

THE WASHINGTON GOACGH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



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WASHINGTON STATE

COACHES ASSOCIATION

A WASHINGTON STATE NON-PROFIT ORGANIZATION

Our Mission

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

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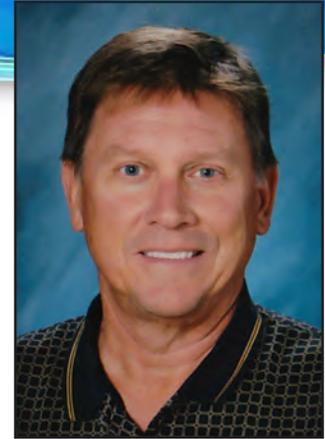
Cover Photo's:

Top Left: WSFCA 2015 Hall of Fame Inductees, Roger Hoell, Steve Graff, Mark Stewart, Mark Perry; **Top Right:** Brooklyn Bartelson, two time runner up at Mat Classic, Bryan Bartelson, head girls' wrestling coach at Puyallup High School (and dad), Jordyn Bartelson, four time state champion at Mat Classic; **Bottom Right:** Bob Bourgette, Kennedy Catholic HS, Rick Giampetri, Central Valley HS, Sid Otton, Tumwater HS; **Bottom Left:** Mat Classic at the Tacoma Dome (To submit photo's for our cover, contact wsca-editor@comcast.net)

Presidents Message

Darrell Olson

February 2016



Fellow WSCA Members,

By the time you read this we will have put to bed the winter sports season and with it all the state tournaments involving boys' and girls' basketball, wrestling, swim/dive, gymnastics, and bowling.

Ahead, we prepare for our spring sports season and the unpredictable spring weather that awaits us all!

The WIAA Amendment process is well underway. There are a total of 15 amendments that have been proposed for the next school year. Six directly involving high schools, six that affect high school and middle school, and three that are middle school directed. Be informed on what amendments are up for a vote. Ask your athletic director or principal for a copy of the proposed amendments that are up for a vote at the WIAA Rep Assembly in the spring.

The WIAA Spring sports rules clinics deadline is March 20. This is a requirement from the WIAA that each spring sport head coach complete the short sports specific rules clinic. I know this can be a pain in the neck because we think we know all the rules of our sport and because we don't have the time. You may be a little humbled while taking the test at the number of rules you don't know in your sport. Be professional about it and get it done before March 20.

This is the time of year that WSCA ISA's are planning summer clinic opportunities. Each sport specific clinic is designed for coaches to grow in their knowledge of their sport, network with other coaches, and take advantage of the educational clock hours that are available. Check the COACH magazine or WSCA website for clinic opportunities in your sport.

As an active member of the WSCA, I encourage to you promote the WSCA to your coaching colleagues that are not members. Our membership continues to grow and grow. Coaches are finding that when you add up all the benefits of membership, it is well worth the \$40 nominal membership dues.

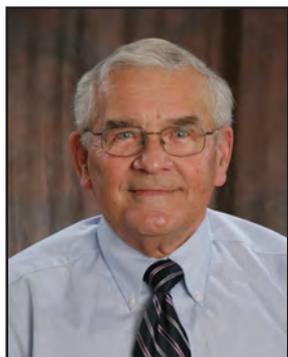
I encourage all WSCA coaches to get involved in your association and get off the sidelines. Make a contribution to your 'sport specific' professional organization this year. Contact your sport Individual Sport Association (ISA) rep and ask how you can help.

The WSCA Executive Board is made up of a strong group of coaches with extensive coaching experience and a wide variety of coaching backgrounds. They serve as advocates for all middle school and high school athletic programs and support all coaches working with our young athletes. If you have an idea you'd like to share with us, contact one of the board members listed in the front part of the magazine.

Good luck with your spring sports seasons. All spring sport coaches look forward to the beauty and variety of spring weather in the Northwest!!

Keep the head down,

Darrell Olson
President



From The Sidelines

ORCHIDS

- Thank you for attending the annual WSFCA clinic held last weekend in Everett.
- Special thanks to Ed Laulainen, coordinator and his staff for doing a great job. The attendance was the highest in the past few years and the Football Safety presentations on Sunday were valuable. Over 140 coaches attended the session that were planned and organized by Mark Perry, Snohomish Athletic Director, Rick Stubrud, retired principal and athletic director and Steve Bridge, Clear Risk Solutions.
- Some other contributors in the safety clinic with their topics were: Steve Bridge —"Risk Management Issues", Lynn Langum —Riddell Sports—"Fitting helmets and Shoulder Pads", Lyman Down—Certified Athletic Trainer—"Medical Topics — Concussion/Sudden Cardiac Arrest/Heat", Dan Mack (Kamiak Head Football Coach) and Mark Keel (Central Kitsap Head Football Coach and Eric Schutte), and John Olson—WIAA—"Legal Issues".
- There were some outstanding speakers throughout the entire clinic and one of the many highlights was the Master Coaches panel on Friday night. Bob Bourgette (Kennedy Catholic), Rick Giampietri (Central Valley-Spokane), and Sid Otton (Tumwater) shared some great personal experiences with all.



- John Miller, WIAA Assistant Executive Director, provided some current information for all football coaches. WSFCA appreciates the cooperation and support of John.
- WSCA would like to thank the 78 schools in our state who are continuing to support our schools acknowledging the importance of WSCA as the districts who are making payment for WSCA memberships.
- To the vendors who support every WSCA sport.
- The Earl Barden Classic, played in the Yakima area for many years, has Mike Lynch, Ritzville High School as the East squad chairperson and Tom Sanchez, South Bend High School, coordinates the West team.
- The game site coordinator is Mark Vochel from East Valley of Yakima and Bill Alexander, Quincy High School athletic director is the overall game coordinator.
- The East-West 3A-4A all state football game will be played at Gonzaga Prep this summer with Dave McKenna as the site manager. Pat Hymes, Kelso, and Bill Heglar, Bellevue, are the two team selection committee leaders who coordinate the E-W team selection.

ONIONS

- If you did not take the opportunity to attend the clinic - the Football Safety sessions were outstanding.

O P I N I O N

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

by Coach Don Papasdero



A pleasant throwback....

I am a big supporter of the Boys and Girls clubs. I have been officiating games and presenting various clinics here in King County since the 70's. The mission of the B+GC's remains

as a wonderful model for the coaching community no matter what sport you coach. ".....a positive place for kids". The clubs sponsor and promote all types of sports for all skills and ages....the most common is "rec" ball.

Recently, while officiating, I came across a tremendous example of an athlete (in the Mercer Island B+GC "rec" basketball) who demonstrates all the characteristics that we want to see in our players. Watching this guy play reminded me of what our coaches and parents wanted from us perhaps 20-30 or so years ago....old school, but full of unadulterated joy. I am inspired by Lucas Fujii and I wanted to discover what makes this little dynamo work. I set up an interview with Lucas and his dad and learned a lot about how to improve my coaching, what is important to young athletes, and how I can relate better to the players of the 2000's. I also was reminded how important a positive, and supporting parent can be to an exceptional athlete.

Name: Lucas Fujii

Age: 11

School: Island Park Elementary

Grade: 5

Height: 4'3 **Weight:** 63 Lbs

Your team: The Wolfpack

Favorite player in basketball: LeBron James... he can really dunk!

Favorite sport: Baseball

I see that after every basket you make, you clap. Why? It feels so good! I got the ball, scored a basket and helped my team! I just feel inspired and so good. It is about scoring with the ball isn't it?

What do like to watch the most on TV? Discovery Channel, Animal Planet, Tree House Masters, action movies like Star Wars, older "funny stuff" movies like, "Corky Romano", and "Ace Ventura".

You think it is important and normal to dive onto the floor after loose balls. Why?cause you are trying to give your team an advantage...if you do not have the ball, you cannot score....if you need to dive....DIVE!....I like to slide in baseball because I like the ground and I CAN!

You are always the first guy to celebrate and congratulate your teammates when they do well. Why? I do that because I WANT THEM



to feel good. Maybe nobody was watching, but I was watching and I want to inspire them... I can make my team keep feeling positive.

At time outs, you run to your

coach, get in the front row, and stare at him.

Why? I want him to know that I am listening and not goofing off....if you are listening, then they will give you some respect for that....if you are not listening they will sit you out....I JUST WANT TO PLAY!

Your top musical choices: oh....rock, no wait, rock rap....I don't know

You love to steal the ball....this is your favorite part of basketball. Why? Because you are stopping them from scoring....they just lost the ball because of me!....I go get the ball against the big guys...I stop them so everyone else can catch up. For my size, I can do something BIG for my team....steals are the greatest!

Who is John Halvick? oh, ah, I don't know...

Elgin Baylor? ...don't know... **Carl Yaztremski?** don't know, I think I heard of him... **Sonny Jorgenson** don't know... **Gayle Sayres?** don't know...I think they are basketball players?

Why are you so fast? I do not know....I have never lost a race...I think because I am light. (Papasedero has observed this kid run...he is a blur)

Favorite subjects in school? Math....but I am trying to get all my grades up

Your top food? Spaghetti and Pizza

What college will you go to? Stanford

What have your coaches said about your

style and pace of play? They say I am unique... ..I look at the ball from a different angle...I watch the pattern of my man and steal it. I anticipate, wait for them to switch sides, and steal it. I see what moves they have...then GET THEM!

What Pro team will you play for? Mariners or Dodgers...some middle of the pack team that I can make better. I will be a first or third round draft choice.

What do you dislike about pro sports? Injuries...it looks like it hurts them and I get turned off. Sometimes when I get hit with the ball it really hurts....but will keep playing

Girls? I think they are just like everyone else. (Papasedero and Dad had to stop the interview because we were cracking up) No...I do not have a girlfriend!

