

THE WASHINGTON GOACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



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WASHINGTON STATE

COACHES ASSOCIATION

A WASHINGTON STATE NON-PROFIT ORGANIZATION

Our Mission

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

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From the Editor

The articles in *The Washington Coach* do not necessarily represent the views of the Washington State Coaches Association. We publish articles of varied opinions and perspectives to encourage thought and discussion.

If you read an article in our magazine with which you do not agree, we encourage you to write an article presenting your ideas and insights.

Presidents Message

Darrell Olson

Summer 2017

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, tennis, hiking, walking, wine tasting, micro-brew sampling, running, softball, or sitting at the beach.....whatever it may be, relax, take a deep breath, and realize how blessed you are to be in such a great profession working with our youth. In your travels this summer take the Washington Coach magazine with you on trips, hikes, or camping and take a 'selfie' with the magazine and send it to Mike Schick, our magazine editor. He likes tracking all the places the magazine is taken and read.

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

For some of our coaches, summer is a great time to get those continuing education clock hours through clinics, workshops, or summer classes. 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, this year, held at White Horse 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, 2017 marks the start of the new membership year for the WSCA and 2017-'18 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

- There has been a lot of information shared in the decision made by the WIAA Board in making sure the fairness of state tournament draws for all. Much research has been completed under the leadership of Greg Whitmore, AD at Lind-Ritzville, and the RPI committee. The RPI was put into play for the past basketball season. There were some bumps in the road but overall the procedure was good and the best part is that the committee is taking input on how to make the RPI better.

The WA Coach is going to include information from Greg Whitmore in this column with the hope of answering questions regarding the RPI.

Here are some concerns submitted by several coaches. 1) How will games vs. greater or lesser classifications be counted? 2) How will out of state opponents be factored? 3) Is there any way around a struggling league that will tank a great teams RPI?

In addition to the WIAA adopting the RPI program, there are some other significant new rules for all football coaches. It is mandatory training and WSCA is hopeful that this WIAA suggestion is open to renewal every year as coaches find how to teach better with continual emphasis on safety. There are 7 components to this policy and the four that have received much good teaching are 1—Concussion Training, 2—Equipment Fitting, 3—Safe tackling/Blocking Techniques, and 4—Risk Management.

- To the Lynden High School Athletic Administration in providing earned recognition to Curt Kramme and Jake Mayberry. These two respected coaches recently passed and a fitting tribute to both coaches and WSCA cannot put into words the tribute these two teachers and coaches brought the Lynden community.
- Some membership notes—At the present time there are 83 schools who provide memberships for their coaches. Individual coaches who register for themselves 1396. Group coaches who pay for their coaches 2568. All registrants 3963. AN ALL TIME HIGH.

ONIONS

- To the “so called” scouts, agents, position specialists who tell high school athletes and their parents that they can guarantee athletes a scholarship. How about this guarantee? If your son or daughter can compete, the college recruiters will find them.
- Bouncing around school districts—is it fair to have public high school athletes bounce around a school district instead of attending school in their boundary areas? And then how about those who forge or create suspicious addresses for residence. The real question is, are these senior student athletes moving for athletic reasons? A coach from the Vancouver, Wa. area said, “As coaches our responsibility is to teach kids life lessons and one of those lessons is integrity”. There is a big difference between developing a team and assembling a team and not the accumulation of talent.
- To the sponsors and coaches who provide various athletic testing opportunities on the same day as spring sport athletes are working to qualify for post-season competition. Is this working together or putting our athletes and spring sport coaches in Harm’s Way? ■

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

This \$40 question is asked by many high school coaches in our state.

The first answer is that the WSCA is a professional organization for Washington State high school & middle level school coaches. **It exists to support your efforts as a coach.**

THE MAIN PURPOSES ARE:

- To offer top quality, affordable places to member coaches in the area's of professional education and training, to earn clock hours and coaching education hours.
- To offer a pass, using your membership card, for entry into **ALL** WIAA state tournaments, **ALL** regional tournaments, and **ALL** district tournament games, state wide!
- To offer **Liability Insurance coverage of \$3.5 million** for our membership while working a scheduled, sanctioned and supervised WIAA sport or event and or in the classroom.
- To offer your son or daughter, who are eligible, an opportunity to apply for WSCA scholarships. (i.e. Burnett-Ennis, Terry Ennis-Varsity Gold)
- To be eligible for your sports' **Hall of Fame** recognition
- To be eligible for your sports' **Coach of the Year** recognition
- To be eligible to coach in sanctioned WSCA all star games. WIAA will only authorize WSCA sanctioned All-Star events.
- To receive reduced fee's at WSCA sponsored coaches clinics and WIAA clock hours toward coaches education certification and/or salary placement.
- To honor member coaches for their coaching achievements through our **Career Awards** program
- To receive quarterly issues of **The Washington Coach** magazine. Magazine is now online at www.washcoach.net or, upon request, coach can receive a hard copy of the magazine mailed to them by making your request to Jerry Parrish.
- To provide reimbursement to each sport group for enrollment in WSCA.

