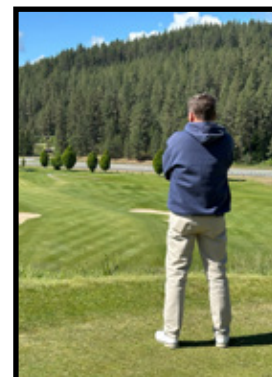
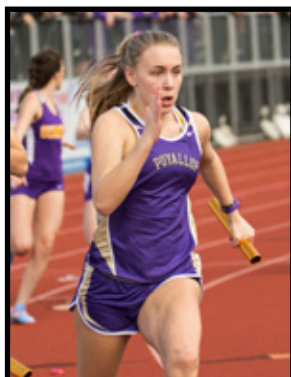


# THE WASHINGTON COACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



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# WASHINGTON STATE

## COACHES ASSOCIATION

A WASHINGTON STATE NON-PROFIT ORGANIZATION

## Our Mission

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

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### **From the Editor**

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

# Presidents Message

## Darrell Olson

Spring 2025

Fellow WSCA Members,

Happy summer break to all our coaches!!

We made it through another school year. We made it through another season. We changed the lives of countless student/athletes who were under our care and under our watch during our respective seasons. We need to pause for a moment and remember why we are in the profession we have chosen to be in. Whether we know it or not, whether we see it or not, we have made a positive impact this past year on our student/athletes.

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 calendars 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 time" 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. 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.** If you or a group of you have been thinking about proposing changes to your sport, now is the time to get active and draw up the necessary language for an amendment proposal. It is a time-consuming process, but a process that has to be followed by the WIAA. I would encourage you to get on this as soon as possible.

June 1, 2025, marks the start of the new membership year for the WSCA. Membership applications for 2025-'26 are on our website, [washcoach.net](http://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, be appreciative.

Keep the head down

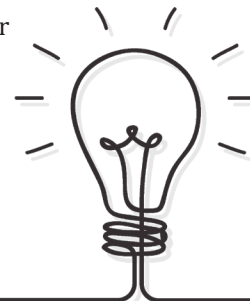
Darrell Olson  
President ■





## Executive Director/ Treasurer Report

Rob Friese, Executive Director/Treasurer



### Be in the Know

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As the 2024-2025 membership year comes to a close on May 31, we certainly have some challenges coming that are going to take some outside the box thinking. With our paid membership totaling over 4,500 coaches, we certainly have a duty to continue providing the great benefits currently afforded our membership.

With the news that our cards may not provide access to regional and state events in the same way they have been in the past, one of the first things we can all do is to get the word out that we need to ensure proper use of those passes, as the few can make it look bad for the many. Stay tuned for updates on this topic.

Some exciting changes are coming in the next year that will change the face of our membership management technology. This will include a smother process for registration,

make the software mobile phone friendly and compatible, generally more up to date with current code technology. This should all be complete by the end of the 2025-2026 membership year.

Reflecting on my career as a teacher, coach, principal/coach, and superintendent, I have always gravitated back to working with coaches. Coaches are the type of people who work with kids for the right reasons, have more impact on students, and are revered more than any other people I know. I will always be a coach at heart.

This is an exciting and challenging time to be a member of the Washington State Coaches Association. If you have any questions or concerns, feel free to contact me. ■

**QUESTIONS OR CONCERNS?**

Contact - [robfriese@gmail.com](mailto:robfriese@gmail.com)



# 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.
- **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**



# Gymnastics

## Hall of Fame



### Richard Samuels

Richard was first introduced to gymnastics by his middle school coach in Spring Valley New York. Richard was a member of the Springfield college men's gymnastics team from 1973 to 1977. He was co-captain of the 1977 NCAA Division II National Championship team. He was a two-time All-American and 4<sup>th</sup> at the 1977 NCAA Championships. He was one of only a handful of successful black gymnasts of the day nationwide.

Richard coached club gymnastic before working with the high school program. He worked with athletes from beginner to advanced culminating in athletes participating at the National level. He stepped into coaching high school gymnastics as head coach of the Fort Vancouver Trappers with a co-op program including athletes from the Ridgefield Schools District 2003-2013. During this

time, he was able to grow the program and have district champions, state qualifiers and state finalists. For the 2014 season, he left Fort Vancouver and became the first and only coach of the newly added varsity sport of gymnastics in the Ridgefield School District. As head coach he has taken athletes to the state meet all but one of his twenty-plus years of coaching. In those years he was voted district Coach of the Year and State Coach of the Year.

As an active member of the WSGCA he has been a presenter at many coaching clinics throughout the years on numerous topics. He is always willing to step in and help. He has helped coach several of the senior national teams.

Richard is also an educator by profession with a Bachelor of Science degree in Psychology from Springfield College, a Masters degree from the University of Washington in Exercise Science, and a Masters degree in Teaching from City University.

Richard has been teaching for 23 years in public education and was a small business owner for 15 years working with preschool aged children on various forms of movement education and the Washington State School for the Deaf

adding to the school's ability to support all aspects of a child's development.

Richard is a pillar in the gymnastics community in Vancouver and through the State. His years of dedication and involvement make him a perfect addition to the WSGCA Hall of Fame.



### Kathy Crawford

Kathy didn't start gymnastics until the 7th grade at Cal Young Jr High at that time they competed in 6 events. In 1974 she was Gymnast of the Year at Cal Young Jr High. She competed off and on through high school, taking 3<sup>rd</sup> at Districts and State on bars.

While in high school her coach, Shirley Veek, suggested she go to a judging clinic. After that she judged her first gymnastics meet at 17 years old and still judges today. She has judged high school gymnastics in Oregon, Washington and Ohio. Along with high school she has been a USAG National

Judge from 1985 to present. She has been judging NCAA since 1996. In 2024 she moved to Nevada and jumped right in to judging there.

Not only is Kathy a judge she has also done her fair share of coaching. Starting in 1978 she coached at JFK High school until 1997. From 1999 to 2002 she was the head coach at Sumner High School. She has also coached for Team Washington at the Sr Nationals 2000 to 2002. Coaching the National Championship team in 2002. Since then, she has judged the Sr National meet for many years. In 2007 she came back to coaching after some time off and was the assistant coach at Auburn Riverside High school for 6 years. While there she was voted assistant coach of the year 3 times.

Kathy has given so many years to gymnastics in our state in so many capacities. She has always been involved with the WSGCA, helping at clinics, judging invitationals, and helping with the Sr National team. She is always willing to help.

Kathy says that High school gymnastics was the BEST thing she has ever done! She loves seeing the exceptional level of gymnastics here in Washington State! ■



# WASHINGTON STATE

## FOOTBALL COACHES ASSOCIATION

FOR IMMEDIATE RELEASE: MARCH 2025

Washington State Football Coaches Association Executive Board

<https://www.washcoach.net/football/>

### WSFCA Announces Hall of Fame Inductees

*Three new members to be inducted during special ceremony in May at VMAC*

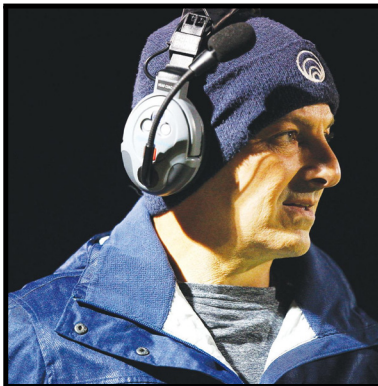
The Washington State Football Coaches Association is pleased to announce and recognize the WSFCA Hall of Fame Inductees for the class of 2024. Congratulations to Coach Randy Affholter (Kennewick / Ellensburg / Toppenish), Coach Rocky Patchin (North Thurston), and Coach Tony Davis (Tahoma/Renton). Full Biographies for this year's inductees are attached.

