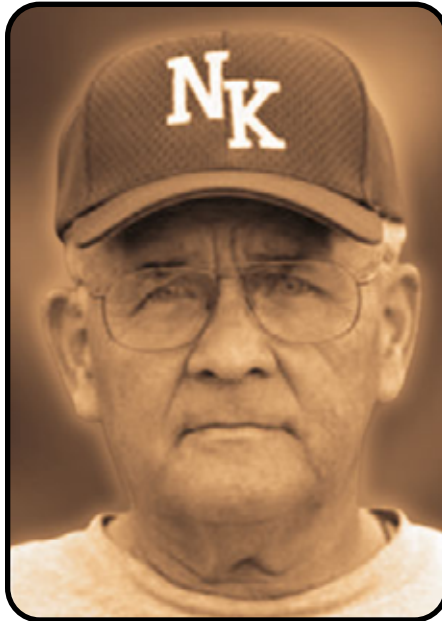


THE WASHINGTON COACH

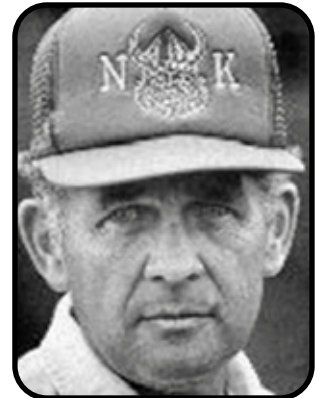
OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



Congratulations!

JERRY PARRISH

Contributor,
WIAA
Hall of Fame
Class of 2023



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Locations in Everett and Arlington

Presidents Message

Darrell Olson

Summer 2024

Fellow WSCA Members,

Happy summer!!

As you read this edition of *The Washington Coach* magazine state tournaments are over, end-of-the-year celebrations are continuing, summer camps are up and running, sports calendar's are already set, next years schedules are set.....and it begins anew!! It really never ends.

I do hope you can get away and enjoy everything our Pacific Northwest summers offer. Be it boating, fishing, golfing, tennis, hiking, walking, wine tasting, micro-brew sampling, jogging, softball, or sitting at the beach.....whatever it may be, relax, take a deep breath, and realize how blessed you are to be in such a great profession working with our youth.

In your travels this summer take *The Washington Coach* magazine with you on trips, hikes, or camping and take a 'selfie' with the magazine and send it to Mike Schick, our magazine editor. He likes tracking all the places the magazine is taken and read.

For all of us in the coaching/education profession, this is the "decompression stage" of our year. Time to reflect on the past school year and our athletic seasons, be it a successful one or a not-as-successful-as-we-would-have-liked year, either way it's time to let it go.

For some of our coaches, summer is a great time to get those continuing education clock hours through clinics, workshops, or summer classes. Check with the ISA representing your sport to find out what 'networking' opportunities are there for your sport.

The WIAA Amendment process is over, voting has taken place, and there are changes coming in some sports. There were a total of 14 Amendments passed by the WIAA Rep Assembly for next season. If you have not done so, talk to your AD or Principal or get on the WIAA website and become informed on the changes that will be in effect this next school year. It is vital that head coaches get involved in this process each year and become educated on issues in your sport that may be in the amendment proposal stage. I don't know of any coach that likes surprises when it comes to the WIAA amendment process. **Get involved and be informed.**

June 1, 2024 marks the start of the new membership year for the WSCA. Membership applications for 2024-'25 are on our website, washcoach.net and ready for online registration. You will notice some new features on our website and the registration process. Get on this early and renew your membership. If you are part of a school district that covers the membership cost, then all you have to do is register through your district. If you are not part of a school district that covers membership costs, then you need to register independently through our website.

Enjoy the summer. Be thankful for all the blessings we see and don't see.

Keep the head down,

Darrell Olson
President ■





Executive Director/ Treasurer Report

Rob Friese, Executive Director, Treasurer



Be in the Know

Thank you for being a member of the WSCA for the 2023-2024 year. The year has flown by and we are nearing the end of this year's membership window on May 31, 2024.

The Executive Board continues to work on our budget to best benefit members. The WSCA will again provide \$16,000-\$20,000 dollars in scholarships to member coaches' graduating children to support their future education. We anticipate over \$60,000 dollars will be reimbursed to individual sport associations for their clinics, all-star games, and other programs benefiting coaches. Along with that, we have implemented a "Mini Grant" program for individual sports who might have special events that might need extra funding. It is our goal to provide as much as possible to support coaches and athletes in our state.

Having said that, at our March meeting the Executive Board voted to increase dues to \$50.00. As you are well aware, the cost of everything has increased substantially. Costs such as member insurance, mileage, technology, etc. all have increased significantly over the years. We want to continue providing great services to our members while staying financially stable. Our dues have been the same amount for over 10 years.

As of May, 2024, the WSCA has over 4200 members. Of that, 75% are group members paid by their districts. This tells us that 75% of our membership is supported by school districts that obviously value the coaches in their district. Paying for the coaches in your district is a great thank you for the amount of time we all know is put in for student athletes. **It is always good to become a member early to take full advantage of the entire year of membership from June 1, 2024 to May 31, 2025.**

The frequently asked question we get still have not changed much:

- ◆ **I signed up, but have not received my card yet, why?**
If you are a member of a group, coaches in the district register but their card is not sent electronically until the district creates an invoice. If you sign up as an individual coach, your card should arrive immediately unless the credit card transaction is not approved.
- ◆ **Group administrators sometimes ask, why can I log in to my last year's account?**
Because of the big turnover in group administrators, the WSCA clears all previous years' accounts and starts new. So, you simply need to create a new group with your information.
- ◆ **Finally, if you have input incorrect information**
your group administrator can go in and correct that information. Or, if you contact robfriese@gmail.com, I can do that also.

It is a pleasure to watch the WSCA evolve with the changing times. The future of high school athletics is dependent on coaches who coach for the right reasons. Being a member of the WSCA demonstrates your commitment.

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

QUESTIONS OR CONCERNS?

Contact - robfriese@gmail.com or
contact@washcoach

Washington State Coaches Association

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

For registration information please visit:
washcoach.net

Why Should I Become A Member?

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

- Professional education and training, to earn clock hours and coaching education hours.
- Availability of a pass, using your membership card, for entry into **ALL** WIAA state tournaments, **ALL** regional tournaments, and **ALL** district tournament games, state wide!
- **Liability Insurance coverage of \$2 million** for our membership while working a scheduled, sanctioned and supervised WIAA sport or event.
- An opportunity for your son or daughter to apply for WSCA scholarships. (i.e. **Burnett-Ennis, Terry Ennis, Student Teaching**).
- Eligibility for your sports' **Hall of Fame and Coach of the Year** recognition.

OTHER BENEFITS:

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

SCAN HERE





SAY YES TO OFFICIATING



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IN THE GAME



LOVE OF SPORTS

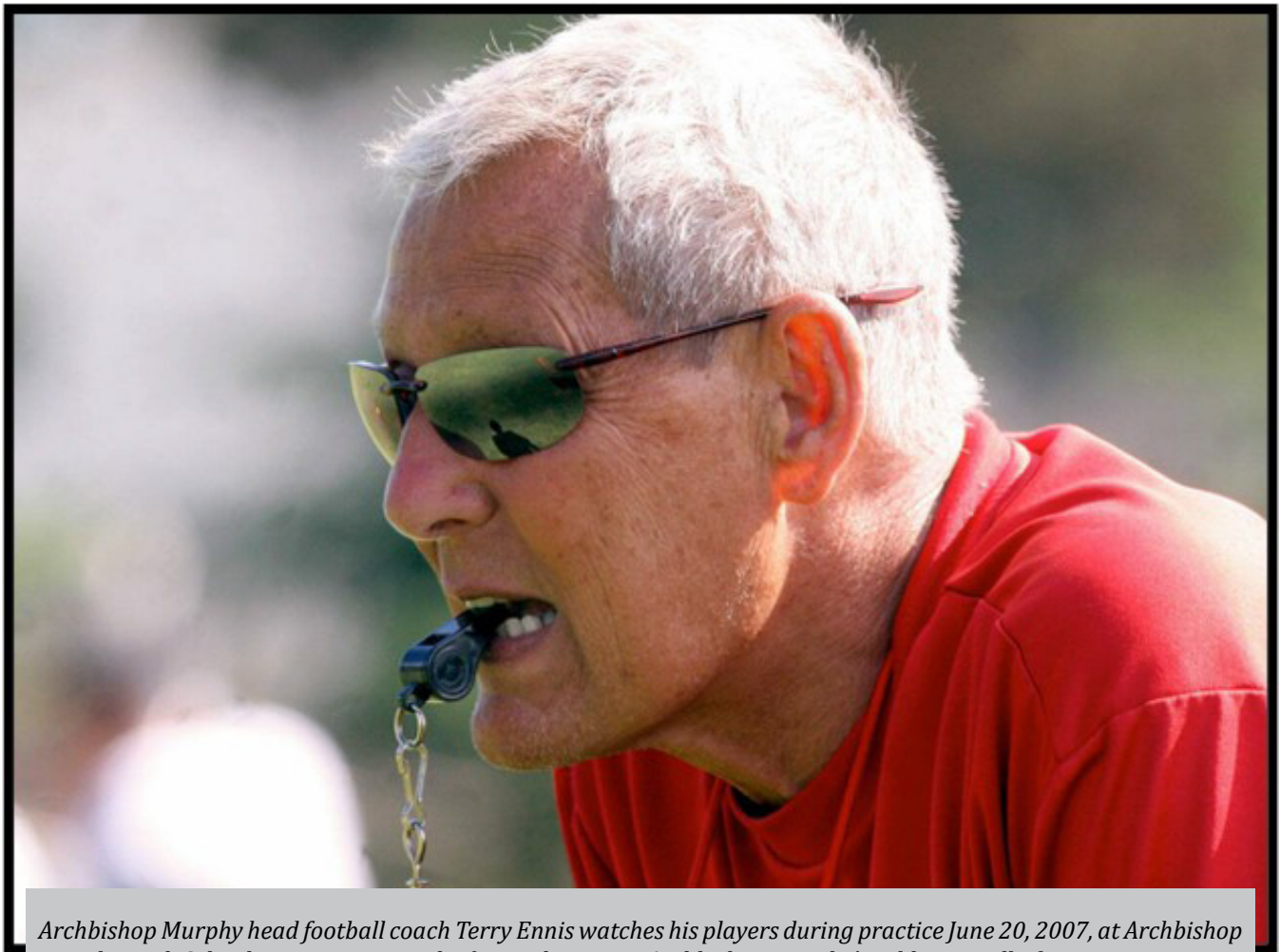


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Archbishop Murphy head football coach Terry Ennis watches his players during practice June 20, 2007, at Archbishop Murphy High School. Ennis is among the first inductees to Archbishop Murphy's athletics Hall of Fame. (Chris Goodenow / Herald file)

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Prep notebook: Archbishop Murphy inducts 1st Hall of Fame class

By [Evan Wiederspohn](#), Sports, The Everett Herald

Archbishop Murphy High School recently enshrined its first class of inductees into the school's athletics Hall of Fame.

The Wildcats inducted legendary football coach Terry Ennis, football player Shiloh Keo, two-sport athlete Sarah (Schireman) Linse and the 2015-17 boys soccer teams during a ceremony Feb. 2.

Ennis, the Wildcats' head football coach from 2000-07, compiled a career 287-87 overall record over 36 years coaching for Stanwood, Bellarmine Prep, Renton, Cascade and Archbishop Murphy. His career mark ranks in the top 10 of all time winningest coaches in Washington state high school history with a career winning percentage of .767%.

