larson
Duane Lee
Tom Legard
Clay Lewis
Duane Lewis
Joshua Leyk
Don Lichter
Eric Lindberg
Elyssa Louderback
Robert Maib
George A Makela
George A Markabi
Ruby Markstek
Daniel T Martin
Jill M Mayer
Robin L McCarver
Donald E McClure
Dave McFadden
Jeff McCloandin
Dennis McGuire
Rachel Merkley
Brian Meyer
Keith Michels
Michael Mills
Randy Moon
Bradley G Moore
Kathy Morrey
David L Morris
Jo Moss
Michelle Mury
Jenn Naccle
Nick Nastrin
James Neff
Monica Nelson
Thomas J Noon
Devin Olson
Robert O'Neil
Shannon O'Neil-Bieda
Jeff Page
Chad Palmiter
Dave Parsons
Rey Pascua
Matthew W Patterson
Curtis Paxton
Bryan Payne
Tim Pennman
Don Perry
James C Perry
Brian Peterman
Stephanie Pfieffer-Splater
David C Phillips
Rob Phillips
Philip J Phimister
Jeremy Pitts
Bob Provic
Terry Rice
Dave Riddle
Don Rinta
Dori Robertson
Steve Roche
Michael Rodriguez
Elizabeth Roffler
Edward R Rosi
Kevin Ross
Nathan Ross
Thomas G Roys
Barry L Sartz
Cheryl B Schauble
Karen Schick
Dr. Toby C Schwarz
Jeff Seey
Ken Shawcroft
Leslie Sievers
Tracy Silva
Tom Sinclair
Dustin T Smith
Sheila Rae Smith
Zach Spaet
Matt Stadelman
Jennifer Stalwick
Joan M Starr
David Stelljes
Robert J Stepan
Willie C Stewart Jr
David Stoddard
Steven Stoker
Glenn Strachan
Dan Sturch
Bruce Swanson
Luke Styverson
Joseph Tailo
Terry Templeton
Philipp J Tennison Jr
Michelle Thompson
David Thomsen
Miranda Thygesen
Steven C Till
Stephanie Tucci
Gavin Tucker
Amy Utech
Joshua J Vail
Bryan Venema
Paul Villanueva
Russ Vincent
Reene Wageman
John W Wagner
Ryan Wallace
Victor E Wallace Jr
James M Walters
Al Waltner
Mark Ward
Alan D Wardsworth
Joanne Warren
Rob Watson
Nicki Weiland
James Welch
David Weller
Harvey Wellington
Lynnette Wiegard
Ashley Wildhaber
Don Wilkins
Sue Williams
Vanessa Williams
Doug Wollen
Scott Yetter
Ryan W Zackula
Jim Zaloukal

3,180 members and growing!
FOR YOUR INFORMATION...

WSCA MEMBER COACHES BY SPORT

<table>
<thead>
<tr>
<th>Sport</th>
<th>Coaches</th>
</tr>
</thead>
</table>
FOR YOUR INFORMATION...

WSCA MEMBER COACHES BY SPORT


Water Polo  Debra K Turver

Weight Room  Danny M O'Dell  Tennis Olson


Marcus The Olympian  by Steve K. Bertrand

Marcus was the slowest of men, who never a foot race had won, but just for laughs Greeks entered him in Olympia's three-mile run.

So, after the trumpet sounded & they burst from the starting gate, a boisterous crowd of well-wishers awaited poor Marcus's fate.

And when the dust finally settled & the runners burst into view – there was Marcus half a lap back moving like a leaden statue!
News from the WSGCA (gymnastics)
by Ryan Fleischer

This spring we took an amazing group of gymnasts from all over the state to compete at the senior national meet in ST. Petes Beach, FL. It was an outstanding meet. This was one of the best teams we have taken. They represented Washington well. The team took 3rd place, missing 2nd by .25. Not only were they talented but also a fun group and good students as well. All of the gymnasts said this was the best way to end their high school gymnastics careers. It was an exclamation point at the end of a great journey. 2 of the gymnasts on the team are now coaching high school gymnastics at their alumni schools and 2 went on to compete gymnastics at the college level. The team was coached by Ryan Fleisher (Issaquah High School), Bob Fenton (Kentwood High School), traveling with the team were Dean Ratliff (judge) and Karen McQuiston (WSGCA Pres.). Team members were: Carrie Dragland (Bothell), Anissa Mrid (Kenedy), Nina Fogel (West Seattle), Sysko Nyto (Columbia River), Kelsea Walsh (Prairie), Chailee Friant (Kentlake).
It’s good to be off and running after the crazy winter we’ve had. The snow pack in the mountain passes certainly was a bummer to school programs on both sides of the mountains. Hopefully, in the months ahead the weather will cooperate for the spring sports, and everyone will have fun. I sat down, did a little brainstorming, and now have a few squawks to present. It’s a humbling experience to know that after three decades of squawking I can still show ownership.