In Partnership with the Seattle Seahawks, the Induction Ceremony will take place at the Virginia Mason Athletic Center on Sunday, May 18, 2025 at the Hall of Fame Awards Luncheon, as part of the WSFCA Head Coach Mentorship Summit.

**Tony Davis**



**Randy Affholter**



**Rocky Patchin**



## TONY DAVIS

Renton HS / Tahoma HS

Coach Davis began his playing career at Air Academy High School in Colorado Springs, CO, where he played under Gary Barnett, future head coach at Northwestern and Colorado. He continued his football journey at the University of Missouri, where Warren Powers was the head coach, and his position coaches included Jim Donnan (Marshall and Georgia) and Mike Price (former WSU head coach). In 1985, Coach Davis was drafted in the 4th round by the Seattle Seahawks, playing under head coach Chuck Knox with Rusty Tillman as the tight ends coach.

Coach Davis's coaching career began at Tahoma High School, where he served as an assistant under Doug Wilson for two seasons ('89 and '90). In 1991 he took over as the head coach at Renton High School, leading the team from 1991 to 1993 after Mark Stewart transitioned to a coaching position at Western Washington University. He then returned to Tahoma High School, where he led the Bears football program from 1994 to 2021. During this time, with the help of talented players and outstanding coaching staffs, Coach Davis's teams earned league titles, frequent district playoff appearances, state playoff berths, and a handful of Coach of the Year honors. Coach Davis also contributed to the WSFCA All-State game as an assistant coach in 1999 (under Paul Lawrence) and 2010 (under Mark Stewart) and had the honor of serving as the head coach of the West team in 2018. Additionally, he was an assistant coach for the 2008 Army All-American Bowl.

After a 36-year career in education, Coach Davis is retiring as a teacher, coach, athletic director, Director of Equity, and Assistant Superintendent. He and his wife, Sherrie, will celebrate their 40th wedding

anniversary in June. Their son Aaron, a three-sport athlete at Tahoma, earned a state championship in wrestling during his senior year. Their daughter, Nicole, was the captain of the Tahoma High School Dance Team, and she and her husband, Scott, are parents to two daughters, Zoey and Willow.

## RANDY AFFHOLTER

Toppenish / Ellensburg / Kennewick

Coach Affholter graduated from Toppenish High School in 1983, then attended Walla Walla Community College. While attending WWCC, he participated in football and tennis while earning his AA degree. He met his wife Tara in the fall of 1985 in the weight room at WWCC.

After attending Walla Walla Community College, Coach Affholter transferred to Central Washington University for the winter quarter of 1986. He was married in June of 1987 and earned a BA degree from CWU in June of 1988. In the fall of 1987 Coach Affholter applied for a football coaching position at Morgan Middle School in Ellensburg and immediately fell in love coaching the sport of football.

After graduation from CWU, Walla Walla Community College was looking for an assistant coach. Mike Levens took a chance on Coach Affholter, and his coaching journey began. He spent four years at WWCC coaching DBs

and LBs. During his time at WWCC, they played in two junior college bowl games going 1-1. With two young boys and Jr College Football on rocky ground, Randy and family decided to pursue a career of coaching and teaching in public education.

Gary Patrick at East Valley in Yakima sat on his first interview committee. Coach Affholter got the opportunity to coach alongside another Hall of Fame coach Barry Refeill. After two years with the Red Devil staff, his desire to be a head coach led Coach Affholter back to his alma mater Toppenish High School. In 1994, he took over the Toppenish program. In his time at Top-Hi as the Head Coach, Randy learned about what was important in coaching at the high school level. After three challenging years at Toppenish, Coach Affholter moved to a new position.

Hired by Ellensburg High School, Coach Affholter would lead the bulldog program for 22 years. His teams making 11 playoff appearances, 4 semi-final appearances, winning 7 league titles and from 2013 to 2016 they did not lose a league contest. After a quarter-final appearance in 2018, Coach Affholter and family sought out a new challenge.

One night while looking for jobs in Arizona, Randy came across a post for a head coaching position at Kennewick High School. He decided to apply for the position and was hired to become the head coach at Kennewick in the fall of 2019. Currently, Coach Affholter has been at Kennewick for 6 years. They have been able to capture success early and often in his tenure. His first season in Kennewick, they advanced to the semi-finals and in 2021, we lost in the state championship game as the number 6 seed. The Lions have been in the tournament every year and have finished in the quarter-finals each of the last three seasons, plus capturing a piece of the league title in the tough Mid-Columbia conference in 2023. This fall Coach Affholter will begin his 32nd year as a head coach, with



*continued on page 8*

*continued from page 7*

Kennewick likely his last stop on the coaching journey. Coach Affholter said, "Coaching has been a challenge, but I have loved every minute of coaching my own sons, helping young boys grow up, and having my Wife by my side during this journey."

## ROCKY PATCHIN

North Thurston

Coach Rocky Patchin played collegiate football at Boise State University, and upon graduation began his journey in high school teaching and coaching. Having spent time as a coach in rural Eastern Oregon and Idaho, eventually Coach Patchin was named the Head Coach at Nampa High School in Idaho.

During his time as Head Coach at Nampa, Coach Patchin led his team to

an Idaho 4A Division State Championship in 1984. Following the 1991 season, Rocky and his family made the decision to seek a new opportunity in Washington State.

Upon arrival at North Thurston High School in 1992 Coach Patchin took over a struggling Rams program that had 16 losing seasons out of the previous 24 years. That would all change under his leadership.

In 1992, his first year leading the program, the Rams won the Narrows League Championship and advanced to the State Quarterfinals behind the running of future NFL All-Pro Runningback Mike Sellers. During that memorable first season, North Thurston defeated nationally ranked South Kitsap 14-10 to win the league championship.

Coach Patchin would lead the Rams for 24 seasons, only suffering three

losing seasons in that entire stretch. A model of consistency, his teams routinely challenged for league championships and advanced deep into the state playoffs.

Likely the best team in his tenure was the 2000 squad which advanced to the WIAA State 3A Semifinals before eventually falling to champion Skyline. Winning 11 games, this was the furthest North Thurston had advanced in the playoffs since 1976.

Rocky retired after the 2015 season with an impressive 151-89 record as the Head Coach at North Thurston High School. His career head coaching record stands at 227 Wins and 150 losses when including his stints in Oregon and Idaho.

Coach Patchin earned numerous coaching accolades over his 40 seasons as a head coach, including being named Olympian All-Area Coach of the Year multiple times during his tenure at North Thurston. ■



## EARL BARDEN ALL-STAR CLASSIC *June 21, Yakima*

The Earl Barden All-Star Classic is scheduled for Saturday June 21 at 1:00pm at East Valley High School in Yakima. Some of the most talented football players from the 2A, 1A, B teams from both sides of the mountains will compete in this West vs. East showdown.