Who is Ted Williams? I think he played baseball... **Groucho Marx?** I think he played baseball. **Bart Starr?** Don't know. **Jerry Garcia?**he played football but I don't know. **Bill Clinton?**oh man, I do not know any of these guys!

Ice Cream-Cake-or Cookies? Cookies!

Do you have a cell phone? No

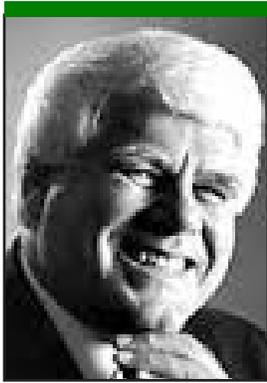
What is the most important thing your Dad has taught you about sports? He has said to always try your hardest and pay attention to your coaches. If you do not pay attention, they will sit you out....and they should!....always try

If you were a coach, what would you tell your players? Try your best and play hard!

Lucas, do you know what a "Throwback" is? No...do I want to know?

Coaches and colleagues, I am sure that you would want a fast, aggressive athlete like Lucas Fujii on your teams. More especially, you would crave the positive, unselfish, joyful approach this guy brings to athletics.

Way to go Lucas....keep it up!



Hawkes Squawks

By Dee Hawkes
Retired



This old Queen Anne Grizzly is coming out of hibernation. After a long nap, it's time to do some squawking. Under no circumstance is this a permanent move. The issue at hand is about coaching integrity especially at the youth level. I have always been struck by the fact that despite all the certification required by various sports nothing addresses the evaluation of adult personalities. I am appalled, yet not surprised, to find that anyone who wants to coach can. Yes, it bothers me to know that this practice still continues. From my personal experience, I know that there are adults who believe they can coach, because they understand the sport they played. By now, you probably have the impression that this problem needs to be solved.

YOU'RE THE MAN

You have to hand it Jerry Parrish when you realize how long he's been secretary of our coaching association. This much is sure, his dedication and passion still exists. Most surprising is how he has elevated the membership by convincing young and old coaches of all sports to stay professional and support the preps. At some time, the old Wing-T coach will need to turn over his playbook to his successor. In the meantime, Jerry's enthusiasm and work ethic continues to impress those of us who were around when he started. Coach, keep holding on to your playbook.

MOUNTAIN PASS

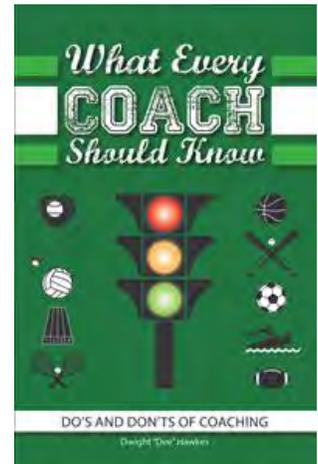
It is my squawk, that requiring a football team cross over a mountain pass to play a Friday playoff game is wrong. This horrible truth happened to A.C. Davis High School, who challenged Snoqualmie pass to play Woodinville High School at Pop Keeney Stadium in Bothell. To engage the mountain weather, traffic, and time restrictions on Friday doesn't lead to a level playing field. The Davis team arrived before

4 p.m. with their game to start at 7 p.m. As expected, the Pirate fan base had to travel that distance on a school day. It's time to stop this practice. The WIAA should require that all mountain travel teams to play on Saturday.

TREAT COACHING LIKE A SIGNAL LIGHT

By creating a signal light approach, a coach can determine when to stop, when to be careful, and when to move forward. In case you are wondering, the book I started twenty years is now in print. *What Every Coach Should Know* is a good read for any coach past, present and future. In fact, many of you are mentioned in the book, because of your coaching wisdom. The message of the book is about checking the behaviors that you bring to coaching by a **signal light approach**.

RED coaching means a person shouldn't coach, unless behaviors are corrected. **YELLOW** coaching means the coach should be careful not to send mixed messages. **GREEN** coaching means to keep moving forward with positive adult behavior. This has value because the athlete has a positive reason to perform. It's your personal choice, but it makes good sense to read the book and afterward influence others to do the same. Coaches of all sports should be ready and willing to do a self-discovery of their personal behaviors. You'll find the book on AMAZON and other book sellers.



SHORT SQUAWKS

Who is kidding who when it comes to certain school sports that have been taken over by club teams. Sometimes it's hard to tell if the players merely change uniforms to play for their school. . . .College recruiting dances to a different tune these days. This is the electronic age where texting rules the roost. The reason, of course, is that texting allows for a private conversation between the coach and the recruit. It is almost impossible for this practice to be monitored. The sheer scope of advanced technology will continue to change the face of recruiting. . . .If there ever was a coach for coaches, it was Randy Hart who spent 46 years as a full time assistant college football coach. It's hard to imagine how many athletes under his tutelage to whom he made a difference in their lives. He was always a friend of prep coaches who shared his expertise at clinics, camps, and team banquets. This much is sure, the nuts and bolts coach will be missed. . . .Coaches still live in a world of accountability to the players they coach, to the school they serve, to the players parents who care, and to the sport they serve. Under your leadership, you can make a difference in their lives. Coaches don't stay the same; they either get better or worse. If you know why you coach, the journey will be memorable.

Something has gone seriously wrong when coaches know the difference between right and wrong and don't care. Playing fast and loose with the rules can be corrected. One must cling to the hope that more schools will self-report. . . . Reports give us a sad commentary about what's happening in the Frisco (Texas) Independent School District. This district signed a deal with Nike who will provide all their uniforms and equipment. The district schools will also be playing in a new domed stadium that doubles as the Dallas Cowboys' indoor practice facility. It isn't supposed to work that way. Big time corporate companies should not infiltrate the prep market. They can provide products, but not monopolize. My motto is, "Get off my back porch."

It's time for me to sign off and mail my Valentine cards. Thanks for what you do for kids. From my personal experience, there's no guarantee of wins up ahead, but the challenges are unlimited. HAVE AT IT!

See you around, I hope.

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Considerations when developing a youth resistance-training program

Brief training load progression

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

The peer reviewed, scientific research documenting resistance training programs clearly shows the benefits of resistance training for our youthful participants. The literature also makes it clear that giving them a dumbbell or barbell, piling on the weight and letting them lift unsupervised is certainly not the answer to helping them become stronger.

Ideally, there is a three-step process before a child begins to strength train.

1. They must be mentally and emotionally ready to follow the coaches' directions.
2. Sports physical. If the physical comes back from the doctor giving the clearance, then it is time to proceed with the resistance training.
3. Once in the training phase, be able to withstand the stress of exercise.

Training loads are an important consideration with this population. Briefly stated, increasing the volume of training follows these guidelines:

1. Increased weekly training frequencies.
2. Increased training time per session with larger volumes of work expressed through higher repetitions, longer miles, or greater volume of load over all.
3. Increased numbers of exercises, longer mileage, or weight load, expressed in tons lifted, all within the same time of previous exercise sessions.

During the preparation for the final maximum results of their training, have them doing around 45-50% of their ultimate target load of mileage or weight load in tons. Once adaptation takes place, move them up to 70-80% of their ultimate target load of mileage or weight load in tons. After adapting to this, change the final change it to the 100% of their ultimate target load of mileage or weight load in tons.

When managing their training loads, first increase their volume. As their ability to manage fatigue by a return to their previous nontraining

rested state improves, gradually increase the volume. Do not however rush to increase the intensity of the sessions. Too much intensity placed upon them too soon only sets them back.

The final training load of 100% is extremely grueling, both physically and mentally on a child or for that matter any athlete and cannot be tolerated very long before things start falling apart in their training. This 100% peak may last up to 7 days after which their ability to perform at 100% begins to greatly diminish.

During the planning phase, begin with the neuromuscular system by working on correct technical form, speed, agility, or strength training. These are not to be mixed together and trained in the same session.

Pay close attention to their form and fatigue status at all times, if either begins to falter then stop the training and move to a gentler format to allow recover to take place.

These youngsters are not small adults, they are kids, and their programs should reflect this fact.

Scholarship Applications for

- Burnett-Ennis
- Terry Ennis
- Student Teacher



can be found on the WSCA website - www.washcoach.net

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***Congratulations
Terry Ennis
Scholarship Award
Winner***

**Mac Graff
Chiawana HS**



*Mac Graff
with Molly Stubrud, sister of
Terry Ennis*

**DREAM.
BELIEVE.
ACHIEVE.**



Gluten Free”, a term used to describe foods without gluten, has recently taken on a new meaning: *fad diet*. Momentum Nutrition hit the streets and polled a group of high school athletes and coaches from Western Washington, with the question “what is gluten?” Answers were all across the board. We heard, “it’s bad for you”, “it’s a new diet- my mom eats everything gluten free”, “to improve performance I should go gluten free”. Let’s talk about the truth.

What is gluten?

Gluten is a protein found in *wheat, rye* and *barley*, you can’t touch it or see it, it lives in the grains we use to make things like bread, pizza, and pasta. It is responsible for the chewy goodness. Gluten can cause intestinal damage for individuals with gluten intolerance or Celiac disease. Common symptoms of gluten intolerance include: diarrhea, abdominal pain, bloating, fatigue, forgetfulness and irritability. If you suspect you have gluten intolerance or Celiac disease, please check with your physician to see if a blood test or intestinal biopsy is warranted. 1 in 133 Americans are thought to have Celiac disease and a 100% gluten free diet is the only treatment.

Who should restrict gluten?