Ennis went 75-12 while coaching the Wildcats, including a 34-game winning streak between 2002-04. He won back-to-back Clas 1A state championships for Archbishop Murphy (2002-03) and one 4A title with Cascade in 1991. In 1999, he was named the Washington State High School Coach of the Century by The Seattle Times. The football stadium was named in his honor in the spring of 2007. ■



Jerry Parrish Enters the WIAA Hall of Fame

Jerry Parrish’s considerable contributions to high school athletics in Washington State are highlighted by his extensive career in coaching and his dedicated service beyond the football field. His work spans several decades and includes significant roles in education, coaching, and advocacy for high school sports. Parrish’s coaching career began briefly at Colfax High School from 1967 to 1969 and Marysville-Pilchuck High School from 1970 to 1972 before he took the reins at North Kitsap High School, where he coached for over three decades. From 1973 to 2004, Parrish spent his days mentoring young athletes and building competitive teams. He primarily coached football, where he achieved a career win-loss record of 208-146-4, serving as a pillar of consistency in the North Kitsap community for generations of athletes. Throughout his career, he paved the

way to numerous postseason appearances, constantly preparing his teams for success when it mattered most. For his service, Parrish was inducted into the Washington State Football Coaches Association Hall of Fame in 1993, permanently enshrining his excellence in coaching and positive impact on the lives of thousands of young athletes. Those who’ve worked closely with Parrish cite his integrity, commitment to youth, and emphasis on respect, teamwork, and character. “Jerry has organized and answered all questions for six WSCA presidents, and the association gets bigger and better every year. All sports feel represented and equal as membership numbers continue to grow,” said Pat Fitterer. His words are a testament to Parrish’s organizational skills and advocacy, echoed by longtime superintendent Rob Friese. Friese also commended Parrish for his unwavering commitment

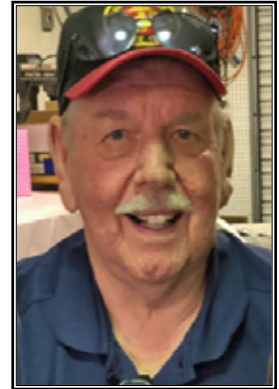
and exceptional integrity. At 80 years old, Parrish continued to contribute to the sport he loves as a volunteer football coach at North Kitsap, reflecting his eternal spirit and lifelong dedication to the game and developing young athletes.

He also served as a basketball official for 21 years, supporting association activities in a variety of roles. From 1998 to 2020, Parrish held the role of Executive Secretary for the Washington State Coaches Association, playing a pivotal role in the organization’s development. Parrish’s legacy in Washington state high school

athletics is marked not only by his achievements on the football field but also by his extensive contributions to coaching education, his advocacy for sports, and his role in fostering an inclusive and supportive environment for all coaches. His dedication to sportsmanship, integrity, and character-building continues to influence generations of coaches and athletes. ■



Hearing their final whistle...



Coach William "Bill" Walker

William Thomas "Bill" Walker, 79, of Connell, WA, passed away August 15, 2023, in Spokane, WA, surrounded by his family and much love.

He was born in Bremerton, WA, on April 5, 1944. The 1962 Bremerton East High grad reported in September to Camp Pendleton for basic training in the United States Marine Corp. (Charlie Company, 1st Battalion, 7th Marines) Bill always thought it was ironic that he survived cold weather training in the snow and ice and was then sent to the jungles of Vietnam. After his USMC service, he returned home with a Purple Heart and other medals, and enrolled at Olympic College.

Bill earned first-team all-conference honors at Olympic as a first baseman

in 1967. He was recruited to play at Central Washington State College (now CWU) by the new coach, Gary Frederick, where he earned All-Evergreen Conference, All-Pacific Coast and honorable mention and second-team NAIA All-American honors in '68 and '69. CWU was ranked No. 3 and No. 7 while he was there. In 1968 at St. Joe, Missouri, CWU took 3rd at the NAIA championships. The team was later inducted into CWU's Hall of Fame. "Hot damn, Red." was a favorite saying after the team's time in St. Joe.

After playing for the semi-pro Kitsap Outsiders in 1972, Walker turned to teaching and coaching. His first teaching and coaching job was at Toledo High School, before moving

on to teach, coach, and serve in North Franklin School District as athletic director and vice principal at Connell High School and later at Robert L. Olds Junior High School. In the early years at CHS, Bill was the driver's education teacher. He was a practical joker at heart. (Just talk to Mick Ewart about that!) He loved to embarrass the heck out of the novice drivers when he used the teacher's brake in the driver's ed car. Almost every student can recall a great memory of their favorite driver's ed teacher!

Bill attended many Wildcat baseball team reunions over the years, and he remained close with his coaches and teammates. So many great memories of their adventures and games. He was

continued on following page

WASHINGTON STATE
COACHES ASSOCIATION



WSCA Coaches Card

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

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

Rob Friese, Executive Director/Treasurer
robfriese@gmail.com or contact@washcoach.net

Washington State Coaches Association
PO Box 205
Lebam, WA 98554

the third-winningest baseball coach in Washington state history (538-231), winning two state titles (1984 & 1992) and making three other Final Four appearances at state. A 1992 Washington State Baseball Coaches Association HOF inductee, and 1968 and 1969 team as well as individual Central Washington University hall of famer, he retired after 35 years of teaching and coaching, in 2005.

In 2007 Bill was inducted into the Kitsap County Hall of Fame. In June of 2022 Bill received the Frank Osborne Lifetime Achievement Award from the Washington State Baseball Coaches Association. This was the last time he attended the All-State Baseball games and banquet. Bill rarely missed the yearly All-State Baseball games as a coach-participant or a spectator. He was proud to wear the green Hall of Fame sweater and pose for pictures with all the other HOF members.

He lived with his wife, Patti, a NFSD teacher, in Connell, WA, where they enjoyed following high school sports and the Seattle Mariners. He loved driving his gator down to the baseball field, watching games, and dragging the field.

Patti and Bill were married on August 13, 1983, in Friday Harbor, WA, and they celebrated their 40th anniversary together in Spokane two days before he passed away.

Preceding Bill in death are his parents Russell Thomas and Violet (Nelson) Walker, sister Diane (Ralph) Anderson, brothers Dennis Walker and Russell B. (Poncho) Walker. Poncho was killed in action (KIA) in Vietnam in 1966.

Surviving family members are his wife Patti, son William Roy (Bill) and his wife Kimberly, daughter Kimberlee Christine (Kim) Newell and her husband Ben, and son Thomas Russell (Tom) and his wife Jennifer. Sister-in-law Carolyn Walker. Brother-in-Law

Mike (Kim) Erickson, sister-in-law Diane (Eric) Jangard. Many nieces and nephews: Kim, Kristy, Kerri, Kyle, Scott, Kurt, Alex, Brooke, Kyle, Hank, and Luke. His first wife and mother of his three wonderful children, Lenore Knight Walker Kruger (Don). Grandchildren Carly (Nick) Mankus, Christopher (Taylor) Walker, Cameron Walker, Gator (Jimena) Newell, Gunnar (Madeline) Newell, Sierra Newell, Allison Walker (partner Jonathan Knippenberg), Ashley Walker (fiance Andrew Campbell), and Adam Walker. Great-grandchildren Berkeley, Fletcher, Ellie, Hailey, Mason, and Gideon.

Semper Fi, Sergeant Walker. Fair winds and following seas. A celebration of his life was held in Connell on Sunday, April 7, 2024, at 1:00 pm at the Connell High School Student Center. Donations may be made to Connell High School Baseball or the Washington State Baseball Coaches Association in his name. ■

Coach Hazen Finishes His Final Set

After 24 years and 43 seasons of coaching tennis at Puyallup High School, Brooks Hazen is retiring as the head tennis coach for both the boys' and girls' programs. A true ambassador of the sport, Brooks always found time to praise players for a good shot or a good match regardless of which team they were competing for. A true mentor to tennis coaches across the state, coach Hazen developed many meaningful lifetime relationships with his colleagues and especially his players.

Brooks also served as the voice of tennis in the WSCA as an Individual Sport Association representative for many years. He will be missed by many and we wish him all the best on his next journeys. No doubt he will have his tennis racket close at hand. ■





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

Breaking down the four specific aspects of programing strength training

As each of us knows, having been in the profession long enough, we realize that by adding a physical load to the body, the body adapts to this load and becomes stronger. Therefore, the major objective in training our athletes is to produce specific results that help them adapt to the physical and mental demands of their sport.

This focus on the athlete's ability to tolerate this training centers around four major subsets:

1. Stimulus, aka, Overload
2. Accommodation
3. Specificity
4. Individualization

I am not a sports psychologist; therefore, I'm not going to delve into the mental aspects of training our athletes. However, I am going to discuss the basic four major components of a successful strength training program.

Setting up a schedule to meet the physical demands of strength training must be a carefully well-thought-out, non-linear, training program incorporating each of the subsets for our athletes.

Starting from this point of reference, a brief description of the four major portions follows.

1. The overload can also be an endurance overload. Increasing the cardiovascular capabilities of our students allows them to train harder for a longer time under the bar (time under tension).
 - a. Cardiovascular endurance, to achieve the best strength re-

sults, should take place after the strength training otherwise, it detracts from their ability to lift at the chosen percentage for the day. Especially if this percentage is 85% or above.

2. We have the physical adaptation to overload, known as accommodation.
3. The primary musculature involved in the sport and where possible, the specificity of the movement patterns of the sport incorporated into the strength training program. Essentially, this means we must have an awareness of the movements required of the sport.
4. Individualization means designing the program that closely fits most of your students. With those who are not a good fit for the program, due to an injury or other circumstance, you adapt the program to fit their needs.

If this is a result of a physical injury, then constant, clear communication with their doctor or physical therapist will provide the safest guidance for training them which must be listened to and followed without deviation from their advice.

Overload

To make positive gains in strength the athlete must increase the level of training intensity above their normal levels. This is the basic premise of sports training, and the expected improvements from this training result

by using two common programs, one better than the other but also more appropriate for the more advanced students (#2)

1. Improving the ability to adapt to higher workload levels means increasing the training load with greater intensity or volume and sticking to the same exercises and routine.
 - a. Using the same loads, exercises, sets, and reps provides about zero progress toward the goal of greater strength. The body needs a challenge for change to occur.
2. The second and most efficient method is changing the schedule with different exercises, sets, and reps to confuse the nervous system and provide a unique stimulus to the individual.
 - b. Bear in mind that too much of a load, time under tension, sets, and reps overwhelms the athlete's ability to adapt, and hinders further progress. The converse is also true, where little stimulus results in a lack of progress.

Both situations may lead to a plateau where nothing changes. This dreaded plateau occurs by following the same routine day after day since the challenges no longer exist, and it gets boring.

It has been my experience that around the three-week mark of using the same schedule, the athlete will reach their plateau and all further

progress will either measurably slow down or stop. Furthermore, just prior to the plateau becoming evident, the window of an injury happens because their attention is no longer on technique, but on just getting through the session.

To help avoid these plateaus, a proper overload, which is just above the easily managed everyday loads moves toward a positive outcome. If keeping the strength stable over a brief time is the desired goal, then simply keeping to the normal schedule will work...for a while until reaching the plateau.

A detraining condition is determined by the size of the load, too much reduces the recovery and too little doesn't provide a sufficient overload to make much, if any, difference. Avoid both situations.

As a side note, total loads for each heavy lifting session, for positive results are in the ten tons and above for the more advanced lifters. Alternate these loads with lighter 60-80%, one rep/max weights along with lower sets and reps to keep their bodies recovery in line with the workloads.

Accommodation

Accommodation, a basic law of biology states that using the same stimulus over time will decrease muscle response. This stimulus must constantly vary throughout the course of the training schedule otherwise a reduction in physical gains will occur.