Chairman Mark Mochel has put together

two great coaching staffs including Head Coach Cody Lamb from La Salle leading the East and Mazen Saade from Onalaska taking on the Head Coach position for the West. The crew of tireless "Gophers" is rested and all will be ready for the 31st edition of the Earl Barden All-Star Classic! See you in Yakima! ■





# WIAA GARETH GILES AWARD JIM MEYERHOFF

Each year, the [WIAA Gareth Giles Award](#) recognizes school district athletic staff who demonstrate exceptional leadership, commitment, and dedication to students through athletics and activities and have impacted education-based activities in Washington state.

For 25 years, Meyerhoff's leadership has played a key role in shaping a positive, student-centered athletic culture across the district. From overseeing district-wide programs to supporting postseason events, his work reflects a deep commitment to student-athletes, coaches, and families. Earning the award is a personal achievement and a moment of reflection and appreciation for the colleagues and family members who have shaped his journey in athletic leadership.

"I have a lot of respect for the people on this recipient list, and to be considered for the same award as these individuals is an honor," Meyerhoff said. "When I look at the list of past recipients, I see the names of many athletic leaders that I respect and have worked with, including my father."

Meyerhoff believes that gaining experience in athletics helps shape students into confident, capable, and resilient individuals on and off the field.

"Athletics and activities are an important part of the educational process for many students," Meyerhoff said. "These experiences foster personal growth, teach essential life skills such as teamwork, leadership, discipline, and resilience, and help students build confidence and a sense of belonging. Education-based athletics and activities complement academic learning by developing well-rounded individuals prepared for success in school, their careers, and life. If our students experience these benefits through their participation, our work has been impactful." ■

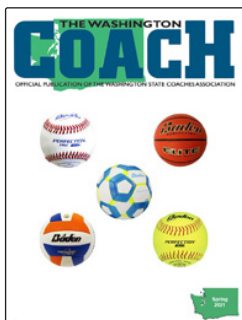


*Mick Hoffman and Jim Meyerhoff*



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**WIBCA PRESENTS  
2025 WASHINGTON  
MR. BASKETBALL  
&**



**PLAYER OF THE YEAR FOR EACH CLASSIFICATION**

**2025 WIBCA MR. BASKETBALL  
JAYLEN PETTY-RAINIER BEACH HIGH SCHOOL**

**AAAA WIBCA PLAYER OF THE YEAR**

**4A-JOSIAH LEE, GLACIER PEAK**

**AAA PLAYER OF THE YEAR**

**3A-KADEN POWERS, RAINIER BEACH**

**AA PLAYER OF THE YEAR**

**2A-BRANT HEPPNER, LYNDEN**

**A PLAYER OF THE YEAR**

**1A-JEREMIAH HARSHMAN, ANNIE WRIGHT**

**BB PLAYER OF THE YEAR**

**2B-QUINCY SCOTT, COLUMBIA-BURBANK**

**B PLAYER OF THE YEAR**

**1B-FRANKY WYNNE, WELLPINIT**

**Our 2025 Wayne Gilman Coaches Award for each classification**

**4A-MATTY MCINTYRE, GONZAGA PREP HIGH SCHOOL**

**3A-MIKE BETHEA, RAINIER BEACH HIGH SCHOOL**

**2A-MIAH DAVIS, BREMERTON HIGH SCHOOL**

**1A-DOMINIQUE WILLIAMS, ANNIE WRIGHT HIGH SCHOOL**

**BB-TODD SCHUMACHER, COLUMBIA-BURBANK HIGH SCHOOL**

**B-JEROME TOBY, LUMMI NATION HIGH SCHOOL**

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[wibca.com](http://wibca.com)

Facebook- [Washington Interscholastic Basketball Coaches Association](#)

Twitter-[@WIBCA](#)

Instagram-[@wa\\_state\\_coaches](#)

## 2025 WIBCA ALL-STATE AND FUTURE GAME TEAMS



B-BB ALL-STATE TEAM				B-BB ALL-STATE TEAM			
Class	Athletes First Name	Athletes Last Name	School	Class	Athletes First Name	Athletes Last Name	School
B	Kallen	Maioho	Wilbur Creston Keller High School	BB	Tanner	Goldsmith	Freeman High School
B	Makyah	Chambers	Neah Bay High School	BB	Jayce	Kelly	Colfax High School
BB	Jakari	Singleton	Reardan High School	B	Jayden	Lewis	Taholah School District
B	Kayden	Turner	Ocosta Jr/Sr High School	B	Franky	Wynne	Wellpinit High School
B	Jacob	Lindstrom	Naselle	B	Dakatta	Seymour	Inchelium High School
BB	Marco	Espinoza	Mabton High School	BB	Karsen	Denault	Napavine High School
BB	Shawn	Jones	Saint George's School	BB	Avidan (Avi)	West	Northwest Christian High School Colbert
BB	Ivan	Alejandre	Lake Roosevelt High School	B	Jack	Strange	Naselle High School
B	Makai	Resseau	Sound Christian	BB	Judah	Kelly	Morton/White Pass High School
BB	Quincy	Scott	Columbia-Burbank High School				
A ALL-STATE TEAM				AA ALL-STATE TEAM			
Class	Athletes First Name	Athletes Last Name	School	Class	Athletes First Name	Athletes Last Name	School
A	River	Buck	Zillah High School	AA	Evan	Stacey	Lakewood High School
A	Spencer	Hansen	Kiona-Benton high school	AA	Brant	Heppner	Lynden High School
A	Rylan	Nelson	Cashmere High School	AA	Javon	Barbee	Franklin Pierce High School
A	Caden	Heutink	Nooksack Valley	AA	Koby	McClure	Prosser High School
A	Gannon	Dykstra	Lynden Christian High School	AA	Cameron	Draculan	Grandview High School
A	Talon	Jenkins	Meridian High School	AA	Ari	Richardson	Columbia River High School
A	Jeremiah	Harshman	Annie Wright High School	AA	Dalton	Stevens	Mark Morris High School
A	Martin	Kaupanger	Annie Wright High School	AA	Luke	Johnson	Bainbridge High School
A	Max	Bieber	The Bear Creek School High School	AA	Daniel	Kwon	Pullman High School
A	Jaeger	Fyfe	Meridian High School	AA	Gus	Halberg	Port Angeles High School
AAA ALL-STATE TEAM				AAAA ALL-STATE TEAM			
Class	Athletes First Name	Athletes Last Name	School	Class	Athletes First Name	Athletes Last Name	School
AAA	Cameron	Hiatt	Edmonds Woodway High School	AAAA	Brogan	Howell	Gonzaga Prep High School
AAA	Breyton	Webb	O'Dea High School	AAAA	Carter	Hansen	Auburn High School
AAA	Arion "Bubba"	Palacol	Marysville Getchell High School	AAAA	Leyton	Martin	Arlington High School
AAA	Aman	Sterling	Inglesmoor High School	AAAA	Drew	Jones	Puuyallup High School
AAA	Sebastian	Arius	Auburn Mountainview High School	AAAA	Landen	Birley	West Valley High School
AAA	Junior	Kagarabi	Shorecrest High School	AAAA	Cesar	Hernandez	Davis High School
AAA	Kenyon	Simmons	Timberline High School	AAAA	Jace	Vanvoorhis	Camas High School
AAA	Jaylen	Petty	Rainier Beach High School	AAAA	Matt	Lindblom	Olympia High School
AAA	Jack	Del Mese	Univeristy High School	AAAA	Treyshawm	Weatherspoon	Rogers High School
AAA	Alexavier	Pierce	West Seattle High School	AAAA	Jo	Lee	Glacier Peak High School
FUTURES TEAM-DARK				FUTURES TEAM-LIGHT			
Class	Athletes First Name	Athletes Last Name	School	Class	Athletes First Name	Athletes Last Name	School
AAAA	Ethan	Harris	Camas High School	AAAA	Devin	Freeman	Lake Stevens High School
AAAA	Brady	Hennig	Mt. Si High School	AAAA	Jace	Andino	Sumner High School
AAAA	Carter	Cohen	North Creek High School	AAA	Brian	Webster	O'Dea High School
AAAA	Lance	Hornrtvedt	Richland High School	AAA	Brayden	Fischer	Shorecrest High School
AAA	Jackson	Whitaker	Liberty High School (Renton)	AAA	Michael	Masini	Gig Harbor High School
AAA	Ismail	Guyo	Roosevelt High School	BB	Adrik	Jenkin	Colfax High School
AAAA	Karson	Maze	Mead High School	AAAA	Landen	Northrop	Richland High School
AAAA	Austin	Birley	West Valley High School(Yakima)	A	Dekker	VanDeGraaf	Zillah High School
AA	Jalen	Davis	Bremerton High School	AAA	Carson	Morningstar	Prairie High School
AAA	Jaden	Ghoreishi	Mt. Spokane High School	AAAA	Reed	Nagel	Glacier Peak High School