If you have Celiac disease or have been diagnosed with gluten intolerance, a gluten free diet may be for you. However, if you are just looking to master the latest diet craze, or try something new, removing gluten from your diet may prove to be more of a pain than it’s worth and

could actually hinder performance. It requires consistent label reading and careful detail to maintaining not only a gluten free diet but a gluten free life, as well as getting enough fuel from gluten free carbohydrate sources.

Gluten free diets will not enhance performance.

Unless you have a disease state that warrants removing gluten from your diet, there is no advantage to following a gluten free diet for performance. Including whole grains and fresh foods in your diet can certainly increase the vitamin and mineral content of your intake and that may in turn have an effect on performance, but removing gluten itself will not have a direct influence on your time to the finish line or goals scored.

Many athletes who remove gluten from their diet eliminate a major form of energy, carbohydrates. Without replacing this fuel source, athletes find their fuel tanks drained and the result is often a decrease in overall energy and performance. As an athlete, if you choose to go gluten free, you must add supplemental carbohydrates in forms free of gluten. Try using gluten free grains like rice, quinoa, millet, amaranth, buckwheat, cornmeal or teff, and substituting gluten free sports bars made by Clif, Lara, and Tigers Milk.

How Do I Know Which Foods Contain Gluten?

- ◆ To find out which foods contain gluten it is important to read food labels in order to identify ingredients with gluten. Look for “gluten free” on the label.
- ◆ Oats do not naturally contain gluten, but they are

often contaminated with wheat or other grains and may need to be avoided, unless they are specified gluten free.

- ◆ Avoid products with any of the following ingredients on the label: wheat, barley, rye and oats (although some oats can be purchased “gluten free”).

Bottom line: For performance and health, only choose gluten free if you are required to for health reasons. Gluten free will not change your win/loss record, but hard work will!

Emily Edison is a Board Certified Sports Dietitian and the owner/founder of Momentum Nutrition in Seattle. She has over 18 years experience helping athletes perform better through optimal sports based nutrition. Check out her website: www.momentum4health.com

****These gluten free snacks and recipes are great for all athletes, gluten free or not.****

32 Gluten Free Snack Ideas for Athletes

- ◆ GF Bagels with jam or peanut butter.
- ◆ Fresh Fruit, such as bananas and pineapples, with yogurt.
- ◆ Toasted GF bread slices topped with pesto.
- ◆ Carrot sticks and sweet peppers with hummus.
- ◆ Low-fat, fruit yogurt with an energy bar.
- ◆ GF Pretzels or crackers (low sodium) with yogurt.
- ◆ Peanut butter & jelly sandwich on GF bread.
- ◆ Chocolate or vanilla milk and an apple.
- ◆ Rice crackers with hummus.
- ◆ Sweet rice and fruit: Top cooked rice with yogurt, banana slices, and drizzle with honey and orange juice (to taste). Try other fruit such as berries, mangoes, or peaches.
- ◆ Allen’s fresh rice cakes (*see recipes on following page*).
- ◆ Popcorn, stove-topped cooked with oil (try coconut oil, sunflower, or safflower oil). Top with spices such as chili powder, garlic powder, onion powder, or tamari.
- ◆ Oatmeal Cookies with milk.
- ◆ Bean soup with GF crackers.
- ◆ Turkey-wrap on GF tortilla with lettuce, avocado, tomatoes, and sweet peppers.
- ◆ Trail Mix with almonds, dried fruit, peanuts, carob chips, and sunflower seeds.
- ◆ Apple with a handful of almonds or walnuts.
- ◆ Apple crisp, date squares, or fig bars.
- ◆ Blended fruit smoothies with yogurt or kefir.
- ◆ Energy bar with juice.
- ◆ GF cereal with milk and a banana.
- ◆ Rice crackers with peanut butter and raisins.
- ◆ Muffins. Homemade are best (*see recipe below*), if store-bought choose low-fat.
- ◆ Cooked sweet potato topped with avocado. Season with herbs, salt and pepper to taste.
- ◆ Nachos with corn chips, cheese, and vegetables.
- ◆ Celery sticks and apple wedges with peanut or almond butter.
- ◆ Corn chips with salsa or guacamole.
- ◆ Hummus roll-up: Fill a romaine lettuce leaf, collard green leaf, or warmed brown-rice tortilla with hummus, grated carrot, chopped cucumber, avocado slices, and turkey slices.
- ◆ Chicken, turkey, or tofu tacos: On a GF tortilla layer rice, beans, chopped veggies (red cabbage, peppers, tomatoes, spinach, and onion). Top with plain yogurt.
- ◆ Scrambled egg burrito: On a GF tortilla layer scrambled eggs, salsa, cheese, beans, chopped veggies of your choice, and avocado.
- ◆ Chicken or tofu pasta salad: Use GF pasta, add cooked chicken or tofu, fresh tomatoes, toasted walnuts, fresh basil leaves, and drizzle with olive oil and lemon juice to taste.
- ◆ Pasta bowl: Use GF pasta and top with fresh chopped tomatoes and sweet peppers, chicken or tofu, and marinara sauce.
- ◆ Raw Energy Balls (*see recipe on following page*)

Continued on page 12



www.washcoach.net

Recipe:

Gluten Free Raw Energy Balls

This is a great snack to take with you on a long hike, workout, or a long day at work.



- 1 cup raw almonds or walnuts
- 1 cup medjool dates, pitted
- ¼ cup raisins
- ¼ cup cinnamon
- ¼ teaspoon ground cardamom
- ¼ cup raw almond butter
- Shredded coconut

1. In a food processor fitted with the “s” blade grind the almonds until finely ground. Add the dates, raisins, and spices. Grind to a fine meal.
2. Add the almond butter, process again until thoroughly mixed.

3. Form into balls and roll in shredded coconut.
4. Store in a sealed container on the counter for up to 3 days, or refrigerate for up to a week.

Recipe from: Alissa Segersten & Tom Malterre. *The Whole Life Nutrition Cookbook*, 2nd ed. Whole Life Press. 2007

Photo credit: <http://www.nourishingmeals.com/2008/11/gluten-free-snacks.html>



Recipe:

Gluten Free Rice and Banana Muffins

The rice batter keeps the muffin light and moist, so even though this muffin does not rise like the traditional flour varieties, its every bit as good.

- 2 cups cooked white rice
- 2 eggs
- 1 ripe banana
- 2 tablespoons brown sugar
- 1 tablespoon rice or potato flour
- ¼- ½ cup milk
- Pinch of salt

Optional additions:

- 1 teaspoon vanilla or almond extract
- 1 teaspoon each of ground cinnamon or nutmeg

1. Heat oven to 325 degrees. Lightly grease or butter a muffin tin.
2. Combine rice, eggs, banana, brown sugar, and flour in a blender. Process quickly to combine ingredients and slowly add milk to make a thick batter.
3. Fill muffin tin halfway with batter. Bake

15-20 minutes or until centers are firm (test with a toothpick). Muffins will not rise much.

Let cool completely, then use a knife to gently loosen the muffins from the pan. Store in the fridge in a sealed container. **NOTE:** you will need to adjust the milk depending on how much banana is added and how dry your rice is. If your batter is runny, just let it sit for 5 minutes so the rice can absorb the extra liquid.

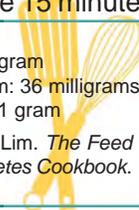
Servings: 10

Time: 10 minutes prep, bake 15 minutes

Per serving (1 muffin):

Energy: 77 calories	Fat: 1 gram
Carbohydrates: 15 grams	Sodium: 36 milligrams
Protein: 2 grams	Fiber: 1 gram

Recipe from: Biju Thomas and Allen Lim. *The Feed Zone: Fast and Flavorful Food for Athletes Cookbook*. Velo Press: Boulder, CO: 2011.



Sources:

1. Academy of Nutrition and Dietetics. *Top Snack for Runners*. <http://www.eatright.org/Public/content.aspx?id=6442463965#.UHiK1o4Zfww>
2. Dan Bernardot. *Advanced Sports Nutrition*, 2nd ed. Human Kinetics. 2011
3. Nancy Clark. *Nancy Clark's Sport's Nutrition Guidebook*, 4th ed. Human Kinetics. 2008
4. Alissa Segersten & Tom Malterre. *The Whole Life Nutrition Cookbook*, 2nd ed. Whole Life Press. 2007
5. Biju Thomas and Allen Lim. *The Feed Zone: Fast and Flavorful Food for Athletes Cookbook*. Velo Press: Boulder, CO: 2011.

The Washington State Coaches Association is seeking information on all past Burnett-Ennis Scholarship winners



“WHERE ARE THEY NOW?”

Please complete and mail to Jerry Parrish, 18468 8th Ave NE Poulsbo WA 98370 or email to wash-coach@gmail.com

Name _____ Parent-Coach _____

Year Scholarship Awarded _____

Brief summary of scholarship recipient's status _____

Where will you find us next? The Washington Coach!



Take your copy of “The Washington Coach” on the road. Send us a picture and tell us where you are. You will have great reading anywhere you go. Send your picture and information to: wsca-editor@comcast.net



Hearing their final whistle...



To honor the passing of coaches from our membership, this column will serve as a means to share our respects. If you know of a coach who has passed and wish to have this information placed in our magazine, please send the information to wsca-editor@comcast.net.



WHO IS THE REAL COACH?

by Rodney Thornley
Rose Hill Junior High/Middle School
(Health, Fitness, Basketball & Track 39yrs)
Pacific NW Basketball Officials Association 40yrs
Redmond, WA



My thoughts stem from my experience coaching boys' basketball, but can be transferred to any sport.

