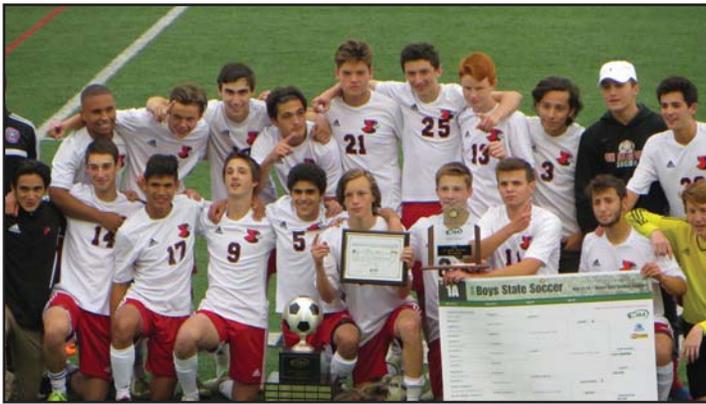


THE WASHINGTON GOACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



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WASHINGTON STATE

COACHES ASSOCIATION

A WASHINGTON STATE NON-PROFIT ORGANIZATION

Our Mission

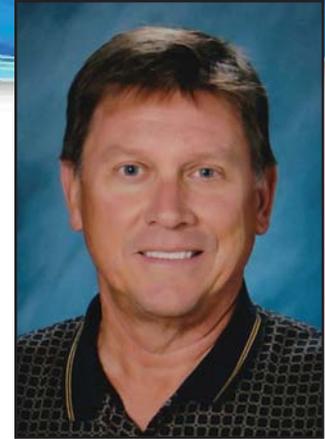
The mission of the Washington State Coaches association is to support its membership by creating educational opportunities through sport specific clinics, provide resources which enhance the highest possible knowledge, standards and ethics in the coaching profession and to recognize and celebrate excellence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

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Presidents Message

Darrell Olson



Summer 2016

Fellow WSCA Members,

Happy summer!!!

As you read this, I hope you are enjoying everything our Pacific Northwest summers offer. Be it boating, fishing, golfing, playing a little tennis, hiking, walking, wine tasting, micro-brew sampling, running, softball, or sitting at the beach..... whatever it may be, relax and have a blast. 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. Football coaches will be busy with their two All-State football games and the state golf coaches will be working overtime doing 'lab work' at their annual state golf coach's clinic at Indian Canyon Golf Course in July.

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. Be involved and be informed.

August 1, 2016 marks the start of the new membership year for the WSCA and 2016-17 membership applications will be up on our website 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. And don't forget to send in your payment!! Too often, our Executive Secretary gets the wrath of coaches because they don't have their membership cards to use for the fall district and state tournaments, only to find out they themselves DID NOT send in their membership dues after they had registered online. Complete the process! If you don't use a credit card at the time of online registration, then send a check in right away. This will make life for Jerry Parrish much quieter.

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

Keep the head down,

Darrell Olson
President



From The Sidelines

ORCHIDS

- ◆ Let's give the Seahawks an Orchid for hosting the 10th Annual Seahawk Academy. The Seahawks have been a leader in helping to promote football safety and sportsmanship.
- ◆ Another step taken by the Seahawk Academy was discussion of proposing a RPI (rating system) to get the fairest and best 16 team draw for our football playoffs.
- ◆ The state of Oregon has had a football rating system they have used for several years and they have continued to work on their system resulting in improvements each year. WIAA has formed a committee to look into reviewing the 16 team draw using a rating system.
- ◆ The WSCA is going to upgrade the on line registration. One of upcoming changes currently being worked on is to allow coaches to register for more than one coaching preference. Many of our members are coaching more than one sport and would appreciate the opportunity to be a part of each Individual Sports Association. For example, cross country and track and field frequently have the same coaches. We have found boys and girls soccer programs often have same coaches as well.
- ◆ A big shout out to the organization and administration of the Olympic League Track and Field meet. Dwayne Johnson, athletic director at Port Angeles and league commissioner for track, had the details of running an efficient track meet well planned.



Having an effective timing system, hurdle crews, exchange zone judges assigned ahead of time and the little things that make track meets a quality experience were obvious at the meet. In my mind, the meet finished precisely on time.

2016-17 MEMBERSHIP

Dear Coaches,

I wish to take a moment to Thank You for your participation in the Washington State Coaches Association.

While registration is now closed for the 2015-16 season, please know your membership is valid through July 31 of this year.

If you are a group administrator, please take a moment to make sure you have no outstanding registrations or invoices.

Registration for the 2016-17 season will open on August 1st with some new features including...

- Updated Sport Choices
- The Ability to Register for Multiple Sports
- An Upgraded Mobile Friendly Registration
- Easier Group Registrations and Management

Thanks again for your support and we look forward to seeing you next season.

Jerry Parrish, Executive Secretary-Treasurer

Hearing their final whistle...

Dwayne Roy Lane (1935 - 2016)



In special recognition with appreciation and respect, “The Washington Coach” representing the Washington State Coaches Association wishes to thank and honor Dwayne Lane for his life long love and support of athletics in our state. Our very best is offered to his family and friends.

Dwayne Roy Lane, 80, passed away March 18, 2016. He was born in Everett on May 31, 1935, to Roy William and Mercedes Parr Lane. Dwayne attended and played football at Immaculate Conception Grade School, Everett High, Everett Jr. College and WWU. He began his job at Walsh Platt Motors in 1953 as a lot boy. He began work there full time in 1957. By 1972 he had purchased the dealership. He gradually expanded the dealership to South Everett and Arlington and renamed it Dwayne Lane’s Family of Auto Centers. While his wife and children all graduated from college, he was proud to be a graduate of the “school of hard knocks”. He was grateful to his mentors, Harold Walsh, Frank Platt, Tom McDonough, Bob Long, Art Hansen, Phil Bannan, Tom Gaffney and Art Skotland. Huge influences in his life were Monsignor John Mattie, Holy Names, Sister Rose Monica, and coaches, Bill Kasch, Jim Ennis and Walt Price. Dwayne was extremely proud to be from Everett (...an Everett man born, an Everett man ‘til I die!) He was elected an Everett Port Commissioner for two terms and was chosen as an Everett Centennial Citizen in 1993. He was a supporter of Boys and Girls Clubs of Snohomish County, Providence General Hospital, YMCA, Lions Club, and Camp Fire among others. His closet was full of attire from his favorite teams including Seagulls, Trojans, Vikings, Zags, Cougs, Huskies, Wildcats, Saints and Yellowjackets. Dwayne is survived by his wife of 57 years, Rosemary; his daughters, Monica Lane (Robert Sherry), Colleen Frauenholtz (Brian), Mary Kay Roche (Bill), and his sons, Peter (Tracie) and Thomas (Kjersti); grand-children, Amy (Kenn), Andrew, Meghan, Maureen (Marshall), Jake, Luke, Jenni, Willie, Mac, Hannah, Audrey, Charlie, Grace, John, and Evelyn; great grand-children, Henry, Adela, Maverick, and Kenneth. Dwayne is also survived by sisters, Joan Wester (Jerry) and Peggy Blackburn along with a large extended family. We will smile when we remember Dad saying, “Aren’t we lucky!”





Pete Orgill passed away a little more than a year ago (please see the Fall 2015 issue of The Washington Coach) but his spirit and his passion for Davis HS baseball never left the field. To recognize and honor Pete’s commitment to the sport and the community he loved so much, the Davis High School baseball complex was dedicated and named in his honor on March 19, 2016. “Pete Orgill Field” and the number 21 proudly portrayed on the scoreboard will forever provide a reminder and inspiration to play the game of baseball “the right way” to generations of players to come.



Pete’s family from left to right - Peter Orgill, Pete’s son holding his son Nash, Peter’s wife, Sommer, Pete’s wife, Glenda, Kristi, Saby’s wife, Saby Martinez, Pete’s adopted son, Tyler Hinckley, Katie’s husband with daughter Alexa, Katie, Pete’s daughter holding her daughter Alyssa, Piper, Peter and Sommer’s daughter

A unique organization of “over the hill” basketball junkies

**Check out
Northwest Basketball Legends at
basketball-oldtimers.org**

Who are the “Old Timers”?

A unique group of coaches, players, officials, media and just dedicated basketball enthusiasts from the youth level to the professional ranks that meet once a year for a dinner to reminiscence about the good old days, critique the state of the game today, and just have a good time among cronies.

The original group of Old Timers was made up of ten men who had played basketball together or against each other in high school, college or in amateur leagues in the Seattle area and wanted to get together on a regular basis and to reminisce about old times.



One of the ten, Joe Boothby, owned the Epicure restaurant in Seattle and it was decided that the group would hold their initial meeting there, which they did in 1952 and for many years thereafter. It was agreed that they would meet annually and would have no formal agenda and no goals other than to have a good time and to get home in one piece.

The founding members were Bob Graf, Steve Antoncich, Tom Werner, Hans Forster, Joe Boothby, Bill Murphy, Rocky Moore, Jack Wyatte, Tim McCullough and George Fredericks. Membership grew over the years to include other than just basketball players. Eventually, just about anyone involved in sports was included in the group, including coaches, officials, sportswriters, trainers and just plain sports fans became members.

Officers include a president, vice (incoming)-president, secretary and treasurer. All past presidents make up the board of directors that meet to plan annual events and discuss pertinent subjects. A membership committee screens prospective new members recommendations. Current active membership is over 200.

Current Officers

President: Ernie Dunston

Out-going President: Al Rossi

Vice-President: Bill Hogan

Secretary/Treasurer: Jim Coshow

Board of Directors

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Frank Bosone
Jim Coshow
Dick Crews
Ernie Dunston
Boody Gilbertson
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Dee Hawkes
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**Jerry Johnson
Bob Jorgensen
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Walt Milroy
Steve Roake
Al Rossi
Bill Sears
Scott Witt
Ernie Woods**



www.washcoach.net

Hearing their final whistle...



George Nordi

Long time Mt Tahoma coach and Athletic Director George Nordi passed away peacefully on March 9th 2016

A native of Tacoma, George graduated from Bellarmine Prep in 1955 where he was a member of the football team. He attended Gonzaga and the UW (where he was a member of the Delta Chi Fraternity), and graduated from UPS in 1961 with a degree in Business, Economics and Education. He earned his master's degree in Physical Education and Recreation in 1963 from Oregon State. In 1966 he earned his Administrative Credentials from UPS.

George spent his entire teaching career (1961-1996) at Mt. Tahoma High School, where he taught Busi-

ness and Physical Education. During his 35 years at Mt. Tahoma he served as Student Body Advisor, and coached boys' swimming, tennis, wrestling and football. The highlight of his coaching career was 2 state football championships in 1979 and 1980. George was the first football coach in the State of Washington to win back to back state titles. He spent his last 14 years at Mt. Tahoma as the building Athletic Director.

During his career he was actively involved with the West Central District, Washington Interscholastic Activities Association and the National Interscholastic Athletic Administrators Association.

George was a 6 time past president of the Tacoma Pierce County Chapter of the National Football Foundation, and a 2 time past president of the Tacoma Athletic Commission. He was inducted into the Tacoma Pierce County Hall of Fame in 2005.



George has received many honors, awards, and recognition's throughout his life for his work with high school athletics.

George's favorite memories were of being on the beach in Mazatlan with family and friends.

It has been said of George, "Not only was he a great teacher and coach, but a tremendous counselor, adviser, and friend to the great many people with whom he has had the opportunity to work."

Hearing their final whistle...