## 2025 WIBCA ALL STAR WEEKEND

### PRESENTED BY ZAK DESIGNS

#### Special Olympics Unified Sports

To kick off the WIBCA All Star Weekend, 2025, WIBCA once again showcased two Special Olympics Unified Sports teams representing eight high schools under the leadership of Morgan Larche, Director of Special Olympics Unified Sports. sixteen high school student-athletes gave spectators another exciting and well-played game! Coaches this year were from Silas High School, Micah Arneberg and Kathy Woodward and from Puyallup High, Manny Briones and Bryce Littman. WIBCA is very appreciative and grateful of the partnership with Special Olympics Unified Sports and to be able to share the All-State Weekend stage with them.

#### Futures Game

WIBCA, thanks to the sponsorship of ZAK DESIGNS, hosted the 4th annual "Future's Game" representing many of the top underclassmen in the state of Washington at Bellevue College on March 16th as part of the WIBCA's All Star Weekend. The 20 participating players represented sophomores and juniors from various parts of the state and classifications. "Team Ron Brown" that was coached by Rick Tripp of Tahoma High School defeated Team "Team Ray Cresap" coached by Kellen Drake of Entiat High School 102-87.



#### All State Games

The third game of the afternoon paired combined "B" and "BB" teams against each other in a very close and competitive game. In the fourth game of the day, the "A" All-State team competed vs. the "AA" All-State team. In this game the "A" All-State team defeated the "AA's" 97-80.

Our fifth and final game of the WIBCA All State Weekend, pitted the "AAA" All-State team vs. the "AAAA" All-State team, this game went right down to the wire and the "AAA's" prevailed 89-88. A big thanks to Zak Designs for their support, all the WIBCA volunteers and Bellevue College for hosting! ■

## Hearing their final whistle...



### Coach Mike Ryan

If there is any kind of athletic field or court in heaven, Mike Ryan is playing on it! Whether it be softball, basketball, pickleball or golf, Mike's competitive nature led him to not only play, but also share the skills he possessed with others. Mike served as a three-season high school coach at a variety of levels. He spent hours repeating drills and providing direct instructions on how to dribble, block, pass, shoot, charge, drive, swing, putt, punt, pitch, hike, hit, catch and field. He was inducted into the Fife High School Hall of Fame due to his thirty-three years of coaching Fife students. As the Varsity Girls' Basketball coach, he led his team to an 8th place state finish in 1992 and a 2nd place state finish in 1993 which still stands as the most successful team in Fife's school history. He led teams to League Championships in 1985, '86, '87, '88, '92, and '93. His peers voted him Coach of the Year five times!! This does not include the two-time Coach of the Year Award for softball and three-time Coach of the Year Award for golf.

Born John Michael Ryan on January 16, 1951, he grew up in the Crown Hill neighborhood. He attended Blanchett High School after serving as an altar boy at St. John Catholic School where he received the Outstanding Altar Boy Award. His competitive nature started early. He attended Seattle University, where he played basketball, and Central Washington University receiving his teaching degree and was a member of a multitude of intramural teams. He taught math and coached at O'Dea, Inglemoor and Fife High School. Returning to the fundamentals, be it in math or athletics was a cornerstone in Mike's teaching and coaching philosophy.

Mike loved softball and started playing in his 20's and continued through his 70's. He had a passion for golf and had 5 hole in ones. He loved the Huskies and Mariners. His favorite teammate of all was his wife, Carol. They met in 1983 and married in 1990. They played pickleball and golf tournaments and together made a great team. She was his biggest supporter, and



they had a deep love for one another.

Sadly, Mike passed away on January 19th, 2025, just three days after his 74th birthday from complications due to a blood clot. His wife Carol was by his side as she had been for thirty-four years.

Mike is survived by Carol, his two sisters, Gail and Kathy, his half-brother Danny, and four nieces and nephews. His brother Dennis preceded him in death.

Mike's positive attitude and sense of humor will be deeply missed but his memory lives in the lives he touched. He will be forever in our hearts. ■

There will be a Celebration of Life Friday July 11th from 1:00pm - 6:00pm at The Cove in Normandy Park. 1500 SW Shorebrook Dr. Normandy Park, WA 98166.



## *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 [wsc-editor@comcast.net](mailto:wsc-editor@comcast.net). ■

# The Power of Influence: How Coaches Shape the Future of Officiating

Jim Meyerhoff, CMAA  
Puyallup School District Athletic Director



In the world of education-based athletics, coaches serve as role models, teachers, and mentors. Their impact extends far beyond the Xs and Os of the game, shaping the attitudes and behaviors of student-athletes both on and off the field. One critical aspect of this influence is how coaches interact with game officials, as this dynamic plays a significant role in shaping the future of officiating in youth and high school sports.

## The Ripple Effect of Coach-Official Interactions

Student-athletes are highly observant, often mirroring the behaviors they see from their coaches. If a coach consistently challenges, berates, or disrespects officials, players internalize those actions as acceptable. This not only affects the immediate game environment but also fosters a long-term perception that officiating is an unenviable role subject to constant criticism.

On the other hand, when coaches model professionalism, respect, and constructive dialogue with officials, players learn that referees

are an essential part of the game. They begin to see officials as partners in competition rather than adversaries. This shift in perception can have a lasting impact, influencing whether student-athletes view officiating as a viable and honorable pursuit in the future.

## Addressing the Officiating Shortage

Across the country, the officiating crisis in youth and high school sports is becoming increasingly severe. Many veteran officials are retiring, and there aren't enough new recruits to fill their shoes. The pool of officials is aging, and without fresh talent stepping in, the integrity of education-based athletic contests is at risk.

Who better to step into these roles than former players? They understand the rules, the game flow, and the competitive atmosphere. However, if their primary experience with officiating has been negative—witnessing or experiencing harsh treatment from coaches—they may be reluctant to consider officiating as an option.