TRICKLE DOWN BEHAVIOR

Nothing is more arrogant than poor sportsmanship. Poor ethical behavior seems to have trickled down from the television screens, which depict highly paid professional athletes, into the thoughts and actions of young athletes. The difficulty of coming to grips with it falls onto the shoulders of athletic directors and coaches. For example, a chorus of chanting negative voices is not an easy thing to overcome in a competitive situation. Some sports don’t seem to have this problem. But, in the sports that do, it causes headaches. Usually, a stern reprimand by a school official or removal of the instigators can correct the situation. To all outward appearances, college cheering sections are not positive role models to emulate by the high school fan base.

Here’s an example from Memphis basketball coach John Calipari after his team won in a close game on the road. His team was showered with cups, water bottles, and pom poms. He said, “Students do that. What, do you expect the students to be happy? They were into it, and all I told our guys was get off the floor. You don’t deal with it. You think they’re going to kiss you on the lips?” Whether we particularly like it or not, this message is a far cry from the kind of sportsmanship we expect.

GIRLS’ WRESTLING MOVING INTO THE MAINSTREAM

The smoke is starting to clear. Girls’ wrestling has taken off and has become very popular. It’s still a mystery to some of us who were around when girls were not permitted to do anything physical. It’s a significant step that girls can go to the mat, compete, and have fun without any physical harm. Across the country, over 5,000 girls are learning how to master the skill of takedowns and half-nelsons. They are slowly moving into the mainstream, and around these parts it’s at full throttle. The move away from mixed-sex or coed wrestling makes sense. Wrestling may be the ultimate contact sport. Now that women’s wrestling is an Olympic sport, it has become a college sport on some campuses. What we have here is a sport, which will continue to attract more young girls who just want to be side by side with the boys at the Mat Classic. It also gives the smaller girls a chance to participate. Watch out! They are coming, more and more of them. As was demonstrated in the Tacoma Dome, this sport is catching on fire.

YOU CAN’T HAVE IT BOTH WAYS

As a coach, you put in long hours for little pay. You are a competitive person and you want to win. In direct and indirect ways, you have enormous influence over your athletes. Most coaches represent one of two different philosophies. One coach will suggest that the athlete’s future is in the sport he/she coaches. Therefore, the off-season time must be spent in the weight room, in the open gym, or in becoming more skilled. The message that rings loud and clear is that of specialization. The other coach believes that the athlete should have the opportunity to play multiple sports. Smaller schools need the multiply-talented athlete to change sports seasons in order to compete. There’s a lot of solid coaching going on that level.

When we zero in on the two approaches, several things come to mind. Since this may be the end of competition for most kids, shouldn’t they have the opportunity to play different sports? Would these same kids fall behind the athletes who are playing just one sport? The argument for specializing is that it gives the kid a better chance to been seen by college recruiters. Another point is that some kids play one sport mainly for the future and another one for fun. Then, there is the matter of providing a level play-
ANOTHER CADRE OF COACHES

It’s not often that a school has a full fledged academic coach for their athletes. Several schools in California have brought them on board and the results went beyond expectations. What a waste if the student-athlete lacks the grades to go on to college! One wonders why this idea has taken so long, since recruiters will first check grades to see if an athlete qualifies. The academic coach is hired to help and guide the athletes through the full school year. This is a tough sale. Most districts can’t support it, because it gives too much attention to the athlete. However, an ounce of prevention is worth the effort to keep these kids from falling through the cracks. Since we have tutors in everything from math to SAT preparation, why not add a trained academic counselor to supervise study table and keep tabs on each athlete’s academic progress?