Irv Leifer

Coach Leifer passed away in February at age 93.

Irv Leifer was the head basketball coach at Renton High School for 30 years. Most will remember Leifer as the first man to coach four state championship teams. Leifer began his coaching career in 1947 at Renton High School. During that time he amassed a career record of 481-302 (.704) including four WIAA State

Basketball Championships. His Renton High School team won their first title in 1953 over Aberdeen. They were state champions again in 1960 and back to back in 1966 and 1967. His teams won 12 league championships, three district titles an amazing 72 of 113 post season games. He only had three losing seasons and two of those still made the playoffs. He was honored as the 3A coach of the year by the Washington Interscholastic Basketball Coaches Association in 1977; his final year of coaching. Leifer himself was an amazing basketball player. He was an All-American as a player on the East-

ern Washington University basketball team and is in their Hall of Fame. He was a charter member of the NAIA Hall of Fame and is also a member of the Washington State Basketball Coaches Hall of Fame.



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



"WHERE ARE THEY NOW?"

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

Name _____ Parent-Coach _____

Year Scholarship Awarded _____

Brief summary of scholarship recipient's status _____

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Considerations when developing a youth resistance-training program

Brief training load progression guidelines

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

Considerations when developing a youth resistance-training program part two

Brief introduction

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

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

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

Sports physical

Have them examined by a physician who understands the rigors of strength training, a sports physi-

cal will normally be sufficient for an older youth.

Once in the training phase, are they able to withstand the stress of exercise?

Do they have the physiological maturity to participate? Not all young players hold up to or tolerate a strenuous strength-training regimen. It is up to you as their coach to help them and their parents out in this respect. Once they become more mature, their productive efforts in the gym begin to shine. How they arrive at this point is part of the many decisions you must make in helping them get there.

Burnout in young athletes is a common occurrence in the youth sports arena, especially if they are participating in a single sport year round. Natural athleticism does not fully develop when playing a single sport and not every single sport child will be the next superstar.

More often than not, these young athletes will be playing two or more sports at the same time. This adds additional mental

and physical stress into their lives that you have to take into consideration when planning a program for them. There is only so much time in a day and not all of it can be devoted to training. There need to be rest periods factored in for them to grow and rebuild their body after training.

If your program does not have the appropriate intensity then it will be difficult to determine if it is working or if their natural growth and development is the reason for their increased strength and endurance.

Fortunately, there is enough evidence demonstrating that properly deliberate programs will enable strength gains above what is already naturally occurring from the aging process.

Youngsters as young as six will see benefits of strength training... if they stick with it. Some studies, 9 months long, have shown the positive effects of strength training these younger athletes. Boys and girls in this age group show no discernable differences in strength between the genders. This drastically changes during puberty.



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Life Skills for the Multi-Sport Student Athlete

By Brian Brunkow, Esq

“Even Michael Jordan hit .202”

We wouldn't ask a talented violinist to pick up the oboe in the winter and pursue the musical stylings of the tuba in the spring, would we? Maybe the late musical genius Prince taught himself to play 20 + instruments but that's why he was...Prince. Should we expect the same in youth sports?

A big question for coaches to work with new sports parents on is “if and when” to allow the student-athlete to specialize in one sport or if it's best to play multiple sports year-round: football in fall, basketball in the winter and track in the spring. Looking at two extreme examples – NFL washout Todd Marinovich started training to become a professional quarterback at the age of three. On the other hand, Payton Manning didn't play tackle football until the ripe old age of 7th grade. And things turned out alright for Manning.

Every situation and family is different but below is a general schedule for consideration for the average student-athlete:

- Ages 6-10: Initiation to sports
- Ages 11-14: Exposure to different sports
- Ages 15-18: Begin sports specialization
- Age 19 +: Sport specialization focus

Not sure there is a “correct” answer to the question of specialization vs. multiple sports but the above schedule makes sense for most situations considering how rare it is to reach the college and professional ranks in any sport. And youth sports, for most families and young athletes, are about learning life skills that extend well beyond the field.

So here are three, admittedly, one-sided reasons to consider the multi-sports route over specialization in youth sports:

Different Pressure: Let's take basketball vs. golf. In basketball, there's constant movement and adjustments to the clock, score, substitutions, presses and zone defenses, foul trouble, and changing momentum. Basketball re-

quires the student-athlete to make split second decisions and cope with constant changes, and most of these variables are outside of the athlete's control.

In golf, on the other hand, over an 18-hole tournament, there's maybe a grand total of three minutes of actual swinging the sticks. And unlike basketball, in golf a player may deal with an excruciating long 3-5 minute stretch to get their head straight before facing a critical 5-foot putt. That requires a different type of mental toughness and poise than hoops. In golf, the athlete is up in his or her head for 98% of the competition. That's a very different kind of pressure and flow compared to basketball.

So an advantage of playing multiple sports is providing exposure to and overcoming (and sometimes facing, failing and coming back stronger the next day) different types of pressure situations - a critical skill for dealing with life's later never-ending adversities down the road.

Different Roles: only a few players are naturally gifted enough to be the star athlete in every sport they play growing up (the Bo Jackson's of the world). But for the most part, student-athletes excel in some sports and struggle in others; and that's a good thing.

Playing multiple sports teaches the student-athlete to learn different roles and expectations. In the fall, they might be the star wide receiver. But during the winter basketball season, they are the 12th man off the bench and only see “scrub” time on the floor. In the fall they learn leadership; in the winter humility.

Here's a couple of examples to use with sports parents and student-athletes. We all know Michael Jordan was a fair basketball player. But he was no Bo Jackson. Could Jordan hit a curve ball? Maybe in a slow pitch rec league based on his .202 batting average for the Birmingham Barons. Even Jordan had to adapt to a new role and this helped him become more empathetic and a “slightly” less tyrannical teammate when he returned to basketball.

And the late Steve Jobs? Jobs got the boot from Apple, his own company, after losing a turf battle with the BOD over John Scully's vision for the company. Jobs had a choice – quit or adapt to a new role. Jobs adapted, learned (at least) a few things about his mercurial leadership style at Pixar and NEXT and came back to help build Apple into the most valuable company in the world.

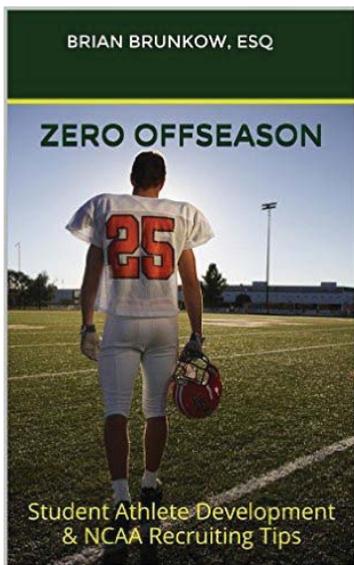
Jordan and Jobs are examples of why coaches and parents should prepare student-athletes to deal with different and changing roles. Even the best in history get crushed sometimes and must adapt if they are to endure and come back stronger.

So an advantage of playing multiple sports – the student-athlete gains confidence in facing and adapting to new and uncomfortable situations. This background pays dividends when later challenged with an employment transfer, promotion, demotion, office politics, or an unexpected change in job responsibilities.

Different Teammates and Coaches: one of the problems with specialization is that athletically gifted kids end up in a social and athletic bubble – they see the same teammates and coaches year-round. This creates entitlement and a narrow frame of reference for how to interact with teammates, classmates, teachers and coaches (*or peers, co-workers and bosses down the road*).

Playing multiple sports allows the student-athlete to learn how to effectively work, collaborate and problem solve with different personalities. And developing those relationship and communication skills might be the best reason of all to play multiple sports growing up.

Brian Brunkow is a San Diego-based lawyer, Glazier Head Coach Clinic speaker, and the author of Zero Off-season which you can find on Amazon.com.



Hearing their final whistle...



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

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Contact Mike Schick at wsc-editor@comcast.net

WIAA Hall of Fame

Jan Kirk Coach, Fife High School (1987-2010)

Jan coached the Fife High School volleyball team for 24 years finishing with a career record of 637-15.

During her tenure, the Trojans won 18 league titles, 14 district titles, made 20 State appearances, and won four State Titles. Her teams have placed second, third and fourth at State four times, with one sixth place and one seventh place finish. The Fife girls volleyball team did not lose a league match from 2005-2010, and, remarkably, did not lose a set in Coach Kirk's final three years.

Jan coordinated the State All Star Volleyball Tournament held at Fife High School every June for 20 years, and founded the Puget Sound Volleyball Academy, originally referred to as the Puget Sound Volleyball "Club" with her son Kelly (1989).

She was inducted into the Volleyball Coaches Association Hall of Fame (2010), the Fife High School Hall of Fame (2012), the Federal Way Athletic Hall of Fame (2008),

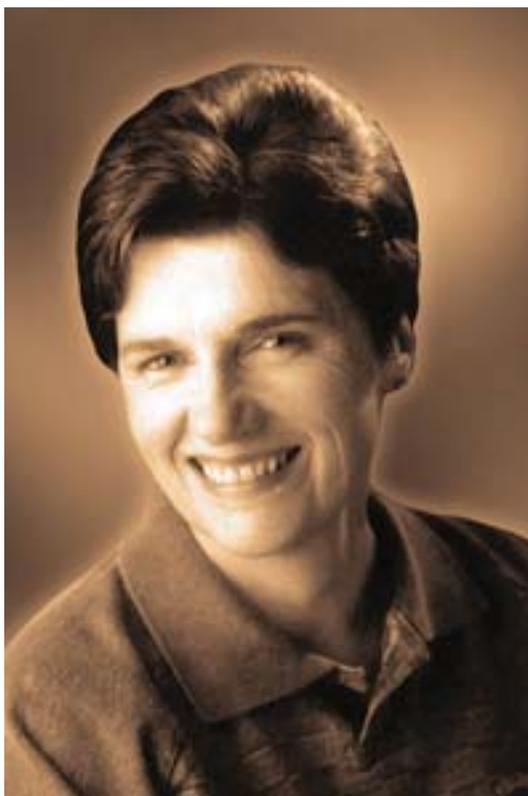
and received the NFHS Sectional Coach of the Year (2008). She received the Pemco Girls Coach of the Year Award (1995-96), the Wayne Gardner Award (2010), and

was honored with the Bill Neville Excellence in Volleyball Award (2011). This June (2016), she will be inducted into the Tacoma Pierce County Hall of Fame.

The development and increasing popularity of volleyball in the state of Washington is part of Jan's legacy. While records are indicative of her expertise in volleyball, Jan's most remarkable contribution is one of building strong women. Her influence was obvious in players who were disciplined, fundamentally sound

and always cohesive. She took a volleyball program that had minimal successes and turned it into a division and league powerhouse and a regular State contender.

To this day, she is still held in high esteem by all of the Fife coaches as well as volleyball coaches across the state.





WASHINGTON STATE FB COACHES ALL-STAR GAME 22nd ANNUAL EAST-WEST EARL BARDEN CLASSIC

WHEN: SATURDAY, JUNE 25th, 1PM

WHERE: Earl Barden Stadium East Valley HS, Moxee, WA-Yakima

The 2016 Earl Barden All-Star Classic will be held for the 22nd straight year on June 25th at 1pm at Earl Barden Stadium at East Valley HS in Moxee.. What a great place to play the Earl Barden Classic....Earl Barden Stadium! The teams are selected from the nominations of the coaches from each league in our state. The selection process took place in early January and the players that have accepted their nomination and elected to play are included on the roster. This roster will be available late spring.