## Fostering a Culture of Respect

To ensure the continuation of well-officiated contests, we must actively promote the role of officials in a positive light. Here's how coaches and athletic directors can contribute:

1. Model Respectful Communication – Address officials with professionalism, demonstrating that disagreements can be handled with composure and respect.
2. Educate Student-Athletes – Teach players about the vital role officials play in ensuring fair competition and the complexities of making split-second decisions.
3. Encourage Officiating as a Pathway – Highlight officiating as a great way to stay connected to the game post-playing career. Athletic departments can collaborate with officiating organizations to introduce students to training programs.
4. Recognize Officials' Contributions – Simple acts of gratitude, such as shaking hands after games or publicly acknowledging officials'



Jim Meyerhoff, CMAA

- efforts, can help foster a culture of appreciation.
5. Create Mentorship Opportunities – Schools and athletic associations can establish mentorship programs where veteran officials guide interested students through the certification process and provide hands-on experience.
  6. Set the Tone for Spectators – Coaches and athletic directors have influence over spectators and their treatment of officials. Continued communication regarding expectations along with addressing concerns quickly will set the tone for your fans.

## Ensuring the Future of the Game

The sustainability of education-based athletics hinges on a robust officiating workforce. If today's student-athletes perceive officiating as a thankless, adversarial role, they will be unlikely to consider it as a future endeavor. However, if they witness coaches treating officials with dignity and professionalism, they may be inspired to don the stripes themselves.

Coaches hold the power to shape the next generation of officials. By fostering a culture of respect and encouragement, they can ensure that the games we love continue to be played with fairness, integrity, and excellence for years to come. ■

## The Washington Coach on the Road...

WSCA Past President, Sue Doering, On the Road



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



## Willipa Valley Hall of Famers

**WSFCA Hall of Fame**  
Bud and Tom Sanchez  
Rob Fries

**WSGBCA Hall of Fame**  
Tom Betrozoff





## OVERTRAINING - Part 2



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

### Definition of overtraining

Overtraining is caused by excessive exercise frequency, too much volume/training load, and ultimately fatigue, plateaus, and loss of enthusiasm. If the athlete continues with the same training schedule, they more than likely will incur an injury from mild to severe.

The National Strength and Conditioning Association (NSCA) defines overtraining "as frequency, volume, or intensity of training, resulting in fatigue which is due also to a lack of proper rest and recovery period. Overtraining itself is simply the stimulus. Overtraining syndrome is the condition resulting from overtraining; it is sometimes referred to as staleness. This system can, but does not always, include a plateau or decrease in performance. Many alternative terms have been suggested for overtraining, including burnout, chronic overwork, physical overstrain, and overfatigue. Some authors use the term overtraining only when a decline in performance occurs."<sup>1</sup>

NSCA continues with<sup>2</sup> eventually, physical adaptations and psychological adjustments will occur less frequently. And the athlete will experience performance plateaus or decrements, and an increased risk of injury and other symptoms associated with overtraining.

See also this article: <https://pmc.ncbi.nlm.nih.gov/articles/PMC3435910/#section11-1941738111434406>

### The use of 4 basic monitoring methods

1. The logbook and the coaches' observations
2. Blood pressure<sup>3</sup>. The arm cuff is more accurate but the wrist one will work fine for detecting trends in both blood pressure and resting pulse rate.

3. Pulse oximeter<sup>4</sup>, an easy-to-use device that monitors blood saturation and heart rate. Ideal for monitoring early morning wake up pulse. If this trends upward, over training is a distinct possibility.



[https://www.amazon.com/s?k=oximeter+finger+with+pulse+fda+approved&crd=3T6E7C2OD4IWA&sprefix=oximeter%2Caps%2C709&ref=nb\\_sb\\_ss\\_p13n-pd-dplr-ranker\\_2\\_8](https://www.amazon.com/s?k=oximeter+finger+with+pulse+fda+approved&crd=3T6E7C2OD4IWA&sprefix=oximeter%2Caps%2C709&ref=nb_sb_ss_p13n-pd-dplr-ranker_2_8)

4. Perceived rating of effort.<sup>5</sup>

Apart from perceived effort (RPE), the blood pressure cuff and the oximeter are easy, quick to use, and the cost for each is minimal.

The (RPE), is an excellent tool for the athlete and when noted in the logbook will give an early indication of overtraining.

These notations of the athletes' Rate of Perceived Exertion (RPE) don't have to be as detailed as the Borg scale, or the OMNI scale.<sup>7</sup>

The easy-to-use standard definition of the RPE, which is self-evaluated, rates the perceived exertion from 0-10 beginning with 0, meaning no exertion and 10 indicating the maximum effort, or a one repetition max (1RM).

A much simpler manner of marking down the RPE works fine using an E, for easy, M, for medium, and an H, for hard will be adequate for both you and your athletes to review as the cycle progresses.

When comparing the athletes' estimate of their effort to your estimate of their RPE

bot estimates need to be close. If you consistently rate them lower, or higher, then a closer look at the athlete is in order. Are they in the pre-stage of overtraining?

In my case, I require a logbook to be used. This gives me a good overall view of whether the training schedule is effective. Incidentally, my logbooks go back many years and when looking back to my younger years I now feel weak and puny. I hate it and even knowing that at my age it is the result of getting old. I still hate it.

Examine their logbook. Pay close attention to the weight loads, sets, and reps. Are there several sessions when they miss earlier efforts? If so, this is a classic indication they are either entering, or have entered, an overtraining zone.

Are they eager to train or has some of the fun gone out of it? Do they still joke around with their friends in the gym, or are they more sedate than usual?

Look first at their form, do they approach the lift with confidence, is do they set up the same as with lighter loads or do you notice a change in this part, do they take more time simply starting, different breathing pattern, is their form sloppy at the very start, does it get slightly into wildly out of the groove in the middle, to the end, is their face scrunching up, teeth, jaw, clenching, on and on in your evaluation of the entirety of the exercise?

You might consider asking them to start a sleep log.<sup>8,9</sup>

### The many signs and symptoms of overtraining

Some commonly recognized symptoms of overtraining may include but are not limited to:

- General fatigue notations may be included in their logbook depend-

ing on the cycle they are in at the time.

- A gradual but eventually, noticeable loss of coordination, muscular strength, and ability to manage the workout loads.
- Changes in their appetite generally manifest in a decreased desire to eat as they normally would under normal circumstances.
- Weight loss could be due to being over the weight class limit, if not then it could be a case of overtraining in the making.
- Sleep disturbance. See WSCA fall 2023 issue article Sleep, Recovery, and Your Athlete

○ [https://www.washcoach.net/Archives/WSCA\\_Fall2023.pdf](https://www.washcoach.net/Archives/WSCA_Fall2023.pdf)

Here are more symptoms of too much exercise:<sup>10</sup>

- Being unable to perform at the same level
- Needing longer periods of rest
- Feeling tired
- Being depressed
- Having mood swings or irritability
- Having trouble sleeping
- Feeling sore muscles or heavy limbs
- Getting overuse injuries
- Losing motivation
- Getting more colds
- Losing weight
- Feeling anxiety

Further reading resources:

[https://pmc.ncbi.nlm.nih.gov/articles/PMC3435910/#:~:text=However%2C%20if%20overreaching%20is%20extreme,syndrom%20\(OTS\)%20may%20result.&text=OTS%20may%20be%20caused%20by,fatigue%2C%20and%20resultant%20neurohormonal%20changes](https://pmc.ncbi.nlm.nih.gov/articles/PMC3435910/#:~:text=However%2C%20if%20overreaching%20is%20extreme,syndrom%20(OTS)%20may%20result.&text=OTS%20may%20be%20caused%20by,fatigue%2C%20and%20resultant%20neurohormonal%20changes)  
<https://pmc.ncbi.nlm.nih.gov/articles/PMC3435910/>

### How too much exercise can hurt<sup>11</sup>

To get stronger and faster, you need to push your body. But you also need to rest.