The National Football Foundation’s Play It Smart Program sets up an academic coach to track each football player’s progress throughout the calendar school year. Rainer Beach High School has a very successful ongoing one in our state.

A GOOD IDEA

Although pushy parents discourage some teachers from coaching, the money and the huge time commitment factor isn’t appealing. Add that to the factor that expectations and requirements for teachers in the classroom are higher today. Also, those who don’t coach now have other options when their last class is over.

Football and basketball are high profile and big budget sports, which provide higher salaries to coaches than the lower profile sports. For this reason, athletic directors want to hire the best coach who can create a strong school climate and be successful. The state of Indiana, for example, has set mandatory rules for hiring for these positions. Schools must maintain an accurate record of all non-teaching coaches. But in the case of head football and basketball coaches who do not hold a valid teaching license, approval must come from the Indiana High School Athletic Association. In emergency cases, a one-year waiver is allowed. In Texas, all head football and basketball coaches are required to have teaching certification.

The issue for this writer is not to require mandatory rules in hiring coaches, but the fact is that non-certified coaches have a higher price to pay. Coming from the outside to coach requires a different protocol. The coach with the day job who wants to be a head coach needs to jump through a few more hoops to assure that he or she is the best person qualified. There must be more emphasis placed on checking personal character, coaching philosophy, program planning, academic counseling, and budget management.

There’s ample evidence to support that it’s a plus if the candidate has also had experience working with a mentor coach. The priorities in hiring should place the kids first, the team second, the coach third, and winning fourth. This is a proven formula for success. The only question then is whether the coach is a good fit for the school, the faculty, and the community. If the coach passes these requirements with flying colors, then he/she should be hired.

Coaches forge relationships with their players. Or, at least the good ones do. They demand it. If it hadn’t been for school sports, many young athletes might get into trouble. The story, “If it wasn’t for coach, I wouldn’t have graduated,” is often heard across this country. Keep up the good work.

SHORT SQUAWKS

In today’s society, it is crucial that coaches teach their athletes the importance of choosing an appropriate circle of friends. Social peers dictate the situations that athletes find themselves in, and each day presents them with new choices. One night in the wrong situation can damage, or end the life, of even the brightest young guy or gal. An
argument can lead to a fist fight, which may escalate into a brawl with gun shots blazing. Unfortunately, this has happened too often. Talk to your players about their peers. Emphasize that the best group to hang out with are their teammate. . . . Another coaching tip is to give as much personal attention off the field to non-starters as to your starters. By just being there, they become the backbone of any successful team.

Why some coaches win while others do not: My take is that the answer is in the personality of the coach. It’s the extremely competitive nature that demands a total effort from their players. Some coaches are intense in their work habits, others are not. The mediocre coach TELLS: the good coach EXPLAINS: the superior coach DEMONSTRATES, and the great coach INSPIRES.

The passing of Rich Rowe, Edmonds football coach, was a big loss to that community. Rich marched to a different drummer. This was indicated by the telegram he sent from Hawaii to his Superintendent. It read, “I quit. Rich.” He was man of few words who influenced so many lives.

There’s nothing quite like spring when the school sporting world goes outside – in rain or shine!

If you want to send an email, visit hawkes32@comcast.net. In the meantime, I leave with words from Shakespeare’s Hamlet when the father said to his son, “This above all; to thine ownself be true; and it must follow, as the night the day, Thou canst not then be false to any man.”

See you around, I hope. ■

---

**Volleyball Coaches Association Hall of Fame Inductee**

**Christie Peterson**

Christie Peterson was inducted in the volleyball hall of fame this past November at the state championships. Christie has taught math and ninth grade health and physical education at Burlington-Edison High School for her entire career of 35 years. She will retire at the end of this school year. She graduated from Western Washington University in 1973 with a physical education specialist degree. At Western she competed in intercollegiate volleyball, basketball, track and field and badminton. Christie earned a masters degree in Educational Technology from Lesley University in Cambridge, Massachusetts.

Christie has coached basketball, softball, track and field, boys golf and volleyball; with 20 years as the head volleyball coach. During those 20 years, Christie accumulated 208 wins and 63 losses. Her teams won five district championships, made five appearances at state, and won two state titles.

Christie is married to Keith Peterson and they have three grown children; Lindsey, Scott and Kelli.