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

We have always embraced any football coaches who would wish to become part of this game. If you are interested in becoming a "gopher" for the Classic please contact me and I will get you "on the team!." Head Coaches for the 22nd Annual Earl Barden Classic are: East – Mark Mochel, East Valley, Yakima and the West – Nick Lucey, Squalicum . A camp schedule is available from Coach Alex by email.

LET'S ALL MEET IN YAKIMA ON JUNE 25th FOR SUMMER FOOTBALL.....

Earl Barden Classic Chairman: Bill "Alex" Alexander, Quincy HS

201 C St. SE, Quincy, WA 98848

509-237-1590 (c) 787-3501 (w) Quincy HS

Alexfb1@msn.com (h) aalexand@qsd.wednet.ed (w)

East Game Co-Chairs:

Mike Lynch: lynchm@ritzcom.net

Greg McMillan: mcmillan.greg@yakimaschools.com

West Game Co-Chairs:

Tom Sanchez: tsanchez@southbend.wednet.edu

Jesse Bussanich: jessebussahich@hotmail.com

Game Site Manager

Mark Mochel

East Valley Head FB Coach

Mochel.mark@evsd90.org

2016 EARL BARDEN ALL STAR EAST TEAM

	FIRST	LAST	HT	WT	POS	SCHOOL	COACH
3	Elijah	Johnson	5'10	185	DB	W F West	Bob Wollan
4	John	Lesser	5'10	185	RB	Liberty Christian	Craig Lukins
5	Sam	Christensen	5'11	175	WR	Royal	Wiley Allred
5	Lucas	Gleasant	6'3'	225	LB	Chelan	Travis Domser
8	Jacob	Cleveringa	6'	180	WR	Zillah	Tim Strother
9	Cade	Smith	6'1	195	WR	Brewster	Jake Johanson
10	Donny	Ellersick	6'	170	QB	Ellensburg	Randy Affholter
10	Ty	Graham	6'	205	RB	Cheney	Bobby Byrd
10	Roy	Zavala	5'7	155	DB	Mabton	Pat Zavala
11	Derek	Isaak	5'10	170	DB	ACH	Brandon Walsh
15	Dylan	Beeler	6'3	220	DE	Clarkston	Brycen Bye
18	Tevin	Duke	5'10	165	DB	West Valley Spo	Craig Whitney
20	Nathan	Sander	6'1	215	WR	NWC	Jim Nendel
22	Wyatt	Pettijohn	5'8	170	RB	Selah	Scott Ditter
25	Joe	Lang	6'2	185	DB	Royal	Wiley Allred
28	Jeremy	Bade	5'11	165	DB	East Valley	Mark Mochel
44	Cesar	Ramirez	5'8	165	LB	Toppenish	Jason Smith
44	Gunnar	Blix	6'	220	LB	R A Long	Erik Bertram
50	Hunter	Sisemore	5'10	220	OL	Clarkston	Brycen Bye
52	Tommy	Brassfield	5'11	220	OL/C	Tumwater	Sid Otton
52	Skylar	Oestreich	6'2	230	DE	LRS	Greg Whitmore
55	Valente	Cortez	5'8	198	LB	Royal	Wiley Allred
55	Christian	Mendez	6'4	230	DL	Woodland	Mark Greenleaf
58	Lane	Andersen	6'2	215	DE	Ridgefield	Dan Andersen
64	Tait	Stevenson	5'11	190	DE	Ellensburg	Randy Affholter
75	Scott	Maki	6'4	300	OL	LaSalle	Cody Lamb
77	Christian	Clark	6'1	230	OL/C	White Swan	Andy Bush
77	Conor	Hill	5'11	230	DL	Asotin	Jim Holman
79	Jose	Padilla	6'3	290	DL	Chelan	Travis Domser
90	Oscar	Cantu	5'9	240	DT	Cashmere	Phil Zukowski
99	Logan	Black	6'1	235	DT	Ridgefield	Dan Andersen

2016 EARL BARDEN ALL STAR WEST TEAM

	FIRST	LAST	HT	WT	POS	SCHOOL	COACH
2	Drew	Olson	6'0	190	QB/DB	Renton	Tim Tramp
3	Elliott	Murdock	5'11	180	RB/LB	Raymond	Luke Abbott
5	Kobe	Key	5'9	145	QB/DB	River Ridge	Steve Schultz
5	David	Sua	5'11	215	RB/QB/LB	Port Townsend	Nick Snyder
5	Peyton	Berry	5'9	165	RB/DB	Cascade Christian	Randy Davis
5	Edmund	Sundquist	6'2	215	TE/DE	King's	Jim Shapiro
10	Carter	Crosby	6'0	190	RB/QB	Sedro-Woolley	Dave Ward
11	Alvin	Noa	5'9	235	LB/RB	Foster	Elijah Ruhl
12	Jeffrey	Hepner	6'2	170	WR/DB	Cedarcrest	William Ojeda
12	George	Harris	6'1	210	QB	Klahowya	Dan Ericson
14	Saul	Gonzalez	5'9	175	RB/LB	North Beach	Todd Bridge
17	Kylar	Prante	5'10	185	RB/LB	Montesano	Terry Jensen
21	Dylan	Clark	6'0	175	RB/LB	Concrete	Ron Rood
26	Nick	Dritsas	5'11	175	RB/DB	Meridian	Bob Ames
26	Tahj	Malone	6'2	195	TE/LB	Hoquiam	Rick Moore
26	Connor	Moore	6'2	220	TE/LB	Burlington-Edison	Herb Lehman
28	Tariq	Ellis	5'10	175	RB/LB	Washington	Mike Von Rueden
32	Chase	VanWyck	6'2	225	TE/LB	Napavine	Josh Fay
34	Josh	Fakkema	6'5	205	TE/LB	Blaine	Jay Dodd
38	Geordyn	Shinard	5'9	205	RB/LB	Olympic	Sal Quitevis
40	Seth	Schuh	5'11	205	LB	LaConner	Johnny Lee
40	Quinn	Carpenter	6'0	195	RB/LB	Sedro-Woolley	Dave Ward
42	Talib	Meeks	6'2	210	FB/DE	Castle Rock	Eric Boswell
53	Jared	Flattum	5'10	215	OL/DL	Cascade Christian	Randy Davis
55	Bob	Evans	5'10	205	RB/LB	North Kitsap	Jeff Weible
57	Jordan	Jira	6'3	270	OL/DL	Lakewood	Dan Teeter
58	Kolton	Zender	5'9	215	OL/LB	Mt. Baker	Ron Lepper
58	Keegan	Khile	5'11	180	OL/LB	Port Townsend	Nick Snyder
63	Jacob	Burgoon	6'0	205	OL/DL	Squalicum	Nick Lucey
67	Robert	Nevin	6'2	230	OL/DL	Concrete	Ron Rood
72	Jacob	Hanson	6'4	225	OL/DL	Burlington-Edison	Herb Lehman
75	Hutton	Napier	6'1	230	OL/DL	Montesano	Terry Jensen
76	Chad	Cohn	5'10	260	OL/DL	Mt. Baker	Ron Lepper
77	Tyler	Shepherd	6'3	240	OL/DL	Pe Ell-Willapa Valley	Josh Fluke
91	Curtis	Garner	6'2	250	OL/DL	Clover Park	Jonathan Randall

BUILDING A *CULTURE* OF SUCCESS

Bryan E. Hoddle-Retired
2004 Head Coach – US Paralympic Track and Field Team

It's truly amazing to watch the beginning of the major league baseball season each spring and see teams so loaded with talent they appear to be unbeatable, and 7 months later that team is nowhere to be found. How can that possibly happen with so much talent? How can schools continue to struggle when so much time is invested in testing, new curriculum, and teacher in-services? Why do some businesses struggle when others find success? Any successful team, organization or group that finds success does so because they have created a **Culture of Success**.

Teams and organizations that focus solely on an outcome only set themselves up for a huge fall. Ultimately you can't control outcome. Too many variables can impact an outcome, but you can control and impact a daily culture. You can line up all the great talent in the world, but there are so many more parts to building success. Let's look at some of the most important ones:

CARING AND COMPASSION- When humans are in a caring and compassionate environment, they thrive. Great leaders understand this and make this the cornerstone for their team or organization. Success will never be achieved in a hostile non caring environment, regardless of the talent of those involved. People need to be first. As John Wooden so eloquently says, **"I worry that business leaders are more interested in material gain than they are in having the patience to build up a strong organization, and a strong organization starts with caring for their people."** Yes, he's talking about building a **CULTURE**.

VISION, FOCUS AND MISSION- Leaders deliver a clear understanding of the direction all should be headed. Everyone is on the same page and a path toward success, with egos in check. Moving, however, is not enough. A dog that chases its tail may be moving, but goes nowhere, wears out and gets frustrated. It's the same for an organization or team. A clearly defined vision or mission is critical for success. When people know what direction they are headed, a lot of their stress will be diminished.

"Culture is simply a shared way of doing something with passion. Culture comes before success, not the other way around."



Their efficiency goes up when a clearly defined vision or mission is put in place. Anxiety benefits no one. Calm directed focus benefits all. This might be called the culture of common direction.

LEADERSHIP-"Leaders become great not because of their power, but because of their ability to empower others." John C Maxwell There is a difference between a manager and leader. A great leader will always say, "Let's go." - Let US go. A manager will say, Go, giving a directive to go carry out the mission at hand. Big difference!! Leaders are part of the process, they don't just direct the process. They are in the trenches with those they lead, empowering them to do great things. By remaining close to those they lead, they get a first hand view of what is going on with those carrying out the mission at hand. With this, more successful leadership decisions can be made. Poor leadership can destroy the culture of a team, school or organization for years. That's one reason why it's so important to have the right leadership in place.

TAKING CHANCES- People need to feel that it's ok to take chances and be creative without the fear of retribution if they fail. Not only that, people's input should be valued and listened to. Quoting the great Michael Jordan, **"I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."**

ENVIRONMENT- Environment involves those things around the team or organization. People's health is valued. Student's health is valued. Once can only remember back to the early 1990's when adolescent brain

development became the focus in many schools across the USA. On one hand, experts were brought in to talk about the importance of exercise for early adolescent brain development, then PE Classes and Recess time were slashed so more time could be used to prepare for test. This in no way created an environment for our kids to be successful. It only created more stress on both teachers and students. You'll see a culture of success when people are relaxed and confident? Cutting PE and Recess had exactly the opposite affect those leaders intended to have. Anyone with access to the internet can research the impact of cutting fitness time and see the negative ramifications. Common sense alone tells us that. That's not creating the type of happy, healthy environment we all want for students. A culture of success has an environment where all can grow, physically, emotionally and mentally.

TEAM CHEMISTRY- "Team Unity and Team Chemistry is far more important than talent." Rob Colbert. One visible common characteristic of a successful team or organization is that where each person enjoys those around them, often times inside and outside the working place. Often times, the organization or team is like a family where each person looks out for others. The group is like a puzzle where each person, put together, creates a wonderful picture puzzle of excellence and success.

