

THE WASHINGTON GOACH

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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From the Editor

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

Presidents Message

Darrell Olson

March 2019

Fellow WSCA Members,

What a February it was! Historical snow fall led to postponements of most all of our winter sports post season play at some point. Thanks to all the coaching and game management staff's for working together to pull off quality District, Regional, and State Tournaments and with it all the excitement and drama found at the state tournaments involving boys' and girls' basketball, boys' and girls' wrestling, swim/dive, gymnastics, and bowling.

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

Changes are coming next year with the new classification cycle and the new formula put in place looking at school's with high free and reduced lunch students and the school's ability to opt down a classification if it meets specific benchmarks with the formula. This could be a huge deal with your school. Have a conversation with your principal and/or athletic director as well as your school's coaching staff about what effects this might have on your school's classification.

Another big change coming is the way WSCA will be handling membership registrations beginning this June 1. For the past year our Exec Board has been looking at moving to an 'electronic membership card' process. The company we work with regarding our internet services has been working on a process that will allow coaches to obtain their WSCA membership cards electronically and upload the card on their phones. There will be much more info coming to all coaches via our magazine and 'mail chimp' which will include instructions for loading your membership card to your phone. Hard copy cards will still be available for those that want them.

The WIAA Amendment process is well underway. Be informed on what amendments are up for a vote. Ask your athletic director or principal for a copy of the proposed amendments or log onto the WIAA website. Voting on the proposed Amendments takes place in April.

The WIAA Spring sports rules clinics deadline is March 17. This is a requirement from the WIAA that each spring sport head coach must 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 17.

This is the time of year that WSCA ISA's are planning summer clinic opportunities. Each sport specific clinic is designed for professional growth in each coach. You will grow deeper in the knowledge of your sport, have the opportunity to 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. Get involved with your sport association!

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. The \$1 million Liability Insurance coverage you receive as a membership benefit could be a career saver for you! Check out page 4 titled "*Why Should I Become A Member of the WSCA?*"

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 sports Individual Sport Association (ISA) rep and ask how you can help. ISA's are listed in the front of the COACH magazine and on page 18.

Presidents Message continued on page 3





From The Sidelines

By Jerry Parrish

DIGITAL MEMBERSHIP

We wanted to let you know that WSCA will be transitioning to automated membership card delivery for the 2019-2020 season. Once payment for membership is made coaches will receive a confirmation email with a link to download their membership card. The card will be in PDF format which can be stored on a mobile device or printed to be displayed at sporting events.

We will be sending out more information including detailed instructions as to the usage of the digital card. The registration process will remain the same, but you will receive your digital card immediately. Also, you will not receive a card in the mail.

The plan is still in the beginning stages of development but to get a “first look” at what will be coming with this new format you may go to the link, <https://www.wash-coach.net/digitalCards.php> and see where we are heading. Please send any thoughts or comments about this new program to Jerry Parrish.

WSFCA MID-WINTER CLINIC

“On to Frisco” this was theme from EWU Head Football coach, Aaron Best, at the recent WSFCA Mid-Winter Football Clinic held at the Bellevue Hilton.

Coach spoke on several goals he uses at EWU and explained how to achieve these goals in real life.

The WSFCA recognized Gold and Silver Helmet winners at the clinic. Jeff Place, Prosser sports writer, received the Silver Helmet for media coverage across our state.

The Gold Helmet was awarded to Ed Laulainen, retired Kelso football coach, who is retiring as the Clinic Coordinator after many years of planning and organizing clinics that have been the very best in Washington State. Mrs. Bev Laulainen also shared the spotlight with Ed and was recognized for her long time contributions to the WSFCA.

MEMBERSHIP NUMBERS ARE ON THE RISE!

Thank you for the support of your association.

February 11, 2018...3,921 / February 11, 2019...4,293

WELL DONE!!

Presidents Message continued

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 Executive 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 WSCA

Why Should I Become A Member of the WASHINGTON STATE COACHES ASSOCIATION?

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

- to offer top quality, affordable places to member coaches in the area's of professional education and training, to earn clock hours and coaching education hours.
- to offer a pass, using your membership card, for entry into **ALL** WIAA state tournaments, **ALL** regional tournaments, and **ALL** district tournament games, state wide!
- to offer **Liability Insurance coverage of \$1 million** for our membership while working a scheduled, sanctioned and supervised WIAA sport or event.
- to offer your son or daughter, who are eligible, an opportunity to apply for WSCA scholarships. (i.e. **Burnett-Ennis, Terry Ennis, Student Teaching**)
- to be eligible for your sports' **Hall of Fame** recognition
- to be eligible for your sports' **Coach of the Year** recognition
- to be eligible to coach in sanctioned WSCA all state games. WIAA will only authorize WSCA sanctioned All-State events
- to receive reduced fee's at WSCA sponsored coaches clinics and WIAA clock hours toward coaches education certification and/or salary placement
- to honor member coaches for their coaching achievements through our **Career Recognition** and **Life Time Achievement** programs
- to provide reimbursement to each sport group for enrollment in WSCA

OTHER BENEFITS:

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

Thank You Mike Colbrese!



WASHINGTON INTERSCHOLASTIC
ACTIVITIES ASSOCIATION

Mike Colbrese is retiring as the Executive Director of the Washington Interscholastic Activities Association after serving 26 years in that position. He was named as the WIAA's fourth executive director in the fall of 1993, after serving six years as the Commissioner of the Wyoming High School Activities Association. He also served as Assistant to the Executive Secretary of the Montana High School Association for five years. Mr. Colbrese taught high school English for 11 years and worked as a high school and college football and basketball official for 15 years.

Mr. Colbrese received his Bachelor of Arts degree in English from Eastern Montana College in 1971, his Master of Arts degree in English from

the University of Montana in 1980, and completed administrative

course work from Montana State University in 1987. He also attended Middlebury College's Bread Loaf School of English on a Rockefeller Grant in 1980.

Mr. Colbrese has served two terms on the NFHS Board of Directors and has chaired the National Federation of State High School Association's Coaches Education, Football Officials Manual, and Sportsmanship, Ethics and Integrity Committees and recently completed a term as the Chair of the NFHS Track & Field Rules Committee. He has served on the National Federation of State High School

Associations (NFHS) Football, Basketball, and Track and Field Rules Committees.

The Washington State Coaches Association extends to Mike the greatest wishes for a long and joy filled retirement and further acknowledges tremendous appreciation for his leadership, direction, compassion and friendship over the many years.



Meet the New WIAA Executive Director - Mick Hoffman

Mike Hoffman, 49, replaces Mike Colbrese, who retires as the WIAA's outgoing executive director at the end of this school year. Hoffman said his WIAA start date isn't finalized, but it is expected to begin this summer.

Hoffman's entire educational tenure has been with Vancouver Public Schools, starting in 1989 as an assistant basketball coach at Hudson's Bay. He also taught and coached basketball and golf at Fort Vancouver before moving to administration in 2001. He moved onto the district level in 2008. He's held his current role of assistant superintendent and chief operations officer since 2016.

Hoffman's prior experience within the WIAA includes an Executive Board member, a classification and transfer committee member in addition to a District 4 board member for 10 years.

The Washington State Coaches Association welcomes Mr. Hoffman to this next professional challenge. We are anxiously awaiting the opportunity to continue our strong and effective working relationship with the WIAA and with Mr. Hoffman as the next Executive Director.



THE POWER OF YOUR WORDS

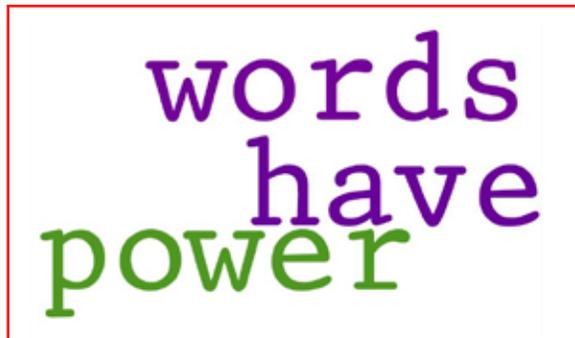
Steve Bridge, Consultant with Eagles Educational Consulting
sbridgecanfield@gmail.com

We are all well aware of the importance a coach plays in the life of young adults and now maybe more than ever, we all need to take a step back and think about what we say and how we act. All coaches have such influence on kids today. Do we spend time thinking about our message? Do we take time to think about how important our role is when interacting with our youth? How often do coaches spend time actually evaluating their impact on our kids and the value the daily interaction can provide in the direction kids take in their life. "Be careful with your words. Once they are said, they can be only forgiven, not forgotten. Your words and actions do matter.

Last fall my 4th grade grandson decided to play tackle football for the first time. He had wonderful coaches who had all the right intentions. After every game, I would ask him did you have fun? His answer was usually yes, but after a close loss he said to me "grandpa, it is usually fun but at half time our coach used the "F" word 4 times." He continued, "I've only heard that at school and I know you would get in big trouble if you said that." Really, 4th grade? As a first year player, does he now have a mind-set of this is how it's done and this is what coaches do and say when they get upset? Let's remember the reason we decided to coach and that approximately 80% of kids quit organized sports by the age of 13. We need leaders and coaches to encourage involvement and not attempt to relive their own personal athletic experiences. Remember,

coaching, like parenting, in the most part will be conducted in the same manner you were coached and how you were raised. Change only occurs with mentoring, training or other forms of new information.

Each year the NFHS (National Federation of High Schools), conduct surveys throughout the country reviewing not only the number of participants in programs offered by



associated high schools but also into the key components as to why kids play. Included are things like be with my friends, stay in shape, parents wanted me too, etc, but the number one reason identified year after year, both boys and girls say they play to have fun! For the 18th year in a row, NFHS participation numbers are up with the exception of football. We all know the issues football is facing and coaches have even a more difficult time just getting kids to play. Do our words and actions help keep kids involved or are we discouraging them?