Another consideration is to focus on the main muscular coordination movements of the sport as well and the physiological demands it requires. This aspect of training revolves around using detailed exercises relating to the sport's movement patterns. However, the program design may face difficulties when establishing a variable, nonlinear schedule while at the same time preventing accommodation from occurring. The other piece of constructing such a schedule is the need for specificity stability.

Strength coaches find that by altering the total weight loads over the course of the program by frequently

using a light day, at 80% of their 1 RM, followed by a day with a higher percentage works well.

Keep in mind that doing a 1 RP too often may lead to discouragement if they aren't progressing as fast as think they should be. Emphasize that strength gains take time and unless they are a novice, these gains will be slow, but progressive.

Naturally, changing out the regular exercises is a logical move if these closely match the sports movements. Use your imagination in this area.

Specificity

Specificity is the adaptation of the training directed to the sport. According to Vladimir M Zatsiorsky in his *Science and Practice for Strength Training*¹ book, there are seven exercise groups, roughly stated as follows.

1. Isokinetic joint exercises such as the knee extension and flexion movements with the machines relating to these two exercises.
2. One joint exercise drills with free weights
3. My favorite, the squat, called "the king of exercises" for reason and that reason is because it benefits the entire body when done correctly. However, when done incorrectly, it can lead to an injury. Very quickly.
4. Isometric leg extension, commonly referred to as quad sets. Especially useful after a knee surgery-with the approval of the doctor or physical therapist.
5. Vertical jumps with external weight, generally with no more than 10% of bodyweight.
6. Uphill running, with and without an external load, generally does not exceed 10% of bodyweight.
7. Running with parachutes which I have never seen nor used due to budget constraints. But the concept makes sense to me.

The transfer of strength training into a particular sport relies upon the coach's observation of the different motions and movements of the body during the sport. Using parts of the above-listed seven considerations

should make the sport strength training results for the sport evident and potentially prevent an injury. Or at the very least minimizing the damage to the body in the event of an injury.

According to Zatsiorsky," The specificity of adaptation increases with the level of sport mastership. The higher an athlete's level of fitness, the more specific the adaptation. The transfer of training gain is lower in good athletes; for beginners, almost all exercises are useful.

Individualization

In each group, class, or team, we know that there are differences in individuals. Some are very coordinated, some are naturally strong, some are mentally prepared while others lack several or all these skills.

Over the years, I have noted that most boys when they get into the weight room gravitate to the barbell curls or the bench press. Certainly, these are good exercises in the proper time and place during the training schedule. Concentrating on the barbell curls, in my opinion, is somewhat of a waste of time. The squat, on the other hand, contributes a great deal to the physical fitness and strength of the individual.

Encouraging our athletes to train the major muscle groups will benefit them in any sport they play. These muscle groups include the shoulders, the upper back, the chest, arms, the lower back, and the legs.

Again, according to Zatsiorsky, implement the routine cautiously, dependent upon the individual. Because "only average athletes, those who are far from excellent, prepare with average methods. A champion is not average, but exceptional." And being exceptional, they need a more specific program to follow. ■

¹ Vladimir M Zatsiorsky, *Science and Practice for Strength Training*

Hearing their final whistle...



Kevin Kimbrough passed away from natural causes at home on March 17, 2024. He leaves behind his wife Shannon, daughters Taylor, Sophie, and Hailey, 6 grandchildren, Kason, Hadlee, Owen, Kinley, Kenna, and Avery, his mother and father, Linda & Bob, sisters, Denise and Karen, and many family & friends whom treasure him.

Kevin was born at Tacoma General on October 12, 1959. He attended Clover Park Schools, graduated from Clover Park High School and following Pierce College. He worked at Parkland Sports Center for many years where he learned to snow ski at Mt. Rainer and water ski on American Lake. He enjoyed traveling to various competitive water ski tournaments and gaining new friends. Later, Kevin taught ski instructing for Parkland Ski School at Crystal Mountain. There he met fellow instructor, Shannon O'Brien who became the love of his life, and they married on January 30, 1988.

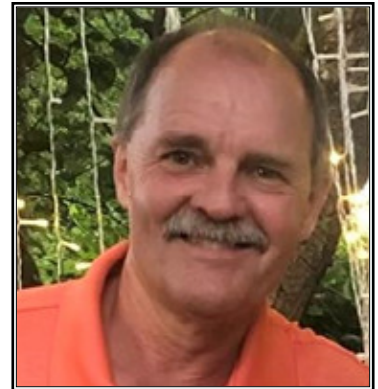
Their family lovingly grew with three daughters: Taylor, Sophie & Hailey. Kev never missed a beat as a family man and his greatest pride and joy was raising his family with Shannon and his complete involvement in their girls' education and ac-

tivities. Faith remains a core foundation of their lives as Kevin and Shannon enjoyed involvement in a multitude of ministries within their parishes of St. Andrew's and All Saints in Sumner and Puyallup.

Over the years, Kevin worked in the HVAC business, but eventually found his true calling and passion, when he started his own KS Remodeling and Repair business. There wasn't anything Kevin couldn't do, or fix... and so, our motto began... "Kevin can do it!"

His wife Shannon, worked many years in the gift industry, where sure enough, Kev soon became her sidekick for creative showroom displays, and renovations. This even became a family event as their kids were growing up. He also loved working part time at Emerald Downs in group events, where his fellow associates became a second family to him. He would say working there, gave his body a break from his construction business. Yet he loved sharing how athletic of a job it was, and how many "steps" he achieved upon arriving home.

Kevin Kimbrough



Staying ever so busy, with his girls now in high school partaking in Cheer and Leadership, Kevin soon became an event staff employee for many of the sports at Puyallup High School. He always said "it's for the kids" ... and in hindsight we'd say for the "kid" in him too. He was especially involved in women's basketball, as well as football, running the game clock, and gym management but also helped with soccer, wrestling, volleyball and track.

Kev was an incredible chef. Shannon would say, and "Oooo" how he loved to cook, bake cinnamon rolls with his grands, work on remodeling their home, kayak with his wife, spend time with his daughters and son-in-laws, and be extra silly with his grandkids. His favorite color was orange, and he sure loved ice cream.

Kev, we are forever grateful for you. You were a benevolent human being, work ethic extraordinaire, incredible family man, amazing husband, devoted father, fun grandpa, loyal friend, and the best spouse-teammate.

Kevin's Celebration of life was graciously hosted by

and at Emerald Downs on Sunday, April 28, 2024 from 12-3pm, & casual in nature, just like our guy. Kev will always be remembered and cherished ... he's truly our definition of: "Look for the helpers" ~ Mr. Rogers.

We always found a selfless one, in you Kev.

Editor's Note: Hopefully we all have someone in our programs who is always there for us. The first person we call because we know that whatever task we need help with, their answer will be yes, what time do you want me there? My friend, Kevin Kimbrough, was that guy. A fixture at high school events in the Puyallup School District and Puyallup High School in particular, Kevin was always ready to run a scoreboard, hang banners, supervise contests, anything and everything that was needed, Kevin embodied the true meaning of the word "helper". Kevin was not a coach but many programs would not have been as successful as they were without his help. Please make sure you appreciate those in and around your programs that are always there for you. ■



EARL BARDEN 2A-1A-B ALL-STAR CLASSIC

Yakima, June 22, 2024

The East and the West selected their squads on Saturday February 3. The West made their choices at the Capitol City Coaches Clinic while the East put together their squad at East Valley High School in Yakima. Those seniors who were selected First Team All-League have been identified and are included for consideration to be selected as one of the 40 players to be selected by the West and the East teams.

The Head Coach this summer for the West will be Craig Bartl from Nooksack Valley High School. He will bring 2 of his assistants in Jessy Dykstra and TJ Ackerman and they will be joined by Tyler Dubuque from State Champion Anacortes High School.

For the East, Nick Sackman from Omak High School will head up the team. His staff will be Kyle Richter from Omak High School, Eddie Ashworth from Omak High School and Eric Berg from East Valley- Yakima High School.



This summer marks the 31st year of the Earl Barden Classic and we can't wait to see the talent that arrives in Yakima for the June 22nd contest at East Valley High School. ■

EAST ROSTER - EARL BARDEN 2A-1A-B ALL-STAR CLASSIC

FIRST	LAST	POSITION	#	HEIGHT	WEIGHT	SCHOOL	COACH
Rafael	Bauman	WR/DB	1	6' 0"	165	Hudson's Bay	Mark Oliverio
Emmett	McLaughlin	WR/DB	2	6' 0"	175	Northwest Christian	Marshall Hart
Chase	Marchand	WR/DB	2	5' 10"	155	Lake Roosevelt	Geary Oliver
Beau	Sackman	QB	2	5' 11"	165	Omak	Nick Sackman
Alex	Mendez	RB/DB	2	5' 6"	155	Othello High School	Roger Hoell
Tate	Quarnstrom	RB/LB	2	5' 9"	170	Rochester	AJ Easley
Tyler	Lenz	RB/DB	3	5' 7"	160	Riverside	Buddy Wood
Jackson	Forsyth	FB/DT	4	5' 9"	215	Connell	Scott Forsyth
Angel	Lopez	RB/LB	6	5' 10"	180	Manson	Joey Johanson
Levi	Barham	WR/S	7	6' 0"	180	West Valley HS-Sp	Craig Whitney
Kaden	Lapaunt	QB	8	6' 2"	185	Granite Falls	Brandon Davis
Calvin	Mikkelsen	QB/LB	8	6' 3"	220	Lakeside High Scho	Devin Bauer
Case	Christensen	WR/DB	9	5' 11"	165	Royal	Wiley Allred
Talan	Leon-Guerrero	FB/LB	9	5' 10"	215	Hudson's Bay	Mark Oliverio
Lance	Gogal	RB/LB	11	5' 10"	205	Chelan	Derek Todd
Eric	O'Neel	TE/DE	11	5' 11"	215	Ephrata	Patrick Mitchell
Cameron	Groves	WR/DB	15	5' 10"	140	Goldendale	Blake Lesko
Carter	Steinwald	QB/DB	18	6' 4"	210	Clarkston	Brycen Bye
Caleb	Sherfey	WR/DB	21	6' 2"	170	Tri-Cities Prep	Kyle Cairns
Noah	Clark	QB/LB	22	5' 9"	155	King's	Jim Shapiro
Cody	Brown	TE/LB	23	6' 3"	210	River View	Kris Welch
Kellen	Riner	DB/WR	28	6' 2"	190	Connell	Scott Forsyth
Kooper	Clark	RB/DB	35	5' 10"	180	Tumwater	Willy Garrow
Hiro	Patterson	RB/CB	41	5' 8"	165	Lakeside High Scho	Devin Bauer
Wesley	Blackmer	OL/DE	50	6' 1"	215	King's	Jim Shapiro
Juan	Morales	OL/DE	50	5' 10"	205	Royal	Wiley Allred
Sage	Lone Bear	OL/DL	51	6' 3"	280	Clarkston	Brycen Bye
Justus	Barker	OL/DE	52	6' 1"	215	LaSalle	Cody Lamb
Kasey	Erickson	RB/DE	56	6' 2"	215	Okanogan	Erick Judd
Jackson	Miller	OL/DL	57	6' 3"	235	King's	Jim Shapiro
Ethan	Stueckle	OL/DL	57	6' 2"	250	Lakeside High Scho	Devin Bauer
Sam	Wilder	OL/LB	59	6' 3"	225	Goldendale	Blake Lesko
Jaden	Nichols	OL/DL	74	6' 3"	280	Rochester	AJ Easley
Nate	Clinton	OL/DL	75	6' 4"	210	River View	Kris Welch
Darrell	Leslie	OL/DL	77	6' 1"	230	Toppenish	Jason Smith
Noah	Bigboy	OL/DL	77	6' 2"	285	Omak	Nick Sackman
Johnathan	Holdway	OL/DL	78	6' 7"	330	Reardan	Matt Clouse
Jose	Alvarez	OL/DL	79	6' 3"	290	Washougal	David Hajek
Bennett	Brown	TE/DE	87	6' 1"	220	Royal	Wiley Allred
Jaxon	Elliott	TE/LB	87	6' 3"	215	Ephrata	Patrick Mitchell
Head Coach: Nick Sackman- Omak High School							
Assistants: Kyle Richter- Omak High School, Eric Berg- East Valley High School, Kris Welch- Riverview High Sch							