CULTURE KILLER- Having spent 34 years in public school teaching and coaching, there were several things that I saw that destroyed the culture of various schools I taught in. The one that stood out the most was a leader that was just flat disengaged from what was going on and so outcome driven they missed out on so many culture building opportunities. Often times, we'd have leadership so laser focused on the OUTCOME, they missed those little culture building moments that would have been so powerful in building lasting success for students and teachers. Today many schools feel like the answer to everything is high performance test results and everything

else takes a backseat. Load up the late starts, **schedule more meetings**, bring in the experts, modify instruction for all, overhaul the teacher evaluation process and the list goes on and on, with no thought of the toll it's taking on the staff and students and the overall culture of the school. Countless time filling meetings are the quickest way to kill the culture. It's much easier to schedule more meetings than it is to take time to create a culture of success. Tests results are important, but you don't create great results by driving and directing every waking moment around those tests. Great test results are a byproduct of a healthy school where instruction time is valued. School spirit and climate are also important as is developing an atmosphere where not only kids feel valued, but so do teachers. Co-Curricular activities help build that school spirit and yes, "it's OK to Win"!!

These actives are training grounds for life's lessons.

DISCONNECT-Schools will never succeed with disconnected lawmakers, administrators and school boards, out of touch with the classroom (trenches). A leader must know what is going on in the trenches or at the grassroots of an organization or team. Talent and leadership at any level will not create success. People need to feel heard and valued. If not, the culture of success is sidetracked, derailed or killed.

The recipe for success is often overanalyzed, critiqued and written about. It's often times right at the finger tips of those directing the organization or team. Creating a culture doesn't have to be difficult. It just has to **be a priority** and those making the decisions have to **have the will** to create that culture. If we truly want to change our schools, organizations and teams, let's start looking at the culture first. If the will to create the culture is there, success will follow.

Bryan Hoddle taught 34 years in the State of Washington, before retiring to Chandler, Arizona. Currently he travels the country speaking at clinics, at schools and organizations and working with injured soldiers. His work was featured in the May 2016 Issue of Costco Connection Magazine.

Scholarship Applications for

■ Burnett-Ennis ■ Terry Ennis ■ Student Teacher

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



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

by Coach Don Papasdero

As Coaches and teachers, we strive mightily for so much. Sometimes we forget about the results and the long term positive effects we have on our athletes. If we are delivering quality instruction and inspiration to the players, they should be taking this with them! Lifetime human skills far out stripe our specific coaching. Below here is an example of how powerful our lessons could be in “real life” situations.

Parrish and Schick Corporation is looking for people to join their ultra-successful company. The potential candidates have responded to the following ad and been invited to interview. The following is a transcript of an interview of a young candidate.

“Wanted” High energy, positive, respectful, team-oriented people who can collaborate, work well under pressure, strive to improve performance, follow rules and guidelines, maintain high-quality standards, budget time well, celebrate successes, respect the competitors, strive for advancement, recognize the importance of the company’s history, and assist others at work.”

“Welcome to P+S Company. Tell us how you heard about this position”

As a member of my high school team, we were encouraged to always be on the lookout for opportunities for personal and team success. We follow the media for nearly everything that had to do with our team. Being totally involved with all aspects of our sport, especially the technology was part of having success for our team!

”What do you know about our company?”

In my community, the young people look forward to someday joining P+S. We learn about the history, and marvel at the success your employees have enjoyed. We dream of someday being part of P+S as our parents and other community members have. P+S is a place where I can grow, have fun and make a difference in my community. It is almost like joining

the P+S team is my “next level”.

“ Can you collaborate well with others”

Yes...of course. As a player in high school, the expectation was to work hard together with my teammates. The concept of “we” and “team” was hammered into all of us by my coaches. Our day-to-day routine included much more than playing the game or practicing. We had lots of “bonding” opportunities that really helped us a team. I recognize and value a culture of collaboration in all I do!

“We have lots of deadlines and employee-generated scheduling around here. Co-Owner Parrish is very exacting and picky about using time well. How do you feel about this?”

I was very concerned about quality and prioritization of my time usage as a high school student/athlete. The coaches always demanded that we use our time wisely and make good choices about what was important. Balancing family time, academics, volunteer hours, and my commitment to my sport was my lifestyle. I am very organized, I anticipate upcoming events, and take



great pride in being punctual. I never want my team to suffer because I failed to budget my time well.

“Recently, one of our competitors has been under close scrutiny for potential illegal practices. There was an independent, fact finding group hired and a huge report was published. What do you think about this?”

Our focus was always on taking care of our own team's needs. We were taught by the coaches to respect our opponents and to always treat them positively. As your employee, I will work hard for our company to be the best it can be and not worry about "the other guys".

"We here at Parrish and Schick are committed to following rules and guidelines. Do you have any experience in this?"

Of course! One of the conditions of playing on my team was to agree to follow exact rules. I willingly signed my name to a "no drug and alcohol" policy. In addition, attendance at school was mandatory and my coaches closely tracked this! Also, seldom a day went by when the coaches did not teach and review rules of my sport. We became accustomed to knowing the rules so well that we were freed up to play without stress. I really enjoy being told what to do, how much I can expand, and what the rewards are for following the rules.

"Mr Schick, the real brains of this company, is a very upbeat and positive guy. Our most valued employees are very positive. Are you?"

I am constantly looking for the positive in every situation. It does not help our team to dwell on failures, losses, bad breaks, or negative thoughts. We were taught to move on to the next opportunity with a fresh perspective. We were expected to approach our days as team member with a "can do" attitude. Losses were viewed as temporary setbacks....tough situations were accepted as great challenges and we thought that being positive was infectious

"How do you feel about advancement on the job?"

Leadership and advancement are earned. In athletics, the most important and prestigious members of a team are the captains. We looked up to them and worked hard to have that honor bestowed upon us someday. I feel that honesty and hard work will be noticed and advancement will occur. Coaches always notice these types of things and reward players with more responsibilities and roles. They wanted us to

improve in many ways, but especially in understanding that there is always a place for hard workers on any team.

"Mr Parrish has very high expectations....the pressure is always ON when you are working for him. Can you deal with pressure?"

As an athlete, we were encouraged by our coaches to embrace pressure-filled situations as "Opportunities". Mr Parrish has high expectations, but he should! His success ratio is well earned. Certainly, the day to day pressure that the job applies on the workers produces a good product. Being "forged in the fire" is the best way to overcome a myriad of complicated situations. Our coaches pointed out,

and loudly praised us when we were faced, and with pressure....and we did well. Timelines, competitors, unexpected setbacks, betrayals, and injuries all produce

pressure and stress....our coaches pointed this out to us created a culture where pressure was "no big deal". I am forever grateful for the coaches philosophy about this.

"Are you willing to start on the bottom here at P+S Comapany?"

I remember the nurturing that our coaches gave me as new player. They were honest, set realistic expectations, and clearly laid out my path for success. NEVER did they say it would be easy...only that you always had a chance at advancement, raises, and leadership positions. Yes, I will happily start at the bottom and work hard to move up. This is exactly like the route athletes usually take as they move up from one team to another. I was always inspired to improve and I will carry this with me on the P+S staff.

"You are a great candidate for our company. You have a wonderful approach that really celebrates teamwork and hard, honest work." I guess that your high school coaches did a good job in preparing you for the future."

Thank you. I owe a lot to my coaches. They helped me in so many ways....I am in debt to them and would love to emulate their example.

AS AN ATHLETE, WE WERE ENCOURAGED BY OUR COACHES TO EMBRACE PRESSURE-FILLED SITUATIONS AS "OPPORTUNITIES".



JULY 11TH, 12TH, 13TH

SUMMER GOLF CLINIC

INDIAN CANYON G.C.

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

Event Details and information:

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

Discounted lodging
Best Western Plus
City Center
\$95/night + tax

16 WIAA Clock
Hours Available for
purchase on site

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

QUESTIONS?

Please contact WSGCA
Vice-President
Michelle Grafos, PGA

509-991-0895
michellegrafos@pga.com

Registration Information:

Coaches Name: _____

High School: _____

School Address: _____ City: _____ Zip: _____

Home Address: _____ City: _____ Zip: _____

Cell Phone: _____ Email: _____

Home Phone: _____ WSCA card number: _____

Credit Card (circle one):    

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

Signature Authorizing charge of \$200: _____

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

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

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

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

Registration Deadline: June 30th or first 30 paid registrations

WASHINGTON STATE
COACHES ASSOCIATION
A WASHINGTON STATE NON-PROFIT ORGANIZATION

Summer Golf Clinic Schedule of Events

Monday, July 11, 2016

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

Tuesday, July 12, 2016

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

Wednesday, July 13, 2016

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

DEADLINE

WASHINGTON COACH Magazine

Next Issue - Fall: August 14

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

SUBMISSION PROCESS

Submit via email as an attachment to Mike Schick at WSCA-EDITOR@comcast.net

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

The Washington State Coaches Association and the staff of “*The Washington Coach*” wish to appreciate and thank the organizations and businesses who have supported us through their continued advertising in our magazine.

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Please support the people who support our association by utilizing the goods and services provided by these companies.

High School Hammer in Washington State

Allan Wardsworth, Central Valley High School

Since the Evergreen State started to contest a State High School Hammer Championship in 1999, hundreds of our youngsters who took time to master the ball and wire as preps have gone onto compete in college. Due to their expertise in this unique event, more than two thirds of these prepsters were granted aid to further their post high school education. Many think a highlight of the development of the high school Hammer throw in Washington state was at the 2007 NCAA D-1 T&F Championships where 6 of the 24 finalists in the ball and wire were young men and women who started to throw the Hammer while attending high school in Washington. Five former Evergreen State high school throwers competed in the Hammer at the 2008 USA Olympic Team Trials.

So how do you start the hammer in your school? First, contact your boys and girl's coaches and see what they think about having the hammer as part of their throws program. Keep in mind, they are over worked and the last thing they need is something else to do. Second, do you throw on the football field or part of the field used by PE? If this is the case, consider using the chain hammer, it's great for beginners and will not damage the field and the chain hammer is much safer. Third, purchase a cheap iron hammer, glove and find an open field and start practicing. Use drills from Youtube and other sites to get started training. You can do a lot without being coached. Forth, find a meet in your area and give it a try! While there are all levels from standing first timers to very advanced national leaders, one thing about these meets that is different from other sporting events is they will ALL pull for you and cheer you on!!! Plus, there are

always coaches willing to help. Fifth, now that you're a believer contact your Parents, Superintendent, Principal, and Athletic Director to express what a great opportunity that is available to the kids of your district and express that same enthusiasm.



Here are the real facts about high school hammer throwing, the growth in American youth hammer throwing can be measured by the number of states participating, seven in 1997 of the number of ranked throwers competing (ranked = boys throwing 150 feet + and girls throwing 120 feet +) showed a significant increase from 1997 to 2003. States participating were up to 14 for boys, 10 for girls, and participation up 43% boys and 38% girls according to Harold Connolly & Bob Gourley in 2007. That's the good news, lets look at why we have stalled since 2003. First, the hammer will never be a regular event in your state until your state association adopts a league and state event selection process where of twenty plus events your league picks seventeen events that your league will compete in at state. Until then it will just be a battle against the distance coaches wanting to add the DMR and steeplechase. Next, how are you going to get your one throws coach to pick-up another event that can be very dangerous and is one of the most technical events in track that most throws coaches have never done? That's not the worst of it, you really need to have a separate throwing area if you plan to throw the ball and wire. It's just to hard on the field and too dangerous. The Lexcalibur Chain Hammer solves these issues but at some point your going to want to use the real thing. And finally the real





issue which is *dollars*, we spent seven hundred dollars on hammers, wires and gloves for 14 kids that threw this year which not that unusual with normal wear and tear plus adding new equipment. What is it that needs to happen to move the hammer forward with these issues? First, start a grassroots effort in your state and local area, until you get parents involved and bending the ear of your athletic director and principle this event will stay right where its at. Parents have all the power not teachers and certainly not coaches. Second, put together a state leader list and update it as the year goes on and send it around the state. It's a simple excel file and a process of putting together a state email list. If you want to build interest among kids this will do it faster than anything else. Host a meet, start with one and build upon it. Hammer enthusiasts from around the nation this falls on you to make this event build. Talk to parents they are really the only ones that school officials listen to, make an active effort in this event around your state with a website, leader list, hammer meet including state meet. I talk to so many people that have this wild idea that we should just add the hammer to the list of other high school track and field events. If that's what you think, read this article again!