**Congratulations, Christie!**
Successful training programs apply a number of loading variations to consistently challenge the neuromuscular system. These range from the simple pyramid to the flat pyramid. All of the following percentages, in each scheme, will be based on an accurately tested and closely supervised one repetition maximum for each exercise.

The basic pyramid has been an effective tool for many successful strength enthusiasts. In this commonly used pattern the load progressively increases as the repetitions and sets decrease. For example after a general and a movement specific warm up the practitioner will begin with a set of five to six repetitions at 85% of the 1RM. After an appropriate rest interval this initial set is followed by another set of three to four repetitions at 90% of 1RM. Successful completion of these preliminary sets leads to a set of two to three repetitions at 95% 1RM. The final set is at 100% with one repetition. This completes the sequence at this basic level.

The double pyramid begins the same as the basic loading pattern discussed in the previous paragraph. However, once the scheme reaches the 95% level, it repeats the 95% load. The schedule then calls for a set at 90% for two repetitions, which is followed by sets at 85% for three repetitions and a final one at 80 for repetitions.

A skewed pyramid improves upon the double pyramid in this aspect; the load constantly increases throughout the session until the last set where a built in taper appears. This last set is performed, with good form, as quickly as possible.

The major disadvantage to all of these layouts is the load varies greatly between light to heavy. The load goes from hypertrophy to maximum strength. Nothing is worked effectively.

There is a more efficient method of becoming powerful.

The flat pyramid provides the maximum training outcome. Maximal strength gains result from intensity levels above 80%. The lower ranges contribute very little to the eventual outcome of power, unless the goal is speed development. Neurological adaptations occur as the physiological stresses exceed the 80% 1RM.

Keeping the intensity level in the correct strength building range throughout the entire series is the forte of the flat pyramid. The body is not confused by wide percentage changes of intensity and adapts to the imposed load.

The flat pyramid begins with a specific movement warm up then moves right into the strength ranges of intensity. The chart shows this scheme very well.

70% 80% 80% 80% 80% 70%
80% 90% 90% 90% 90% 80%
85% 95% 95% 95% 95% 85%

*Serious Strength Training, Bompa, T.O., Pasquale, M.D., and Cornacchia, L. J.
Human Kinetics, 2003

Various load patterns can be developed with the flat pyramid. Focus on the objective and insert the proper percentage of intensity in the working portions of the scheme, i.e. the center four sets at the chosen percentage values represent the target goal levels.

Stick with these suggestions for one to two weeks before changing to a lighter load for several days. This decreased intensity gives the body a rest. Once the deloading days are over go back to the flat pyramid training set up again for added strength development.
NEW Scholarship for Student Teachers

BURNETT-ENNIS STUDENT TEACHER SCHOLARSHIP
Deadline: April 20th

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

To be eligible for the scholarship:
• Your mother or father must be a member of the Washington State Coaches Association.
• Submit the below application.
• Submit one letter of recommendation from your College Education Department.
• Submit your College Transcripts.
• Submit a short essay (250 words or less) that would include the answers to the following questions.
  a. Why do you want to teach?
  b. Previous experience coaching and teaching kids?
  c. What do you want kids to say about you?
• After being awarded the scholarship, you must submit a letter from your college student teacher advisor as to verification of your placement.

Personal Information (please print clearly)

Name__________________________________________________________________________
                                      Last                                                        First                                      M.I.
College Attended__________________________________ Date of Birth_____________________
Permanent Address__________________________ Street __________________________ City __________________________ Zip Code __________________________
Permanent Home Telephone number (_______)____________________________
Parent/Guardian__________________________ Years Member of WSCA________________________
Address of Parent/Guardian if different from applicant:
________________________________________ Street __________________________ City __________________________ Zip Code __________________________

Check list: ☐ Application ☐ Letter of Recommendation ☐ College Transcript ☐ Short Essay

Your application must be received before April 20th.