WEST ROSTER - EARL BARDEN 2A-1A-B ALL-STAR CLASSIC

FIRST	LAST	POSITION	UMBER	HEIGHT	WEIGHT	SCHOOL	COACH
Cooper	Moore	WR/DB	0	5'11"	170	Lynden	Blake VanDalen
Luke	Silva	WR/LB	2	6'2"	190	Olympic	Sal Quitevis
Cael	Stanley	RB/LB	2	5'9"	180	Napavine	Josh Fay
Landon	Schafer	WR/DB	3	6'2"	190	Anacortes	Travis Anderson
Austin	Snodgrass	QB/DB-LB	3	6'0"	185	Raymond-South Bend	Luke Abbott
Cody	Strawn	QB/DB	3	5'10"	180	Tenino	Darren Tinnertstet
Rex	Larson	QB	4	6'0"	170	Anacortes	Travis Anderson
Charlie	Ayres	QB-RB/LB	4	6'0"	180	Lynden	Blake VanDalen
Jaycion	Cain	RB/DB	4	5'7"	175	Steilacoom	Kyle Haller
Ashton	Demarest	QB-WR/DB	4	6'1"	175	Napavine	Josh Fay
Kayden	Mozingo	RB/DB	4	5'11"	175	Onalaska	Mazen Saade
Byson	Vasquez	RB/LB	5	6'0"	190	Cascade Christian	Devin Snyder
Ferrill	Johnson	RB/DB	5	5'9"	185	Raymond-South Bend	Luke Abbott
Vincent	Foster	WR/DB	6	6'0"	200	Steilacoom	Kyle Haller
Sawyer	Ranney	TE/DL	8	6'5"	240	Vashon	Brian Banducci
Logan	Sloman	WR/DB	8	5'11"	175	North Kitsap	Jeff Weible
Stephen	Ibsen	RB/DB-LB	9	5'10"	190	Castle Rock	Cody Warner
Carter	Studer	QB/LB	12	6'2"	210	Elma	Larry Raynes
Carsten	Reynolds	QB/DB	12	6'3"	195	Sedro-Woolley	Dave Ward
Oliver	Christian	RB/LB	15	5'9"	205	Bremerton	Paul Theriault
Jason	Hawes	RB/LB	17	6'1"	215	Port Angeles	Dustin Clark
Robby	Stigall	RB/LB	22	5'11"	190	Raymond-South Bend	Luke Abbott
Jalen	Ward	RB/DB	23	5'6"	165	LaCenter	John Lambert
Chris	Gustafson	RB/LB	24	6'3"	235	Friday Harbor	Brock Hauck
Marshall	Brockway	OL/DL	34	5'9"	240	Mossyrock	Eric Ollikainen
Nate	Dahlgren	RB/LB	40	6'0"	200	Forks	Trevor Highfield
Camden	Taylor	OL/DE	50	6'3"	240	Montesano	Terry Jensen
Peyton	Damasiewicz	OL/LB	52	5'10"	180	Montesano	Terry Jensen
John	Stremler	OL/DL-LB	52	6'2"	260	Nooksack Valley	Craig Bartl
Jesus	Mares	OL/DL	53	6'0"	265	North Kitsap	Jeff Weible
E.J.	Vailolo	OL/DL	54	6'3"	260	North Kitsap	Jeff Weible
Alex	Maloley	OL/DE	64	6'0"	220	Mt. Baker	Ron Lepper
Julian	Rodriguez-Pad	OL/DL	68	6'0"	270	Sedro-Woolley	Dave Ward
Duke	Halaapiapi	OL/DL	71	6'1"	300	Nooksack Valley	Craig Bartl
Kuyper	Assink	OL/DL	71	6'3"	260	Lynden	Blake VanDalen
Ignacius	Bishop	OL/DL	73	6'5"	330	Fife	Kent Nevin
Kyle	Leseman	OL/DL	75	6'5"	320	Anacortes	Travis Anderson
Rylan	McGraw	OL/DL	75	6'1"	210	Onalaska	Mazen Saade
Lane	Zandell	OL/DL	77	6'3"	225	Onalaska	Mazen Saade
Ryan	Faumuina	OL/DL	78	6'4"	320	Fort Vancouver	Doug Bilodeau
Head Coach: Craig Bartl- Nooksack Valley							
Assistants: TJ Ackerman- Nooksack Valley, Jessy Dykstra- Nooksack Valley, Tyler Dubuque- Anacortes							



**WIBCA PRESENTS
2024 WASHINGTON
MR. BASKETBALL
&**



PLAYER OF THE YEAR FOR EACH CLASSIFICATION

2024 WIBCA MR. BASKETBALL

Mr. Basketball-Jacob Cofie, Eastside Catholic

AAAA WIBCA PLAYER OF THE YEAR

4A-Trevor Hennig, Mount Si

AAA PLAYER OF THE YEAR

3A-Ryan Lafferty, Mount Spokane

AA CO-PLAYERS OF THE YEAR

2A-

**Anthony Canales, Lynden
Cade Orness, North Kitsap**

A PLAYER OF THE YEAR

1A-Dawson Bouma, Lynden Christian

BB PLAYER OF THE YEAR

2B-James Grose, Napavine

B PLAYER OF THE YEAR

1B-Bode Seymour, Cusick

Our 2024 Wayne Gilman Coaches award for each classification

4A-Jason Griffith, Mount Si

3A-Brent Merritt, Eastside Catholic

2A-Brian Roper, Lynden

1A-Mario Mengarelli, Zillah

BB-Reece Jenkins, Colfax

B-Billy Flett Sr. Wellpinit

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

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



The Washington Coach Magazine **DEADLINES**

Fall Issue - September 14

Winter Issue - January 14

Spring Issue - May 14

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

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

Scholarship Recipients - Tell us your story

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

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

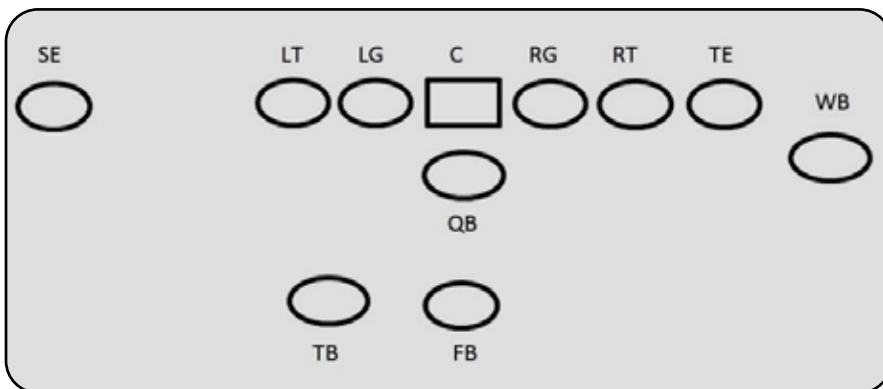
If your son or daughter has received a WSCA scholarship or you know someone who has, please encourage them to contact me as we would like to honor them again by sharing their experience in "The Washington Coach".

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



Whisper Time with JERRY PARRISH

by Lane C Dowell, Longtime correspondent for *The Washington Coach* and the backup of the *Kitsap Sun*, *Kitsap Sports Paper*, & *North Kitsap Herald* articles and a number of Parrish's athletes and friends.



Wing-T Offense

Football 101: The Wing-T Offense is an offense designed to utilize misdirection and short passes to offset the opposition with larger and stronger players. It has a classic offensive line setup with 2 guards, 2 tackles, a center, and the quarterback behind the center. It's characterized by having a wingback just off your tight end on the strong side, and a split end lined up on the weak side.

Over the years, Coach Jerry Parrish consistently adjusted his Wing-T to something he called 'Wings & Things' fitting the talent and the times of his football athletes. It worked.

It worked, that is, until the fall of 2002 when a sophomore named Jared Prince was throwing the ball like no quarterback North Kitsap had ever had. His class included several athletes highly skilled and adept to the Run-and-Gun style. Parrish had to re-examine his nearly three-decade's old Viking offensive strategy to meet his athletes'

ability. It worked. A guy can learn, even after 43 years of coaching.



Where did he get his coaching style? As a coach, Parrish once said he defined his philosophy as 'demanding'- one of 'high expectations'.... "If you don't correct a mistake, you condone it." Parrish is a coach whose meetings never began at traditional times, but they certainly did begin on time. A Parrish schedule will often begin at 2:31 or 5:29. "The expectation is to be on time," he said. "Preciseness is important. The players need to know they're responsible for their actions."

One of Parrish's Defensive Coordinators and longtime Viking Head Track & Field Coach, **Dave Snyder** added, "He

has always encouraged his kids to have the same successes on the gridiron and in the classroom. One of his focuses at North was not only to build athletes, but to build people. He's been a very good mentor, and he's always challenged me to do my best. His disciplined approach to most everything in football has earned him a reputation of being "old school." But he's had time to perfect his methods for nearly four decades. He's a person who wants the best out of each individual. He's a very disciplined person. He believes in having his ducks in a row."

There's a bit of coaching history with ties to the numerous mentors Coach Parrish appreciated. He grew up in the Marysville area, playing offensive center in football under his uncle, Adolph "Swede" Lindquist, who had a great influence in Parrish's life. His time at Everett Community College included Coaches Walt Price, the father of former Washington State Head Coach Mike Price, and Bob Gambold, starting Quarterback at Washington State in the late '40's and numerous college and NFL coaching positions. Parrish's Trojan team merged into a Junior College football power, winning a third State Conference Championship in 1954 while losing just one game. Mentors like that made lasting impressions on Parrish.

In 1959, Parrish found his first coaching job as an assistant Offensive Line Coach at Snohomish High School under Dick Armstrong. Parrish regards Armstrong as another one of his role

models in coaching. "Coach Armstrong was hard-nosed. Firm but fair." Sound familiar? Parrish coached in Snohomish for eight years coaching linemen, including former University of Washington Head Coach, Keith Gilbertson.

His first stint as a Head Coach was with the Colfax Bulldogs in 1967. Coach Parrish garnered a perfect 9-0 season his final year in 1969, his first undefeated season of his career.

The family moved back to the west side of the state, to coach at Pilchuck High School for another three years, finishing with a 14-11-3 record.

Through a friend, he learned that North Kitsap High School needed a new coach in 1973. His first step in getting hired for the position was locating North Kitsap High School on the Olympic Peninsula. "I wasn't sure where Poulsbo was," he said.

Coach Jerry Parrish found it. And North Kitsap will forever be indebted to him.

In the 32 seasons as the Viking Head Coach at North Kitsap (1973-2004), Jerry Parrish was a season winner 22 times, including 10 straight, 1982-91 (72-27 record). From 1974 until 1997, Parrish's Viking football teams were Olympic League Champions 9 times – 5 as a double-A school, and 4 as a triple-A school. These years also included 7 advances to the playoffs. Starting in 1988, North Kitsap's football team enjoyed what could be judged to be the Vikings' most successful four-year run in program history: a 36-6 record, three league titles in four years and the team's first trip to the state quarterfinals in 1991.