Rest is an important part of training. It allows your body to recover for your next workout. When you do not get enough rest, it can lead to poor performance and health problems.

Pushing too hard for too long can backfire. Here are some symptoms of too much exercise:

- Being unable to perform at the same level
- Needing longer periods of rest
- Feeling tired
- Being depressed
- Having mood swings or irritability
- Having trouble sleeping
- Feeling sore muscles or heavy limbs
- Getting overuse injuries
- Losing motivation
- Getting more colds
- Losing weight
- Feeling anxiety

If your athletes are exercising hard and show any of these symptoms, cut back on by decreasing the percentages of their 1-RM, taking longer rest periods, eliminating some exercises that are not crucial to the overall goals of the training cycle. In a school setting, following these suggestions may alleviate the situation in a short time.

### How to Avoid Overtraining for the athlete.

You can avoid overdoing it by listening to your body and getting enough rest. Here are some other ways to make sure you are not overdoing it:

- Eat enough calories for your level of exercise.
- Decrease your workouts before a competition.
- Drink enough water when you exercise.
- Aim to get at least 8 hours of sleep each night.
- Do not exercise in extreme heat or cold.
- Cut back or stop exercising when you don't feel well or are under a lot of stress.
- Rest for at least 6 hours in between periods of exercise. Take a full day off every week.

### Compulsive Exercising

For some people, exercise can become a compulsion. This is when exercise is no longer something you choose to do, but something you feel like you must do.

Here are some signs to look for:

- You feel guilty or anxious if you do not exercise.
- You continue to exercise, even if you are injured or sick.
- Friends, family, or your provider

are worried about how much you exercise.

- Exercise is no longer fun.
- You skip work, school, or social events to exercise.
- You stop having periods (women).

Compulsive exercise may be associated with eating disorders, such as [anorexia](#)<sup>12</sup> and [bulimia](#)<sup>13</sup>. It can cause problems with your heart, bones, muscles, and nervous system.

<https://dhhs.ne.gov/ConcussionManagement/Documents/BorgScaleExertion.pdf>

<https://www.cdc.gov/niosh/rhabdo/about/index.html>

### Resources:

<https://pmc.ncbi.nlm.nih.gov/articles/PMC3435910/>

<https://medlineplus.gov/ency/patientinstructions/000807.htm>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC3435910/>

*Science And Practice of Strength Training.* Vladimir M Zatsiorsky.

*Science of Sports Training.* Thomas Kurtz  
*Essentials Of Strength Training and Conditioning.* Baechle and Kramer

<https://pmc.ncbi.nlm.nih.gov/articles/PMC3435910/>

<https://medlineplus.gov/ency/article/000341.htm>

### Footnotes

1 *Conditioning*, NSCA

2 *IBID*

3 [https://www.amazon.com/s?k=blood+pressure+monitor&crd=2EE615SSQ11J4&spre-fix=blood%2Caps%2C207&ref=nb\\_sb\\_ss\\_ts-doa-p\\_1\\_5](https://www.amazon.com/s?k=blood+pressure+monitor&crd=2EE615SSQ11J4&spre-fix=blood%2Caps%2C207&ref=nb_sb_ss_ts-doa-p_1_5)

4 [https://www.amazon.com/s?k=pulse+oximeter+fingertip&crd=2RP1YJMS5H-CW0&spre-fix=pulse%2Caps%2C239&ref=nb\\_sb\\_ss\\_ts-doa-p\\_4\\_5](https://www.amazon.com/s?k=pulse+oximeter+fingertip&crd=2RP1YJMS5H-CW0&spre-fix=pulse%2Caps%2C239&ref=nb_sb_ss_ts-doa-p_4_5)

5 <https://dhhs.ne.gov/ConcussionManagement/Documents/BorgScaleExertion.pdf>

6 *IBID*

7 <https://www.apta.org/patient-care/evidence-based-practice-resources/test-measures/omni-exertion-scale#:~:text=With%20OMNI%20exertion%20scales%2C%20users.perceived%20intensity%20of%20physical%20exertion.&text=This%20review%20is%20focused%20on,aerobic%20or%20resistance%20physical%20activity.>

8 <https://www.nhlbi.nih.gov/resources/sleep-diary>

9 [file:///C:/Users/Owner/Downloads/Sleep\\_Diary\\_508.pdf](file:///C:/Users/Owner/Downloads/Sleep_Diary_508.pdf)

10 11 <https://medlineplus.gov/ency/patientinstructions/000807.htm>

12 <https://medlineplus.gov/ency/article/000362.htm>

13 <https://medlineplus.gov/ency/article/000341.htm> ■



## 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, 2024 – August 1, 2025

### 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.

### 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: <https://www.loomislapann.com/page/camp-insurance-2.html>

### INSURANCE ADMINISTRATOR

**LOOMIS & LAPANN, INC.**

INSURANCE SINCE 1852

[www.loomislapann.com](https://www.loomislapann.com)

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

# 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**

Brian Jackson  
Graham-Kapowsin  
bjackson@bethelsd.org

### **BASKETBALL - BOYS**

Nalin Sood  
Mountlake Terrace  
wibca2010@gmail.com

### **BASKETBALL - GIRLS**

Dan Taylor  
King's  
knights.in.gods.armor@gmail.com

### **CROSS COUNTRY**

Kevin Ryan  
Sehome  
kevin.ryan@bellingshamschools.org

### **DANCE AND DRILL**

Arianna Schultz  
Puyallup  
wsddca@gmail.com  
Lori Stephens  
Meridian-Mattson MS  
wsddcapastpresident@gmail.com

### **FOOTBALL**

Mark Keel  
Central Kitsap  
MarkK@ckschools.org

### **GOLF**

Darrell Olson  
Everett  
abcdolson@frontier.com

### **GYMNASTICS**

Ryan Fleisher  
Issaquah  
wsgca@outlook.com

### **SOCCER**

Jens Jensen  
Royal  
jjensen@royalsd.org

### **SOFTBALL**

Corey Davis  
College Place  
cdavis@cpps.org

### **TENNIS**

Harrison Lee  
Curtis  
hlee@upsd83.org

### **TRACK & FIELD**

Kevin Eager  
Gig Harbor  
wstfcaprez@gmail.com

### **VOLLEYBALL**

Suzanne Marble  
LaConner  
suzannemarblevb@gmail.com

### **WRESTLING**

Brett Lucas  
Todd Beamer  
blucas@fwps.org ■

## Hearing their final whistle...



### Coach Daniel Eyman



Dan Eyman passed away peacefully on Friday, Feb 7th, surrounded by his family and longtime friends. Dan was born August 26, 1959, to parents Don Eyman and Dolores (Emard) Eyman, he was their second child. Dan is survived by siblings: Denise (Eyman) Modrell and Tim Eyman and his nephews: Jackson Eyman, Jeremy Eyman, and nieces: Riley Eyman and Melanie Modrell and great niece: Lily Perry.

Dan became a huge sports fan very early in his life. If there was anything related to sports on TV he was watching it, much to the dismay of his sister, haha. Dan made friends easily

and had a fun gentle giant vibe around him. He had a great sense of humor and he loved to tease his friends and family. Dan played football, baseball, basketball, and wrestling at West Valley High School, then he went on to play football at YVC. He got a football scholarship from Eastern WA University and played on the Eastern team while he earned a degree in Education and later got his Masters degree.