Another significant factor the role of a coach plays is in the family dynamics in our

country today. Several years ago I had the opportunity to listen to **Coach Grant Taft**, former Baylor Universi-

ty Head Football Coach and Athletic Director discuss this topic. His key point was the number of players coming from fatherless homes. The following are a few national statistics regarding this issue:

71% of all high school dropouts come from fatherless homes- 9 times the nation average.

85% of all youth in prison come from fatherless homes- 20 times the average.

90% of homeless and runaway children come from fatherless homes.

Our youth today need guidance, structure and discipline and the best place for them to get this training is on our athletic teams. Again, if we believe all the statistics from the national level and state level, athletics in the number one component

to academic success, kids staying in school and student success after high school. As my mentor **Cliff Gillies** used to say "instead of kicking kids out of school, we should assign them to an athletic team!"

Coaches, you all have these kids on your team. The need for male role modeling may never been more important than it is today and for many kids in your program that modeling is you. The game of football needs positive leaders and coaches who work hard to make the experience a positive, learning opportunity for our youth. There is a reason why we call it "Extra-Curricular, because athletic participation provides learning opportunities.

John Gordon in his book "**The Power of Positive Leadership**"

states Positive Leaders drive positive cultures. Culture is not just one thing; it's everything. Culture drives expectation and beliefs. Expectation and belief drive behaviors. Behaviors drive habits and habits create the future. In your belief system, ask yourself two questions, what do we stand for and what do we want to be known for. This will help to identify the culture you want on your teams.

As an athletic director for 25 years, I learned over the course of those years that my primary job became to be the liaison between our coaches and parents. The person in the middle to assist our coaches with the negativity often associated with irate parents. My universal comment would be "Don't put me in a position where I can't defend you." Try to do the right thing and you will have support. Does that mean you can't hold kids accountable? Absolutely not, but it will be your words and the intent that will be remembered? Here is a reminder, if you can't say it in a classroom, then don't say it! In another **Gordon** book, the **Energy Bus**, he states that when we allow our ego to get behind the wheel of our bus, be careful, it doesn't always take us where we want to go. Reminder is whose needs does it become about?

Can I trust my coach to be fair, consistently show benevolence and demonstrate he cares about me as a person and not just a player. Kids must be able to trust you—that doesn't mean in the heat of the game, it means all the time.



Do your actions meet your words? Do the kids believe that when things are hard and not going well, I can trust my coach because he has my back? **Bruce Brown** in his pamphlet

“The Impact of Trust” has athletes discuss trust and how it relates to their performance. One example, “Playing for coaches that I trusted was not only more enjoyable, but also much easier. When an athlete doesn't

trust a coach it causes them to question their judgment and motives, even during competition. To perform at

the highest level, an athlete needs to react in situations as if they are second nature and with confidence. Anything short of that can spell the difference between success and failure.” Gordon refers to those “not connected” as energy vampires and they suck the energy from not only our team but from the coaches. These are the constant complainers that bring nothing to the table. A simple rule for these people is “you're not allowed to complain unless you offer one or two possible solutions.

In closing, I want to thank all of you for all you do. Coaching can be the most challenging and rewarding experience of your life. Use the time and talents given to make changes in the lives of our kids and to create a lifetime of memories. After all, isn't that why you coach? ■

WSGBCA chooses six for their 2019 Hall of Fame



The Washington State Girls Basketball Coaches Association selected six new members to enter their Hall of Fame. The WSGBCA will honor the fourth class of inductees in Schirmer Auditorium at King's High School in Seattle on Friday, March 15 at 6:00pm. The banquet begins with a dinner social followed by the induction ceremony. The cost is \$40 or \$50 at the door. For questions or to RSVP for the event, please contact Dan Taylor at knights.in.gods.armor@gmail.com

The 2019 WSGBCA Hall of Fame inductees include:

- Steve Berg, Lake Stevens
- Karen Blair, Ballard and Meadowdale
- Paul Dretsch, Black Hills and Wahkiakum
- Eric Rasmussen, King's
- Scott Sandsberry, Yakima Herald
- Terry Wilkinson, Blanchet

The WSGBCA would like to congratulate this year's inductees and look forward to honoring many more in the future.



Injury Prevention in the Weight Room; a Short List of Things to be Aware of While Coaching and Lifting

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

Unexpected injuries do not just happen; they usually signal when they, may or in many cases will, happen. Coaches generally notice most of these warning signs. Nonetheless, in this imperfect world, it is next to impossible to stop all injuries but it certainly is the goal.

In most instances, momentum is your enemy. Avoid it in your lifting sessions. Even though compensatory acceleration, a highly respected lifting method, may seem to be similar, it is not. Compensatory acceleration, "Simply stated, as you progress through a movement, you must attempt to accelerate the weight so that a maximum force is being delivered throughout the movement."^{1 2}

I realize I am more than likely speaking to the choir here, if so, then use it a refresher instead of a condescending message. Each problem is correctable, but it takes time and patience to do so.

The following is a very brief list of signs that a potential injury is about to happen or will happen if the situation is not soon corrected.

Military press

As the lift progresses upward, the trainee allows their back to arch backward, bending their spine in a dangerous fashion. Have them do the exercise standing with their heels, buttocks, and shoulders touching the power rack uprights or the wall.

Some twist to one side or the other when pressing the upward. The wall or power rack works well here too just as having a spotter guide the bar up from behind the lifter.

Often times a new lifter will set up in an offset staggered stance, with one foot in front of the other.

Have them look at their stance before starting to lift.

Another common issue is starting out with an offset grip on the bar, which causes an uneven load on one side. Explain to them where their hands should be on the bar.

Pull downs

Using too much weight and then bending backward to get the weight up to the top position. Have a partner stand directly behind with their hands on the lifters back. This will give instant feedback when they start bending backward during the lift.

Others make the twisting worse because as they bend backwards, they are also twisting to one side or the other on the seat. The partner will be able to help prevent this from happening.

Range of Motion (ROM) is a common problem when they do not let the weight return to the full extension of their arms. By going part way up and part way down they can move more weight but in doing this they narrow the strength bell curve. This is another reason for having a lifting partner.

Letting the weight slam down to the bottom causes potential shoulder problems when it free falls back to the start in this manner and violently jerks the shoulders upward.

Bench press

The most common problems are:

- Bouncing the bar on the chest at the bottom of the movement. Bouncing the bar can cause bruising, muscle tears and damage to the sternum. This is usually noticed in the new lifters and should be quickly corrected. Hearing the bar thump against the chest is an immediate call to action by the spotter or coach.
- Moving the weight back toward the head while flaring the elbows out to the side. This issue is most frequent in the new and intermediate lifters. A cue to the lifter is to move the bar straight up. It will feel as though you are lifting toward your toes. Hold your fist directly above the high point of their chest; this gives them a target. Another is a reminder that the

shortest distance between two points is a straight line, not a curved one.

- When the elbows flare out, the shoulder is in immediate jeopardy and the spotter should be taking the bar before the lifter is injured.
- Arching the back upward with the butt off the bench causes excessive compression in the lower back and should be avoided. A corrective and instant feedback tactic is to tie a rope through the center of a 5-10 pound plate. Lift the plate off the floor until it almost touches the bottom of the bench and then put the loose end of the rope under the buttocks of the lifter. As soon as their butt lifts up, the weight drops to the floor.
- Uneven bar path upwards with one side moving up as the other lags. This can be a problem with some lifters and is difficult to change. Using an offset grip helps, but is not the answer in the long run; instead, the lifter must concentrate during the lift by focusing on the middle of the bar. In severe cases, reduce the weight load. This will upset the lifter.
- Lifting the feet off the floor causes an immediate balance problem and in most instances, the lift will not be successful. The feet provide stability and do so by maintaining solid contact throughout the entire lift. A corrective and instant feedback tactic is to tie a rope through the center of a 5-10 pound plate. Lift the plate off the floor until it almost touches the bottom of the bench and then put the loose end of the rope under the buttocks of the lifter. As soon as their butt lifts up the weight drops to the floor.
- Moving the feet on the floor as in a Michael Jackson, moonwalk dance move is similar in effect to

lifting the feet off the floor and high in the air. This is usually accompanied by a twisting of the shoulders up off the bench and a helicoptering of the bar. This combination of movements must be avoided to prevent an injury from occurring. The spotters must be alert and ready to take the bar when these actions happen.

Bar bell rows-

Pulling with a rounded back causes undue stress on the lower back. A correction is necessary, usually with a lower weight or none at all until they learn how to maintain the arch in their back.

Pulling while in a near upright position is not a bar bell row, it is a semi screwed up shrug, combined with a weird hip action during the process. The buttocks have to move to the rear, the lower legs are nearly perpendicular to the floor, the shoulders are squared up and the back at about 45 degrees to the floor in this exercise.

By not retracting the shoulders back at the top, the upper back/shoulders are not gaining much of a benefit from this exercise. Have them squeeze your fist between their shoulder blades to get the feel of retracting their shoulders.

As your students become tired and less energetic they will start standing upright during the lift and begin to jerk the weight upwards to their chest or stomach area. This type of Body English motion begins to do more than the muscles that are supposed to be working. Lower the weight and increase the rest period.