Nic Stearns, 2004 NK alumni and NFL semi-pro first team All-American, recalls Coach Parrish's 200th win against Olympic at Olympic during the 2003 season. "I rushed for 380+ yards

and 4 Touchdowns before he pulled me in the 3rd Quarter. That was a super fun and very memorable game." Coach Parrish retired (for the first time) the next season with a total of 209 wins.

On Aug 17, 2006, the first day for football practice across the state, Parrish rejoined the NK Viking team. His responsibilities included the offensive and defensive lines, teaming up with long-time friend and fellow coach, Virg Taylor. Coach Taylor was with him on his first day at North in 1973, and the pair have coached continuously together for almost 50 years. Other coaches surrounding Parrish were former athletes. He continued coaching until 2020 – sixty-one coaching years total helping our youth become the best they can be.

So many accolades...so many awards...so many positions helping Washington Youth. Parrish's dynasty has been established on the field... and off. Being a physical education teacher for as many years as he was a coach, an active member of the North Kitsap community, and a family man top a lengthy list of accomplishments. He and his wife Gladys raised three children in the area - Becky, Craig, and Kirk.

WHISPER TIME

The term, 'Whisper Time' is that special 'one moment in time' with Coach Parrish, and cannot be explained except by stories from his many athletes, students, and friends.

Aaron Sele, a 1988 North Kitsap Viking grad, went to State in football as the Vikings' Quarterback, and in Basketball as a Forward, plus winning the State Title as the Pitcher in Baseball. Sele was selected by the Boston Red Sox in the first round of the 1991 MLB draft after attending WSU

and winning three consecutive baseball conference titles. He was with the Seattle Mariners for two years in 2000, becoming the first Mariner right-hander to make the All-Star Team, and then again in 2005 before retiring with the New York Mets.

WHISPER TIME: Local Kitsap Sun reporter, Josh Farley, discovered some Whisper Time between Coach Parrish and Quarterback Aaron Sele:

"Taking the helm of the North Kitsap football team, Sele admits he didn't control his emotions well. Parrish devised a plan to help Sele. "He basically turned my linemen on me, and said, 'OK, if he's a little out of control, slap him on the head.'" Sele claimed Coach Parrish wrote the word "poise" on the helmet of the Viking senior quarterback.

The reporter turned to Parrish for his side of the story. "Sometimes Aaron would be a little volatile and he'd lose his sense of well-being, Parrish said. "So, I asked him what the word 'poise' meant." It is a lesson Sele has never forgotten.

Parrish followed Sele through his college and professional career. "It makes me very proud to see a first-class kid performing as a professional athlete," Parrish said. "I know that on the inside, Aaron's going 100 miles an hour. But he masks his feelings so well, and on the outside, he's so very collected."

Coach Jeff Weible, the current North Kitsap Head Football Coach, was a 1989 North Kitsap grad who was named the Kitsap Sun's Male Athlete of the Year. He was a Viking football quarterback and baseball catcher who was on the 1988 State Baseball Championship team with Aaron Sele – the team was inducted into the Kitsap

Sports Hall of Fame in 2017. Weible had a very productive baseball career at UW, and in 2005 accepted a teaching job at North Kitsap. He was named the Head Football Coach at North in 2011 having assisted Parrish for years. The Kitsap Sun honored him as Coach

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of the Year in 2017 when he gained the Olympic League Title with a 10-0 season. Coach Weible continues to be a two sport head coach, Football and Baseball at North.

WHISPER TIME: *"The first time I ever met Coach Parrish, he chewed me out because I called my Pee Wee coach by his first name, and he heard me. He called me over and told me to never call my coach by his first name – to either call him Mr. or Coach. He then picked me up by giving me some positive advice about a football skill he said he was watching me do wrong.*

I always thought he did a great job of coming and talking with you after he chewed you out. He always would tell us if he's not chewing you out, then he wasn't noticing you."

Shawn Deeds, a 1991 NK grad and 3-sport athlete including the Viking Quarterback position. He was named Seattle Times Red Chip prospect. He shared quarterback duties as a fifth year senior with Ryan Leaf at WSU and is currently Washington State Cougar's Coordinator of Football Operations, a position he has held for over a decade.

WHISPER TIME: *"Looking back, Coach Parrish was such a larger-than-life person to those students that first walked in the doors of the high school. He was intimidating but, behind that front, he was there to help and build those students that wanted to be better.*

As a coach, he demanded perfection but understood that if it wasn't attainable, he wanted you to strive for that perfection. As long as you gave everything you had to get to that goal, he was satisfied. Was he happy we didn't reach that goal... No, but we learned from the path we walked.

After finishing my career at North, I used to joke that I never had to have practice after we lost a football game during that season (which was true)

only because I could not imagine a practice with Coach after a loss..."

Jeff Carlsen, a 1997 NK grad and 3-sport star was a league MVP and All-State in baseball as a pitcher and football as a quarterback, and he was first-team all-league in basketball.

Carlsen turned down a draft by the Pittsburgh Pirates out of high school and became a star pitcher at the UW (PAC 10 Championship his freshman year), and later signed with the Chicago Cubs in 2001. He is currently the President of the Stellar J Corporation, a

"In football, when you get knocked on your butt, you have to get up again.

That is a life-long skill that football teaches kids."

- Jerry Parrish

nationwide construction company out of Woodland, Washington.

WHISPER TIME: *"Coach Parrish pushed a group of individuals to focus on the details. We would run the same play at practice over and over and over... sometimes as many as 15 times in a row. Insisting that if everyone performed their designated assignment (blocking, running, or throwing...) the play would be successful as designed. It brought our team together to focus on our individual assignments that make the team successful. It created accountability within our team and forced us to focus on repeating an assignment until we did it correctly every time.*

This focus on perfecting our individual assignments for the team's success led to a cohesive team atmosphere as he would call out anyone regardless of their role on the team.

Another item that I remember well is him saying "act like you have been there before"... In an era of excessive celebrations over actions on the field, I remember him getting in players that did well. 'Just to get it done, get back in line, do it again'. I remember that line often when I see poor behavior or

taunting... he instilled respect for the other teams and coaches."

Jared Prince, A 2005 grad had a great career in three sports at North Kitsap. He was presented North Kitsap's 'Joe Shandera Award', the school's highest award for athletic/academic honors. Prince was the Narrows League Bridge Division MVP in football and baseball, and a defender on a basketball team that reached the state tournament. Prince concentrated on baseball at WSU making the All-Pac 10 first team. He joined the MiLB for

about five years and was an MLB Draft for the Texas Rangers.

Jared Prince currently teaches and coaches football and baseball at North Kitsap High, giving

back to the community who hailed him as the new generation of Viking Football in 2002.

WHISPER TIME: *"Coach Parrish challenged my teammates and me to be great on and off the football field. His influence has endured and continues to impact my life today. I thank him for the time he poured into me and the North Kitsap community in the thirty years I've known him."*

Aaron Leavell, currently the OESD (Olympic Education Service District) Superintendent spent 3 years as Secondary Education Director in the North Kitsap District.

WHISPER TIME: *Coach P was volunteering at the point when I joined the North Kitsap School Administration, so I did not have tons of contact with him, however, in my position as the Secondary Education Director, Athletics fell under my responsibility.*

We had created a staff/community workgroup for athletics, and Jerry was on it. He was volunteering then on the football team, and he was telling me at that time how much he enjoyed coaching the C team with Freshman and some Sophomores, and the joy it brought him

to be working with the younger players who still had so much time to learn the game, grow, and become great athletes and students.

Coach Parrish was a straight shooter and was respectful and respected. We really bonded in those three years that I was there. When I was hired back in Bremerton as the assistant superintendent and ultimately the superintendent, he literally called me to check on me several times each year. He would praise me when the district was in the newspaper for something positive and had encouraging words for me when challenges presented themselves, acting as a coach and mentor even to me, of sorts!

Jerry cared about me, about people. I felt that. In the three short years I served the NK community with him, I felt like it had been a lot longer. That's just how he made me feel...like family.

AND, THERE ARE COMMENTS FROM MANY:

I wanted to write this article because Jerry Parrish is an icon on the Olympic Peninsula. We go way back – as competing coaches.

I go even a bit further back with Poulsbo as there were two of my favorite Grizzly athletes from my Hoquiam youth who went to North Kitsap for jobs, Mike Perry (1952 grad – North Kitsap teacher, coach, and administrator from 1957 until 1972) and Joe Shandera, a popular Head Football and Baseball Coach at North in the '60's, and, since 1969, a cherished North Kitsap athletic/academic award given in his name each year to a male and female student who amplifies a strong work ethic, leadership, and community involvement.

Coach Parrish was the Head Coach at North – I was the Defensive Coordinator under Semancik at West, so there wasn't much time spent together during those days. I can vividly recall the 1973 game between North Kitsap Vikings, (Parrish's first year) and the West High Wildcats. The Vikings had already shown their strength with their new coach, and we knew it was



Lane 5 Kacey Dunn
NK 1986



Kirk Parrish
NK 1986



Aaron Sele
NK 1988



Jeff Weible
NK 1989



Shawn Deeds
NK 1991



Jeff Carlsen
NK 1997



Nic Stearns
NK 2004



Jared Prince
NK 2005

going to be a challenge. West's practice before the game had not gone well so the normal 'running the hill' at Bremerton's Memorial Stadium turned from the normal 40 hills into 105 for the team. It was a hard fought game, West coming out ahead, 18-7....North would not allow West any after-touch-down points.

Every time we played North, we knew we were in for a very physical good game. I will always remember Jerry Parrish as a winner...the first to shake a hand when the game was over.

Later, as a sports broadcaster and interviewer on both radio and local TV, I enjoyed many talks with Parrish. We worked local and State Track & Field Meets together as well.

I can honestly say that Jerry Parrish did a lot for the youth and for the gridiron on the Olympic Peninsula, AND for the Washington State Coaches Association.

Bill Hobaugh, a 3-sport athlete and one of the toughest West High football athletes on the 1973 team, started teaching at North in 1980. He became the Head Coach for NK Fastpitch as well as the earlier Slowpitch teams, and also helped coach basketball and soccer. Hobaugh is a self-professed sports nut

enjoying Parrish's football for 39 years.

"Coach Parrish was the beginning of turning the North Kitsap football program around. I'd like to add that Jerry has a personality like Chuck Semancik. He has a rough exterior, but deep down he'd do anything for you. He and Jim Harney were my mentors in the early 80's and 90's. A lot of people don't know or have forgotten he was a basketball referee. He would ref the games I coached and the ones I played in. I thought he was one of or the best the Olympic League had. He always loved and would do anything for his players. I will always remember his laugh and smile."

Lloyd Pugh, a former Olympic Peninsula head football and head prep and college track & field coach. He created the original South Kitsap Invitational, the largest in the state with up to 52 boys' teams competing. He was a top-rated basketball official in the Peninsula Basketball Officials Association.

"I have thought a lot about Jerry. As a coach, he demanded excellence from himself, his staff, and his players. As a basketball referee, he was an excellent partner. Those were the days of a two-

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man crew and took lots of running to cover a game especially the East-West games, East-Port Angeles games. He could be counted on to be in the right place and make good calls. As an administrator for the WIAA Coaches Association he was thorough, diligent, organized, and always eager to assist coaches. He worked hard to keep the association organized and functioning at a high level for the good of all."

Shawn Deeds added:

"When he wasn't motivating student athletes on the field, he was taking part in multiple athletic events as a volunteer to help that sport/event go off without a hitch. His countless hours as the PA announcer for the Varsity Basketball games to his yearly involvement as an official starter for the North Kitsap track meets as well as an official starter at the State Track & Field Championships. He was always there for the student athlete's well-being.