Dan's first teaching/coaching job was at Highland High School. He went on to teach and coach at Eisenhower High School and later went back to his alma mater, West Valley High School. Dan was Head

Coach at Highland, Eisenhower, and West Valley for a total of 26 seasons and had a career record of 121-121. He was the Winningest Head Coach in Eisenhower history, with 72-48 record over 12 seasons from 2002 to 2013 and was previously assistant coach at Ike for seven years. In 2009, Eisenhower reached the 4A state quarterfinals, set a school record with 11 wins, and Dan was named Coach of the Year by the Washington State Football Coaches Association. Eisenhower led the league in offense in each of his last five seasons, and three of his West Valley teams were league leaders in offense as well. He also

coached golf at Ike and was Head Coach at Highland from 1986 to 1991.

Dan was a big guy and the word "big" pretty much describes his life. Everything Dan did during his life was big and over the top. He had the biggest heart and was a great friend and mentor to hundreds of kids over the years. He will be fondly remembered and sorely missed by all those who knew him.

There will be a scholarship setup in Dan's name. If you would like to make a donation as a tribute to Dan you can do so online at: <https://westvalley-yakima.dollarsforscholars.org> ■



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](mailto:wsca-editor@comcast.net)



## Hearing their final whistle...



### Coach Gary Taller



Gary Taller, 65, of Bellevue, WA, passed away on January 4, 2025. Born in Seattle and raised in Newport Hills, Gary was a beloved son, brother, uncle, friend, and coach.

Gary graduated from Newport High School in Bellevue in 1978, where he was a standout football player, setting a school record for single-season interceptions. He went on to earn a Bachelor of Arts in Education with an emphasis on Physical Education, Teaching, and Coaching from Eastern Washington University in 1983. At EWU, Gary was a four-year letterman on the football team, playing as a free safety and cornerback. His athleticism and leader-

ship on the field were just a glimpse into the passion and commitment he would bring to his career and his community.

After graduation, Gary returned to Newport High School in 1983, where he spent 20 years coaching, including serving as defensive coordinator and later being named head coach in 1998. He led the team for six seasons, always keeping the best interests of his players at heart. In a Seattle Times interview, Gary said, "Newport's been my second home for 25 years. That's the only place I wanted to coach." His impact on the lives of young athletes extended far beyond football.

Gary's professional ca-

reer at Boeing spanned nearly four decades. He worked as a Project Manager in facilities, overseeing operations in both military and commercial airplanes in Seattle and Everett. He retired in January 2022 after 39 years of dedicated service. Colleagues remember Gary for his integrity, work ethic, and commitment to excellence, qualities that he carried into all aspects of his life.

Outside of work, Gary was an avid golfer who cherished his time on the course, including a memorable golfing trip to Scotland and Ireland. He was also a passionate sports fan, regularly attending games at Eastern Washington University and

cheering on the Seattle Seahawks and Kraken, where his enthusiasm was unmatched.

Gary was preceded in death by his parents, Robert and Jeanne Taller. He is survived by his brothers, Robert (Jeannie) of Bellevue, WA, and Brian of Portland, OR; his nephew, Matt (Nance) of Mercer Island, WA; his grandnieces, Marley and Blake; and many lifelong friends. Gary will be remembered for his sharp wit, warm heart, and ability to light up any room. He will be deeply missed by his family, friends, colleagues, and all who had the privilege of knowing him. ■





# Volleyball Coaches Clinic 2025



**Burlington-Edison High School**  
**June 28th, 2025 ♦ 9:00 a.m.- 4:00 p.m ♦ Lunch provided**  
**Clock Hours Available**

**Collaborate, connect, and prepare** for your 2025 season with some top volleyball coaching minds as you gear up for the 2025 season! This clinic offers expert insights, strategy discussions, and hands-on training to take your program to the next level.

## Featured Presenters:

- ✧ Mario Andaya: Head Coach at CWU for 30 years, multiple-time GNAC Coach of the Year, Regional Coach of the Year, and led the team to 15 NCAA appearances, including 12 straight berths.
- ✧ James Suh: 24-year coaching career at WWU, serving as SIVA Head Coach and Technical Director. Involved with USA Volleyball's Puget Sound All-Stars and served as the Director/Coordinator of the WWU camps.
- ✧ Suzanne Marble: 30 years head coach at La Conner High. Certified Mental Game Coach and a dedicated Leadership Coach, helping coaches and teams reach their full potential.



## Why Attend?

- ☒ Learn from experienced coaches
- ☒ Gain new strategies for on-court and off-court success
- ☒ Network with fellow volleyball professionals
- ☒ Earn clock hours for professional development

## Registration:

For more information, contact: Suzanne Marble: [smarblevb@msn.com](mailto:smarblevb@msn.com)

Registration Link: [WSVCA Registration](#)



## Coaching With Confidence

*Coaching with Confidence* by Suzanne Marble uncovers the key strategies for leading your team to success in sports and life. Whether new to coaching or a seasoned veteran, *Coaching with Confidence* is the ultimate guide to developing a program rooted in trust, resilience, and peak performance.

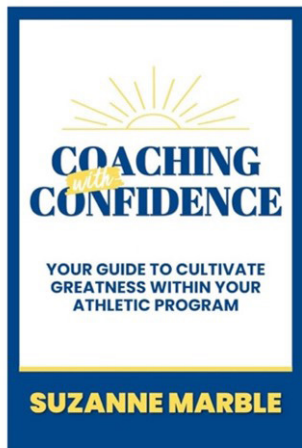
Suzanne Marble draws on 30 years of coaching experience to deliver actionable insights and practical tools to help transform your leadership and elevate your team.

*Coaching with Confidence* is the ultimate guide to developing a program rooted in trust, resilience, and peak performance.

This comprehensive guide explores 11 foundational pillars designed to build confidence, foster self-reflection, and inspire growth—equipping you to elevate your athletes in all aspects of life, not just athletics.

Take your coaching to the next level. Get your copy of *Coaching with Confidence* today and start building a championship culture!

Available on Amazon <https://a.co/d/4pzlXdL>. ■



## Pixellot Cameras

*Do you have yours?*

If not, here's your chance!

If an additional 31 schools install the free Pixellot cameras from the NFHS Network, the WIAA will receive a payment of \$420,000. At that point, just over 300 schools with Pixellots will receive \$650 as revenue share from the WIAA.

Installation would be done at no cost by Play-On and the equipment is free. This offer stands even if a competitor's camera is already in place. Schools that currently utilize other streaming services can still mount the NFHS Network Pixellot cameras alongside and participate. Play-On will also allow simulcast to open platforms.

The deadline to reach this goal of enrolling the 31 schools is July 31, 2025.

As described above, member schools and our association could benefit greatly through participation in this program. Let's make this happen!