I would appreciate comments, suggestions, and most importantly, any of your observations on the safety issue of lifting. Please send them to Explosivelyfit@gmail.com

Next up, the Abs and lower body

[1] Hatfield, F.C., Power A Scientific Approach, Contemporary Books

[2] Additional references for compensatory acceleration:

https://www.google.com/search?q=compensatory+acceleration&rlz=1C1CHBF_enUS717US717&oq=compensatory+acceleration&aqs=chrome..69i57.24849494j0j7&sourceid=chrome&ie=UTF-8

https://www.google.comsearch?q=fred+hatfield&rlz=1C1CHBF_enUS717US717&oq=fred+hatfield&aqs=chrome..69i57.6536j0j7&sourceid=chrome&ie=UTF-8

https://www.google.com/search?rlz=1C1CHBF_enUS717US717&ei=EQVWXJmjB7_M0PEPv42S4AY&q=fred+hatfield+compensatory+acceleration+training&oq=fred+hatfield+com&gs_l=psy-ab.1.0.0.31101.33563..37421...1.0..0.145.589.0j5.....0...1..gws-wiz.....0i67j0i20i263j0i22i30.WfFqCkQyyGs ■



WASHINGTON STATE FOOTBALL COACHES ASSOCIATION DISTRICT AWARD WINNERS 2018

Photos are of coaches in attendance at awards ceremony.



Head Coach
Tom Tri
Lake Stevens

Assistant Coach
Ed Bomber (photo not available)
Lynden



Head Coach
Jeremy Thielbahr (photo not available)
Eastside Catholic

Assistant Coach
Joe Cronin
O'Dea



Head Coach
Nick Mullen
Timberline

Assistant Coach
Eric Schuette
Central Kitsap



Head Coach
Rory Rosenbach
Union

Assistant Coach
Gabriel Rego accepting for his dad
Mark Rego
Union



Head Coach
Brett Jay (photo not available)
Hanford

Assistant Coach
Scott Bond (photo not available)
Chiawana



WASHINGTON STATE FOOTBALL COACHES ASSOCIATION
DISTRICT AWARD WINNERS 2018



Head Coach
 Mike Don (photo not available)
 Eastmont



Assistant Coach
 Ryan Scott
 W. Valley
 Yakima



Middle School
 Clay Prewitt
 Clovis Point
 Intermediate MS



Head Coach
 Randy Cornwell (photo not available)
 Colville

Assistant Coach
 Matt Clouse (photo not available)
 Reardan

Middle School
 Dustan Arlt (photo not available)
 Lind/Ritzville



Head Coach
 Dave McKenna (photo not available)
 Gonzaga Prep



Assistant Coach
 Trevor Mott
 Lewis & Clark

Middle School
 Matt Miethe (photo not available)
 Rogers
 Spokane



Head Coach
 Clark Vining (photo not available)
 Colton



GOLD Helmet Award

Ed Laulainen with wife Bev



SILVER Helmet Award

Jeff Place



TERRY ENNIS SCHOLARSHIP Award Winner

Cameron Ditter and Molly Stubrud, sister of Terry Ennis

FIGHT INJURY WITH MICRONUTRIENTS

Proper nutrition is vital to athletic performance. Not only will eating well assist in overall health, certain micronutrients can also aid in injury recovery.

CALCIUM & VITAMIN D

Essential for bone health and growth, calcium also helps reduce the risk of stress fractures. Don't forget about vitamin D – it is needed to maintain calcium levels in the body, develop healthy bones and the function of skeletal muscles.

ASSISTS WITH:

Stress fractures, sprains, tears and broken bones

FOODS HIGH IN VITAMIN D:

Fatty fish, egg yolk, sundried mushrooms, fortified milk, yogurt, margarine, cereals and fruit juices

FOODS HIGH IN CALCIUM:

Dairy products



IRON

Iron plays a role in transferring oxygen from the lungs to tissue and is critical for respiration and energy metabolism. Because iron influences endurance and performance, it is an important micronutrient to athletes.

ASSISTS WITH:

Extreme fatigue, decreased energy, inability to finish activity and overall decline in athletic performance

FOODS HIGH IN IRON:

Animal products such as meats, fish and eggs; lentils; tofu; quinoa; nuts and seeds; and some fortified cereals



ELECTROLYTES

Electrolytes, such as sodium, potassium and chloride, are vital for maintenance of hydration, generating energy and contracting muscles, and are lost through sweat.

ASSISTS WITH:

Muscle cramping, headache, extreme fatigue and muscle soreness

FOODS HIGH IN ELECTROLYTES:

Mixed nuts, pretzels, lunch meat, sauces, sports drinks, potatoes and most fruit and vegetables



VITAMIN C

Vitamin C plays a major role in tissue growth and repair, wound healing and bone maintenance and repair. Consuming adequate vitamin C will aid athletes in staying healthy and ready for game day.

ASSISTS WITH:

Coughing, sneezing, aches, sore muscles and decline in athletic performance

FOODS HIGH IN VITAMIN C:

Oranges, strawberries, broccoli, peppers, kale, Brussel sprouts, tomatoes, spinach and other fruits and vegetables



Sources: SCAN, Clinical Sports Nutrition, National Institutes of Health Office of Dietary Supplements, Sports Dietitians Australia, National Research Council

Contributors: Jennifer Doane, MS, RDN, CSSD, ATC, and Allison Vinciguerra, MS

Infographic provided by the National Athletic Trainers' Association

Washington State FB Coaches All-Star Game 25th ANNIVERSARY EARL BARDEN CLASSIC

WHEN: SATURDAY, JUNE 22nd, 1:00pm

WHERE: Zaepfel Stadium, Eisenhower HS, Yakima

The Annual Earl Barden All-Star Classic will be held for the 25th straight year on June 22nd at 1pm at ZAEPFEL STADIUM AT EISENHOWER HS 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 players that have accepted their nomination and elected to play are included on the roster. The head coaches and their staff was announced in January. The roster is available on the following pages.

Once again the players and coaches will be housed and fed in the Howard Johnson of Yakima. Practices will be at the SOZO facilities gracefully donated by their owner/manager, Dave Mullen with the game at Zaepfel Stadium.

The game was started in 1995 with the financial and organizational leadership of Earl Barden. Earl was a successful businessperson 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 ARE ASKING ALL PLAYERS/COACHES/GOPHERS TO RETURN FOR THE 25TH ANNIVERSARY!!! WEAR YOUR JERSEY/JACKET/SHIRT AND YOU WILL BE ADMITTED FREE!!!! AND RECOGNIZED AT HALF TIME!!!!

LET'S ALL MEET IN YAKIMA ON JUNE 22nd for the EARL BARDEN CLASSIC!!!!!!

Earl Barden Classic Chairman:

Bill "Alex" Alexander, WSFCA
201 C St. SE, Quincy, WA 98848
509-237-1590 (c)
Alexfb1@msn.com (h)

East Game Co-Chairs:

Mike Lynch, lynchm@sosmail.us
Mark Mochel, mochdowg77@hotmail.com

West Game Co-Chairs:

Tom Sanchez: tsanchez@southbend.wednet.edu
Jesse Bussanich: jessebussahich@hotmail.com

2019 Earl Barden Classic EAST Roster

First	Last	Ht	Wt	Positions	School	Coach
Kanen	Ables	6'5	210	QB/	Omak	Nic Sackmann
Danny	Bradbury	5'11	240	RB/LB	Newport	Dave Pomante
Jordan	Claridge	5'10	220	OL/FB/LB	Black Hills	Kirk Stevens
Chet	Craigen	6'2	250	OL/DL	Okanagon	ERICK JUDD
Jon	Denny	6'7	320	OL/DL	Liberty	Mike Dewey
Cameron	Ditter	6'	175	WR/DB	Selah	Scott Ditter
Jon	Domingos	5'11	170	RB/LB	Hockinson	Rick Steele
Angel	Farias	6'2	190	WR/CB	Royal	Wiley Allred
Tyler	Flanagan	6'1	185	QB/RB/DB	Woodland	Mike Woodward
Steven	Flowers	6'2	205	QB/LB	Lake Roosevelt	Tim Rasmussen
Dawson	Fritz	5'10	175	WR/DB	Mark Morris	Shawn Perkins
Bryce	Graham	6'2	245	OL/DE	Woodland	Mike Woodward
Noah	Hayden	6'5	190	WR/DB	Liberty Christian	Craig Lukins
Alonso	Hernandez	5'10	195	RB/LB	Royal	Wiley Allred
Dakota	Hibbs	6'2	245	OL/DL	Zillah	Ron Rood
Caden	Hicks	6'	235	C/MLB	Tumwater	Bill Beatie
Zach	Holt	6'1	270	OL/DL	East Valley, Spok	Tom Griggs
Sawyer	Jenks	6'5	200	QB/S	Royal	Wiley Allred
Justin	King	5'11	165	RB/WR/DB	Liberty	Mike Dewey
John	Knight	6'2	195	QB/DB	Colville	Randy Cornwell
Hayden	Loomis	5'11	180	RB/R/DB/Ret	ACH	Brandon Walsh
Jacob	McGourin	6'5	235	TE/DE	Cheney	Bobby Byrd
Marshall	Meleney	6'1	197	RB/LB	West Valley, Spok	Craig Whitney
Navarro	Nanpuya	6'	190	OL/DL	Omak	Nic Sackmann
Jacob	Newsom	6'3	245	OL/DL	Colvile	Randy Cornwell
Alfredo	Nila	6'	225	OL/DL	Brewster	Jake Johansen
Silas	Perreiah	5'11	210	RB/LB	NWC	Brian Gardner
Skylar	Rayburn	6'3	235	OL/DL	Selah	Scott Ditter
Leo	Schroeder	6'4	265	OL/DL	TCP	Dan Whitsett
Tug	Smith	5'11	170	WR/DB	Newport	Dave Pomante
Bailey	Sparks	6'	250	OL/DL	Zillah	Ron Rood
Jordan	Thrasher	5'7	140	WR/DB	Tonasket	Jay Hawkins
Kord	Tutle	5'8	170	RB/LB/DB	Prosser	Cory Ingvalson
Jake	Weber	5'8	145	RB/LB	Selah	Scott Ditter
Troy	Yarter	6'1	165	WR/DB	W F West	Dan Hill