Hammerhead

When Tuck Gionet left us last year to meet his maker, the Washington prep Hammer lost one of its longest and most ardent advocates. Gionet, a founding father of the Washington State Track and Field Coaches Association and the head coach at Snohomish High, always walked the extra mile for the good of the athletes and the sport of FIELD and track that he so loved and worked to support.



Coach Gionet, who was meet director of one of our states largest and most successful invitational meets, the Eason Invitational, didn't hesitate a moment when asked if he would make the Hammer throw a scored event at his invitational in 2001.

Having had the privilege of being the Hammer-Head for this popular event contested on the opening night of the Eason, I can tell you that he attended each one and truly fell in love with the ball and wire. Some of America's best threw at the Eason Invite.

You can bet your bottom dollar that Tuck is with us today watching from the best seat in the house.

Lane C Dowell
Your HammerHead



Lane C. Dowell and Tuck Gionet

THE FEDERAL WAY SCHOOL DISTRICT HALL OF FAME



Ralf Westenhofer

Ralf has worked in the Federal Way School District for 43 years. During that time he has consistently been someone who coaches and administration could count on to run time clocks for Football, Basketball, and Wrestling games. Additionally, in Track and Field, he has judged the High Jump for numerous track meets. He has frequently helped out wherever, however and whenever needed with Baseball and Softball. He served as an Assistant Football and Assistant Wrestling Coach at Sacajawea Junior High School for several years.

During his time in the district, Ralf has attended literally thousands of games. He has especially enjoyed the close interactions he has developed with athletes and coaches over the years. He has been working at Todd Beamer since it opened in 2003 and has run the time clocks for games, worked as a High Jump Official and helped officiate at many Volleyball games and Gymnastic meets. He was most closely involved with sports when he was an assistant coach at the Junior High level while at Sacajawea.

Ralf has truly been a major asset to the athletic programs in the Federal Way School District. His dedication to sports, athletes and coaches is sincerely appreciated.

Merlin Epp Service Award

The Merlin Epp Athletic Award recognizes extraordinary behind-the-scenes support of district athletic programs by a non-coach or administrator.

School Year Recipient(s)

2015 – 2016

**Sylvia Naibert
Ralf Westenhofer**



Sylvia Naibert

Sylvia Naibert joined the District as Office Manager to the District Athletic Director in 1990. In the mid

1990's District Administration moved the responsibility for athletic decisions to each of the school athletic directors. At that time a new position, Field Coordinator, was created and Naibert was selected. In that capacity she represented the school district in working with the City of Federal Way Parks & Recreation and the full-range of youth athletic organizations to schedule field use at eligible fields in Federal Way.

Sylvia was instrumental in developing and instituting a District Family Pass for sporting events. She held budget responsibilities for the unique Elementary Track Program and the Sports Inclusion Programs and fiercely supported the continuation of both.

Sylvia was a member of the Noon Kiwanis and served as Advisor for the Builders Club at Lakota. She hired and supervised workers at Memorial Field and spent many nights and weekends attending and/or working at events. Among her responsibilities was the contract approval for the use of Memorial Field but her paramount priority was always youth athletics.

Professional Achievement Award

The Professional Achievement Award honors a Federal Way School District graduate who continues to model athletic excellence and leadership through a career in education and coaching. The award rotates between the district's four high schools.

School Year Recipient

2009 - 2010 Decatur

Wayne Lewis

2011 - 2012 Beamer

Justin Mentink

2012 - 2013 Jefferson

Toni Wiblemo

2013 - 2014 Federal Way

Quinn Gillis

2014 - 2015 Decatur

Aaron Bellessa

Chris Brauer

Steve Murphy

2015 - 2016 Beamer

Tiffany Rutter



Tiffany Rutter

Tiffany Rutter attended Federal Way schools throughout her elementary, junior high and high school years. She attended Panther Lake,

K-6, where she ran track. She next went to Illahee Junior High and played softball (the slow-pitch kind), basketball and volleyball. For high school she attended Federal Way and played soccer, basketball and softball. During high school her soccer team placed 3rd, 2nd, and 1st in state. Her junior year she was 2nd team SPSL as a goalie. In basketball her team placed 2nd in state her sophomore year and she was named SPSL 2nd team her junior and senior years. In softball, Tiffany was 1st Team SPSL her senior year. She graduated in 1992 from Federal Way and was named Athlete of the Year after earning 9 career varsity letters.

After high school, Tiffany went on to play at Central Washington University, four years on the basketball team and one year on the soccer team. She graduated in 1997 with teaching endorsements in Mathematics and Physical Education. She began her teaching and coaching career at Illahee Junior High in the fall of 1997 where she taught math and coached basketball (6 years), gymnastics (4 years), and track (7 years). In the fall of 2003, she moved to the new Todd Beamer High School to teach math and PE and coach girls' basketball (5 years), boys and girls track (12th year), and girls swim team (2 years). She currently is a PE teacher and track coach in her 19th year professionally, and 32nd year overall.

Bud Hatley Administrator Award

The Bud Hatley Administrator Award recognizes the significant impact district administrators have on athletic programs and is a tribute to their enthusiastic support and leadership.

School Year Recipient

2014 - 2015

Randy Kaczor

Mark Davidson

2015 - 2016

Ken Olsson



Ken Olsson

Ken Olsson taught at Totem Junior High School from 1966 to 1978. In addition to teaching Social Studies and some PE classes, he supervised the lunchroom and was the AV coordinator. He coached Baseball, Basketball and assisted in Football. In 1978 he began his administrative career as Vice Principal at Kilo Junior High School and in 1982 he was selected as Principal at Kilo. In 1990 he was appointed Principal at Thomas Jefferson High School. Throughout his career he attended, supervised and promoted all forms of student activities including Athletics, Music, Math Team, Science Olympiad and TV Production.

During his years as Principal, Ken served as President of the South Puget Sound League, initiated the South Puget Sound League Sportsmanship Code, served as Washington Interscholastic Activities Association

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Board member of the West Central District as well as a voting member of the General Assembly.

2015-2016 Hall of Fame Class

Pat Adkins
Jerome Collins
Mike Minahan
Jerry Peterson
Frank Wood

The criteria for nomination into the Hall of Fame is as follows:

1. Nominees must be retired from their major coaching responsibilities within the FWPS.
2. Nominees should have at least 10 years of service within the district.
3. Nominees are eligible after 30 years of service in the district regardless of separation.
4. Inductees are selected on district contributions and/or major impact on a school(s) program.



Pat Adkins

Teaching & Educational Background in FWPS:

After a short period of teaching in Quilcene and Sequim, Pat came to the Federal Way School District in

1979 where she taught Business at Sacajawea for 3 years. In 1982 she moved to Illahee Junior High School where she taught Physical Education for 18 years and in 1999 she moved to Federal Way High School to continue teaching P.E. where she currently teaches.

Coaching and Athletic Background in the FWPS:

Pat coached gymnastics at Sacajawea for three years, then coached a variety of sports for 19 years at Illahee including volleyball and gymnastics. At Decatur she coached volleyball for four years and then moved to FWHS where she coached volleyball for 10 years and spent 11 years coaching dance team.

- 1979-82 Gymnastics coach at Sacajawea
- 1983-88 Assistant Gymnastic coach at Allah
- 1983-99 Head Volleyball coach at Illahee
- 1985-87 Junior Varsity Softball at Illahee
- 1996-99 Head Gymnastics coach at Illahee
- 1987-91 Assistant Volleyball at Decatur
- 1999-2008 Assistant Volleyball at FWHS
- 1999-2009 Dance coach at FWHS

Significant Impact on District and/or School Program:

Pat has truly had an impact on her hundreds of students and athletes over the years. The word “mediocre” does not exist as far as she is concerned. Her programs often started from very little and then excelled because she put in the work, making the students train hard and believe in themselves. She taught them skills but also taught them about attitude, dedication, commitment and how to have fun while growing and learning. During her first year at Illahee no one initially turned out for volleyball so she recruited the

basketball players. Initially it was a real struggle but eventually her student athletes loved it. That year they went 0-10 but were referred to as the best bumpers in the district. For the next 18 years they never had another losing season and won many district championships. At Federal Way she took a group of low skilled volleyball players and turned a losing program around. Her dedication to her athletes is remarkable but her enthusiasm for the sport and her desire to be the best was ultimately the key to her success.

Additional Comments:

Pat is a professional both in the classroom and on the playing field. She always gives her best and truly cares about her students. Pat is a huge supporter of all sports and athletes and is always willing to help out others when she can.

Pat says, “2015 - 2016 school year is my 37th year of teaching in the Federal Way School District. I have taught with many amazing people over the years and I feel totally fortunate to say that Federal Way has been my home. I have raised my own amazing children here and I spent a lifetime building a career here. Thanks!”



Jerome Collins

Teaching/Educational Background in FWPS:

Jerome has taught in the FWPS district for 35 years - most of his

teaching career has been and is still at Federal Way High School (3 years at Decatur and 32 years at FWHS.)

- Subjects taught were History, Traffic Safety Education and Health & Physical Education at the high school level.

Coaching/Athletic background in FWPS:

- 32 years as the Head Boys Basketball Varsity Coach at Federal Way High.

- Two WA State WIAA 4A Boys State Championships 2009, 2015

- Won multiple West Central District and SPSL championship titles over his coaching career.

- He has coached and helped over 50 plus student-athletes to earn scholarships and continue their schooling and basketball careers in college. Two of these student-athletes from FWHS continued their careers on to the NBA and others have played professionally overseas.

- 17 years coached Varsity Boys Tennis team. Two of his athletes were Washington State WIAA, 4A, Boys Single's State Championships - 2012, 2013

Significant impact on district and/or school programs:

- The many years he has committed to FWPS as a teacher and coach have made a positive and significant impact on the lives of hundreds of students.

- He continues to be an excellent role model for all students but especially as a coach, mentor, and parent/father figure to the male students of color.

- His presence in FWHS and 32 years of experience provides a sound foundation of wisdom, knowledge and insight to support staff and administration at the high school level.

- His impact has influenced others to become teachers, some of whom are now teaching at FWHS and have joined alongside him to coach as well.

- His coaching philosophy and program is a system's approach that always focused on building character and life skills that can be used in the classroom, on the court, at home and in the community.

- He has maintained a solid and committed coaching staff of assistants for the boy's basketball program for the past 15-30 years. This core staff of three assistants, previous players who are now teachers and future school administrators, has been an important part of Jerome's coaching career.

- Parents of Jerome's student-athletes know and understand that he genuinely cares for their child's overall academic success in high school and college.

- Jerome has helped over 200 plus student-athletes earn college scholarships.



Mike Minahan

Teaching & Educational Back-

ground in FWPS: Mike went to Lakeland Elementary School, then attended Illahee Junior High and was graduated from Decatur High School in 1978. He attended college at WSU and graduated with a degree in education in 1984. After graduation he was hired by the Federal Way School District to teach science and math at Illahee (1984 - 85). He moved to Sacajawea for the 1986 - 87 school year, but returned to Illahee the fol-

lowing year and taught there from 1987-1992. In 1992 Mike transferred to Federal Way High where he is currently teaching and coaching.