For additional information about this opportunity, please contact Sean Bessette, Director of Communications, at [sbessette@wiaa.com](mailto:sbessette@wiaa.com). ■

# Girls Basketball Hall of Fame

Ken Roberts, Snohomish: 433-184  
Shane Wichers, Nooksack Valley: 461-267  
Tom Betrozoff, Willapa Valley: 395-186  
Penny Gienger, Bainbridge, Kingston, North Kitsap: 453-222  
Bruce Evans, Woodway, Edmonds Woodway: 387-121  
Joe Marsh, Arlington: 236-75



Dan Taylor  
King's Girls Varsity  
Basketball Coach  
WBCA Ambassador of  
Washington State  
<https://wbca.org/join>  
Washington State Girls  
Basketball Coaches'  
Association President  
[www.wsgbca.com](http://www.wsgbca.com)  
206-790-2377 ■

## From March 22nd Girls Coaches Association All State Weekend:

Washington State Girls Basketball Coaches Association State Player of the Year, Ms. Basketball: Keirra Thompson, Camas  
WSGBCA 4A State Player of the Year: Hailey Quiggle, Woodinville  
WSGBCA 3A State Player of the Year: Willa Chinn, Lakeside  
WSGBCA 2A State Player of the Year: Ava Marr, Archbishop Murphy  
WSGBCA 1A State Player of the Year: Addi Taylor, Bellevue Christian  
WSGBCA 2B State Player of the Year: Karsyn Freeman, Adna  
WSGBCA 1B State Player of the Year: Danae Norman, Wellpinit

Washington State Girls Basketball Coaches Association State Coach of the Year: Rob Adams, Lynden  
WSGBCA 4A State Coach of the Year: Brian Hill, Glacier Peak  
WSGBCA 3A State Coach of the Year: Daren Santo, Kennewick  
WSGBCA 2A State Coach of the Year: Tim Ravet, Ellensburg  
WSGBCA 1A State Coach of the Year: Mark DeJonge, Bellevue Christian  
WSGBCA 2B State Coach of the Year: Nikki Nelson, Northwest Christian  
WSGBCA 1B State Coach of the Year: Garrett Parrish, Garfield-Palouse

John Wooden Legacy Award: Ken Roberts  
WSGBCA ALL STATE GAME COACH 4A: Gary Jonas, Camas  
WSGBCA ALL STATE GAME COACH 3A: Jason Wilson, Central Valley  
WSGBCA ALL STATE GAME COACH 2A: Jessica Huntington, Prosser  
WSGBCA ALL STATE GAME COACH 1A: Levante Allen, Naches Valley  
WSGBCA ALL STATE GAME COACH 2B: Chris Bannish, Adna  
WSGBCA ALL STATE GAME COACH 1B: Tracy LeBret, Wellpinit

WSGBCA Senior All State Game Most Valuable Player Award 3A vs. 4A: Soraya Ogaldez

WSGBCA Senior All State Game Most Valuable Players Award  
2A vs. 1A: Maddie Jewett, Naches  
Valley and Allison Shumate

WSGBCA Senior All State Game Most Valuable Player Award 2B  
vs. 1B: Ava Swan, Colfax



Left to right - Shane Wichers, Tom Betrozoff,  
Penny Gienger, Bruce Evans, Joe Marsh, Ken Roberts

## A message from Executive Director/ Treasurer, Rob Frieese

### ATTENTION WSCA MEMBERS

Thank you for being a valued member of the Washington State Coaches Association. In all likelihood, there will be some big changes in the use of all passes, including WSCA passes, at WIAA sponsored State and Regional Events. We have learned that the WIAA Finance Committee anticipates proposing the elimination of all passes at state events.

The WIAA is facing significant budget challenges. They are looking at all areas of the budget in order to meet these challenges. Passes are one of those cost saving measures.

The WSCA membership has been afforded this privilege for many years. We are certainly fortunate to have had that agreement for so long, but times have changed for all of us.

If this change happens, we encourage you to continue your membership in the WSCA as there are still many valuable benefits. WSCA is a professional organization for Washington State high school & middle level coaches. It exists to support your efforts as a coach.

Questions and comments should be directed to the WSCA leadership team.

### THE ADVANTAGES OF WSCA MEMBERSHIP:

- ◆ Offers top quality, affordable places to member coaches in the areas of professional education and training, to earn clock hours and coaching education hours.
- ◆ Provides Liability Insurance coverage of \$2,000,000 for our membership while working a scheduled, sanctioned and supervised WIAA sport or event and or in the classroom.
- ◆ Offers your son or daughter, who are eligible, an opportunity to apply for WSCA scholarships. (i.e. Burnett-Ennis, Jerry Parrish Student Teacher).
- ◆ Eligibility for Hall of Fame recognition.
- ◆ Eligibility for Coach of the Year recognition.
- ◆ Eligibility to coach in sanctioned WSCA All-Star games. WIAA will only authorize WSCA sanctioned All-Star events.
- ◆ Receive reduced fee's at WSCA sponsored coaches' clinics and WIAA clock hours toward coaches' education certification and/or salary placement.
- ◆ Opportunities to honor member coaches for their coaching achievements through our Career Award and Life Time Achievement Award programs.
- ◆ Opportunities to receive issues of The Washington Coach magazine and to submit articles or pictures. Our magazine is online at [www.washcoach.net](http://www.washcoach.net) or, upon request, a coach can receive a hard copy of the magazine mailed to them.
- ◆ Provides reimbursement to each sport group for enrollment in WSCA.

### OTHER BENEFITS:

- ◆ Provide coordination with the state governing association (WIAA).
- ◆ Opportunities for input through the Individual Sport Association Representatives into the WSCA. By becoming a member of the WSCA you are taking a proactive approach to avoid problems in the future.

You may email me at [robfriese@gmail.com](mailto:robfriese@gmail.com). ■

**WASHINGTON STATE  
COACHES ASSOCIATION**





# Burnett-Ennis Scholarships



Bailey Andersen  
and mom Deanna



Beau Butner with  
mom Heather and dad Ryan



Bryson Chase and dad Jason



Taya DeRuyter and dad Brent



Adam Eldridge and dad Adam



Benson Jenks and dad Brandon



Bethany Mackay



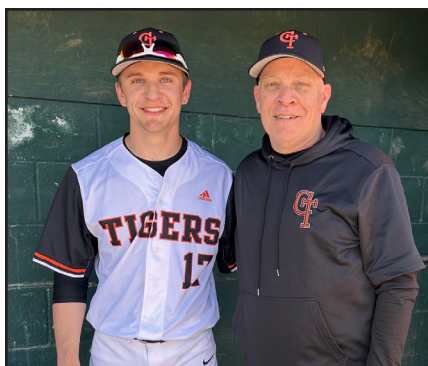
Meeghan Meagher, dad John  
and Karin Weberg



DJ Ringenbach and dad Darin



Grace Rocha and dad Sam



Kellen Rooklidge and dad Jon



Samantha Sheary  
and mom Sarah



Alexa Wasankari and dad Dave



Austin Worthington  
and mom Morgan

A banner with a blue background, gold confetti, and a black graduation cap. The text 'Jerry Parrish Student Teacher Scholarships' is written in a large, bold, teal font.

## Jerry Parrish Student Teacher Scholarships



Brady Jackson and dad Brian



Tom Lambert and dad John



Kierra Swanson  
and mom Patricia



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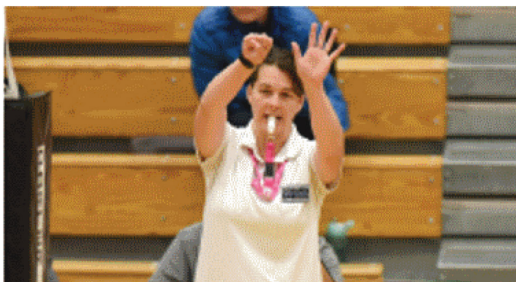
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