When I first started coaching and no, they were not using peach baskets, I was the only coach my players had during the season. I was the man with the golden tongue. The only voice my players heard. Today I may be only one of many coaches in the athletes 12 month cycle. Athletes may have a sport club coach, a select coach, a summer AAU coach, a hired shooting coach, a big man or skills coach, an attorney and of course the boss of all the knowledge, the parent.

In the evolution of youth basketball, there has been more specialization which is change from one team one season. I go back to the Little Dribblers of Ed Pepple, Mercer Island home base and Al Williams, home base Redmond. They are the first I can remember. My first taste of this influence was when one of my players missed our end of the season awards banquet to attend his Dribblers practice. Who wouldn't want to take those trips to Reno, Vegas and other out of town areas?

The Little dribblers program morphed into the Eastside Traveling League. (ETL) This was for elite players in the high school attendance area. Some athletes eventually skipped their Junior High and Middle School teams to play ETL only. Luckily it was only a few.

Next on the map was the AAU type team, Univac, CAYA and later Rotary, Vista, Flight et al. These teams were great for the off season for athletes. AAU morphed

from just being a summer league, to a spring and fall league as well. Today there are programs that are year round!

The most recent addition is the private club teams, Emerald city lead that charge followed, by the likes of Eastside Basketball Club and I-Ball to name a few local Seattle clubs.

For high school aged kids, one may remember when the Ballard Boys club had the only off season fall league. Then came the infamous drafted teams in the S.O.N. league, eastside and westside. One year a group entered as a team and the drafting concept soon disappeared as did the S.O.N. league. Then came Bellevue College, Highline College, and Kentridge fall and then summer leagues. Bellevue College also has a series of Tournaments year round as well. With High school coaches able to coach in the summers, there came a multitude of schools hosting their own tournaments.

All these opportunities are great but sports need to be kept in perspective. I know one coach that had his team playing in two leagues and one tournament all at the same time. The athlete really needs a break for family, school and other activities.

Many younger players are forsaking their school teams for the golden lights of the more competitive teams. I believe there is room for both. The selects, AAU and Club teams should reserve the school season for the kids to compete for their schools. Athletes need to be around their friends and classmates. I have no concerns about the other three seasons, though I believe young kids should experience many sports and not specialize at the younger ages. In all my years of coaching I have only seen one player give up other sports and specialize in basketball. He ended up being a good high school player. You cannot take an average player, throw a basketball at him from all directions and expect him to go from average to elite! Parents! Are you listening?

What to do?

Parents: They need to know more does not equal better. Young athletes, especially middle and junior high need a vast diversity of sports. Remember the pyramid of sport participation (see chart): From the midst of the junior high, I have had maybe five Division 1 basketball players and one professional, Kyle Keyes with the Globetrotters. It should be about improving, having fun and sport diversity. The opportunities grow scarcer as you



climb the basketball pyramid.

Athletes: Do as many varied sports as you can. If your skill set is average, no matter how many coaches, camps and premier teams you play on you may still be average. Playing on multiple teams does not improve an individual as much as using all that time on individual shooting and

skill development. I have only seen one player go from average junior high player to a high school varsity starter. He put a lot of individual time in to improve basic skills rather than just playing on several teams. The average athlete would rather watch "Street ball," buy some fancy shoes, wear an armband and claim, "I am the best". Read the Husky or any other D-1 football roster and you will see almost all the athletes were three sport athletes in high school. An athlete at some point in their career has to acknowledge where gene pool lies. There is only one LeBron, one Jordan.

Coaches: Set your guidelines. Let players know when your season is. During that period in time, make sure your athletes understand that you are the priority. Let your players know the great players are first in the gym, last out, and spend those long lonely hours alone working toward their aspirations.

Remember, If it isn't fun, don't do it. There is no substitute for individual desire and effort. An athlete is in control of their future. Athletes need to make everything meaningful and work to be the best, on the court, in the class and in the community. History has proven it is not JUST genes, though that helps. You can't teach speed and quickness. You can accent it. It is dedication, work ethic and the desire to be the best that propels athletes to the elite top.

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Colfax



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509-954-1819 jamess@spokaneschools.org



Ferris



JULY 11TH, 12TH, 13TH

SUMMER GOLF CLINIC

INDIAN CANYON G.C.

The Washington State Golf Coaches Association would love to have you join us for three days of instruction, golf, fitness, networking, rules, collegiate discussions and so much more at the 10th annual Summer Golf Instructional Series hosted by Indian Canyon Golf Course in Spokane, Washington. The fee for this summer's clinic is \$200 and includes the seminars, two rounds of golf, carts, and two lunches. Space is limited so register early!

Event Details and information:

Clinic Instruction by
2014 National PGA
Teacher of the Year
Kathy G-Jensen, PGA
GolfResultsNow.com

Discounted lodging
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Hours Available for
purchase on site

Golf Fitness by
Brandon Blank, Titleist
Performance Institute,
Gonzaga University,
B.S. Exercise Science

QUESTIONS?

Please contact WSGCA
Vice-President
Michelle Grafos, PGA

509-991-0895
michellegrafos@pga.com

Registration Information:

Coaches Name: _____

High School: _____

School Address: _____ City: _____ Zip: _____

Home Address: _____ City: _____ Zip: _____

Cell Phone: _____ Email: _____

Home Phone: _____ WSCA card number: _____

Credit Card (circle one):    

Credit Number: _____ Exp Date: _____ CVV Code: _____

Signature Authorizing charge of \$200: _____

Check enclosed, \$200 payable to: **Indian Canyon Golf Course**

*You must be a current 2015-2016 member of the Washington State Coaches Association to participate in the clinic. You may register anytime at www.washcoach.net Please select "Golf" as your main sport to help support our specific sport classification.

Best Western Plus Hotel Reservations are paid on an individual basis and are held under the following block: "Washington State High School Golf Coaches." Please call 509-623-9727 to reserve your room. Address of hotel: Best Western Plus, 33 W. Spokane Falls Blvd. Spokane, WA 99201

Questions? Please contact Michelle Grafos anytime at (509) 991-0895 or email to michellegrafos@pga.com

Registration Deadline: June 30th or first 30 paid registrations

WASHINGTON STATE
COACHES ASSOCIATION
A WASHINGTON STATE NON-PROFIT ORGANIZATION

Summer Golf Clinic Schedule of Events

Monday, July 11, 2016

12:00 pm – 1:00 pm	Registration and check-in at Indian Canyon Golf Course
1:00 pm – 2:00 pm	Reserved tee times for summer coaches clinic at Indian Canyon
6:00 pm – 7:00 pm	Evening putting contest at Indian Canyon Golf Course Light appetizers and snacks served (Dinner on your own)

Tuesday, July 12, 2016

8:00 am to 9:45 am	Instructional Series Part I with Kathy Jensen at the Indian Canyon Range
9:45 am to 10:00 am	Break
10:00 am to 11:30 pm	Instruction Series Part II with Kathy Jensen at the Putting Green Working Lunch Session at Indian Canyon Golf Course Golf Rules and Changes: 2016 and beyond (11:45 am to 12:45 pm)
11:45 am to 1:30 pm	College Golf Informational Speaker Series: Christie Dalsanders, Community Colleges of Spokane Warren Friedrichs, Whitworth University Chessey Thomas, University of Idaho
2:30 pm to 3:30 pm	Reserved tee times for summer coaches clinic at either Downriver or Qualchan Golf Course
7:00 pm to dark	BBQ (location TBA)

Wednesday, July 13, 2016

8:00 am to 9:30 am	Instruction Series Part III at (location TBA) with Brandon Blank, Titleist Performance Institute Fitness Coach (level 3), B.S. in Exercise Science Gonzaga University Closing Remarks by Jim Anderson, President Washington State Golf Coaches Association
9:30 am to 10:00 am	Clinic Evaluation forms and feedback Conference dates for 2017 and membership drive
10:45 am to 11:45 am	Reserved tee times at either Downriver or Qualchan Golf Course (must call Michelle to confirm and pay fees to golf shop on that day)

DEADLINE

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 Mike Schick at WSCA-EDITOR@comcast.net

If you do not have access to email, mail to: *Mike Schick, 2110 Richardson Drive, Puyallup, WA 98371*

WSSCA All-State 2015 Fall Soccer Teams

Girls 4A, 3A, 2A, 1A, 2B-1B, and Boys 2B-1B

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

Class 4A

MVP – Morgan Weaver, Forward – Curtis
Coach of the Year – Tom Bunnell –
Issaquah

First Team

Forwards – Morgan Weaver, Sr. Curtis, Taylor
Kernion, Sr. Skyview, Leahy Manthei,
Jr. Gig Harbor, Kendra Hanses, Soph.
West Valley Yakima, Drew Locknane,
Sr. Jackson

Midfielders – Olivia Van derjagt, Jr. Kentridge, Mia
Corbin, Sr. Tahoma, Ameera Hussien,
Jr. Todd Beamer, Jordyn Bartelson, Sr.
Puyallup

Defenders – Kaylene Pang, Jr. Issaquah, Mason
Minder, Sr. Camas, Emily Nelson, Sr.
Bellarmine Prep, Anyssa De Vera, Sr.
Camas

Goal Keeper – Ryann Rydeen, Sr. University

Second Team

Forwards – Peyton Chick, Sr. Kentridge, Saige
Lyons, Sr. Puyallup, Samantha Heilman,
Sr. Richland, Emele Chaddock, Sr.
Kamiak

Midfielders – Darby Doyle, Jr. Gonzaga Prep, Sophia
Chilczuk, Jr. Kentridge, Meghan Tveit,
Sr. Bothel, Claudia Longo, Soph.
Issaquah, Larkin Russell, Sr. Gonzaga
Prep

Defenders – Hallie Johnson, Soph. Puyallup, Tivona
Tinsley, Sr. Todd Beamer, Grace
Klinkenberg, Jr. Kentridge, Madison
Phan, Sr. Issaquah