Coaching and Athletic Back-

ground in the FWPS: As a student at Decatur High School Mike earned seven varsity letters in cross-country, basketball, soccer and golf.

Coaching Experience:

- Basketball at Illahee - 1985, 1989-1992

- Track at Illahee - 1985, 1991-1992

- Cross-country at Federal Way HS - 1985-1998

- Soccer at Federal Way HS - 1986-1990

- Golf at Federal Way HS - 1998-present

- Track at Federal Way HS - 1999-present

Significant Impact on District and/or School Program:

Mike has coached five different sports encompassing 59 seasons combined for Illahee Junior High School and Federal Way High School over the last 31 years. He is still coaching golf and track at FWHS.

In coaching these five different sports, it is important to make note of the extreme variety among those types of sports and also the vast differences in the personalities and interests of the athletes competing in them. It takes a very special coach to meet all of those challenges and expectations as well as Mike has done. Mike has met the needs of many different students in a variety of coaching situations. He understands student athletes and knows how to work with them and encourage them to reach their maximum potential.

Additional Comments:

Mike has coached athletes at the state level in four different sports. This includes five individual state track champions in both hurdles and

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Continued from page 31
the long jump and as a member of the FWHS coaching staff that won four state track team championships. He has led teams to SPSL championships in both track and soccer at FWHS as well as taking two cross-country teams to the state meet.

Mike's success speaks for itself; his patience, dedication and knowledge while working with student-athletes for those 30 plus years make him a welcome and very qualified addition to the Federal Way Coaches Hall of Fame.



Jerry Peterson

Jerry is a native of Edgewood, Washington. He graduated from Puyallup High School and Washington State University. He began his teaching career in 1981 and transitioned to athletic director in 2003. Currently he is the Director of Athletics for the Federal Way Public Schools. Previously, Jerry was the Athletic Director and head baseball coach at Todd Beamer High School since its inception in 2003. Jerry and his wife, Denise, have two children, daughter Erin, her husband Kurt and their daughter Olivia, son Bryan and his wife Stephanie.

Background in Federal Way Public Schools:

- Teacher, Athletic Director and Coach, 1981-present
- Head Football and Baseball coach, Lakota Jr. High School 1986-1993

- Head Football and Baseball coach, Saghahie Jr. High School 1993-2003
- Athletic Director, Saghahie Middle School, 1997-2003
- Head Baseball coach, Todd Beamer High School 2004-2015
- Athletic Director, Todd Beamer High School, 2003-2015
- Director of Athletics, Federal Way Public Schools

Awards & Accomplishments:

- 2005 Tacoma News Tribune Baseball "Coach of the Year"
- 2005 Seattle PI Baseball "Coach of the Year"
- 2005 South Puget Sound League Baseball Champions
- 2013-14 South Puget Sound League, "Athletic Director of the Year"
- 2012 WIAA State Baseball, 4th Place
- 2014 WIAA State Baseball
- 2015 SPSL Northwest and North Division Baseball Champions



Frank Wood

Teaching/Educational background in FWPS:

Frank has taught PE, Conditioning and Health at Illahee for 30 years.

Coaching/athletic background in FWPS:

While student teaching at Illahee

Junior High School in 1985; Frank coached football, wrestling at Illahee and girls softball at Thomas Jefferson High School. Frank has coached JV baseball, wrestling, basketball, football and track at Illahee for the past 29 years. Frank was also the Head wrestling coach at Federal Way High School for two years. He has been Illahee's Athletic Director the past seven years.

Significant impact on district and/or school programs:

Frank has had a huge impact on the entire culture of Illahee. His positive attitude, genuine love for all students (and staff), and skill as a teacher and coach have made him one of Illahee's most loved and admired teachers. Students at Illahee love Frank, as both a teacher and coach.

Additional comments:

Frank Wood coaches the three sports at Illahee that have the most participants year in and year out. At Illahee, Wrestling and Football have over 100 kids every year. Track draws over 200 kids every season and Coach Wood is a big reason why kids turn out. As the Head wrestling Coach and Assistant coach in football and track, Coach Wood's teams have won a remarkable 382 times while losing only 55. That is a winning percentage of 89%. In 62 opportunities, teams coached by Coach Wood have won 44 District Championships. Two of Coach Wood's teams have current Championship streaks: track for 19 years and wrestling for 15 years.

Frank developed the "Golden I" at Illahee. -The "Golden I" promotes participation in four sports for Illahee's athletes. The development of the "Golden I" Changed the culture of Illahee Junior High. Students at Illahee want to be all around athletes and rarely "specialize" in just one sport.

Frank Wood has had a tremendous positive impact on Illahee Middle School.

ACKNOWLEDGEMENTS

- ◆ Federal Way Public Schools Board of Education
- ◆ Federal Way Public Schools Superintendent - Dr. Tammy Campbell
- ◆ Federal Way Public Schools Athletic Director- Jerry Peterson
- ◆ Todd Beamer High School Principal – Joni Hall
- ◆ Todd Beamer Athletic Director - Brett Lucas
- ◆ Hall of Fame Committee
 - Pat Adkins
 - Bob France
 - Steve McCully
 - Joe Anderson
 - Jim Gard
 - Mel McDonald
 - Lee Anderson
 - Chuck Gearhart
 - Bev McIrvin
 - Gary Baker

- Mike Grady
- Robert Middleton
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- Jan Kirk
- Steve Shireman
- Jim Dillon
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 - Jay Cardwell—Ceremony Production
 - Jim Shireman—Program
 - Gino's Bistro—Catering
 - Todd Beamer Custodial Staff

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2016 WSGBCA HALL OF FAME INDUCTEES

Al Aldridge, Battle Ground and Prairie High School

Curt De Haan, Lynden Christian High School

Jeanne Helfer, Mead and Mount Spokane High School

Sandy Schneider, Lakeside High School, Seattle

Linda Sheridan, Shadle Park High School

Al Smeenk, Sunnyside Christian High School

Delores Sutherland, Everett High School

Players of the Year

- B Cierra Jo McKeown, Touchet
- 2B Grace Hamre, Napavine
- 1A Daylee Hanson, King's
- 2A Uju Chibuogwu, Shorecrest
- 3A Shelby Cansler, Bellevue
- 4A Madeline Smith, Snohomish

Coaches of the year

- B Ted Torzewski, Republic
- 2B Jeremy Landrum, Napavine
- 1A Brady Bomber, Lynden Christian
- 2A Dori Monson, Shorecrest
- 3A Joe Marsh, Arlington
- 4A Ken Roberts, Snohomish

Washington State Coach of the Year

- Everett Edwards, Lynnwood
- Co-Ms. Basketball: Mikayla Pivec, Lynnwood and Zoe Moser, Colton

WSGBCA Senior All State Game Coaches

- B Jeff Droog, Mount Vernon Christian
- 2B Jeremy Landram, Napavine
- 1A Shane Wichers, Nooksack Valley
- 2A Dori Monson, Shorecrest
- 3A Lane Schumacher, Kamiakin
- 4A Matt Strophy, Moses Lake

PLAYERS OF THE GAME

2016 WSGBCA Senior All State Game B vs. 2B Player of the Game:
Cierro Jo McKeown of Touchet

2016 WSGBCA Senior All State Game 1A vs. 2A Player of the Game:
Emma Stockholm of Chelan

2016 WSGBCA Senior All State Game 3A vs. 4A Players of the Game:
Shelby Cansler of Bellevue and Mikayla Pivec of Lynnwood



Cybersports for Basketball - Game Box Score
1A 2016 vs 2A 2016
Date: 03/19/2016 Time: 04:00 PM Site: Mike Martin

Visitors: 2A 2016

##	Name	TFG	2 Pt	3 Pt	FT	PTS	ORB	DRB	TR	PF	FD	AST	AA	TO	FGB	BS	ST	JF	MIN
34	* Jessica Flanagan	2/7	0/1	2/6	0/0	6	1	2	3	4	0	0	0	2	0	0	1	0	19:22
23	Alyssa Blankenship	7/16	6/12	1/4	3/5	18	4	3	7	3	4	1	0	1	1	0	2	0	22:02
9	* Uju Chibuoghu	7/16	4/9	3/7	1/4	18	7	7	14	5	2	0	0	3	0	2	3	0	20:34
8	Keyara Brooks	0/4	0/4	0/0	2/2	2	3	1	4	2	1	1	0	0	0	0	2	0	19:13
7	* Edie Breckenridge	1/4	1/3	0/1	3/4	5	0	1	1	0	2	2	0	3	0	0	2	0	12:29
6	* Harley Vanetta	5/13	4/9	1/4	3/3	14	5	1	6	3	2	0	0	1	0	0	0	0	19:41
5	* Alyx Fast	1/11	0/3	1/8	0/0	3	1	0	1	2	0	1	0	1	0	0	1	0	22:25
4	Joni Lancaster	0/9	0/4	0/5	0/0	0	0	1	1	2	0	0	0	2	0	0	2	0	20:32
3	Lexie Bland	4/14	3/8	1/6	0/0	9	2	5	7	1	0	4	0	3	1	0	6	0	24:29
2	Darian Gore	3/7	3/7	0/0	0/0	6	1	0	1	1	0	1	0	1	2	2	0	0	19:13
Team							7	5	12										
Totals		30/101	21/60	9/41	12/18	81	31	26	57	23	11	10	0	17	4	4	19	0	200
Total FG		1st Half 17/48	35.4%	2nd Half 13/53	24.5%	Overtime 0/0		0.0%	Game 30/101		29.7%								
3 PT FG		1st Half 4/16	25.0%	2nd Half 5/25	20.0%	Overtime 0/0		0.0%	Game 9/41		21.9%								
Free Throws		1st Half 6/9	66.6%	2nd Half 6/9	66.6%	Overtime 0/0		0.0%	Game 12/18		66.6%								

Home: 1A 2016

##	Name	TFG	2 Pt	3 Pt	FT	PTS	ORB	DRB	TR	PF	FD	AST	AA	TO	FGB	BS	ST	JF	MIN
23	* Shaye Swannack	3/4	3/4	0/0	0/0	6	0	2	2	1	0	0	0	1	0	0	1	0	18:58
10	Shoni Pritchett	2/6	2/5	0/1	4/4	8	1	2	3	1	3	0	0	2	0	0	1	0	20:28
8	* Kassin Hopkins	1/4	0/1	1/3	0/0	3	1	5	6	1	0	3	0	4	0	0	1	0	20:47
7	Kendra Walin	1/6	1/2	0/4	0/0	2	0	0	0	1	0	0	0	3	0	0	0	0	19:13
5	* Daylee Hanson	2/6	2/6	0/0	3/7	7	4	6	10	3	3	5	0	3	1	0	1	0	19:32
4	Anna Parker	3/5	3/5	0/0	0/0	6	1	4	5	0	0	2	0	2	0	0	0	0	19:13
3	* Emma Stockholm	11/17	10/14	1/3	1/2	24	3	8	11	1	1	1	0	2	1	2	2	0	19:48
2	Kendall Adams	1/3	1/3	0/0	2/4	4	4	1	5	3	2	0	0	6	0	0	1	0	20:12
1	* Makenna Faulkner	7/19	7/17	0/2	7/12	21	6	5	11	2	6	4	0	2	0	0	3	0	21:12
0	Makana Stone	2/9	2/9	0/0	2/2	6	1	5	6	3	1	1	0	1	2	2	1	0	20:37
Team							5	5	10										
Totals		33/79	31/66	2/13	19/31	87	26	43	69	16	16	16	0	26	4	4	11	0	200
Total FG		1st Half 18/44	40.9%	2nd Half 15/35	42.8%	Overtime 0/0		0.0%	Game 33/79		41.7%								
3 PT FG		1st Half 1/10	10.0%	2nd Half 1/3	33.3%	Overtime 0/0		0.0%	Game 2/13		15.3%								
Free Throws		1st Half 3/4	75.0%	2nd Half 16/27	59.2%	Overtime 0/0		0.0%	Game 19/31		61.2%								