Coaches: Scott Ditter, Selah
 Nick Sackmann, Omak
 Jeff Weeks, Selah
 Brian Gardner, Northwest Christian

2019 Earl Barden Classic WEST Roster

First	Last	Ht	Wt	Positons	School	Coach
Aidan	Allsop	6'1"	230	TE/LB	North Kitsap	Jeff Weible
Sekai	Asoau	6'5"	225	TE/LB	Fife	Kent Nevin
Taitum	Brumfield	5'10"	205	RB/DE	Elma	Ron Clark
Christian	Butenschoen	6'3"	270	OL/DL	Bellingham	Ted Flint
Chase	Campbell	5'11"	220	OL/LB-DL	Port Townsend	Patrick Gaffney
Jason	Chilcoate	6'2"	285	OL/DL	Adna	K.C. Johnson
Cade	Cochran	5'11"	190	OL/LB	Charles Wright	Brian Burdick
Robert	Comstock	6'5"	215	TE/DE	Quilcene	Trey Beathard
Riley	Cowan	6'2"	205	QB	Sequim	Erik Wiker
Epic	Csigi	6'4"	275	OL/DL	Cedar Park Christian	Butch Goncharoff
Luke	Dahlgren	6'3"	270	OL/DL	Forks	Emil West
Drew	Dickson	5'10"	165	WR/DB	Klahowya	Dan Ericson
Dawson	Drews	6'4"	220	TE/LB	Cedar Park Christian	Butch Goncharoff
Hunter	Eaton	6'1"	260	OL/DL	Toledo	Mike Christensen
Patrick	Edwards	6'0"	175	RB/LB	Raymond	Luke Abbott
Jack	Ervien, Jr.	5'10"	185	RB/LB	White River	Jeff Zenizek
Gannon	Ginnis	6'2"	170	QB/R/DB	Fife	Kent Nevin
Tyler	Gray	6'0"	170	RB/DB	Cedarcrest	Billy Ojeda
Kieran	Hunkin	5'11"	165	RB/DB/OLB	River Ridge	Steve Schultz
Lincoln	Krog	5'9"	180	RB/DB	Stevenson	David Waymire
Adam	Kruzich	6'0"	235	OL/DL	Meridian	Bob Ames
Ryan	Labrador	5'11"	280	OL/DL	Coupeville	Marcus Carr
Caleb	Larson	6'5"	280	OL/DL	Hoquiam	Jeremy McMillan
Tristan	Lawerence	5'11"	235	OL/DL	Onalaska	Mazen Saade
J.J.	Lemming	6'4"	215	QB	Steilacoom	Colby Davies
Sven	Lukner	6'0"	245	OL/DL	Sedro-Woolley	Dave Ward
Dylan	Mabry	6'2"	215	WR/TE/LB	Clover Park	Jon Randall
Tomasi	Manu	5'10"	175	QB/DB/OLB	River Ridge	Steve Schultz
James	Marsh	6'4"	220	QB/R/DB	Lynden	Blake VanDalen
Jared	McCollum	5'10"	165	RB/MLB	Napavine	Josh Fay
Tyler	Nevin	5'11"	175	WR/DB	Concrete	Arthur Sanchez
Herb	Polu	6'2"	240	OL/DL	River Ridge	Steve Schultz
Payton	Quintanilla	6'0"	210	QB/RB/LB	Hoquiam	Jeremy McMillan
Luke	Riojas	6'0"	215	LB	Archbishop Murphy	Jerry Jensen
Drew	Rose	6'2"	205	TE/OLB	South Bend	Shane Byington
Dawson	Stanley	6'0"	190	QB/OLB	Napavine	Josh Fay
Logan	Storm	5'10"	180	RB/DB/LB	Chimacum	Chris Storm
Carter	Trammell	6'0"	168	QB/DB	Sedro-Woolley	Dave Ward
Axel	Wilhonen	6'2"	195	RB/WR/OLB	Burlington-Edison	Herb Lehman

Head Coach: Jeremy McMillan, Hoquiam

Assist. Coach: John Randall, Clover Park; Luke Abbott, Raymond

2019 FOOTBALL HALL OF FAME INDUCTEES



Pat, wife Darcy and son Zac

Pat Hymes

Pat Hymes graduated from Bellevue High School in 1976. He attended Central Washington University, playing football for Coach Tom Perry and graduated in 1980. In the Fall of 1980 he started his

teaching and coaching career at Ilwaco where he assisted coaching Football, Wrestling and Track & Field. In 1982 he became the Head Football coach at Ilwaco. Pat moved to Kelso in 1985 and was hired to teach and assist his mentor, Ed Laulainen. During his time at Kelso he was an assistant coach for Wrestling and later for Track & Field. Following Ed's retirement Pat became the Head Football coach at Kelso in 1996 and continued to develop the Football program and support the unique Kelso traditions that players, the school and the Kelso community enjoy and appreciate.

Pat amassed 103 victories during his 17 years at Kelso. His teams reached the playoffs nine times, with his highest finish coming in 2004 as the Highlanders lost to Ferndale in the Semi Finals. Several of Pat's former students and players returned to teach and coach with him, and one of his favorite memories as a coach was when his son Zac played. Some of Pat's honors include GSHL 3A and 4A Coach of the Year, Longview Daily News Area Coach of the Year, two-time Seattle Seahawk Coach of the Week, Coaching in the East/West All-State game, and being awarded the WSFCA Gold Helmet. Pat has volunteered for the last 30 years with the East/West game in a variety of roles from "Gopher" to Ticket Manager and finally as Player Coordinator. Pat and his wife Darcy have been married for 38 years and have a son Zac.



Bob

Bob Wollan

Bob Wollan graduated from Centralia High School in 1979. He first attended Eastern Washington University and played football for one year and then transferred to Wenatchee Valley Community College

and played for a year. He eventually received his degree from WWU. Bob began his teaching and coaching career in 1989 at Rochester where he was an assistant football, basketball and baseball coach. In 1996 he took over as Head Varsity Football coach. Rochester reached the state playoffs five of the seven years he was the head coach. Bob and his family moved to Pullman in 2003 and the Greyhounds reached they reached the state championship twice winning Pullman's only football state championship in 2005. The final stop for the Wollan family was to Chehalis and WF West High School in 2006 where Bob took over the Bearcat football program. The Bearcats were able to reach the state playoffs 10 times in his 12 years which include a semi final appearance in 2011. Bob and his wife Teresa have been married 27 years and have two children Tessa and Nole.



Wiley and wife Maria

Wiley Allred

Wiley Allred graduated from Royal High School in 1978. He attended Walla Walla Community College where he played football for two years under coaches Gary Kneight and John Volek. He

was first team defense in 1979. Following WWCC, he attended WSU and graduated in 1982 with a bachelor's degree in agriculture. He began farm-

ing his senior year of high school and continues to farm today. His coaching career began in 1982 when he started coaching at Royal under his high school coach, Hall of Fame coach Bob Nielsen. He was defensive coordinator under Jim Hill from 1984 – 1988 and then again with Bob Nielsen from 1989-1998, winning a state title in 1996 after placing second in 1994. Coach Allred took over as head coach in 1999 after Coach Nielsen retired. Presently Royal has been to the state playoffs for 25 straight years. Wiley has been head coach for 20 years with a record of 229-27, 7 state titles, 2 second place and 4 third place finishes. Coach Allred believes in creating a team-first mentality with players and coaches. Great attitude, effort, and trusting each other will lead to success in football and life. Coach Allred believes one of the best rewards of coaching is the relationships build with the kids coached. A great staff on the farm and an extraordinary staff on the field, including Jeremy Scroggins and Dexter Allred, make it possible for him to both farm and coach. Wiley and his wife, Maria have been married for 37 years. Maria has been technical supervisor, home host for football players each Thursday night, and videographer for the varsity for 20 years. They have five children, Brianna (Jack), Elisha (Jon), Dexter (Sarah), Ashly, and Carter, and eight grandchildren.



Jeff and wife Jamie

Jeff Nelson

Jeff Nelson graduated from Walla Walla High School in 1984 and then attended Washington State University (Go Cougs!). His coaching career began during college when he became an assistant football coach at Garfield-Palouse High School (1989). Jeff started teaching at Washtucna High School (1990) and also became the schools assistant football coach. In 1994 Jeff became the head coach of the LaCrosse-Washtucna Tigercats. During the next 19 years the LW Tigercats won 5 State Championships, qualified for the playoffs 14 times, and put together a 49-game win streak. In 2014 Jeff took a teaching job in Odessa and became the head football coach of the Tigers in 2015. This past football season (2018) Jeff led the Odessa Tigers to an undefeated season (14-0) and a State Championship. During Jeff's 23 seasons as a head football coach, he has amassed 194 wins and 6 State Championships. Jeff and his wife Jamie have been married for 18 years. They have a son, Jett, and a daughter Grace. ■

The 2019 3A/4A East–West All State Game to be Held at Central Washington University

Marty Osborn, West Selection Committee

East & West squads were selected at meetings held as a part of the WSFCA Mid-Winter Football Clinic in January. Each squad selected 33 offensive & defensive players and 1 dedicated kicker/punter to make squads of 34 total players.

The selection committee factored in player ranking by their league, number of players need by position, and representation from all districts/leagues.

WSFCA Hall of Fame Coach Bob Brouquette deserves a shout out for negotiating a deal to secure CWU as the Event Host & Game Site.

East & West coaching staffs will be selected soon with players and coaches reporting to the Ellensburg campus on Tuesday, July 9. Teams will practice Tuesday, Wednesday and Thursday.

The 3A/4A East-West All State Game will be played in the CWU Football Stadium on Friday, July 12 at 6:00 PM. ■

YOUR SPORT

REPRESENTATIVES

These are the coaches you need on your staff!