Goal Keeper – Mo Spieth, Sr. Union

Honorable Mention

Forwards – Braydey Hodgins, Sr. Chiawana, Zoe
Milburn, Jr. Tahoma, Kaysie Bruce, Jr.
Gig Harbor, Tayler Drynan, Sr. Gonzaga
Prep

Midfielders – Madison Cooley, Sr. Jackson, Summer
Yates, Soph. Chiawana, Alexis Murphy,
Jr. Ferris, Riley Steele, Sr. West Valley
Yakima

Defenders – Alyssa Barden, Sr. West Valley
Yakima, Tylor Adcock, Sr. Kamiak,
Justice Aragon, Sr. Chiawana, Melissa
Symmes, Sr. Gonzaga Prep

Goal Keeper – Shannon Peth, Sr. Kamiak

Class 3A

MVP – Sam Hiatt, Defender – Seattle Prep
Coach of the Year – Andy Hendricks –
Seattle Prep

First Team

Forwards – Ellie Walker, Jr. Columbia River,
Rachel Wofford, Sr. Capital, Heather
Donais, Sr. Kamiakin, Sophie Hirst,
Soph. Seattle Prep

Midfielders – Jalen Woodward, Sr. Seattle Prep,
Camille Murphy, Jr. Holy Names, Haley
Thomas, Jr. Southridge, Olivia Larson,
Sr. Arlington

Defenders – Sam Hiatt, Sr. Seattle Prep, Rachel
Ensign, Sr. Kamiakin, Jordan
Thompson, Jr. Sumner, Mary Elise
Lovejoy, Sr. Mercer Island, Emily
Russell, Jr. Southridge

Goal Keeper – Kat Sanchez, Sr. Arlington

Second Team

Forwards – Kamryn Coryell, Sr. Bainbridge Island,
Madison Midstokke, Sr. Capital,
Lauren Hudson, Soph. Central Kitsap,
Izzy Creighton, Sr. Auburn Riverside,
Savannah Hakes, Sr. North Thurston

Continued on page 22

WSSCA All-State 2015 Fall Soccer Teams

Girls 4A, 3A, 2A, 1A, 2B-1B, and Boys 2B-1B

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

Class 3A

Continued from page 21

Midfielders – Gabby Clark, Jr. Edmonds-Woodway, Hannah Templeton, Sr. Kennewick, Grace Hill, Sr. North Thurston, Alyssa Carter, Sr. Central Kitsap

Defenders – Kendall Spencer, Soph. Prairie, Ashleigh Fonsen, Sr. Edmonds-Woodway, Katy Mockett, Jr. Holy Names

Goal Keeper – Lee Erickson, Sr. Bishop Blanchet

Honorable Mention

Forwards – Mckenzie Buell, Jr. Arlington, Sarah Tocher, Sr. Holy Names, Ellie Shull, Jr. Edmonds-Woodway, Samantha Toll, Soph. Eastside Catholic

Midfielders – Tia Beck, Sr. Eastside Catholic, Allison Monroe, Soph. Edmonds-Woodway, Ashley Sanders, Sr. Mt. Spokane, Savannah Norton, Sr. Edmonds-Woodway

Defenders – Taylor Mohs, Jr. Central Kitsap, Laura Roberts, Jr. Seattle Prep, Sophie Landers, Soph. Columbia River, Bri Hunting, Sr. Southridge

Goal Keeper – Rachel Cumberland, Sr. Capital

Class 2A

MVP – Taryn Ries, Midfielder – Ridgefield
Coach of the Year – David Kish – Squalicum

First Team

Forwards – Edie Breckenridge, Sr. Burlington-Edison, Kim Hazlett, Sr. Squalicum, Kim Dorr, Sr. Squalicum, Rylee Seekins, Sr. Hockinson

Midfielders – Taryn Ries, Jr. Ridgefield, Jordan Hemmen, Sr. Liberty, Mary Cate Moriarty, Sr. North Kitsap, Mackenzie Breeden, Sr. White River

Defenders – Rachel Dorr, Sr. Squalicum, Riley Smetzler, Sr. Ridgefield, Kayse Smack, Jr. Tumwater, Hannah Burland, Sr. East Valley Spokane

Goal Keeper – Emily Holt, Sr. Lynden

Second Team

Forwards – Katelyn Evans, Jr. Fife, Joslin Lindsay, Sr. Black Hills, Talia Daigle, Jr. Archbishop Murphy, Sophia Viviano, Sr. Shorecrest

Midfielders – Kendra Steele, Jr. Squalicum, Sarah Hulbert, Sr. Squalicum, Joni Lancaster, Sr. Rochester, Megan Wilburg, Sr. Burlington-Edison

Defenders – Emalee Fisher, Jr. Franklin Pierce, Taylor Sayers-Howie, Sr. Steilacoom, Morgan Harlan, Sr. Burlington-Edison, Delaney Trotter, Sr. Black Hills

Goal Keeper – Sally Meyer, Sr. Toppenish, Sienna Camp, Jr. Fife

Honorable Mention

Forwards – Asia Brisco, Sr. Renton, Briann George, Jr. North Kitsap, Thao Nguyen, Fr. Lindbergh, Jordyn Arlt, Sr. Ellensburg, Tayler Housden, Jr. Aberdeen

Midfielders – Peyton Fullner, Jr. Lynden, Alexa Iacolucci, Sr. Shorecrest, Sydney Kuehn, Sr. Cedarcrest, Erin Siegel, Jr. Ridgefield

Defenders – Gabby Ducheane, Sr. Archbishop Murphy, Brittanie Hoang, Jr. Ridgefield, Maddy Mak, Sr. Liberty

Goal Keeper – Claire Henninger, Soph. Sequim

WSSCA All-State 2015 Fall Soccer Teams

Girls 4A, 3A, 2A, 1A, 2B-1B, and Boys 2B-1B

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

Class 1A

MVP – Abigail Kim, Forward – Seattle Christian

Coach of the Year – Alexa Diaz – Seattle Christian

First Team

Forwards – Abigail Kim, Sr. Seattle Christian, Maddy Parton, Sr. Cascade, Mireya Grey, Jr. Seattle Academy, Mackenzie Ellertson, Fr. King's Way Christian, Kaley Roberts, Sr. Naches Valley

Midfielders – Jessica Garcia, Sr. Connell, Haley Hollander, Sr. Lynden Christian, Abby Jenkins, Sr. King's, Brixie Mendoza, Soph. Naches Valley

Defenders – Anna Parker, Sr. King's, Ana DeGuzman, Sr. Vashon, Jennifer Johnson, Sr. Montesano, Taylor Kelly, Jr. Cascade

Goal Keeper – Kierstin Patefield, Jr. Cascade Christian

Second Team

Forwards – Lauren Newman, Sr. La Salle, Riley Martinson, Jr. Deer Park, Katie Stella, Soph. King's, Danni Antoldi, Sr. Klahowya

Midfielders – Ashley Parton, Soph. Cascade, Nia Kajumulo, Jr. Seattle Academy, Jorie Freitag, Sr. Seton Catholic, Jill Leszynski, Sr. Bear Creek

Defenders – Hannah Echelbarger, Jr. King's, Cindy Vasquez, Jr. Cascade, Margaret Sneeringer, Jr. Seattle Academy, Issel Castro, Sr. Highland

Goal Keeper – Greta Enloe, Jr. Cascade

Honorable Mention

Forwards – Molly Thies, Jr. Cashmere, Emily Thornton, Sr. Kiona Benton

Midfielders – Jaquelin Nordhoff, Fr. Overlake, Clara Erickson, Jr. University Prep, Aunika Capps Sr. Naches Valley, Megan Nielsen, Sr. Seattle Christian

Defenders – Judith Artiaga, Sr. Connell, Lily Pierce, Fr. Deer Park, Taylor Simmons, Sr. La Salle, Hannah Glynn, Soph. Seattle Christian

Goal Keeper – Cassidy Crosswhite, Jr. Freeman, Morgan Smith, Soph. Connell

Class 2B-1B Girls

MVP – Jill Townsend, Forward – Okanogan

Coach of the Year – Dean Klepec – Okanogan

First Team

Forwards – Jill Townsend, Jr. Okanogan, Mary Davis, Sr. Ocosta, Grace Hamre, Sr. Napavine, Devanie Kleemeyer, Jr. Adna, Taylor Hoffman, Sr. Mt. Rainier Lutheran

Midfielders – Alexis Jones, Jr. Okanogan, Kalie Nation, Sr. Crosspoint, Ashlynn Willis, Jr. Tonasket, Kendra Stajduhar, Sr. Adna, Emmy Engle, Sr. Okanogan



Continued on page 24

WSSCA All-State 2015 Fall Soccer Teams

Girls 4A, 3A, 2A, 1A, 2B-1B, and Boys 2B-1B

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

Continued from page 23

Class 2B-1B Girls

Defenders – Melyssa Nocis, Sr. Adna, Keanna Egbert, Sr. Okanogan, Rachel Porter, Sr. Friday Harbor, Kelsey Aselton, Sr. Adna, Jilyan Taylor, Soph. Okanogan

Goal Keeper – Emily Bjornsgard, Sr. Ocosta

Second Team

Forwards – Holli Edminster, Jr. Adna, Echo Wood, Sr. Friday Harbor, Emma Lee, Soph. La Conner, Grace Anderson, Soph. Crosspoint, Aden Jones Sr. Liberty Bell

Midfielders – Kenya Lorto, Jr. Adna, Kyla Crawford, Jr. La Conner, Kayla Willis, Jr. Tonasket, Hannah Hopkins, Jr. Friday Harbor