Free Throw Points	2A 12	1A 19	3Pt Points	2A 27	1A 6	Pts/Possession	2A 0.83	1A 0.91
Pts off Turnovers	2A 18	1A 17	2nd Chance Points	2A 19	1A 21	Pts off Bench	2A 35	1A 26
Total Rebounds	2A 57	1A 69	Team Rebounds	2A 12	1A 10	Dead Ball Rebounds	2A 3	1A 5
Off Rebound %	2A 41.8%	1A 50.0%	Def Rebound %	2A 50.0%	1A 58.1%	Total Rebound %	2A 45.2%	1A 54.7%
3Pt Efficiency	2A -1.3	1A -15.9	Def Stops	2A 53	1A 61	Pts/Shot	2A 0.73	1A 0.92
Effective FG%	2A 33.6%	1A 43.0%	Freethrow Rate	2A 0.11	1A 0.24	Points in Paint	2A 22	1A 30

Technical Fouls

	2A	1A						Total
	1st Half	2nd Half	OT 1	OT 2	OT 3	OT 4		
2A 2016	44	37	0	0	0	0	81	
1A 2016	40	47	0	0	0	0	87	

Cybersports for Basketball - Game Box Score
1B 2016 vs 2B 2016
Date: 03/19/2016 Time: 02:00 PM Site: Mike Martin

Visitors: 2B 2016																			
##	Name	TFG	2 Pt	3 Pt	FT	PTS	ORB	DRB	TR	PF	FD	AST	AA	TO	FGB	BS	ST	JF	MIN
11	* Desanay Guearro	4/6	4/6	0/0	0/0	8	2	6	8	2	0	0	0	4	0	0	1	0	28:10
8	Shanay Dotson	2/4	2/4	0/0	1/2	5	0	5	5	1	1	1	0	0	0	1	1	0	25:45
7	* Grace Hamre	4/18	2/10	2/8	2/4	12	1	4	5	1	2	1	0	10	0	0	1	0	21:31
6	Allie Gallt	0/3	0/3	0/0	3/6	3	1	4	5	3	3	2	0	1	0	0	1	0	13:16
5	* Rylee White	1/4	0/0	1/4	0/0	3	0	4	4	3	0	3	0	1	0	0	1	0	30:37
4	* Keanna Egbert	4/10	1/4	3/6	1/2	12	1	2	3	3	1	1	0	3	0	0	2	0	30:51
3	Kamea Pino	2/8	1/6	1/2	2/4	7	2	2	4	0	2	0	0	2	0	0	0	0	23:45
2	Olivia Fiander	0/2	0/1	0/1	0/0	0	0	2	2	3	1	0	0	1	0	0	0	0	9:23
0	* Ashtyn Aune	1/7	0/2	1/5	1/2	4	1	1	2	2	1	2	0	0	0	0	1	0	16:42
Team								7	7										
Totals		18/62	10/36	8/26	10/20	54	8	37	45	18	11	10	0	23	0	1	8	0	200
Total FG		1st Half 18/62	29.0%		2nd Half 0/0	0.0%		Overtime 0/0	0.0%		Game 18/62	29.0%							
3 PT FG		1st Half 8/26	30.7%		2nd Half 0/0	0.0%		Overtime 0/0	0.0%		Game 8/26	30.7%							
Free Throws		1st Half 10/20	50.0%		2nd Half 0/0	0.0%		Overtime 0/0	0.0%		Game 10/20	50.0%							

Home: 1B 2016																			
##	Name	TFG	2 Pt	3 Pt	FT	PTS	ORB	DRB	TR	PF	FD	AST	AA	TO	FGB	BS	ST	JF	MIN
40	Lindsay Nost	0/4	0/4	0/0	1/2	1	0	2	2	0	1	0	0	0	0	0	1	0	12:56
34	* Katelyn Banks	8/13	8/13	0/0	5/8	21	7	6	13	3	4	1	0	2	0	0	0	0	27:04
30	* Demi Jo Vaughn	2/9	1/4	1/5	0/0	5	0	3	3	1	0	3	0	2	0	0	2	0	28:36
25	* Brenna Oliver	2/5	0/2	2/3	2/2	8	3	4	7	2	1	0	0	1	0	0	2	0	25:14
24	* Abby Glorfield	2/8	2/4	0/4	3/7	7	0	2	2	0	4	1	0	1	0	0	1	0	27:49
23	Grace Kuipers	2/7	1/4	1/3	2/2	7	3	5	8	1	1	0	0	1	1	0	3	0	12:56
20	Gracie Dickerson	1/6	1/4	0/2	2/3	4	1	3	4	2	2	2	0	2	0	0	1	0	14:05
7	Zoe Moser	1/7	1/3	0/4	0/0	2	1	1	2	0	1	1	0	0	0	0	0	0	6:38
2	Mary Ann Jacobs	2/7	0/2	2/5	3/4	9	0	2	2	2	2	1	0	1	0	0	1	0	15:58
1	* Cierra McKeown	7/16	4/7	3/9	1/2	18	1	5	6	3	1	5	0	4	0	0	4	0	28:44
Team								6	8	14									
Totals		27/82	18/47	9/35	19/30	82	22	41	63	14	17	14	0	14	1	0	15	0	200
Total FG		1st Half 27/82	32.9%		2nd Half 0/0	0.0%		Overtime 0/0	0.0%		Game 27/82	32.9%							
3 PT FG		1st Half 9/35	25.7%		2nd Half 0/0	0.0%		Overtime 0/0	0.0%		Game 9/35	25.7%							
Free Throws		1st Half 19/30	63.3%		2nd Half 0/0	0.0%		Overtime 0/0	0.0%		Game 19/30	63.3%							

	2B	1B		2B	1B		2B	1B
Free Throw Points	10	19	3Pt Points	24	27	Pts/Possession	0.62	0.92
Pts off Turnovers	11	12	2nd Chance Points	4	20	Pts off Bench	15	23
Total Rebounds	45	63	Team Rebounds	7	14	Dead Ball Rebounds	5	7
Off Rebound %	16.3%	37.2%	Def Rebound %	62.7%	83.6%	Total Rebound %	41.6%	58.3%
3Pt Efficiency	+12.2	+0.1	Def Stops	51	64	Pts/Shot	0.75	0.84
Effective FG%	35.4%	37.8%	Freethrow Rate	0.16	0.23	Points in Paint	14	22

Technical Fouls

2B
1B

	1st Half	2nd Half	OT 1	OT 2	OT 3	OT 4	Total
2B 2016	54	0	0	0	0	0	54
1B 2016	82	0	0	0	0	0	82

Cybersports for Basketball - Game Box Score

4A 2016 vs 3A 2016

Date: 03/19/2016 Time: 06:00 PM Site: Mike Martin

Visitors: 3A 2016

##	Name	TFG	2 Pt	3 Pt	FT	PTS	ORB	DRB	TR	PF	FD	AST	AA	TO	FGB	BS	ST	JF	MIN
44	Tamia Braggs	3/8	3/8	0/0	0/0	6	1	3	4	0	0	0	0	3	3	2	0	0	20:59
41	* Megan Nilsson	0/2	0/0	0/2	0/0	0	2	2	4	0	0	2	0	0	0	0	0	0	21:01
33	Q Caylao-Do	4/8	2/4	2/4	1/2	11	4	2	6	2	1	4	0	1	0	0	1	0	19:28
32	Kiara Knox	3/11	3/11	0/0	4/6	10	3	5	8	3	3	1	0	1	2	0	3	0	20:53
31	* Lydia Giomi	4/11	4/11	0/0	5/7	13	4	3	7	1	4	1	0	1	1	0	2	0	18:23
22	Anna Wilson	4/10	0/3	4/7	0/0	12	1	6	7	1	0	1	0	2	0	0	1	0	19:43
21	* Jordyn Edwards	5/11	3/8	2/3	1/2	13	2	1	3	1	2	4	0	2	0	0	2	0	20:32
15	* Mikayla Pivec	7/10	4/7	3/3	4/7	21	3	7	10	1	4	4	0	2	0	0	0	0	19:01
14	Jess Blakeslee	3/10	1/3	2/7	0/0	8	2	2	4	1	0	0	0	2	1	0	0	0	20:53
12	* Shelby Cansler	7/9	3/5	4/4	5/7	23	1	2	3	0	4	3	0	1	1	0	4	0	19:07
	Team						8		8										
	Totals	40/90	23/60	17/30	20/31	117	31	33	64	10	18	20	0	15	8	2	13	0	200
	Total FG	1st Half 16/44	36.3%		2nd Half 24/46	52.1%			Overtime 0/0	0.0%			Game 40/90	44.4%					
	3 PT FG	1st Half 8/16	50.0%		2nd Half 9/14	64.2%			Overtime 0/0	0.0%			Game 17/30	56.6%					
	Free Throws	1st Half 11/18	61.1%		2nd Half 9/13	69.2%			Overtime 0/0	0.0%			Game 20/31	64.5%					

Home: 4A 2016

##	Name	TFG	2 Pt	3 Pt	FT	PTS	ORB	DRB	TR	PF	FD	AST	AA	TO	FGB	BS	ST	JF	MIN
20	Nia Alexander	4/14	3/5	1/9	2/2	11	2	3	5	3	1	1	0	2	0	0	0	0	22:47
15	* Madeline Smirh	5/8	4/6	1/2	0/0	11	2	4	6	0	1	1	0	2	0	1	0	0	21:10
10	* Makenna Woodfolk	5/15	3/10	2/5	2/2	14	1	4	5	4	1	0	0	4	1	3	1	0	21:54
6	Taylor Cunningham	0/1	0/0	0/1	0/0	0	2	2	4	2	0	1	0	2	0	1	0	0	21:52
5	Taylor Drynen	1/4	1/3	0/1	0/0	2	0	1	1	3	0	3	0	4	0	0	2	0	22:06
4	* Braydey Hodgins	2/5	2/4	0/1	3/4	7	0	1	1	1	2	0	0	1	0	1	0	0	21:45
1	Madison Pollock	4/13	3/8	1/5	2/2	11	1	4	5	2	1	1	0	1	1	1	1	0	21:22
3	* Riley Lupfer	3/4	2/3	1/1	2/2	9	2	2	4	5	1	4	0	2	0	1	1	0	25:38
2	* Bria Rice	4/7	3/6	1/1	0/0	9	0	2	2	1	0	2	0	3	0	0	1	0	21:26
	Team																		
	Totals	28/71	21/45	7/26	11/12	74	10	23	33	21	7	13	0	21	2	8	6	0	200
	Total FG	1st Half 13/33	39.3%		2nd Half 15/38	39.4%			Overtime 0/0	0.0%			Game 28/71	39.4%					
	3 PT FG	1st Half 4/11	36.3%		2nd Half 3/15	20.0%			Overtime 0/0	0.0%			Game 7/26	26.9%					
	Free Throws	1st Half 6/6	100%		2nd Half 5/6	83.3%			Overtime 0/0	0.0%			Game 11/12	91.6%					

	3A	4A		3A	4A		3A	4A
Free Throw Points	20	11	3Pt Points	51	21	Pts/Possession	1.30	0.84
Pts off Turnovers	20	8	2nd Chance Points	29	12	Pts off Bench	47	24
Total Rebounds	64	33	Team Rebounds	8	0	Dead Ball Rebounds	7	1
Off Rebound %	57.4%	23.2%	Def Rebound %	76.7%	42.5%	Total Rebound %	65.9%	34.0%
3Pt Efficiency	+31.1	-4.1	Def Stops	54	39	Pts/Shot	1.11	0.96
Effective FG%	53.3%	43.6%	Freethrow Rate	0.22	0.15	Points in Paint	26	22

Technical Fouls

	3A	4A					
	3A	4A					
	1st Half	2nd Half	OT 1	OT 2	OT 3	OT 4	Total
3A 2016	51	66	0	0	0	0	117
4A 2016	36	38	0	0	0	0	74

Why more training?

by Steve Bridge

Several coaches in the State of Washington are probably asking themselves this very question as the WIAA has put in place further training mandates for all football coaches. Before football starts this fall, coaches will have to have training in the following;

23.3.1 F - All Middle School and High School football coaches must complete school district approved technique specific safety training similar to "Heads Up Football". The training must include but is not limited to Safer Tackling Techniques and Drills, Helmet and Shoulder Pad fitting, Concussion management with Return to Play Protocols following a concussion, Head and Hydration training and Sudden Cardiac Arrest training. Football coaches will be required to repeat this training every three years.