Mail To: WSCA Scholarship, 708 S. Lake, Colfax, Wa 99111

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

by Michael Schick

EUGENE VICTOR
Sacajawea Middle School

Eugene is a very busy coach at Sacajawea as he has coached volleyball and both girls’ and boys’ basketball for 18 years. In 2006, he also coached girls’ fastpitch at SMS. Coach Victor earned his BS in Mathematics from WSU (’88) and his MA in Administration from Gonzaga in 1993. Eugene’s family includes his wife of 18 years, Terry, and their daughter Emily (14) and son Zachary (7). Eugene became a coach because it is a chance to help students learn new skills on and off the court in an effort for them to become more successful in high school, college, and beyond. His volleyball teams were FWSD League champions in 2003, ’04 and ’06 and his boys’ basketball team was league champs with an undefeated season in 2004. His proudest moments in coaching come each time an athlete accomplishes a skill they did not think they could and knowing he helped with that learning. His favorite saying comes from Bob Robertson, “Always be a good sport, be a good sport always.” Eugene was been in the WSCA for over 18 years.

SALVADOR LOPEZ JR.
Asotin High School

Coach Lopez is the head football and head track coach at AHS. He has been coaching football for 12 years and track and field for 16 years. A University of La Verne graduate (’94), Sal’s family includes his wife Kerry and their 3 dogs. He was named the Seattle Times coach of the year in 2B football and the Lewis and Clark State College Warrior Athletic Association high school coach of the year in 2006. Sal was named the Seattle Seahawks 2A/1A/2B coach of the week in 2007. After winning the District 9 2B championship in 2006, his football team went on to win the state 2B championship. In 2007, the girls’ track team was the District 9 2B and Blue Mountain League champions. Sal was inspired to teach and coach by answering the call from his high school coach to come and help. His favorite saying comes from junior linebacker Roby Spooner, “you did not make up for anything, you just did your job” correcting a teammate during a film session. Salvador has been a member of the WSCA for 2 years.

BRUCE WELLING
Central Kitsap High School

Bruce is a graduate of Central Washington State College (’71). While there he played football for 2 years before a back injury ended his playing days. Bruce is currently the head coach of the fastpitch and bowling teams at Central Kitsap. Bruce has been the head coach for the softball team for the past 25 years and 2 years ago took over the bowling team. He has 34 total years of coaching experience. Bruce’s softball teams have a record of 451-136 and won the state championship in 1993. They have been league champs 12 times since ’92. Bruce’s family includes his two sons, Kevin and Kyle and his daughter Kara. Bruce became a coach to help players realize that sports are like life. You might get knocked down a few times while playing but getting back on your feet is what life is about. His proudest moment came in 2000 as the CK fastpitch team lost their first tournament game and came back the next day to win 4 games straight in the heat of the day before losing demonstrating effort, determination, belief, and courage. “It doesn’t matter that you made a mistake, it matters what you do afterwards.” Bruce has been in the WSCA for more than 25 years.
ON THE SIDELINE

NOMINATION FORM

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

Nominee’s Name __________________________
Home/School Address __________________________
City __________________________ Zip __________________________
Current teaching/coaching location __________________________

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

Thank you for your efforts

DORINDA CARPENTER
Puyallup High School

Dorinda is the head coach of the very competitive gymnastics team at PHS. She has been coaching for 16 years with the last 7 at Puyallup. Dorinda enjoys coaching. It is a rewarding experience as she watches the success of athletes when they learn a new skill or reach a team or personal goal. A graduate of Pierce College (’90), Dorinda’s family includes her husband Anthony, their son Kyle (13) and daughter Ayla (10). Dorinda was selected as the PHS/Jerry Redmond Coach of the Year in 2007. The 2006-07 PHS gymnastics team was league and district champions and place 3rd in the state competition. Her proudest moment in coaching came at the state meet last year when one of her gymnasts broke her big toe warming up for the second event but chose to compete in the next 3 events because she did not want to let her team down. Dorinda has been a member of the WSCA for 7 years.