Defenders – Samantha Martinez, Jr. Bridgeport, Maggie Howsden, Soph. Winlock, Piper Rutzer, Soph. Crosspoint, Emma Wickman, Jr. Friday Harbor, Kambe Ripley, Soph. Oroville

Goal Keeper – Ashley Pardue, Jr. Adna



Class 2B-1B Boys

Co-MVP – Collin Cremers, Defender – St. George's School

Dalton McIlrath, Midfielder – Mount Vernon Christian

Coach of the Year – Heidi Melville, St. George's School

First Team

Forwards – Luis Garcia, Sr. Prescott, Will Christison, Sr. Friday Harbor, Michael Hamilton, St. George's, Jackson Kimmel, Soph. Crosspoint Academy

Midfielders – Ryley Byrne, Sr. Tacoma Baptist, Joe Moisant, Jr. Providence Classical Christian, Mathew Kelley, Jr. Crosspoint Academy, Dalton McIlrath, Sr. Mount Vernon Christian

Defenders – Matt Arlt, Sr. St. George's, Collin Cremers, Sr. St. George's, Timothy Cummings, Sr. Mount Vernon Christian, Ryan Ratliff, Jr. Tacoma Baptist

Goal Keeper – Riley Hood, Sr. Mount Vernon Christian, Noah Halliburton-Link, St. George's

Second Team

Forwards – Jack Hammingh, Jr. Mount Vernon Christian, Jose Gonzalez, Fr. Prescott

Midfielders – Ricardo Flores, Soph. Prescott, Jose Gonzales, Fr. Prescott, Stow Miller, St. George's

Defenders – Rodrigo Gonzalez, Sr. Prescott, Danil Sonjaya, Sr. Friday Harbor, Jeffrey Solis, Jr. Tacoma Baptist

Goal Keeper – PJ Talen, Soph. Tacoma Baptist



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WASHINGTON STATE FOOTBALL COACHES ASSOCIATION
DISTRICT AWARD WINNERS 2015



Head Coach
Assistant Coach
Jr. High/Middle School

Rory Rosenbach, Glacier Peak
 Pat Murphy, Sedro-Woolley
 Bill Patterson, Langley MS



Head Coach
Assistant Coach
Jr. High/Middle School

Buddy Bland, Issaquah
 Andy Arena, Lake Washington
 No Nominee



Head Coach
Assistant Coach
Jr. High/Middle School

Aaron Chantier, Gig Harbor
 Dustin Smith, Gig Harbor
 Brian Koch, Ballou JH



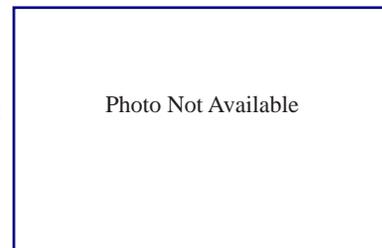
Head Coach
Assistant Coach
Jr. High/Middle School

Josh Fay, Napavine
 John Peterson, Pe Ell-Willapa Valley
 No Nominee



Head Coach
Assistant Coach
Jr. High/Middle School

Mike Neidhold, Richland
 Eric Berg, East Valley (Yakima)
 Ben Schultheisz, Desert Hills MS





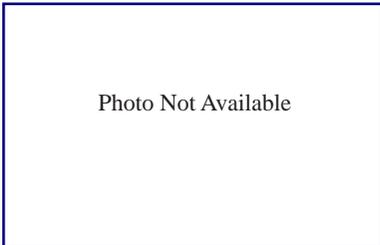
WASHINGTON STATE FOOTBALL COACHES ASSOCIATION
DISTRICT AWARD WINNERS 2015



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Assistant Coach Jared Pope, Moses Lake
Jr. High/Middle School Carl Haberberger, Orchard MS



Head Coach Brycen Bye, Clarkston
Assistant Coach Tim Klein, Lakeside
Jr. High/Middle School Terry Asbjornsen, Colfax



Head Coach Ben Cochran, Rogers (Spokane)
Assistant Coach Steve Burns Rogers (Spokane)
Jr. High/Middle School Nick Ferguson, Gonzaga Prep



Head Coach Craig Lukins, Liberty Christian
Assistant Coach Jason Emery, Asotin
Jr. High/Middle School Wade Koglin, Liberty Christian JH



**Silver
 Helmet
 Award**



*Chris Egan
 KING-5 TV*

WASHINGTON STATE FOOTBALL COACHES ASSOCIATION

Hall of Fame 2015



Roger Hoell

Roger Hoell graduated from Medical Lake in 1976. He attended Spokane Falls CC where he was a member of the football team for 1 year before enlisting in the United States Army. He served on active duty from 1977-1981 as an Airborne Ranger. He enrolled at EWU in 1981 to resume his education & his playing career. After a year, Coach Hoell moved to California to work then returned to EWU in 1985 and graduated in 1987. His coaching career began at Medical Lake in 1985 under Hall of Fame coach John Giannandrea. Besides coaching football, he also coached basketball & baseball. In 1994, Coach Hoell accepted the position of Head Football Coach at Othello, a position he holds to this day. In his 22 years as Head Coach, the Othello Football teams have accumulated 172 wins, 4 league titles and 17 state playoff appearances.

Currently, Othello holds the State 2A record for consecutive state playoff appearances at 17. Othello has appeared in 3 State Title games, taking home the title twice. Along with those 2 State Championships, Othello has earned 2 third place finishes & 6 quarter-final appearances. Coach Hoell is eternally grateful to all of the young men who played for & believed in the Othello Football program, & to all of his assistant coaches for their dedication & commitment in molding the program into what it is today. It is important to Coach Hoell to encourage his players to be men of character & integrity, to have core values of faith, family & honor, & to be better tomorrow than they are today. His favorite quote by Winston Churchill, "Sometimes to do your best is not good enough. Sometimes you must do what is required" is one he uses often to motivate his team. Coach Hoell is blessed to be the father of 4 children, his sons, Derek, whom he coached, Andrew, & his daughters, Lauren & Brittany.



Steve Graff

Steve Graff was raised in Sunnyside and graduated in 1979. He was a 3 sport athlete & went on to play football at Walla Walla CC. He then transferred to EWU to play football & baseball. His first coaching assignment was a season with the linebackers at WWCC. In 1983 he got his first teaching job at Dayton where he was an assistant football coach, assistant girls' basketball coach & head softball coach. In 1988 he moved to Pasco to teach biology and PE. For 9 years he was an assistant football, basketball & baseball coach. In 1997, Steve became the head football coach at Pasco. During his tenure at Pasco, his record was 113-25. He led the Bulldog football teams to 5 semifinal games, a 9 OT quarterfinal loss, & 4 State title games- winning 3 State Championships. In 2009, when the new school opened he moved over to Chiawana as the head coach. In their 7 year history, they've won 4 league titles & played in back to

back State title games in 2013-2014, winning the State Championship in 2013. Coach Graff has won the Seahawk's Coach of the Year award twice, numerous Big 9 Coach of the Year awards, & assisted in the East-West All State game. However, no accolades are as meaningful as the commitment of his staff of 20 years. Many are Pasco High Alumni & all have been unconditionally loyal & instrumental in the success of both High School football programs. Steve Graff's career accomplishments are truly a reflection of his assistant's dedication & the players they coach. Steve & his wife Dana have been married for 27 years, & have 4 children; Samantha 25, Luc 23, Grady 20 and Mac 18. All 3 sons had the opportunity to captain their respective Riverhawks team & experience the privilege of playing for their Dad & his staff.

WASHINGTON STATE FOOTBALL COACHES ASSOCIATION

Hall of Fame 2015

Mark Perry

Mark Perry graduated from Sandpoint (Idaho) High School in 1979. He attended Boise State for one year and graduated from EWU in 1983. In the fall of 1983, Mark was hired to teach math and coach football and wrestling at Valley View Junior High in Snohomish. Coach Perry spent 2 years at the junior high before joining Dick Armstrong's football staff at Snohomish High School. Mark spent the next 10 seasons coaching linebackers and offensive linemen at the sophomore and varsity levels. Mark and his family spent the 1994-1995 school year in Spokane where he was a freshman football and head wrestling coach at East Valley High School. In 1995, Coach Perry returned to Snohomish High School as the head football coach. He spent the next 18 years as the head coach of the Panthers. Over that time period Coach Perry and his staff won 105 games. They won league championships in 1996, 2000, and 2002. They made the playoffs 7 times and made it to the state semi-finals in 1998. Mark was involved in the WSFCA as an individual sports rep, was the West side ticket sales rep for the all-state game for 4 years, and was an assistant coach in the 1998 East-West All-State game. Some of Mark's honors include: 1998 Seattle Times All-Area Football COY, 2000 WSFCA District 1 Football COY, 2000 and 2007 WSFCA/Seattle Seahawks Football Coach of the Week, and the 2006 Snohomish School District Educator of the Year. Coach Perry was also the 2001 4A Washington State Wrestling COY, the 2002 WIAA High School Wrestling Sportsman of the Year, and in 2010 was inducted into the Washington State Wrestling Coaches Hall of Fame. After 30 years of coaching high school football and wrestling, Coach Perry will always cherish the relationships that he has developed with his players and their families along with great times that he had with his assistant coaches. Mark and his wife, Tammy, have been married for 28 years. Their three sons, Bradley (26), Lucas (24) and Tanner (21) all played for the Panthers.