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

Sport Associations Board Representatives

Athletic Trainers	Lorrie Howe	Eastmont	howel@eastmont206.org
Baseball	Jesse Benedetti	East Valley-Yakima	benedetti.jesse@evsd90.org
Basketball - Boys	Nalin Sood	Mountlake Terrace	Soodn@edmonds.wednet.edu
Basketball - Girls	Dan Taylor	King's	knights.in.gods.armor@gmail.com
Cheer	OPEN		
Cross Country	Joe Clark	Lakes	jclark@cloverpark.k12.wa.us
Football	Mark Keel	Central Kitsap	MarkK@ckschools.org
Golf	Andrew Hershey	Shorewood	andrew.hershey@shorelineschools.org
Gymnastics	Ryan Fleisher	Issaquah	issygymnastics@yahoo.com
Soccer	Jens Jensen	Royal	jjensen@royalsd.org
Softball	Tom Harmon	Nooksack Valley	tom.harmon@nv.k12.wa.us
Tennis	Brooks Hazen	Puyallup	hazenbf@puyallup.k12.wa.us
Track & Field	Kevin Eager	Gig Harbor	wstfcaprez@gmail.com
Volleyball	Suzanne Marble	LaConner	smarble@lc.k12.wa.us
Wrestling	Brett Lucas	Todd Beamer	blucas@fwps.org ■

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*

Washington State Coaches Association Insurance

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

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

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

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

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

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

The insurance policy is underwritten by K&K Insurance.

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



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

Rates for 4 issues:

- Full Page (7"x 9") \$500.00
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- Quarter Page (3.5"x4.5") \$200.00

Rates for 1, 2 or 3 issues are also available.

Contact, Michael H. Schick, Editor "The Washington Coach" Email: wsca-editor@comcast.net
Cell phone: 253-318-9432

Lynden High School Athletic Hall of Fame

The Lynden Athletic Hall of Fame is inducting its twelfth annual class in 2019. The purpose of the Lynden High School Athletic Hall of Fame is to formally recognize outstanding contributions to the heritage and tradition of the Lynden High School athletic program. It is the intent of this Hall of Fame to honor and preserve the memory of athletes, coaches and others whose achievements have brought recognition and honor to Lynden High School and its athletic program. Criteria for selection not only includes achievements while at LHS, but also accomplishments in the sports world later in life.

Each inductee will receive a plaque commemorating his or her induction into the Lynden High School Athletic Hall of Fame. A separate plaque, including a photograph and biography highlighting the accomplishments of the inductee, will be displayed in the Hall of Fame Trophy Case in the foyer of Jake Maberry Gymnasium.

Inductees will be honored at halftime of the annual Hall of Fame game. All past and present Hall of Fame members will be celebrated at a members' only dinner.

Members of the Athletic Hall of Fame are selected by a panel of Hall of Fame members, L Club Advisors and School Administrators.

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**Curt
Kramme**
Athlete Coach

One of the most recognizable names in Lynden High School sports, Curt Kramme is synonymous with winning. The years he spent as a Lion are filled with awards and honors, but his successful career began well before that.

Growing up as a Blaine Borderite, Kramme developed a passion for sports, and his achievements there included starting at the quarterback and safety positions on the 1978 state Class 1A championship team—the only Blaine team to ever win the state football championship. Last year, Blaine High School honored him by retiring his number.

After high school, Kramme attended Western Washington University; while attending there, he started coaching at Blaine. His first teaching position took him to Bakersfield, California, and after three years there, he journeyed north to Burlington-Edison, where he was hired as an assistant football coach, the head girls' basketball coach, and the head boys' golf coach. Then he returned home to Whatcom County, where he spent 26 years as a teacher and coach at Lynden High.

Kramme enjoyed immense success as the Lions' head football coach. With only two losing seasons in 26 years, Kramme's teams had an overall record of 248-61. During that time, he led his teams to 7 state championships, 12 conference championships, 10 state finals appearances, 14 semi-final appearances, and 15 quarter-final appearances. These accomplishments ranked him among the top 10 winningest high school football coaches in state history. According to LHS's athletic director, Curt's success as a coach stemmed from his ability to "build trust and connect with kids." Because of this, he also received a number of personal accolades: Coach of the Year for the conference (8 times), Seahawks Coach of the Year (twice), Seattle Times Coach of the Year (twice), and NW Regional Coach of the Year in 2010.

Kramme's involvement in sports extended beyond the gridiron. Along with football, Kramme also spent several years as the JV baseball coach and a couple years coaching the girls' golf team. Outside the school, he spent years as a referee, calling basketball games at various levels throughout Whatcom County. Besides that, he and his wife Wendy enjoyed watching their daughters, Alayna, Zoe, and Madeline, participate in sports over the years, and most recently, he spent a great deal of his spare time on the links, enjoying countless hours on Shuksan Golf Course.

Kramme's contribution to the LHS athletic program will continue to benefit the many athletes who are yet to come. His inspirational quote, "Setback, Comeback", greets everyone entering the weight room as a mantra to excellence.

A Gentleman, a Scholar, and a Future Olympian

by Lane C Dowell

As the dust from the 2001 WIAA State FIELD and track season settled, an eager group of young throwers prepared for the inaugural **Washington State High School Hammer Championships**.

The **small but competitive field** was alert to the fact that only one state allowed it's preps to compete in the ball and wire...that being tiny Rhode Island. However, small pockets of aficionados with the passion to learn and excel were breaking out all over America. It was noticeable that once an athlete tried this unique event, they fell in love with the challenge to master it.

Little did they know that the small fields of novice throwers would grow like proverbial weeds, and that they would relish the drills that led them to the improved technique necessary to master the *dance of the ball and wire*. The small pockets grew as the word spread, and the young athletes danced the dance. The mantra became '**start young**'... *technique... Technique... TECHNIQUE!*

Hal Connolly was the last United States Gold Medalist in the Hammer... 1956 Olympics held in Melbourne, Australia. I talked with his wife at the 2012 USA Olympic Trials. She told me that the affable Olympic Champion actually wore ballet slippers when he won Gold.

The Midles family, Martin Bingisser, John Schultz, Tuck Gionet, and yes, yours truly, saw the passion amongst our youth who could not get enough of this unique event, as did the coaches who began to comb the Evergreen State for talent.

The 2001 group proudly produced its *first All-American, Adam Midles*. As Adam persevered, he caught the eye of a talented young Throws Coach at USC, Dan Lange. He coached Midles to All-American status. Adam's development was enhanced by his dad, Dwight, a former WSU All-American.



Adam received a great education in return for his talent with the ball and wire. As time marched on, interest grew, and many saw this event as the way to a great education.

NO SINGLE EVENT IN THE SPORT OF FIELD AND TRACK OFFERS MORE COLLEGE MONEY THAN THE HAMMER THROW.

2018 Washington State Hammer Championship, Centralia Washington:

"We've come a long way, Baby!"

Enter Trey Knight and a field of 28 male and 32 female athletes competing in a very safe cage built by the Tiger's coach, John Schultz, for about \$200. The crowd totaled 250 or more. A number of the athletes were heard to say that they wished they had started younger.

The top two female athletes, Mayyi Maham is now competing at Penn and Jordan Fong at Stanford.



Ridgefield High's Trey Knight with his grandfather, John Grambill

The 2nd place male became an Ivy Leaguer...Ian Frost will be tossing the ball and wire for Cornell. The Evergreen State Boy's Champion, Trey Knight, was also the **national leader the entire season**.

When unknowing fans and athletes gathered for the event awards, they were in awe when the humble Knight was asked, "Where are you going to school next year, Trey?" His reply, "Ridgefield High, I'm a sophomore." Second best in the U.S. wasn't even close.

Yet we drag our feet when we talk about the Hammer for Washington preps...Why?? It's too dangerous! So is tackling in football, and the Pole Vault. **COME ON!** It's as safe as we want it to be. When safety issues were raised with the Pole Vault, WIAA and coaches corrected the situation just as they had the Javelin. **So why not create a statewide panel to certify coaches and facilities for the Hammer?** USATF certifies event administrators. We can provide great opportunities for our athletes' education. *How many more Trey Knight's are out there? Someday we will watch him in the Olympic Games.*

Trey Knight, a young man of excellent athletic ability, was born into a family that cherishes throwing. Like the Midles' Family where 3 of the 4 Midles children achieved

All-American status, Trey will be the recipient of a prime education.

Knight broke the National High School Weight (what many consider to be the indoor Hammer) record by 2 feet at the Dempsey Indoor Preview on the campus of the University of Washington on Saturday, January 12, 2019.



Photo courtesy of Bob Springer

Trey broke the National High School Indoor 35# Weight Throw record with a throw of 20.72m (67-11.75). It was also a new Junior Class and Age 16 record, breaking Knight's record of 63-09.50m set earlier this season.



Photo courtesy of Bob Springer

This performance broke Davis Fraker's (Senior at McIntosh High School, Peachtree City, Georgia) national high school Indoor 35# Weight Throw record (65-08.25) at the Spartan Throws Invitational at the University of South Carolina Upstate, Spartanburg, South Carolina on February, 14, 2010.

Knight's series converted from Metric to Imperial using the Big Gold Book:

18.66m 61-02.75 19.03m 62-05.25 20.72m 67-11.75
19.08m 62-07.25 19.13m 62-09.25 Foul...

Track & Field News

It wasn't the high school Weight 25#. He threw against college kids and **Alex Young**, current USATF Champion in the Weight. Knight beat Pac-12 college athletes by nearly 8 ft.