The Passing Parade
by Richard Abrams

On December 10, 2007, Dick Abrams passed away at the age of 85. He was a great fan, player, and coach of the game of football. After starring at Bellingham High in the late 1930’s, he received a scholarship to Stanford and played on their 1940 undefeated frosh team. He joined the Army Air Corps as WWII escalated, and became a decorated war hero flying over 60 missions in B-26 Martin Maurauder bombers. He became a Cougar when he returned from the war, and scored the first post-war touchdown for Washington State. He was elected captain and won the Bohler Award as a junior. He became a teacher and coach, and worked for “Lappy Lappenbush” at Western Washington before becoming the head coach at Mac High in Milton-Freewater. After two seasons at Mac High, he became the head coach at Langley High for a season before being hired by Jim Ennis as an assistant at Everett High. He eventually became the head coach at Everett in 1959 when Ennis resigned due to health reasons. His 1959 team, led by Jim Lambright, lost only one game. The 1960 Seagulls went undefeated and won the state championship with great players like Paul Lawrence and Terry Ennis. He resigned after the 1960 season to pursue a Master’s degree and raise his young family. His many relationships that he made through playing and coaching the great game of football remained important throughout his life.
Establishing a Disciplinary Policy Keeps High School Players in Check

By Jeff Shutter, Head Football Coach, Eastern York High School, Wrightsville, PA

Being a head coach comes with all sorts of responsibilities, many of which may have caught you off guard. While everyone thinks about winning the big game or running two-a-days, one of the most important responsibilities a head coach assumes is being the team disciplinarian. Your assistant coaches may have a role in discipline but you set the tone, make the rules and have the final say.

Working with boys aged 14-18, discipline needs to be worked as intensely as offense, defense and special teams. No coach would go on the field without an offensive philosophy and a practice plan. And, he should not go onto the field without a sound philosophy and plan for discipline.

There are three main areas of focus for disciplinary policy: on-the-field behavior; actions in the school/community; and a player’s academic responsibility.

On-The-Field Expectations

Discipline is necessary for running an efficient and productive practice as well as competing on Friday night. From aligning and stretching correctly to executing drills, discipline needs to be a part of all activities.

Players must understand what is expected of them and accept the necessity of being disciplined so they practice with a purpose. The following are examples of on-the-field rules.

· Be on time to all meetings and practices. No exceptions!
· Be dressed properly and ready to begin on the whistle.
· Absolutely no profanity.
· Don’t be a practice field lawyer – don’t explain why you made a mistake just accept the coach’s correction and do it properly.
· Never talk back to a coach, trainer or staff member.
· Practice at the same intensity level that you expect to play. Effort and enthusiasm aren’t turned on and off with a switch.
· Pay attention when in line or standing and observing.
· Great hustle and enthusiasm take no athletic ability.

School & Community

When players leave the locker room and head for home, coaches have to depend on team rules and parental support to guide a player’s actions. If a player wants to be part of the team, his behavior must comply with school and team rules. Many a season has been ruined by a few selfish players who made a poor decision and consequently earned suspensions.

As a head coach, hold a parent meeting at the start of each season and share football philosophy, as well as your policies on discipline.

Encourage parents to do their part and explain any school codes of conduct or academic requirements so there is no confusion. Here is a basic list of off-the-field expectations.

· Don’t do anything that might embarrass your family, team, coaches or school.
· Treat women with respect.
· Carefully choose the people you associate with. You often are judged by the company you keep. Hang out with the team.
· Treat your teachers, school administrators and staff with respect.
· Be an outstanding school citizen.
· When out in the community, be well behaved and respectful of adults.
· Watch out for teammates. You are your brother’s keeper. Help teammates avoid situations that could lead to trouble.

Academic Expectations

You need to remember that you are a teacher and your primary focus is on the education of your players. A player’s future success in both college and athletics depends on his ability to score well on the SAT or ACT test. The better student always is a more attractive candidate to college recruiters. It’s not enough simply to be an excellent athlete.

You owe it to your players to demand their best efforts in the classroom. Track your team’s GPA and make accomplishing a good GPA a team goal. Reward players who achieve in the classroom just as you would someone who made a big play in a game. Call attention to achievement in front of the player’s teammates. Players only take academic achievement seriously if the coaching staff is sincere. Here are some basic academic expectations to discuss with your team.

· Accept and thrive in the school’s academic policy.
· You are a student-athlete – academics are the first priority.
· Do your homework and study for tests and exams.
· Learn to budget your time.
· Be on time to school and to class. Be prepared for class when you arrive.
· Treat teachers, school administrators and staff with respect.
· Be honorable. Never cheat, copy or plagiarize.