I am also sure there were tons of "behind the scenes" involvement that he was a big part of that people didn't know about. Coach never looked for or expected recognition for his accomplishments or his time that he gave to all other sporting events and student athletes. His character really defines his greatness, and his want to "do the right thing".



Coach Parrish & QB Kirk Parrish 1986

Coach Parrish was involved with generations of athletes from North Kitsap. One of the special events was

in 2009 when Parrish volunteered with former Viking athletes, **Kasey Dunn** and **Kirk Parrish** who were at the North Kitsap Stadium leading the Seahawks' Gatorade Junior Training Camp for over 100 kids.

23 years had passed (1986) since Parrish, the Viking Quarterback was throwing the ball to Dunn, his Receiver at this same stadium with Coach Jerry looking on. It felt good to be back.

Dunn was a wide receiver for Idaho and inducted into the Vandals HOF. He played professional football in both the NFL and CFL. At the time he was in his second year as a Seahawks Running Back Coach and is now the longest-tenured assistant coach (Offensive Coordinator and Assist Head Coach) at Oklahoma State.

Kirk Parrish, All-Olympic League Quarterback, earned his BA in Education at Central Washington while quarterbacking for the Wildcat program. He became a football graduate assistant at Washington State where he earned a PhD in Educational Administration and an MD in Athletic Administration. The son of Jerry and Gladys Parrish is now the Senior College Scouting Coordinator and area scout for the Seattle Seahawks: "Growing up as a child of a high school football coach played a large role in who I am today. It taught me how to handle the exhilaration of winning and the disappointment of losing. Dad was in a much better mood on Saturdays after a 'W' than the alternative. Playing for him was a cool experience. He could coach you hard, but the fun times far outnumbered the tough ones. He gave us a front row seat to the ultimate team sport - and created a love for the game that I continue to value. My siblings and I still enjoy attending games on Friday nights, thanks to the many great memories we had on the sidelines in our younger years."

Terry Mosher, longtime area sports reporter and owning his own Kitsap Sports Paper interviewed Coach Parrish in 2012. "He tried to help me understand why he's been so gung-ho for football for so long. He

says it's not football itself, but the kids who keep bringing him back for another go-around.

"So many are doing well and that is really satisfying to me and my wife," Parrish said. "When you see what they are doing in the classroom, the community and society, it keeps that fire burning, so to speak."

Most educators, whether in the classroom or on the fields of competition, get satisfaction when they see students progress and go on to have positive impacts in their communities. That makes their hard work worth it."

THE WSCA/WIAA YEARS

Lynn Rosenbach, the former Head Football Coach and Athletic Director at Olympic College (later WSU associate AD), got Parrish involved with the Washington State Coaches Association. Rosenbach and Parrish knew each other from high school - Rosenbach at Arlington and Parrish at Marysville - and they played against each other. "He knocked me around the field more than once," Parrish says. "I couldn't block him." Parrish joined the Coaches Association in 1976. and the rest, as they say, is history — a long history.

Parrish has worn many hats with the WIAA and its coaches associations including being on the Selection Committee of the Washington State All-Star Football Game since 1978. In the early 80's he became the President of the Washington State Football Coaches Association. He held the WSCA Executive Secretary/Treasurer position for 30 years - just the second to serve in that office.

Other offices he held included an executive member of the National Federation of High School Athletics Rules Committee from 1993-97 and was on the Seattle Seahawks Coaches Council from 2004-2006.

There is a YouTube video of Jerry Parrish from 1983 when Parrish was the President of the Washington State Football Coaches Association (WSFCA) talking about the All-State Football Championship...also known as the East-West game. You can find the young Coach Parrish being interviewed

during halftime (second guest) on this KIRO High School Football Game of the Week with Sonny Sixkiller as one of the announcers. Find this on YouTube or Google as: **1983 Olympic vs Enumclaw High School Football**

Some of Jerry's longtime WSCA associates enjoy their memories with Jerry:

Bill Hegler started coaching in 1967 and was able to move from Lacrosse and Rosalia on the east side of the state to the Puget Sound area of Interlake, Bellevue, Seattle Prep, Decatur, and Mercer Island high schools as Head Football Coach and AD at Kentlake.

"I was at Lacrosse High School (enrollment 90+) Jerry was at Colfax a "huge" A school by my standards. We opened our season with a non-league game against Waitsburg. At the time Waitsburg was an A school in the same league as Colfax. A couple of weeks later I got a call from Jerry. He had sent a scout to a Waitsburg game, and the car broke down so he had no information on the team. Jerry asked if he come down to Lacrosse and look at our game film of Waitsburg.

I was more than willing to help the Head Football Coach of the "big" school in Whitman County. Jerry and his wife came down to my house in Lacrosse and Jerry and I went over the film. As Jerry was getting ready to leave, he said, "Bill, in this game we all help each other out, If there is anything I can ever do for you, let me know." Years later Jerry shared a game film of a common opponent with me.

Jerry continued to look after me as I moved up the ranks in football. He got me involved with the State Coaches Association by having me help with the All-State Football game as a "gopher" and then became able to coach in the game, both as an assistant coach as well as a head coach. We had many discussions about Wing-T Football.



Jerry has been a friend, mentor, and an example of what it means to be a COACH. I am very grateful to Jerry for involving me in the WSCA. Jerry is an example of what it is to be a High School Football Coach. He is one in million."

Ed Laulainen taught and coached at Kelso for 34 years including 25 years as Head Football Coach.

In 2013, Kelso named its football stadium after Laulainen. He represented WSCA on the WIAA Executive Board for 32 years, and Bev, his wife, helped with the Football Clinic for many years.

"One of our favorite "Jerryisms" was, "Let Silence be your friend". He often used this when he wanted to 'quiet a room'.

Dan Heltsley coached at Spanaway Lake and as the Head Football Coach and AD at Lindbergh before moving to the newly built Kentlake as their first Athletic Director in 1998. Dan finished his career as the District AD for the Bethel School District. He has served 13 years on the WSCA Board including a past presidency.

"Jerry was one of a kind. There were many Jerryisms over the years. One that stuck with me that I still use today is "Many hands make little work."

Rob Friese is from Lebam. He graduated from Willapa Valley High School, went to Eastern Washington University, ended up back at Willapa Valley as

a teacher/coach, then principal/coach, then superintendent, then retired. He is currently the Executive Director/Treasurer of WSCA.

Our WSCA meeting did always start at one minute before or after the hour or half hour. 10:01 was the most typical. I believe Jerry is a creature of habit and probably used many clever sayings he had acquired over the years. The meetings always started with him saying, "Make sure you turn your cell phones back on before you leave". I remember telling him one time, "They don't know what they don't know", and since that day he used that many, many times. We always referred to these things as, "Well, Jerry is Jerry!", which I believe is a compliment that there is nobody else like him!

Another thing about Jerry...He surrounded himself with good people to do what he didn't know how to do. Most of those people were his former students/athletes that he trusted.

Coach Jerry Parrish thinks in simple terms –

"You work hard and do it right, no matter what it is, and good things happen."

And the one line he often said to his team:

"The biggest room in the world is the room for improvement.

A loss is hard to take, but you'd better profit from your losses as much as you do from your wins."

Lane C Dowell: Defensive Coordinator Football West High Bremerton and Olympic High, 1973 Kitsap Sports HOF West High Wildcats Football Team Founder of the Chuck Semancik Memorial Foundation, USATF Master Level Official - retired, WSTF-CA HOF 2012, WSCA Lifetime Member, Correspondent for the Washington Coach ■

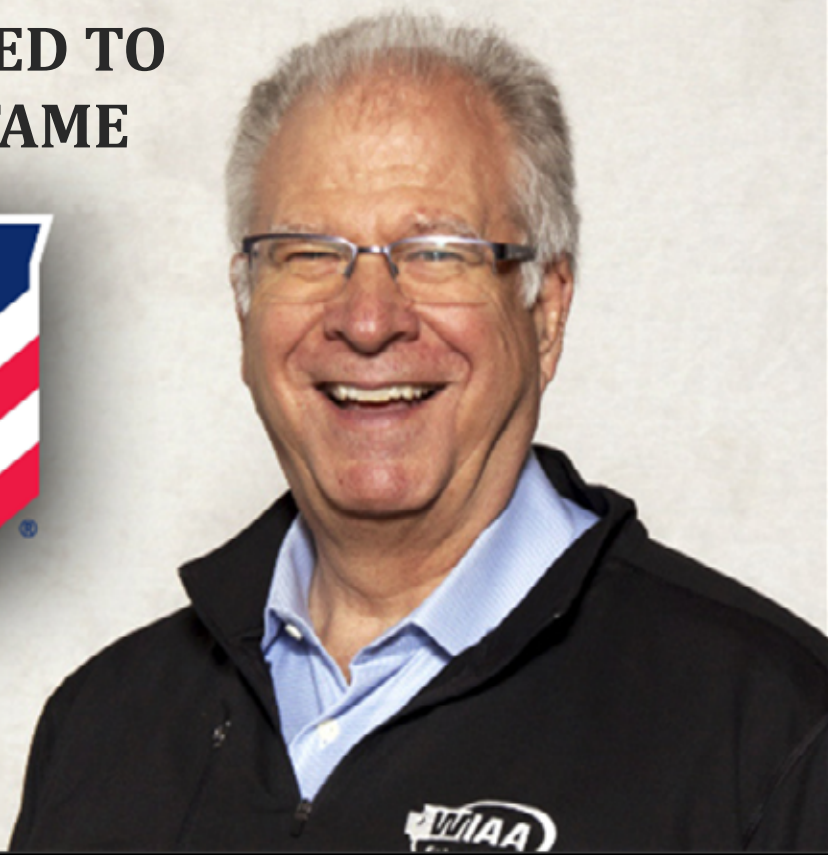


Happy 90th on August 10th, Jerry. What a ride!

COLBRESE NAMED TO NFHS HALL OF FAME



CLASS OF 2024



INDIANAPOLIS, Ind. – Mike Colbrese, the Washington Interscholastic Activities Association’s former Executive Director, has been named to the National Federation of State High School Associations (NFHS) National High School Hall of Fame, Class of 2024.

Colbrese, along with the 10 other members of the 2024 Class, will be inducted on July 1 at the NFHS Summer Meeting in Boston, Massachusetts.

After a 37-year career as an administrator for three state high school associations, Colbrese retired in 2019. He spent the final 26 years leading up to his retirement as the WIAA’s Executive Director. During Colbrese’s tenure, he made significant changes to advance high school sports across Washington State and throughout the nation.

Colbrese assisted in writing and lobbying for the nation’s first law on concussion and developed a policy for the participation of transgender students in high school sports, a policy that became a national standard. He

created a process to require people of color and female representation on WIAA committees, while also starting a WIAA Native American Advisory Committee, including representation on the association’s Executive Board.

On a national scale, Colbrese’s contributions to the NFHS were described as “immense.” Most notably, he served on the Football Rules Committee for 27 years (1982-2008), along with 13 years on the Football Game Officials Manual Committee, serving eight as committee chair. Colbrese has also served on the NFHS’ Basketball and Track & Field rules committees.

Additionally, Colbrese spent two terms on the NFHS’ Board of Directors, including a term while he was in Wyoming and another from 2008-2012 in Washington. He was also a member of the NFHS Strategic Planning Committee (1996-99 & 2005-08).

Other committees Colbrese served on included the NFHS Sportsmanship, Ethics, and Integrity Committee, the

NFHS Sanctioning Committee, and the NFHS Summer Meeting Advisory Committee. He also assisted with the NFHS’ Be A Sport Program and was the chair of the NFHS’ Coaches Education Review Committee (1991-95).