Mark Stewart

Mark Stewart graduated from Camden High School in San Jose, California in 1978 where he received a football scholarship to attend the University of Washington. Mark was a first team AP All-American selection at outside linebacker in 1982. He was also an academic all-Pac-10 selection and a team Captain in 1982. He was drafted in the 5th round (127th overall) of the 1983 NFL draft, and played linebacker with the Minnesota Vikings for two years. Mark was inducted into the Husky Hall of Fame in 2008. Mark started his coaching career at Mercer Island High School in 1985. In 1988 he began his teaching career at Renton High School, where he was the head football coach and assistant track coach. Following Renton, he coached at Western Washington University, Garfield High School and Highline High School. In 2000, Coach Stewart took over the Meadowdale High School football program, which had been winless the previous season. Under his leadership and with help from the community, he was able to build the program into one of the top programs in Wesco and the state. Coach Stewart's 14-year tenure at Meadowdale includes 4 Wesco championships, 11 playoff appearances, 7 state trips, and 3 quarterfinal appearances. In 2014 coach Stewart took a coaching position at Garfield for one year, then moved to Mariner High School where he has just completed his second season. Mark has guided his football teams to 141 wins in 23 years. But his biggest accomplishment has been helping many of his players develop into responsible young adults. He has also enjoyed the lifelong friendships he has made during his coaching experiences. Mark has a son, Marlon, who coaches basketball at Montana University.



WASHINGTON STATE TRACK & FIELD COACHES ASSOCIATION HALL OF FAME 2016 INDUCTEES

Sponsored by Super Jock n Jill

All of our inductees today represent what is best about the coaching profession. They are all respected, beyond their statistical success, as being dedicated to the sport of track and field, committed to serving their school and community, and for their positive guidance and mentorship of the athletes they have coached. Each inductee strived to help his or her athletes reach their highest level of performance through positive encouragement and hard work. Each played an important role in the lives of their athletes. Their influence is more accurately measured in the lives of the athletes they mentored and coached twenty years down the road. It is with great honor that we recognize the important achievement and contribution of each inductee as we welcome them into the Washington State Track and Field Coaches Hall of Fame.



**Cheryl Byers
Schauble**
**Kamiakin High
School**

Cheryl Byers Schauble was raised in Pullman, Washington. In the late 1970's, she emerged as a track star for the Pullman High School Greyhounds. While competing for Pullman High School, Cheryl won five individual state titles, and led her Pullman track and field team to two consecutive Washington State AA Championships in 1977 and 1978. During her senior year she led her Pullman track and field team to the first Pasco Invite Girls team title in the first year that the Pasco Invite included female participants. Cheryl's individual prep marks include long jumping 18' 8 1/2," running the 440 yards in 56.9 seconds, the 100 yard dash in 11.3, and 4x440 yard relay in a 2A state classification record-breaking converted time of 3:57.0. She achieved all of these times and distances at the age of seventeen. Many of her track records at Pullman High School still stand today.

Cheryl earned a Track and Field scholarship at Washington State University, where she competed and lettered all four years in track. At WSU, she excelled in the sprints, relays and the long jump. In 1982, her 4x100 relay team qualified for NCAA National Championship Meet. Cheryl graduated from WSU in 1982 with a degree in education. She married Al Schauble, a high school teacher and coach in the Kennewick School District. In the fall of 1982, while working as a substitute teacher, she began her coaching career in the Kennewick School District. Cheryl coached Cross Country at Kennewick High School for three seasons ('83-'85). Her team finished 3rd at the state championship meet in 1985. That spring, she began her track and field coaching career as an assistant coach at Kamiakin High School, a position she held until 1987.

In 1988, Cheryl became the head coach of the Kamiakin girl's track & field team. During the 1990's, her Kamiakin girl's track and field team emerged as one of the most dominant track and field programs in Washington State. In 1998, Coach Schauble became the first female track and field coach to be selected Washington State's Track and Field "Coach of the Year." Today, you will find Coach Schauble coaching track and field at Kamiakin. She is now entering her 33rd year, proudly serving as the head coach for 28 years. During her entire career, Coach Schauble has coached the sprints and relays. Under her guidance, Kamiakin athletes have produced state champions in 44 events, including 15 relay teams. Coach

Schauble's Kamiakin girls' Track & Field teams have won six Washington State team titles with 4A team titles in 1998 and 1999, and 3A team titles in 2012, 2013, 2014, and 2015. Her track and field teams have consistently finished high in state team standings: 1st place (6 times), 2nd place (3 times), 3rd place (2 times), 4th place (5 times), 5th place (1) and 6th place (1). Her track teams have won the Pasco Invite team title 7 times. In the last 4 seasons (2012-2015) her track teams has won every league dual meet, every invitational meet (including Pasco Invite & Lake Washington Invitational), and all district, regional, and state meets. A crowning achievement happened in 2013 when the Kamiakin girls team won the state championship with 118.5 points, the most points ever scored in the "large school" classification. Kamiakin girls scored in 16 out of 18 events at that state meet. In 2014, her team broke the 3A/4A point record again with 123 points at the state track & field meet. Following that success, Coach Schauble was again recognized by the WSTFCA as the track and field "Coach of the Year" for the state of Washington.

One of Coach Schauble's great joys is to be able to give back to the sport by returning the first week in July to coach the sprints at the WSU Cougar Track and Field Camp. Many of the athletes she worked with over the last 31 years at the Cougar camp have gone on to become future state champions at other schools throughout the Northwest. Family is very important to Coach Schauble; she worked hard to build a program where her kids could be a part of the sport that has brought her such great joy. She has never taken time off from coaching track & field, choosing to raise her three children as part of the program. With great appreciation, she was able to have an up close view of her oldest son Kyle who was a two-time state champion at Kamiakin in both the 110 and the 300 meter hurdles, and went on to be named the track and field "Gatorade Athlete of the Year." Today, Kyle is currently an assistant track coach for his mom on the Kamiakin coaching staff. Completing her family focus, Cheryl's son Ryan pole-vaulted and ran the 300 meter hurdles and her daughter Lindsey was a four-time state champion running on her mother's relay teams. Lindsey was also a state runner-up three times in the hurdles at the state meet. Cheryl wants to thank her supportive family, especially her husband Al. She would like to recognize and thank all of the assistant coaches she has had the honor of working with each season while at Kamiakin and Southridge. She would also like to recognize and thank all of the fine Kamiakin track and field athletes, and the athletes at Southridge High School. She has cherished the time spent working with all the kids that turned out for track and field.

It is with the greatest honor that the Washington State Track and Field Coaches Association recognizes Cheryl Schauble as one of the first two female coaches to be inducted into the Hall of Fame. There isn't a finer representative of the sport anywhere. It is with great honor that we recognize her achievement as a coach and her contribution to the sport and welcome Cheryl into the Washington State Track and Field Coaches Hall of Fame.



**Gwen
Robertson**
**Issaquah High
School**

The greatest compliment a coach can receive is when a former athlete chooses to follow in their coach's footsteps and enter the coaching profession. Gwen Robertson is most proud of the number of former athletes who are currently coaching or have coached. More than twenty athletes who proudly competed for Issaquah High School have chosen to give back to the sport that meant so much to them by coaching track or cross country. Gwen has had the distinct privilege and honor of working with nine of those former athletes who served as coaches on her staff at Issaquah. Gwen believes it is the best experience to coach with those former athletes who have grown into incredible men and women. Last May, at the state championship meet at Mt. Tahoma High School, Coach Robertson had that very special "proud parent" moment as she watched the Issaquah Girls Team win their first ever team state championship. In their first season as head coaches, Gwen proudly watched as Tracy Silva and Mitch Stuard led the Issaquah girls to an undefeated season and a state title.

In 1974, Gwen Robertson graduated from Lutheran High School North in Saint Louis, Missouri. She began participating in age-group track and field from the age of twelve. She was a middle distance runner for her AAU club in the pre-Title 9 era. Following graduation, she attended college at the University of Nebraska at Kearney and earned a degree in Physical Education. While in

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college, Gwen continued her running career representing her school as a member of the cross country team and track and field team. After college, Gwen took a keen interest in race-walking and enjoyed exceptional success. She was a member of the U.S. National Team from 1983 until 1986. Gwen still remains supportive of USA Race-Walking today.

Gwen spent one season as a graduate assistant coach at the University of Washington. She spent one year coaching at Green River Community College. In 1987, Gwen became the Head Boys and Girls Coach at Issaquah High School, a position she held for 32 years through the 2014 season. She had begun coaching cross country at Issaquah in 1983, a job she continued through 2015. In 2013, Gwen was recognized with the prestigious honor of being inducted into the Washington State Cross Country Coaches Hall of Fame. During her time as the head coach at Issaquah, Gwen guided the track and field teams to numerous team titles in league and district competitions. Her teams had twelve top ten team finishes at the State Championship Meet, with thirteen individual or relay champions at the State Meet. Under her leadership, there have been numerous individual Issaquah athletes who won league or district titles. She helped guide the 1985 Girls Cross Country team at Issaquah to the school's first state championship.

Gwen has gone beyond coaching to give to the sport of track and field. She was a 1984 Olympic Games Track and Field Official. She volunteers as an official for local and national youth meets and masters meets. She served as the President of the Pacific Northwest Track and Field Association. She also served as the Treasurer of the Pacific Northwest Track and Field Association. She has also worked as the USA Track and Field Race-Walking National Team Coordinator. She has been married to Lawrie Robertson for 39.5 years. An official himself, Gwen appreciates the opportunities that track and field has provided her and Lawrie to enjoy over the course of their marriage.

It is with the greatest honor that the Washington State Track and Field Coaches Association recognize Gwen Robertson as one of the first two female coaches to be inducted into the Hall of Fame. There isn't a finer representative of the sport anywhere. It is with great honor that we recognize her achievement as a coach and her contribution to the sport and welcome Gwen into the Washington State Track and Field Coaches Hall of Fame.