So, why the need for more training? This article will attempt to answer this question and even though some may not agree, the truth of the matter is we all have a responsibility to provide the safest environment we can for our student athletes. With football, the issue of safety has reached a critical pinnacle. During the USA Football

How can additional training be effective in providing a safety element?

conference in Indianapolis this past February, one of the presenters discussed statistics from the National Federation of High Schools (NFHS) regarding athletic participation. The results were during the 2014-15 school year, participation among high school students in interscholastic athletics had reached an all time high, sparked by the increasing number of female athletes in sports like soccer and basketball. But two very significant numbers were also shared and those were the declining participation in two programs, football and wrestling. Participation in football during the past school year was down nearly 10,000 students and wrestling was just over 11,000. There are probably several reasons for the decline but the one factor we can all agree on is the safety concern, especially

regarding football.

How can additional training be effective in providing a safety element?

The State of Washington became the leader regarding concussion training and awareness and

in November of 2014, Mississippi became the 50th state to mandate concussion training to their coaches. Through the Seattle Sports Concussion Center and the work of people like Dr. Stan Herring and the Lystedt family, as well as efforts of the WIAA, better training and communication between parents, players, coaches and the medical community will be available to further address the issue of concussions.

The concussion issue leads directly into needed training for helmets and pad fitting. Several articles are available relating the increase likelihood of concussions from ill

fitting helmets. Coaches need to ask themselves, "Are we providing the best affordable and safest equipment possible to our student athletes and if we are, do

coaches know how to fit the variety of helmets available. Another fact is not all helmets models fit the same. This is why we encourage schools to have a variety of helmets on hand simply because some helmets fit some kids better than others. Each make of helmet may not have the same fit and as a result proper fitting procedures provide the best practice regarding safety for our student athletes. How each school and coach decides to address this issue is an individual decision. USA Football does an outstanding job addressing this topic and different helmet companies provide video's on proper fitting procedures. Over the past few years, *Clear Risk Solutions* has conducted workshops in the Tri Cities area brining



Continued on page 40

Continued from page 39

in certified athletic equipment managers from Eastern Washington University and University of Idaho who have expertise in fitting all helmets as well as providing valuable information on the care and proper inventorying of equipment. This has proven to be a great training opportunity for those attending.

The safe tackling technique training is important as the intent of “taking the head out of the game” sometimes takes a change in culture. The “old school concept” of encouraging collisions or high impact simply needs to be reviewed and we know that without training or better information that helps promote change, we will continue to do things as we were coached and how we learned. There is simply too much information out there for coaches to not adjust how much contact players need to have during the season as well as looking for better ways to avoid initial contact with the head. The “Rugby Style or Seahawk Tackling method has been proven to assist players to lead with the shoulder and to follow through with the hips and the thighs and have the strength core of the body take the majority of the initial impact. An estimated 78% of football plays end with a tackle. It is best we teach players the safest and most effective way to complete this task.

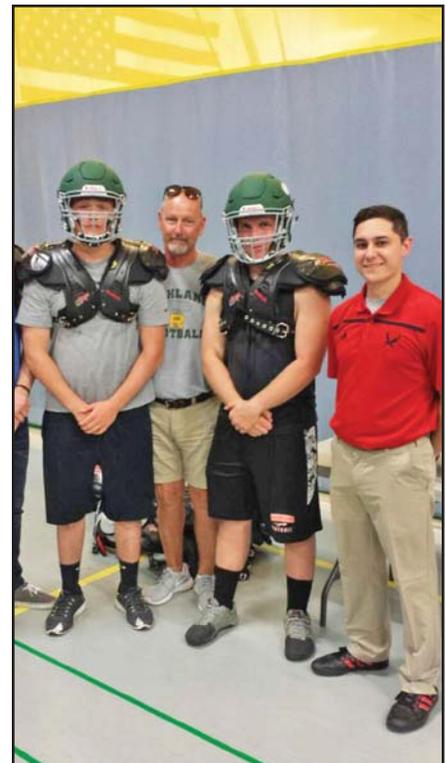
Finally, the issues of Heat and Hydration and Sudden Cardiac Arrest are also valuable parts of this training. Again, from the USA Football Conference, Dr. David Casa from the University of Connecticut and the Cory Springer Institute shares some statistics. In 2015, there were 17 football related deaths. 7 were from what is termed a “Direct” causes and 10 from “Indirect” causes. A direct cause is a head or spinal cord injury and an indirect cause is from everything else. Of the 10 Indirect causes, 6 were from Cardiac Issues, 3 from Heat and Hydration related issues and 1 from an illness. Further statistics share that from 2000 to 2015, there have been 149 football related deaths in college and high school football. 41 of these were from direct causes while 108 were from indirect causes. The most significant factor with the indirect numbers is these are nearly all preventable if proper information and training is applied. We know that deaths related to indirect causes usually occur during the first three days of practice and during conditioning. Simply being more aware of a heat acclimation process during the first few days may reduce the majority of indirect issues. Another factor is the use of an AED if a cardiac emergency were to take place during practice or a game. Just the fact that some schools have trainers does not reduce responsibility from the coaching staff.

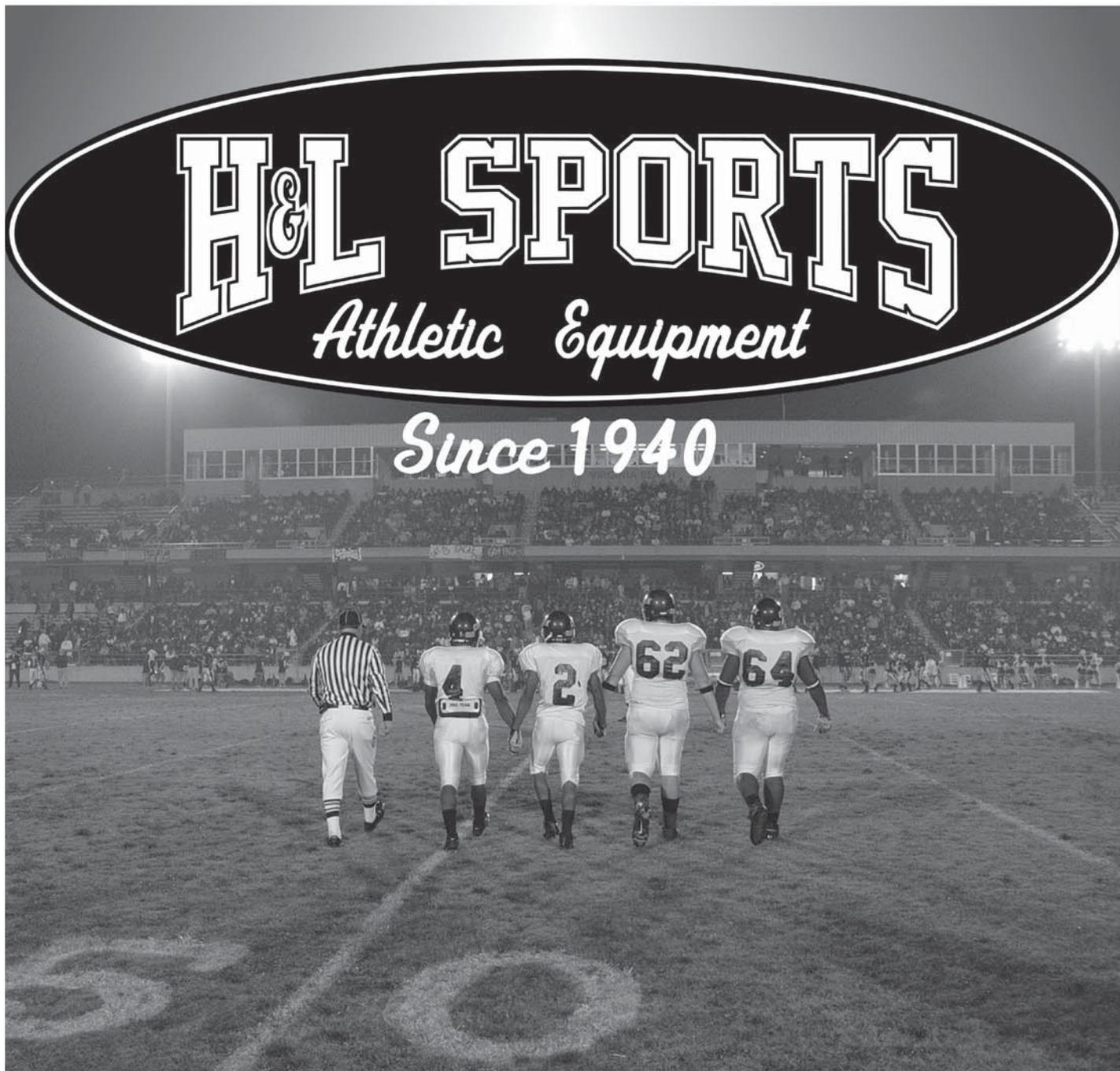
The majority of schools in the State of Washington **DO NOT** have trainers and even the ones that do may not have access to trainers all the time. Current first aid does provide training on the use of AED machines but who has the responsibility to make sure everyone knows where they are, have access to them and if they are in proper working condition. Just these two issues alone will have an impact of the two most significant causes of death in athletics. Over 70% of cardiac related deaths occur during football and basketball. Of the remaining 30% nearly 3/4 are soccer related. If a student were to collapse, the survival rate is reduced by 10% with each minute the student is left untreated. If treated within the first minute, the survival rate is 90%. . Again, training and awareness are crucial to provide a “best practice” approach to safety for our players.

It is also important for coaches to be part of an emergency action plan. Though this may not be a coach’s primary responsibility, it is important coaches are aware of the plan and are part of the formation and line of communication. No one knows your facility better than the coach and he/she can play a vital role in assisting medical personnel to reach an impacted student athlete.

Again, I want to thank the WIAA and the Washington State Football Coaches Association for their support and determination for preserving the game of football. No other sport activity provides the needed lessons young people will use to be productive members in our society than those taught by responsible, well trained coaches. Have a great and safe season.

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