If players work to achieve in all three of the disciplinary areas, they are better prepared for game nights. Above all, as a coach, be a leader and set the standard for your team. It makes it much easier for you when you hold your players to high standards in school, on the field and in life.
“SILENT GESTURE” WORTH READING!
The Autobiography of Tommie Smith
by Steve K. Bertrand

There are many images from sport that capture a particular athletic feat; but, there are few athletic moments that provide as much controversy & emotional reaction as Tommie Smith raising a black-fisted glove while receiving his gold medal during the 1968 Olympic Games in Mexico City. Smith’s victory in the 200-meter dash (19.83 seconds) shattered the existing world record. His gesture on the awards podium at the 19th Olympiad caught the attention of the world.

For many of us who lived the 60’s, this event is indelibly stamped in our brains. Smith’s “silent gesture” transcended sport. It was a proverbial “shot heard ‘round the world”. At a time when our nation was gripped by discontent & tragedy, Smith brought to everyone’s awareness the challenges of politics, race & sport. This gesture, at great personal risk, propelled a poor country boy from the backwoods of Texas, into the spotlight as a human rights spokesman.

Tommie Smith was born in Clarksville, Texas on June 6th, 1944. The seventh of 12 children born to Richard & Doris Smith, Tommie survived a life-threatening bout of pneumonia as an infant. Through the fourth grade, he couldn’t read. Then, he got involved in sports. This changed his life. Sports were a way of keeping out of the cotton fields. This was all the motivation Tommie needed. While in high school, Tommie was voted three years in a row the Most Valuable Player in football, basketball & track. “I worked hard at sports,” he said. “When it came to track, I felt if you’re going to hurt in a race, you might as well hurt while doing your best. I didn’t like the feeling I hadn’t performed to my potential.”

By the time Smith was a student at San Jose State University, racial tension in this country was at a boiling point. Tommie experienced his share of racial prejudice. This led him to spend evenings in the San Jose State University Library learning about his people – the African-American. Change seemed imminent. Both Robert Kennedy & Dr. Martin Luther King, Jr. had been assassinated. As Tommie Smith stood atop the Olympic podium in 1968, his gesture became a defining moment in American history. For those wishing to gain further insight, the event was captured in the HBO TV documentary “Fists of Freedom”.

Tommie Smith’s courageous act wasn’t without its consequences. Many people misinterpreted his gesture. He was cheered by some, jeered by others, & ignored by most. Tommie was viewed as “un-American”. As a result, he was dropped from the ROTC program at San Jose State University. He had trouble finding work. Before his silent gesture, he spent a lot of time praying. Following the Olympics, he was often afraid. “I didn’t know if somebody was going to try & shoot me,” he said.

Looking at this gentle man, you’d never know so much pain made up his past. The scars are hidden behind his warm smile. In retrospect, the sixty-three year old Tommie Smith, the man who forty years ago could run twenty-eight miles per hour & had an 8’9” stride length that increased as he ran, feels he’s lived a great life. “It’s always easier to look back,” said Smith.

With all-time bests of 10.1 seconds for 100 meters, 19.83 seconds for 200 meters, & 44.5 seconds for 400 meters, Tommie Smith still ranks high on the world all-time performance lists. Today he spends his time conducting seminars, clinics & delivering lectures. As a tribute to his efforts & achievements, a statue of Tommie Smith & teammate John Carlos, who claimed the bronze medal in the 200-meter dash at the 1968 Olympics, stands outside the Department of Kinesiology on the San Jose State University campus. Their fists are raised as a symbolic gesture to everyman’s human rights.

Consequently, Tommie Smith has appeared in such publications as Sports Illustrated, Time, Newsweek, Cleveland, Score, Track & Field News, & Ebony magazines. The recipient of numerous awards & honors, Tommie Smith was inducted into the National Track & Field Hall of Fame in 1978. In 1996, he was inducted into California’s Black Sports Hall of Fame. In 1999, he was inducted into the Bay Area Hall of Fame & the San Jose State University Sports Hall of Fame. In 2000, he received the Commendation, Recognition & Proclamation Award from the County of Los Angeles. In 2005, he

Continued on page 42
received an honorary doctoral degree from San Jose State University. At one time, the 6’3’, 185-pound sprinter, who was coached by Bud Winter, tied or broke thirteen world records.