Charles “Tuck” Gionet

Snohomish High School

**Past President of the
WSTFCA
(1999 – 2001)**

**Founder of the
Washington vs Oregon
Meet of Champions**

Charles Edward Gionet was known all over the state of Washington as Tuck, and those who knew him would testify to his amazing ability to get things done the right way. To be perfectly honest, the reason we are all gathered each year at a large Hall of Fame Awards Luncheon conducted in the middle of the annual Washington State Track and Field Coaches Association is because he helped to create it, and he worked to make it happen each year. Without Tuck, the WSTFCA would not be what it is today. He conducted business with integrity. He displayed a commitment to doing the job right. Most importantly, he put others ahead of himself, content to be a tireless advocate behind the scenes who received no attention or recognition. Tuck is the equivalent of a founding father, someone committed to the sport of track and field. Because of his efforts, the association that represents the sport of track and field is respected and looked to for advice. Under Tuck's leadership, the association has become a very coach and athlete centered organization. His greatest strength was the courage to say what many might be afraid to say. He had the ability to say what needed to be said without pushing people away. In a letter to all the coaches in the state, he offered this advice, “Don't sit on the sidelines and gripe about this and that, become involved in your association and continue to make track and field the greatest sport in the world.”

Tuck's contributions to the WSTFCA and the sport of Track and Field are many:

1. He organized the restructuring of the WSTFCA and wrote the original constitution
2. He served as in the position of vice president, president, and treasurer while working with the WSTFCA

3. He developed the idea of the Washington vs Oregon Meet of Champions and then did all the work for the event
4. He helped create the annual WSTFCA Convention
5. He redesigned the Coach of the Year Award criteria so all coaches would have an opportunity to be recognized
6. He served on the Hall of Fame Committee helping to ensure that coaches around the state would be recognized
7. He created Academic All-State Awards and personally mailed out the certificates to coaches around the state
8. He helped found the Eason Invitational in 1989 and built that meet into one of the premier high school invitational
9. He represented the sport of track and field on the Washington State Coaches Association (WSCA)
10. He established a relationship with Brooks Running that continues today

Tuck did not believe he was a Hall of Fame coach. As he talked with his wife Marci near the end of his life, what he really wanted everyone to know was how much his family meant to him and everything he did for his family. As the track coach at Snohomish, he built an atmosphere where his own kids could be a part of the program he built. He wanted to build a program where he wouldn't have to worry about his kids being around the high school athletes. He was more about character than he was winning. He tried to teach leadership on and off the track. Of all the sayings he is remembered for, there is one his family thought was most appropriate for his induction into the Hall of Fame: *"It is family and citizenship first, academics second and athletics third, and in that order!"* Tuck held his athletes to that up to the very end of his life! He always remained true to the principles and values that defined him and his program. And he did all of this while building a track program that was able to produce league and district championship teams, along with so many individual

champions on the district and state level competitions. Tuck never claimed any of the success for Snohomish Track and Field but it definitely had his fingerprints on it.

Tuck was born in Cincinnati, Ohio but he was raised in Green Bluff, Washington. He graduated from Mead High School in 1978. Upon graduation, he attended Western Washington University where he majored in Political Science and was a member of the Lacrosse team. Tuck was an outstanding teacher! He started teaching and coaching at Snohomish junior high school in 1983. While at the junior high, he would take his athletes to the University of Washington to work on the hurdle crew for their home meets. Tuck moved to Snohomish High School in 1988, the same year he became the head track and field coach. He loved Snohomish High School, proudly claiming to



people "Once a Panther, always a Panther!" In 2013 he was recognized as the Civics Teacher of the Year in Washington State, a testament to the fact that his Hall of Fame ability extended into every aspect of his professional life. Tuck was a powerful voice for the sport of track and field, he was an amazing man to work with in the state association, he was the consummate professional in school, a civically minded community member willing to help those in need. Tuck was a good friend to so many. And, he

could coach! Above all else, Tuck loved his family and he was a devoted husband and father. Family was at the center of his life and he made those kids he coached, the people at Snohomish High he worked with, the people in the community, the coaches in the state association, part of an extended family.

It is with the greatest honor that the Washington State Track and Field Coaches Association recognizes Tuck Gionet as an outstanding coach and one of the founding fathers of the WSTFCA. There isn't a finer representative of the sport of track and field or of the coaching profession anywhere. It is with great honor that we recognize his important achievement as a coach and his contribution to the sport and welcome Tuck into the Washington State Track and Field Coaches Hall of Fame.

Washington State Track & Field Coaches Hall of Fame

1995	<p>Jack Mooberry Bob Dorr Howard Dolphin Tracy Walters Mitch Angelel</p> <p>Bill Brickert</p> <p>Dan Watson Lowell Wiggins John Eagle Art Frey Noble Moodhe Art Hutton</p>	<p>Longview High School, John Rogers High School (Spokane), WSU Bellingham High School East Valley High School (Spokane), West Valley High School (Spokane) John Rogers High School (Spokane) Thorpe High School, Cle Elum High School, Mason Junior High, Stadium High School, University of Puget Sound Cle Elum High School, Shelton High School, Shelton Junior High, Capital High School Lincoln High School, Baker Junior High Highline High School Fort Vancouver High School Lewis & Clark High School Wenatchee High School Clover Park High School, West Valley High School (Yakima), Eisenhower High School, Central Washington University, 1972 Moroccan Olympic Team, University of Washington</p>
1996	<p>Herm Caviness</p> <p>Lee Cave Ike Cummings</p>	<p>Ferris High School, West Valley High School (Spokane), Rogers High School Columbia River High School Eastmont High School, State A-B Championship Meet Director</p>
1997	<p>Frank Ahern Dennis McDonald Jim Dauley George Rowswell</p>	<p>Garfield High School North Thurston High School Baker Junior High, Wilson High School North Thurston High School, Nespelem High School, Waterville High School, Winlock High School, Chelan High School, Centralia High School</p>
1998	<p>Tom Buckner</p> <p>Spike Arlt</p>	<p>Franklin Pierce High School, Mead High School, Gresham High School (Oregon) Harrington High School, Eastmont High School (Wenatchee), Central Washington University</p>
1999	<p>Jerry Martin Gary Smith</p>	<p>Eastern Washington University Okanogan High School, Bridgeport High School, Castle Rock High School, Omak High School</p>
2000	<p>Joel Wingard George Makela</p>	<p>Peninsula High School, Gig Harbor High School Cashmere High School</p>
2001	<p>Keith Collins Jim Freeman Gary Baskett</p>	<p>Ritzville High School Mt. Baker High School Mead High School</p>
2002	<p>Duane Hartman Warren Logan</p>	<p>Mead High School, Spokane Community College, Mt. Spokane High School Lakes High School</p>
2003	<p>Fred Beckwith Greg Brashear Chuck Millard</p> <p>Bill Green</p>	<p>Garfield High School Garfield High School Highland High School, West Valley High School (Yakima), Yakima Valley College Newport High School (Bellevue), Bellevue High School, Othello High School, Mead High School</p>

2004	Roger Hansen Chuck Byers Gordon Robertson Dwight Cranston	Lake Sammamish High School, Lake Washington High School Sequim High School, Mark Morris High School, White Salmon High School, Lower Columbia College Pe Ell High School, Sultan High School, Tenino High School Onalaska High School, Toledo High School, R.A. Long High School, Mark Morris High School
2005	Barry Savage Herb Callan Gary Swanson	Renton High School Goldendale High School Castle Rock High School
2006	Tim Irvin Eric Lindberg Arnie Young	Bellingham High School, Squalicum High School Oak Harbor High School Lindberg High School
2007	Jim McLachlan Bill Harris	West Valley High School (Spokane) Federal Way High School
2008	Jim Kennett Dan Blackmer Jerry Russell	Mt. Rainier High School King's High School Franklin Pierce High School
2009	Clay Lewis Duane Lewis	Hanford High school Lynnwood High School
2010	Mike Hinz Joe Stewart Howard Price Pat Pfeifer Dr. Ken Foreman	Pullman High School, USATF Inland Northwest Association Kelso High School Mariner High School Lewis & Clark High School, Ferris High School Seattle Pacific University, 1980 U.S. Olympic Team Women's coach, 1983 U.S. Team Coach for the World Outdoor Championships
2011	Larry Royce John Buck	Bellevue Christian High School Spokane Community College
2012	George Beetchenow Rod Kammenga	Moxee High School, Eisenhower High School, A.C. Davis High School Bellingham High School, Squalicum High School
2013	Willie Stewart Jr. Mike Hanby Lane Dowell	Lakes High School Steilacoom High School Bremerton High School
2014	Lloyd Pugh Cliff Nixon Mark Smith Phil Pugh	Bremerton High School Interlake High School, Newport High School, Bellevue High School, Tyee Jr. High, Arlington Jr. High Washington High School, Franklin Pierce High School, Tacoma Baptist High School North Mason High School, Woodbrook Jr. High
2015	Mike Burdick Tim Clark Ken Shannon	Heritage High School, Union High School, Wy'East Jr. High, Cascade JH Kittitas High School, Central Washington University University of Washington
2016	Charles "Tuck" Gionet Cheryl Schauble Gwen Robertson	Snohomish High School Kamiakin High School Issaquah High School

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Stuart Scott, ESPN



If you would like to help extend Tuck’s legacy as a coach and teacher, please consider making a donation to the **Tuck Gionet Student Support Fund** through the Snohomish Kiwanis. Tuck was a proud member of the Snohomish Kiwanis Club and he always reached out to help his students. You can contact the Kiwanis Club of Snohomish at P.O Box 1035, Snohomish, WA 98291 or by going to their website at www.snohokiwanis.org



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