Alex Young,* internationally renowned thrower and one of Uncle Sam's best, went over to congratulate Trey after his big throw. He had no idea Knight was a high school junior with the 2A Ridgefield Spudders of Ridgefield, Washington just slightly north of Vancouver, Washington. **Start them young and drill..Drill...DRILL!!**

When talking about Trey Knight's goals, his Weight and Hammer Coach, **Todd Taylor**** states that Trey is a tremendous competitor. He **sets big goals** but has the discipline to work on the little things that lead to success. Most athletes aren't fond of drills, but Trey realizes he is grooving neuromuscular patterns and positions for the actual throw. **Drill! It's about technique.**



"Trey Knight is the most coachable athlete I have ever had, including my collegiate national champions. I don't just tell him what to do; we dialogue about the throws—what went good, bad, what he was feeling, prescriptive corrections.

Continued on page 24



Continued from page 23

His **greatest asset is his feel for the rhythm and timing of the throw.** He has great core and lower body strength that enable him to be very stable in the center of the throw.

Of course, Trey is also a very gifted athlete who would be very successful in many sports. A talented running back, he gave up football to focus on throwing because **he wants to be an Olympian.**

He understands the subtle technique differences between the Hammer and Weight Throw.”

Coach Taylor adds, “I don’t have a “special sauce” in coaching; I am just passing on what I learned training with the legendary Stewart Togher, Throws Coach of Olympic, World, and USA Champions, and Lance Deal, American Record holder in Hammer and Weight.

In an ideal situation, he would just throw or focus on hammer/weight in college. **But as a competitor, he wants the Washington High School Championships in shot and discus.”** (Trey’s grandfather, John Grambill, coaches him in those throws.) He shattered the State 2A Shot mark just prior to winning the Hammer the next day.”

Taylor went on to illustrate the importance of academics to the athlete, “Trey is an excellent student, and academics are a huge priority. We have shifted around or even canceled workouts when the academic workload is heavy.

It’s way too early in the recruiting process, but there are a lot of schools that want him. He has a close knit and supportive family that would like to see him compete in college. He would be good in shot/discus as well in college, but he would like to just **focus on hammer/weight.**

His primary goal is to be in the best environment that will further his development toward being an **Olympian in the Hammer.** My sense is that in the end, this will be the trump card in the decision process.

He is very mature generally and athletically for his age. I trust he will make a well informed and good decision that is best for him and his goals.”



Lane C Dowell Bio:

Lifetime Member WSCA
 Co-Founder WSTFCA
 WSTFCA HOF
 USATF Master Level Official
 Officiated 15 USA National Open: 10 of those as a Head Throws - 9 as the HammerHead
 3 Olympic Trials
 Head Throws Official for 3 World Championships
 Still throws competitively in the Masters

***ALEX YOUNG**

Young completed his Southeastern Louisiana University career with a second-place finish in the Hammer at the NCAA Division I Outdoor Championships. He was the first Lion to be chosen to represent the United States in the IAAF World Championships.

He became the top American finisher in the hammer throw at the 2017 IAAF World Championships in London, England with a 72.07 meter mark.

****TODD TAYLOR**

Coach Taylor is Trey’s Hammer & Weight Coach. Taylor has coached high school national champions and record holders and multiple collegiate national champions, outdoors and indoors.

Coach Taylor, as a USATF athlete, won a Masters World Championship in the Hammer and placed in the top 5 several times. He won nearly 20 outdoor and indoor USATF National Championships. ■

Washington State Track and Field and Cross Country Coaches Associations Annual Convention

The Washington State Track and Field and Cross Country Coaches Associations held their annual convention and awards ceremonies this past January at the Hotel Murano in Tacoma. The convention provides an opportunity for both associations coaches educational opportunities, share association business, and honor our members. This year's convention was a tremendous success, thanks in no small part to Dawn Graham, the convention organizer. This year's convention saw over 220 participants, and an additional 100 guests for the Hall of Fame Induction.

For the first time, the convention combined the Hall of Fame inductions of both the track and cross country coaches into one ceremony, and what a ceremony it was. Combining the two ceremonies only made sense, as track and fields and cross country are perhaps the two sports that share the most coaches. In fact, every one of this year's inductees coached both track and field, with two of them (Terry Rice and Tim Irwin) now Hall of Fame members in both sports. You can view the complete Hall of Fame galleries for each sport at their respective websites, wstfca.com for track and field and watfxc.com for cross country. The awards banquet itself was a huge success and was followed by a coaches social where coaches had the chance to mingle and re-acquaint themselves with old friends and rivals.

The convention started out with a number of clinics

for virtually every discipline. One of the things the convention has always tried to focus on is providing speakers who are experienced with high school athletics, and provide tools and tips for coaches at the high school level, where we deal with a range of athletes, from the potential superstar to those just looking to be involved. And once again, the speakers didn't disappoint.

On Friday evening, the Cross Country Coaches honored their coaches of the year, and held their business meeting. Among the topics of discussion was the move to a loop course for the state meet, a discussion about what the qualification process looked like across the state at the final meet before the state qualifying meet, where there is a range of different formats, and also a proposal to add an ambulatory race to the state meet. Cross country has seen an increase in participants facing physical challenges, including vision impairment or even complete blindness, as well as a number of other issues. These athletes are practicing and competing with their able bodied peers every day, and the association is looking for a way to be able to provide a state meet opportunity for them just as there is in track and field. The WSCCCA also gave out their President's service and Coach of the year Awards. Denis Villeneuve and Tim Thomsen were awarded the President's service award, Denis for his work in increasing funding for the WSCCCA scholarship program, and

Continued on page 26



Continued from page 25

Tim for his work with cross country at all levels, from middle school on up to the district meet. The following coaches were the recipients of the coach of the year:

- B Boys-Tim Gundy, Asotin**
Girls-Eric Brooks, Liberty Bell
- 1A Boys-Dayle Massy, Cascade**
Girls-Rod Wilcox, Kings
- 2A Boys-Bill McClement, Bellingham**
Girls-Kevin Ryan, Sehome
- 3A Boys-Matt Rexus, Kamiakin**
Girls-Shaun Suss, Kamiakin
- 4A Boys-Jeff Brady, Tahoma**
Girls-Dan Parker, Glacier Peak

On Saturday, the Track Coaches had their business meeting. They honored Jeff Brady of Tahoma high school and Linda Gudmundson of Mount Vernon Christian. Paul Kirkpatrick received the Tuck Gionet award for his dedicated service to the track coaches association. President Kevin Eager spoke on several of the issues facing the track association, as well as some changes for the association itself. Among the key points he addressed were how the Track & Field association is working with officials to standardize procedures and officiating style at the state meets. This is ongoing and we are partners in the process with the officials. They are also working on ways to meaningfully integrate wheelchair and ambulatory athletes into our program, and our eventual goal is to give them their own division and state championship. Finally, they are working with GearUp, a Nike dealer, to fund traveling trophies for the state meet. Some individuals have stepped up to help fund this effort already, and we expect to have some trophies, specifically for the 1A classification, ready to go this season. If you want to help with this endeavor, please contact Coach Eager at wstfcaprez@gmail.com

Both the Track and cross country coaches associations will be having elections later this spring as well. Additionally, the Track and Cross Country coaches Association will be working on an updated governance structure for the association.

If you have never been to the Track and Cross Country Convention, we hope you put it on your calendar. It's not just a convention, or a clinic. It is a combination of both, with an outstanding Hall of Fame as well. Rarely do coaches from all over the state have the opportunity to come together when they aren't competing. The convention provides that opportunity and much more. ■

APRIL 15 DEADLINE **BURNETT-ENNIS SCHOLARSHIP**



April 15 Deadline

This scholarship opportunity is open to any member's son or daughter planning on attending an institution of higher learning.

To be eligible for consideration, applicants must meet the following criteria:

- ✓ At least one parent must be a current member in good standing of the Washington State Coaches Association.
- ✓ Complete the scholarship application in its entirety found on the WSCA website (washcoach.net). The application is placed under the category labeled, "GENERAL FORMS."

The completed application must be received by April 15.