Colbrese has been previously inducted into six halls of fame (WIAA, Washington Athletic Directors, Washington Officials Association, Washington Music Educators, Wyoming Athletic Directors, Wyoming Music Educators).

Since retiring from the WIAA, Colbrese has returned to the playing surface as a football, basketball, baseball, and softball official. He has also led the growth of the Washington State Football Coalition, focusing on promoting the positive benefits of youth and high school football across the state.

Colbrese joins a group of six other NFHS Hall of Fame inductees from Washington and is the most recent inductee since Mike Burton (2015). ■

Inaugural Showcase

The inaugural 2024 Hawks 1A Softball Showcase, hosted by the College Place Hawks softball program, was a resounding success held at the Mill Creek Sportsplex and Walla Walla Community College in Walla Walla, WA. This event brought together a diverse array of teams from across the state, spanning all corners of our state, creating a unique opportunity for schools to face opponents they wouldn't typically encounter due to geographical distances.

The goal of the tournament was to emulate the atmosphere of a state tournament, and it certainly delivered. The complex was alive with excitement throughout the games, providing a fantastic replica of a state tournament setting. Teams battled intensely all day, engaging in two games against high-quality competition they normally wouldn't face during the regular season. The results were a testament to the talent and determination of each participant. The scores from the games reflect the competitive nature of the showcase:

Field 1:

- Colville 10, Royal 9
- Mount Baker 11, Elma 8
- Mount Baker 4, Royal 1
- Elma 16, Colville 9

Field 2:

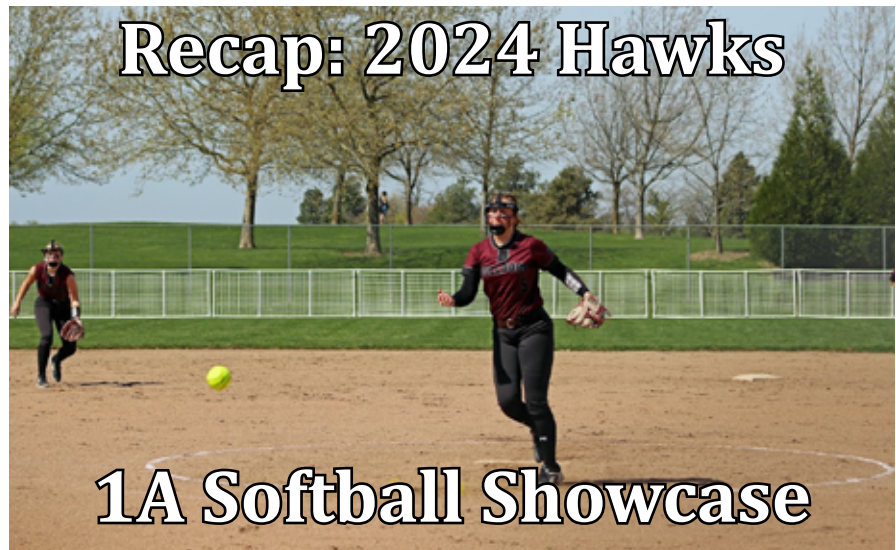
- Hoquiam 3, Blaine 2
- Montesano 6, Riverside 1
- Montesano 9, Blaine 1
- Riverside 9, Hoquiam 0

Field 3:

- Cedar Park Christian 7, College Place 1
- Freeman 7, Nooksack Valley 1
- College Place 12, Nooksack Valley 3
- Cedar Park Christian 10, Freeman 0

Field 4:

- Meridian 8, Tenino 2
- Lynden Christian 16, Columbia (White Salmon) 1
- Columbia (White Salmon) 9, Meridian 3
- Lynden Christian 10, Tenino 0



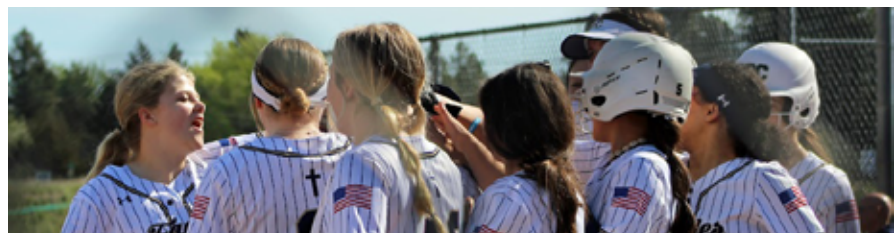
Overall, the showcase was an enriching experience for everyone involved. The high level of competition provided valuable insights and preparation for teams gearing up for the state tournament in May. We gained a deeper understanding of our teams' strengths and areas for growth.

I believe this event was a significant milestone for high school softball in our state, and I look forward to more events like this in the future. Thank you to all the participants, coaches, volunteers, and supporters who made this showcase a tremendous success!

Amidst the competition, each team nominated two standout players to be part of the first-ever All-Tournament Team. Congratulations to all the players who earned this honor!

All-Tournament Team:

- Riverside High School: Kynlea Toner and Kaylee Winterroth
- Colville High School: Navae Kinney and Rachel Stutzer-Ferrell
- Royal High School: Jill Allred and Randi Allred
- College Place High School: Adrienne Berube and Anna Ortega
- Freeman High School: Kaylee Ripke and Maggie Leeper
- Columbia (White Salmon): Danica Herman and Joella Posinin
- Tenino High School: Jaeleen Wodward and Chloe Grayless
- Elma High School: Raelynn Weld and Aaleigha Weld
- Hoquiam High School: Lexi LaBounty and Kayte Sauer
- Montesano High School: Riley Timmons and Liv Robinson
- Cedar Park Christian: Malaya Nelson and Shelby Southard
- Meridian High School: Lorelai Margesno and Maddy Ritter
- Blaine High School: Shaylie Daniels and Aaliyah Bowman
- Mount Baker High School: Gracie Zender and Maddie Jungquist
- Lynden Christian High School: Taya VanderKooi and Cassidy VanSoest
- Nooksack Valley High School: Lainey Kimball and Alayna Dykstra ■



GYMNASTICS

Hall Of Fame



Kristina Goodfellow

I graduated from North Kitsap High School in 1985. The three years I spent as a Viking Gymnast gave me some of my favorite high school memories, life lessons, and close friends. I do not have any club gymnastics experience, just a love for the sport and all the wonderful values that come from working hard and participating on a team.

I taught gymnastics for the local parks and recreation throughout high school. In the 90's the high school athletic director was looking for someone to coach the high school team and offered me the opportunity, which I was very grateful for. I coached a small team, enjoying the challenges of coaching a team versus teaching recreational classes. In those years, the only schools NK competed against were Port Angeles and Bainbridge, both powerhouse teams. After that first year, and some research, I sought out schools to compete against

that scored the same as NK. The first meet that the girls won will always be a happy memory. I will never forget the amount of confidence and self-esteem that our Vikings gained from the experience. For me, those values are one of the most important things I can do for my team as their coach. Anything that builds self-esteem in young women is important as they grow into confident young adults with the courage to face life's challenges. There is so much that this sport offers young athletes; both physical and mental strength as well as flexibility, courage, time management, success and failure. Additionally, I find that providing athletes the opportunity to learn goal setting helps them find their own strategies for achieving success.

This will be my 28th year coaching the North Kitsap team. I have been lucky enough to bring a competitor to the state meet every year since 1999. We have qualified to State four times as a team and each time has been special. In 2019 we were WCD III champions, something I never thought I would see. The West Central District is large and very competitive with stand-out teams from the

SPSL. Other highlights over the years include individual gymnasts in event finals on all four events and three gymnasts participating in High School Nationals for Seniors.

I have served on the Washington Coaches Association Board since 2013 working with some amazing and dedicated individuals. Twice I have been recognized by my fellow coaches as the 2A/3A Coach of the Year.

I love this sport and what it has to offer teenage girls. From the kids who have zero gymnastics experience and just want to be on a team, to the club kid who wants to do more, or even the former club kid looking to rekindle the love of a sport they dedicated so much time to when they were younger. I have met and worked with some fantastic people; kids and adults who have inspired me to be a better person and coach. Gymnastics is an amazing sport and I am thankful to have it in my life.



Jim Sullivan

While attending Washington State University Jim was a cheerleader and gymnast, as a gymnast he was Pacific NW All-Around Champion and Parallel Bar Champion. After Graduation from WSU Jim served our country in the United States Air Force

Jim began his teaching career at Northshore School District in 1958. During career span he taught World History, Math, Science and Physical Education. He also coached Football, Track, Tennis, Women's Softball, Golf and ultimately culminating with Men's and Women's Gymnastics. His men's gymnastics teams were State

Gymnastic Champions in 1965, 1972, 1976. He also had numerous men's KingCo Champion. And Championship teams. His women's Gymnastics teams placed second at State in 1978 and 1981. Under Coach Sullivan's





tutelage, Champions were made. Former students and athletes call him a mentor, supporter, father figure and team-builder. Jim’s philosophy was “It takes individuals to build a team”, and Jim counted each individual as an integral part of each team.

Jim was honored by his peers and was nominated State Gymnastics Coach of the Year during his Men’s 1970/71 and 1971/72 seasons, and during his Women’s 1987 Season.

Jim also contributed to his sport as President of the Washington State High School Gymnastics Association 1964 and his appointment to the Washington State High School Rules Committee for a 4-year term.

Jim studied, tested and qualified as a College NCAA Gymnastics Judge and judged collegiate meets for 15 years and was an international judge for 10 years.

For all his contributions to the growth and development of the BHS gymnastics teams over the years, Jim was nominated into the Bothell High School Hall of Fame in 2010. The Northshore School District inducted Jim into the Wall of Honor in 2014.

Jim Sullivan was a valuable part of High School Gymnastics in Washington State. ■



GENERAL LIABILITY INSURANCE PROGRAM

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

CARRIER

HDI Global Specialty (A Rated)

POLICY PERIOD

August 1, 2023 – August 1, 2024

LIMITS OF INSURANCE

\$1,000,000	Each Occurrence
\$2,000,000	General Aggregate (per Member)
\$1,000,000	Products/Completed Operations
\$1,000,000	Personal & Advertising Injury
\$ 300,000	Fire Damage
\$ 50,000	Sexual Abuse (per Member)
Excluded	Medical Payments

COVERAGES

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

EXCLUSIONS

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

CAMP INSURANCE

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

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

NEW PROCEDURE FOR CAMP INSURANCE

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

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

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

PURCHASE INSURANCE

- ❖ Camp Insurance Request form is available on our website: www.loomislapann.com

INSURANCE ADMINISTRATOR



www.loomislapann.com
(P) 800-566-6479 | (F) 518-792-3426

Greg Joly
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kboller@loomislapann.com

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



Coach Wyatt Tonkin

Hearing their final whistle...



Shorewood baseball coach Wyatt Tonkin gives advice to a player in the infield as catchers practice behind him in 2017. (Andy Bronson / The Herald)

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SHOREWOOD BASEBALL COACH WYATT TONKIN PASSES AT 69

The Stormrays' assistant coaches will take over from the Hall of Famer the remainder of the season.

By [Evan Wiederspohn](#). Thursday, April 4, 2024

Legendary and longtime Shorewood High School baseball coach Wyatt Tonkin passed away on March 26. His cause of death was not reported. A celebration of life ceremony was held at the school's gymnasium on Saturday. He was 69 years old.

Tonkin had been Shorewood's head coach for the past 26 seasons, becoming a revered and beloved figure within the Shoreline community. Tonkin totaled a 367-145 win-loss record, leading the Stormrays, formerly known as the Thunderbirds, to five state tournament semifinal appearances. In 2017, he was inducted into the Washington State Baseball Coaches Hall of Fame.