Since 1999, Tommie Smith has worked as a coach, educator, athletic director & activist. He is a distinguished African-American who is a nationally & internationally recognized spokesman for human rights. He has dedicated his life to championing the human rights cause. Smith explained his actions on the awards podium. “It wasn’t about being cool or stupid. It didn’t have anything to do with black power. I wasn’t trying to be defiant. My head was bowed to our flag during the Star Spangled Banner. I did what I did because I hoped some day things would be better for us all. My gesture was about human rights, not black rights. Personally, I was tired of feeling different.” Smith never saw himself as a politician. “As a world record holder, I had a responsibility to take a stand on human rights. I didn’t do anything outside my constitutional rights.”

Smith’s book “Silent Gesture” captures the political, social & athletic events of the troubled ‘60’s. These events later helped define us as a nation. This makes Smith an important figure in American history; &, his book worth reading. Published by Temple University Press, the book was released in 2007. Currently, Tommie Smith’s book has been nominated for the 39th NAACP Image Awards for Outstanding Literary Autobiographical Work. Dr. Tommie Smith was at SeaTac’s Doubletree Inn on Saturday, February 9th, where he spoke & held a book signing during the Northwest All-Sports Clinic.

A SQUAWK from the past - that is relevant today...

Card Carrying Coaches

Over the last several years, there seems to be less interest on our part of coaches to wear the hat of a professional. Numerous opportunities to get involved in organizations which promote personal growth are being ignored. Sure, some clock hour courses get your attention for a few hours. But they are here today and gone tomorrow. What appears missing is membership, and the act of paying dues to an organization which stands proudly for what you do with kids. My advice to coaches, regardless of experience, is to be a CARD CAR- RYING member in associations that promote professional growth. Please don’t let the almighty dollar get in the way. School athletics would benefit immensely, especially the kids who are under your tutelage.

JOIN YOUR ASSOCIATION TODAY!
BURNETT-ENNIS SCHOLARSHIP
Deadline: April 20th

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

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

**Personal Information** (please print clearly)

Name ____________________________________________________________________
Last                                                                                      First                                                                                               M.I.
High School Attended___________________________________ Date of Birth___________________

Permanent Address __________________________________________________________________
Street                                                                                                                     City                                                               Zip Code

Permanent Home Telephone number___(_______)_________________________

Parent/Guardian______________________________________Years Member of WSCA____________

Address of Parent/Guardian if different from applicant:

______________________________________________________________________________
Street                                                                                                                               City                                                                                     Zip Code

**Academic Information**     GPA ____________
Briefly describe any scholastic distinctions or honors you have won since the 9th grade
________________________________________________________________________________________________________________________________________________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________

**Athletic or Extracurricular Participation**

<table>
<thead>
<tr>
<th>Sport</th>
<th>Years</th>
<th>Letters</th>
<th>Honors</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Please continue with application on reverse side.
BURNETT-ENNIS SCHOLARSHIP
Deadline: April 20th

**College Goals.** College planning to attend________________________________________________________

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

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

________________________________________________________________________________________________________________________________________________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________

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

________________________________________________________________________________________________________________________________________________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________

Check list:

☐ Application  ☐ Letter of Recommendation  ☐ Transcript  ☐ Resume

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

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

---

**Deadlines for the WASHINGTON COACH Magazine**

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

SUBMISSION PROCESS
Submit via email as an attachment to Barb Johnston at Johnston.barbcliff@verizon.net

If you do not have access to email, mail to:
Barb Johnston, 421 E. Davies Loop Road, Lake Stevens, WA 98258
MVP
ATHLETIC
1210 Franz Street
Lacey, Washington 98503
t 360-413-5047 / f 360-413-5051

UNIFORMS EQUIPMENT SHOES
JACKETS HATS CLOTHING

TOLL FREE 877.413.5047
DWAYNE LANE'S
Family of Auto Centers
CHRYSLER • JEEP • DODGE • CHEVROLET • SUZUKI

All Lanes Lead To Low Prices!

Dwayne Lane's Everett Chrysler Jeep
10515 Evergreen Way, S. Everett
(425) 353-3855

Dwayne Lane's Arlington Chevrolet
315 West Ave., Arlington
(360) 435-2125

Dwayne Lane's Everett Dodge
7800 Evergreen Way, S. Everett
(425) 267-9000

CALL (888) 444-LANE
“REMEMBER, WE’LL TAKE CARE OF YOU!”

Snohomish County’s Largest Volume Dealer