BURNETT-ENNIS STUDENT TEACHER SCHOLARSHIP

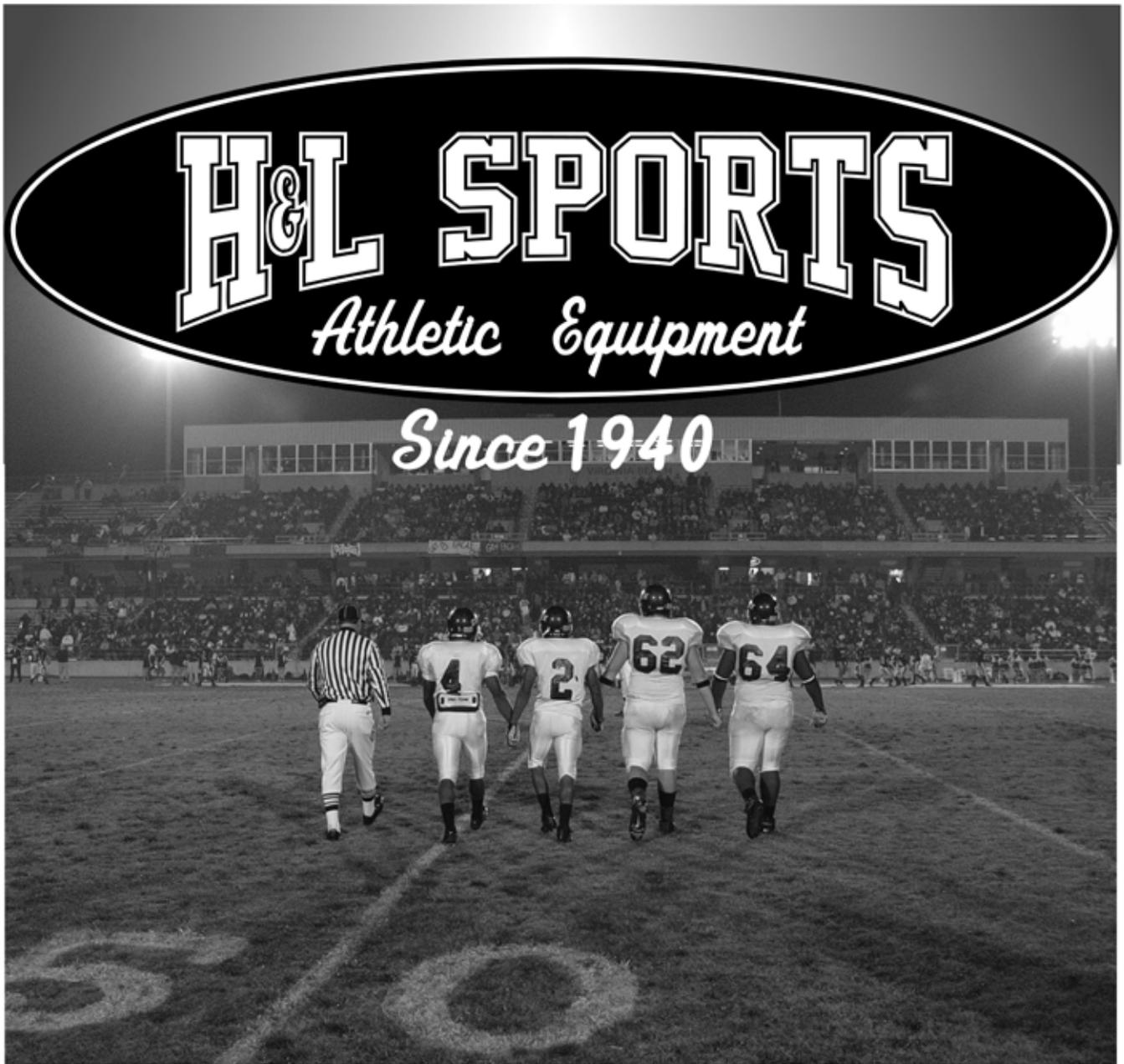
April 15 Deadline

This scholarship opportunity is open to any member's son or daughter planning on entering their student teaching experience next year.

To be eligible for consideration, applicants must meet the following criteria:

- ✓ At least one parent must be a current member in good standing of the Washington State Coaches Association.
- ✓ Complete the scholarship application in its entirety found on the WSCA website (washcoach.net). The application is placed under the category labeled, "GENERAL FORMS."

The completed application must be received by April 15. ■



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Washington State Track & Field and Cross Country Coaches Associations
2018 Hall of Fame Banquet & Induction Ceremony
January 25, 2019



TIM IRVIN

Tim grew up in Bellingham and graduated from Bellingham High School in 1963. He was an All-Wesco guard in basketball and a decent sprinter on Bob Dorr's track team while he was a student.

Tim earned a BA in English in 1967 and an MA in English in 1969 from Washington State University. After graduating, Tim taught English at Bellingham from 1971-1998. In 1978, Tim became the Cross Country Coach at Bellingham. When the school closed for remodeling everyone moved to the new Squalicum High School. At Squalicum, he took over the cross country program 2001 and coached until 2007, when he retired from coaching. However, retired is probably not the correct term as Tim stayed involved long after giving up his clipboard.

One of Tim's most rewarding achievements in cross country would be getting his athletes into running, and then seeing so many of them still running on the many trails around Bellingham. Tim's cross country team won Squalicum's first state title in any sport in 2003 and then went on and won two more state titles in 2004 and 2006.

Tim has been involved with Washington Cultural Exchange since 1985 and took four teams to China and three to Japan. He also served as President of the Washington State Track Coaches Association for four years and is also a member of their Hall of Fame.

He and his wife Mary have been married for 50 years and have two children, Kelli and Andy. Tim retired from teaching in 2000 and from coaching in 2008. He is still on the Board of Directors for Washington Cultural Exchange and on the WIAA State Track Meet Committee. In addition, Tim is co-chairman of the Bellingham High School Athletic Hall of Fame Committee.

Tim says he is a full-time Grandpa...doing lots of kid sittings and watching them compete in youth sports. Tim's long time involvement in our sport, his incredible success, and his support of coaches and athletes are among the many reasons that the Washington State Cross Country Coaches Association welcomes him into our Hall of Fame.



GARY DARNOLD

Gary was born and raised in Colfax, Washington, and graduated from Colfax High School in 1971. At Colfax, he was a three sport athlete, playing football, basketball, and baseball. After graduating, Gary attended Washington State University, graduating in the BiCentennial year of 1976. Gary wasn't done though, and went on to earn a Masters at

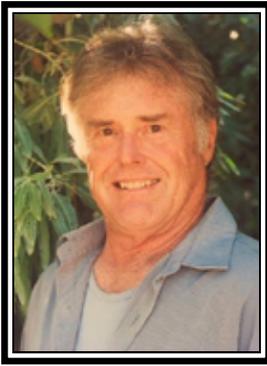
Eastern Washington University in 1989, majoring in Math. After graduating, Gary took a teaching position at Lake Roosevelt High School where he taught Math. At the end of his first year of teaching, the cross country coach came to visit and told him he was leaving and would like Gary to apply for the cross country job. He told him that he would have very motivated and self-disciplined athletes. Gary was a sharp guy, and so he applied the next day.

Gary coached cross country at Lake Roosevelt for 40 years. Gary says that many people think cross country is purely an individual sport, but making the team aspect important was something he felt was important and needed developed. Obviously, Gary succeeded, sending 21 teams to state. That was one achievement he feels very proud of.

Gary coached his teams to 11 league titles and had 21 state qualifying teams. His best state individual and team place was 2nd. Coach Darnold also coached middle school boys basketball for 36 years, middle schools girls basketball for 24 years, and high school tennis for 10 years. For those math teachers out there like Gary, that is 110 coaching seasons. This guy could do it ALL!

Gary has been married to his wife Sheila, for 42 great years. His three children are Brian, Steve, and Lori. His five grandchildren are Adysen, Bayleigh, Drew, Rylee, and Parker. He retired this past June so he and his wife can follow their grandkids in their activities.

Gary's involvement in the sport have affected numerous lives in a positive way. His success speaks for itself, and it is our honor to welcome him into the Washington State Cross Country Coaches Hall of Fame.



MIKE MILLS

Mike grew up in North Central Washington on a cattle ranch where he attended Okanogan High School and graduated in 1968. He played basketball and baseball for his high school, then he attended Eastern Washington University, graduating in 1978 with a major in Mathematics and a BA in school administration.

Mike taught math and science and was the high school JV baseball coach at Richland. During his third of teaching, during the late summer of 1975, the assistant principal called him asking if he would take the head Cross Country coaching job, since the previous coach stepped down. The school board was going to eliminate the minor sport, due to no coach. Mike told him he had no experience, he wasn't a runner, and there were other coaches he should ask. The assistant principal had already asked all of them and Mike was his last hope, or the sport would die completely. Luckily, he took the job and had a winning season his first year. The next year, he won the district meet and placed 9th at state. Mike says he enjoyed the challenges, the runners, and the sport itself so much he continued on with it for 29 years. He also coached 18 years of track, and four years of basketball, and then two more years of basketball at Chewelah High School.

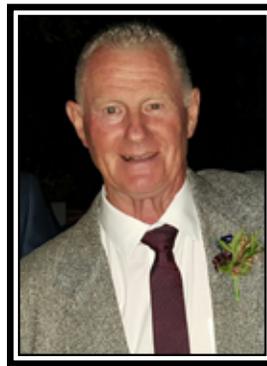
Mike had 19 state qualifying teams and his 1993 girls won the school's first state championship for any girls sport. His girl, Brandi McCoy, placed first at State that year. Mike says it was rewarding to him to see over the years how many runners, however talented, were impacted by Cross Country enough to continue running after graduation.

One thing that Mike has never forgotten was what his number one girl runner one year told a newspaper reporter about him. She said, "Coach Mills treats all of us runners the same. He is there to cheer on the first runner across the finish line, as well as cheering on the last runner through the finish line, when very few are left to cheer for them. That's why we all respect him so much."

Coach Mills has been married to Elizabeth for 13½ years. His children are Cameron, Danielle, and Dawson.

Mike says he gave up working with teenagers to work with adults after he retired. He works for a national crop insurance company out of his home. He is a regional claims specialist covering five states. He enjoys watching all sports events, too.

Mike's tremendous contributions to our sport and the many athletes he coached, not to mention the coaches he worked with, are the reason we are honoring him with induction into the Washington State Cross Country Coaches Association Hall of Fame.



MIKE STRONG

Mike Strong shares with people that his coaching career chose him rather than he chose it. In 1969, he worked for the Mercer Island Park Department in the area of recreation. His job allowed him to work with kids by involving them in activities. In the summer of that first year, there were three young girls aged twelve who were very athletic and

would show up at the park wanting to be involved in some high end athletics. Mike began to focus on how he could help them find a place where they could be competitive settling on the sport of track & field due to their interest in running, throwing and jumping. He helped them find a team in Renton where they attended summer practices. In the fall of 1970, those three girls were joined by thirty other girls and the Gazelle Track Club was formed. This marked the beginning of Mike Strong's coaching career in track & field.

In the beginning, Mike started a grade school track meet for all the grade school teams on Mercer Island and today that meet still runs. While attending Bellevue Community College at this time, track and field became a strong interest. He began researching track and field information and, as he explains, "what happened from that point was some very good kids began to show up at his practices which motivated me to have more understanding to help them develop." He attended Seattle University and changed his major to physical education.