"He thrived around coaching baseball," Shore-

line School District athletic director Don Dalziel said. "But, he was never afraid to take on a new assignment if we ever needed help. ... He was always wanting to help the team. A consummate team player was a great way to describe him."

The Stormrays' assistant coaches will coach the team by committee the remainder of the season.

Tonkin graduated from O'Dea High School in 1972 before pitching at the University of Washington for four years. In 1976, he was selected in the 20th round of the Major League Baseball draft by the Atlanta Braves.

While at Shorewood Tonkin also spent 17 seasons helping coach the Stormrays' football team, as well as three seasons coaching middle school. Tonkin

was also Shorewood's gym manager for volleyball, basketball and wrestling events.

"Wyatt was always teaching, not just his players but other coaches as well," said Shorecrest coach Alan Burns, who spent six seasons as a junior-varsity coach under Tonkin before taking over at Shorecrest in 2005. "The baseball lessons came along with a terrific story from his storied baseball past. As a young coach, he showed me the importance of building team camaraderie, paying attention to the little things and making sure players understand the purpose of what they were doing in practice."

Tonkin grew a reputation for developing young, up-and-coming arms on his pitching staff. Former Cy Young Award winner Blake

Snell, Riley O'Brien and Ian Oxnevad are just a handful of the big names who passed through his program over the years.

"I think he just set a great example," Dalziel said. "He demonstrated the epitome of being a gentleman and allowed his student athletes to absorb that. ... His baseball field was just an extension of the classroom, there were always lessons to be taught. Whether that was a baseball lesson or a life lesson, he always had the ability to do that." ■

Evan Wiederspohn covers sports for the Herald. He focuses on prep athletes and sports.



SPORTS

Individual Sport Representatives

These are the coaches you need on your staff!

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

ATHLETIC TRAINERS

Ciara Ashworth
Kamiakin
president@wsata.org

BASEBALL

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Graham-Kapowsin
bjackson@bethelsd.org

BASKETBALL - BOYS

Nalin Sood
Mountlake Terrace
wibca2010@gmail.com

BASKETBALL - GIRLS

Dan Taylor
King's
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CROSS COUNTRY

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Ellensburg
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DANCE AND DRILL

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Tahoma
Jeanne Gloudemans,
Lake Washington
wsddca@gmail.com

FOOTBALL

Mark Keel
Central Kitsap
MarkK@ckschools.org

GOLF

TBD

GYMNASTICS

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Issaquah
issygymnastics@yahoo.com

SOCCER

Jens Jensen
Royal
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SOFTBALL

Corey Davis
College Place
cdavis@cpps.org

TENNIS

Brooks Hazen
Puyallup
hazenbf@puyallupsd.org

TRACK & FIELD

Kevin Eager
Gig Harbor
wstfcaprez@gmail.com

VOLLEYBALL

Suzanne Marble
LaConner
smarble@msn.com

WRESTLING

Brett Lucas
Todd Beamer
blucas@fwps.org ■



SCHOLARSHIP

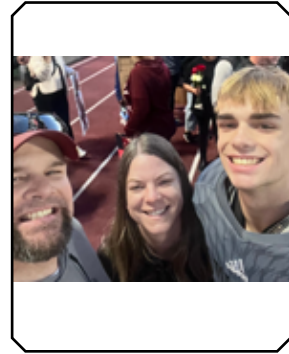
Burnett-Ennis *Recipients*



Calvin Bailey
and mom Kristina



Riley Gudgel
and dad Kevin



Ben Hallead and
dad John and his wife Jenny



Makenna Jackson with
dad Brian and mom Kim



Rachael Keller
and mom Nicole



Faith Kert
and dad Trevor



Kyndal Koski
and dad Jason



Addison Maxwell and
dad Wayne



Gavin McCallum
and dad Ryan



SCHOLARSHIP

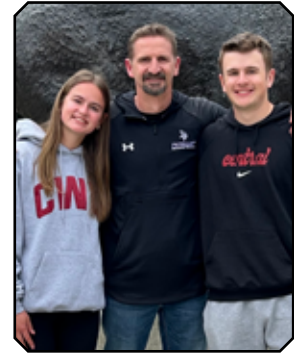
Burnett-Ennis *Recipients*



Julia McDonald
and dad Casey



Palmer Mutcheson
and dad Joey



Alessandra Olson
and dad Kevin and Andrew



Andrew Olson
and dad Kevin and Alessandra



Carissa Quesnell
and dad Chad



Jaxon Rocha
and dad Sam



Hannah Wells
and dad Joel



Brielle Wilson
and dad Shawn



Emmersyn Yakovich
and dad Craig ■

WSVCA VOLLEYBALL CLINIC

JULY 26, 2024

9AM-5PM

\$100

**BURLINGTON-EDISON
HIGH SCHOOL
301 N. BURLINGTON BLVD**



Presenters

James Suh
Tawnya Brewer
Kim Grycel
Chris Elsner
Suzanne Marble

Come collaborate and connect
with other coaches as you
prepare for your 2024 season

**Coaching
Clock Hours
Available**

Registration Open 5/15/24

Registration form

For more information contact

Suzanne Marble suzannemarble@gmail.com 360-770-5904

Tawnya Brewer TBrewer@be.wednet.edu 360-202-0742

VOLLEYBALL CLINIC

2024 CLINIC SCHEDULE

FRIDAY, JULY 26

Schedule Subject to Change

8:15-8:50 Check-In

Coffee and light breakfast

9:00-9:50 Break-Out Session One

James Suh: On-Court -Serving: Principles, Plans, Practice & Cues
Chris Elsner: Classroom- 17 Volleyball Ideas from 17 Coaches Over 17 Years
Kim Grycel: On-Court - Defense/Serve Receive

10:00-10:50 Break-Out Session Two

James Suh: On-Court - Blueprint for Setting Tactics
Suzanne Marble: Classroom -Create Culture A Culture of Character and Competition
Tawnya Brewer: Drills for Small Teams

11:00-11:50 Break-Out Session Three

Chris Elsner: Classroom-17 Volleyball Ideas from 17 Coaches Over 17 Years
Tawnya Brewer: Classroom- Foundations of a Winning Culture
James Suh: Serving Principles, Plans, Practice & Cues
Kim Grycel: Drills for Large Numbers

12:00-12:55 Lunch on your own

1:00-1:50 Break Out Session Four

Suzanne Marble: Classroom Motivation + Goals = Success
Kim Grycel: On Court- Drills for Large Teams
Jame Suh: On-Court Blueprint for Setting Tactics

2:00-2:50: Round Table with presenters

3:00 Closing ■



ADVERTISE

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

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

Rates for 1, 2 issues are also available.

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

wscs-editor@comcast.net

Cell phone: 253-318-9432 ■





District 1

Head Coach



*Greg Dailer
(represented by
co-worker)
Arlington*

Assistant Coach



*Eric Dinwiddie
Lake Stevens*

Assistant Coach



*Tyler Dubuque
Anacortes*

Freshman Coach



*Joe Hanrahan
Glacier Peak*

District 2

Head Coach



*Don Wallace
Nathan Hale*

Freshman Coach



*Keandre Magee
O'Dea*

Head Coach



*Jeff Logan
Graham Kapowsin*

Assistant Coach



*Dion Alexander
Mt. Tahoma*

MS Coach



*Bernie Bryant
Claudia Thomas*

District 3

District 4

Head Coach

Assistant Coach



*William Garrow
Tumwater*



*Cameron Cook
Mt. View*

Head Coach

Assistant Coach



*Patrick Mitchell
Ephrata*



*Bryant Andersen
Connell*

MS Coach



*Steve Bator
Wahluke*

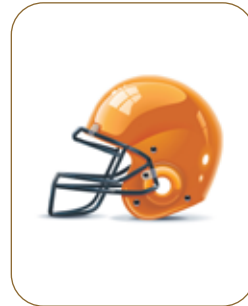
District 6

Head Coach

Assistant Coach



*Erick Judd
Okanogan*



*Taylor Mitchell
Wenatchee*

Head Coach

Assistant Coach

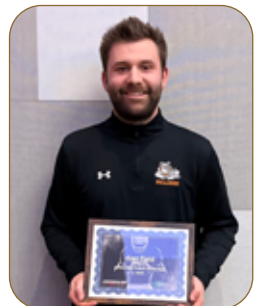


*Marshall Hart
NWC-Colbert*



*Jonathan Perry
NWC-Colbert*

JH Coach



*Alan Field
Lind-Ritzville-
Sprague*

District 8

Head Coach

Assistant Coach

Freshman Coach

District 9

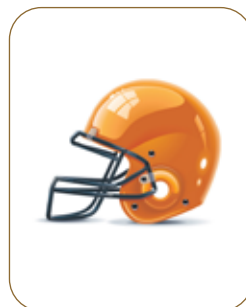
Head Coach



*Ryan Cole
Rogers (Spokane)*



*Jamie Fitzgerald
Ridgeline*



*Brian Patterson
Mead*



*Kyle Kimble
Pomeroy ■*

FOOTBALL

Hall Of Fame



Joe Worsham

Joe Worsham graduated from Bridgeport High School in 1965 where he was a 4-sport letterman his Junior and Senior years. He graduated from WSU where he played frosh football and baseball. His first teaching/coaching job was in 1969 at Coulee Dam High School where he was the assistant coach in football and basketball, head coach in baseball and directed the Junior class play in his spare time. Coulee Dam HS combined with Grand Coulee HS to become Lake Roosevelt HS where he became the head football and baseball coach. From there, he traveled to the Dalles High School in Oregon where he became the varsity assistant in baseball and football for 3 years.

In 1977, he became the head football coach at Pateros High School. This job lasted for the next 21 years, including 1 year as the head track coach, 3 years as assistant basketball coach, 15 years as the head baseball

coach, and 4 years as the drama coach. During these years, the football teams were league champions for 7 straight years from 1989-1995. The football team played in the State quarterfinals in 1988 and 1989, the State semifinals in 1990 and 1993, and the State championship game in 1991, 1992, 1994, and winning the title in 1995. During this time, Joe was the WSCA Regional Coach of the Year, NCW Rotary Club Coach of the Year, Wenatchee World Coach of the Year, as well as several League Coach of the Year honors.

His last head football coaching position was at Soap Lake from 2009-2012. At that time, he broke Soap Lake's string of 29 years without a winning record.

Joe and his wife Jeanne have been married for 53 years. They have a daughter, JoLee (in Heaven) and 2 sons, Scott, and Jason. Joe and Jeanne also have 5 granddaughters and 1 grandson.



Tom Sanchez

Tom Sanchez graduated from Willapa Valley High School in 1982. He then attended Lewis and Clark College and played football for 2 seasons before graduating from Central Washington University. After serving as an assistant at Willapa Valley for 6 seasons, Tom was hired as the head coach at South Bend High School in 1993. During his 31 years at South Bend, he was the head football coach for 24 seasons, athletic director for 22 years, and served many years as an assistant coach in boys and girls basketball and track. While the

head football coach at South Bend, the Indians qualified for the playoffs 11 times and won the school's first playoff game in 21 years in 2006. In 2010, South Bend won the school's first state football championship and in doing so, Tom and Bud Sanchez (whose titles came in 1978 and 1979) became the only father and son duo in Washington to win state football titles in the championship era. Tom retired as head coach after the 2016 season but returned to coaching football as an assistant for Raymond/South Bend in 2020. Tom has been involved with the Earl Barden East-West All-Star Game since 1998 (coaching twice) and has served as the West coordinator since 2011. He has been a member of the state seeding committee since its inception in 2019.

Tom and his wife Jackie were married in 1995 and have three children – Emily, A.J., and Jessica. ■

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