After graduating from Seattle University, Mike got a job at Bellevue Christian where he coached cross country, basketball, and track where the girls won a state track title in 1975 and placed 2nd in 1976. After three years at Bellevue Christian, Coach Strong began working at remodeling homes in Seattle but he took a coaching job at Sammamish High School where he worked with Hall of Fame coach Roger Hansen. Coach Strong was a key figure in the development of women's track and field. Two years after he began coaching at Sammamish, Mike began to think about coaching at Seattle University where he started the program there for women. He points out that, at the time, there were no quality programs in any sport for girls and he shared the belief with his coaching colleagues that it was imperative that girls have the same opportunities as boys. Knowing that the WIAA had not sanctioned the girls state championship meet held in Goldendale, he supported participation in that meet. After guiding one of his female athletes to a spot on the U.S. Juniors team in 1979, Mike was presented an opportunity to coach in college at New Mexico and he spent the next thirteen years as a college coach at several universities,

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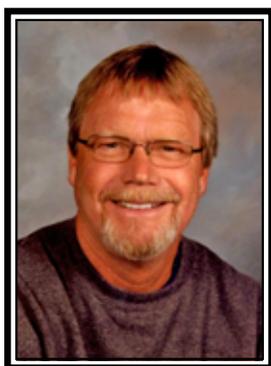
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including a three year period at Cal Berkeley.

Upon returning to Seattle with his wife, Mike was given an opportunity to be the coach at Yelm High School, a position he held for twenty-five years. In his time at Yelm, he guided teams to a state title and three 2nd place finishes. He coached numerous individual state champions and individual medal placers. He has mentored three athletes who went on to compete at the Olympic Trials.

His contributions to the sport extend beyond the high school season. He worked with Roger Hansen as the co-director of the State Decathlon and Heptathlon meet from 1993 to 2003, taking over as the director for seven years at Yelm before it moved to Lake Stevens. He has coached many kids in the summer, guiding several to the Junior Olympic Nationals. He started the Mountain Invitational in 2003 and guided that meet until 2014 which was also the year he retired from teaching at Yelm. He continued to coach at Yelm after his retirement. Today, he continues coaching at Capital.

The greatest impact one could argue Mike has had on the sport of track and field is found in the number of current high school and college coaches who he mentored and thus followed him into the coaching profession. There is no greater compliment than to have a person pursue coaching because of the coach they had serving as their inspiration! If you ask him, Coach Strong will point to his experience being mentored by Frank Ahern as an important experience. Coach Strong has paid it forward by becoming that mentor to so many himself. At the center of this great journey in a hall of fame career has been his marriage to his loving wife for more than forty years. It is a partnership that has brought him great joy and served as a strong foundation for him to be able to pursue his coaching passion. His tireless commitment to the sport, his important mentorship of his athletes, his mentorship of the many coaches he inspired who chose to follow in his footsteps, his important contributions to advocating for the sport, especially for young women, provide us with the opportunity to welcome him into the Washington State Track & Field Coaches Association Hall of Fame.



PHIL LONGBERG

Phil Longberg can best be described as a hall of fame coach by the description offered by his former athlete, DeJuan Frye, when he shared, “His legacy is he’s always loving and he’s a good coach.” Phil graduated from Elma High School in 1973, and he earned his Bachelor of Arts in Education from Western Washington

University. From 1977 to 1980, he served as the Intramural Sports Director at Barns Elementary School in Kelso and the head basketball coach at Coweeman Junior High School. From 1980 to 1989, he was the Intramural Sports Director for Evergreen Forest Elementary School in Lacey. Between 1984 and 1992, he served as an assistant varsity football coach, basketball coach, and track coach at Timberline High School. It was 1990 when he was appointed the head track and field coach at Timberline. In 1993, he was named the head track coach at River Ridge High School.

Phil was a head coach that worked tirelessly to encourage kids to turn out for a sport that he believed offered endless possibilities. Not afraid to come across as corny, he viewed his coaching along the lines of “if you build it, they will come, and they will come committed and ready.” It is his reputation for developing athletes and helping them to realize how they can maximize their potential that defines his career. He would send letters to kids at River Ridge offering the opportunity to turn out for track and field. He saw in the kids at his school potential, and to them, they saw a coach who wanted to work with them and put the time in with them. Brianna Schmid, a state champion athlete in 2007, shared that Coach Lonborg “is a human being who looks to better others and takes everything around him and polishes it up.” When at Timberline, he found success. He mentored seven individual state champions and guided two teams to league and district titles. But it was his move to River Ridge that cemented his connection to being a Hall of Fame coach. The results of his efforts as head coach at River Ridge are one of the most amazing in state history!

Between 1993 and 2016, Coach Lonborg guided River Ridge to three team championships with over twenty top eight team banners from the state meet. His teams won twenty-four league championships and twenty district championships. He mentored fifty individual state champions while being recognized by his peers in the league twenty-one times as Coach of the Year. Twice he was voted as the State Coach of the Year for track and field. During this time, he was also recognized in his school seven different times as the building teacher of the year. Teaching is important to him, and in the spirit of teaching, Phil has been a tireless advocate for the profession of coaching. Phil has worked to share his knowledge with others through numerous clinic sessions around the northwest. With true commitment, Coach Lonborg put the individual development of each individual athlete at the center of his coaching. He believed that the sport offered an opportunity that required a genuine effort to recruit kids to turn out, but he is defined by his commitment to excellence founded on the principals of training each athlete while caring for them as human beings.

Phil’s tireless commitment to the sport, his important mentorship of his athletes, his collaborative work with all the assistant coaches and colleagues, his important

contributions to coaches education, provide us with the opportunity and honor to welcome him into the Washington State Track & Field Coaches Association Hall of Fame.



TERRY RICE

While a student at Mount Tahoma High School from 1964 to 1967, Terry Rice tried many sports. Driven by a strong desire, regardless of his size, he found the sport of track and field. This was the beginning of a very long relationship with the sport that eventually lead to his induction into the Hall of Fame today. Terry had the opportunity to compete at

a time when the Tacoma area was a hot bed for young hungry distance runners. He worked with the likes of Sam Ring and Pat Tyson and was coached by legendary coach, Bob Ehrenheim. Upon graduating, he was offered a scholarship by Coach Ed Fisher, to compete at Tacoma Community College. He qualified and competed at the Junior College State Championships both years in Cross Country and Track and Field. It was Coach Art Hutton at Central Washington University that provided him the opportunity to compete on the NAIA level where he competed on the national stage in both sports. After graduating from CWU, he continued his running career with Club Northwest.

In 1973, Terry was hired by the Tacoma School District for a health position at Hunt Junior High School. There was no opening to coach track in the spring, but working with track & field greats Sam Ring, Pat Tyson, and Jim Berwold, started a junior high cross-country program. With the spring track job filled, Terry took this opportunity to return to his alma matter and become the first girls track & field coach. Following that one year at Mt. Tahoma, the head position at Hunt Junior High opened up and, over a five-year period, he was able to coach many athletes who would go on and be listed as some of Washington State all-time best. Calvin Kennon, Hugh Hazelquist, Aaron Williams, Jesse Jones, Cheryl Petrovich-Sheehan, and Rob Webster to name a few.

A casualty of a teacher reduction in the Tacoma School District, Terry moved to an elementary school in the 1978-79 school year and became the assistant coach at Tacoma Community College with his former teammate, Bob Fiorito, as the head coach. Then in the early 1980's, Marv Shain offered him the opportunity to take over the programs at Stadium High School. Over the years at Stadium, there were many state placers who were outstanding track athletes, but Terry consistently gives the credit to his assistant coaches, Tom

Tipton, Mike Greenleaf, Jeff Gardner, Russ Smith, and Kim Muenz, feeling strongly that it was because of their strong work the athletes were successful. After a one-year absence to watch his own kids compete, Terry accepted an offer from Mark Salzman (2002) at Curtis High School to be an assistant coach in charge of the jumps. Over the next ten years he was either an assistant or head coach and considers himself extremely fortunate to have coached many of Washington most elite track and field athletes. In conjunction with his coaching, Terry made other vital contributions to the sport of track and field. While at Stadium, Terry began working with Dick Cantrell, official Star Track scorer at the state championships, serving as an assistant for ten years before taking over the head duties after his passing. He worked that position until the move away from Lincoln Bowl.

Terry became very involved in resuscitating old meets. He started with the Lincoln Invitational, founded by famed coach Dan Watson, after his retirement. With the cooperation of his assistants and many in TSD, it was revived as the Tacoma Invite. In the late 1990's, he worked with his staff to bring back the Daffodil Relays which currently is the 33rd Annual Curtis Viking Track & Field Relay Championships. It was during the early 1990's that Terry became involved with the Washington State Track Field Coaches Association after being nominated by his high school coach Bob Ehrenheim. He served two years each as Vice President, President, and Past President. During his service, he was instrumental in the work the association performed getting all eight finalists recognized and scored, at the State Championship Meet. In the late 80's, he became involved with the Washington Cultural Exchange and served as a coach on trips representing Washington State. In Terry's own words, "Life's AMAZING." He has gone on record as stating that his life's wish has never been based on wins and losses, it has always been that his athletes be able to reap half of the great memories and experiences that he has been able to experience over his career. With true humility, Terry acknowledges that the sport of track and field has done so much more for him than he could ever do for it! At the center of it all, his life partner, best friend, and wife for over 41 years, Patty, has been at his side. Together, they have five grown children, Renee (Donovan), Bryan, Melanie, Kevin (Seya), and Marc. It is with great honor that we welcome Terry Rice into the Hall of Fame. His tireless commitment to the sport, his important mentorship of his athletes, his collaborative work with all his assistant coaches and colleagues, all his important contributions, and service to the WSTFCA, provide us with the opportunity to honor and welcome him into the Washington State Track & Field Coaches Association Hall of Fame. ■



MVP | DRIVE

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

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

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

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

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

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

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

MORE THAN JUST TACKLING

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

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

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

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

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

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