OTHER BENEFITS:

- Check our WEB page for up to date information - www.washcoach.net
- **Membership registration is online at www.washcoach.net**
- Coordination with the state governing association (WIAA)
- Input through the Individual Sport Association Reps into the WSCA
- **By becoming a member of the WSCA, you are taking a proactive approach to avoid problems in the future ■**

Hearing their final whistle...



Curtis Kramme

Born: May 29, 1961

Date of Passing: Saturday, April 22, 2017

Birthplace: Temple, Texas

A memorial service was held Saturday, May 6th, 1PM, at the Lynden High School Gymnasium, Lynden, WA.

Curtis John Kramme was born May 29, 1961 in Temple, TX to John and Gayla Kramme. By the time he was one, the family had moved to Blaine, WA. He spent his first few school years living half the year in Blaine and the other half in the Tri-Cities as his dad moved back and forth between jobs. During his youth, he loved to be outside with his brothers, Bert and Pat, as well as many of his friends exploring California Creek and the woods around Doran Riding Stables, the family operation on Loomis Trail Road. He spent many hours working at the stables taking care of horses, and cleaning the stalls. For many years he and his horse, Matt, participated in youth rodeo and 4-H horse shows. All those years working at the stables taught him the meaning of hard work, but also led him to trade in his horse for a car when he was old enough to drive. In junior high and high school, Curt played football, basketball, baseball, wrestled and ran track. One of his proudest accomplishments was when he was a freshman in high school, he high jumped 5 feet when he was only 4 foot 11. His senior year in 1978, Curt was the quarterback and safety for the team that won the one and only football championship for Blaine High School.

After graduating high school, Curt worked at a rope factory in Ferndale, and it only took one day of work for him to realize that he would rather further his education at Western Washington University. To pay his way through school, he spent his summers working in Alaska, either in a cannery or on a fishing boat. Curt decided he wanted to study to become a teacher because he thought it would help him overcome a stuttering problem. During this time, Curt also started his coaching career at his alma mater, Blaine High School, as an assistant coach. It was while attending Western Washington University, that Curt met his wife Wendy. She knew what she was getting herself into when on their first date, he took her scouting at a football game.

Upon graduation, Curt and Wendy ventured to Bakersfield, CA for his first teaching job. Three years later they returned to Burlington, WA for Curt to teach and coach girls' basketball, football, and golf. Ironically, the die-hard Blaine Borderite made the decision to start his head coaching career in Lynden, his arch-rival while at Blaine.



His years at Lynden led him to many successes, including seven state championships and numerous awards, most recently his induction to the Washington State Football Coaches Association Hall of Fame. While in Lynden Curt and Wendy raised their three daughters, Alayna, Zoe, and Maddie. He was extremely proud of his daughters and all of their accomplishments. As a family they took many vacations, one of his favorite destinations being Disneyland. Aside from football, Curt spent a lot of his free time involved in other sports around the community. He spent many hours coaching baseball and girls golf, as well as refereeing

basketball. Curt started officiating basketball games during his time in college, and continued to do so until this past year when he was unable to do.

Curt loved the game of golf, and was fortunate enough to have a lifetime membership at Shuksan Golf Course where he made many friends and loved the wildlife and scenery. He also had a love for classic rock, classic TV shows like Gilligan's Island, and classic comedy movies such as Caddyshack. He could famously quote any line from Jim Carey's the Grinch, thanks to many nights up with his daughter Maddie. In 2015, Curt finally got the son he always wanted when Alayna married Michael Haynie and the two blessed him with a beautiful grandson, Grayson. Over the last year of his life he fought a hard battle, and whenever he was feeling his lowest, he would Facetime his favorite grandson, Grayson and it would always cheer him up. On April 22, Curt lost his battle to cancer and though he may be gone from this Earth, his spirit and memories will be with us forever. ■



**11th Annual
2017 High School Golf Coaches Clinic**
Sponsored by the WSCA

White Horse Golf Course

*Kingston, WA
July 10, 11, 12, 2017
Cost: \$215*

Clinic Instructors:

**Bruce Christy, Head Golf Professional – General Manager
White Horse Golf Club**

This clinic is only available to the first 16 members to sign up!

Clinic will include:

Two rounds of golf with cart and two lunches
Driving range work learning relevant drills for high school golfers
Short game drills and work at the short game area learning how to teach the short game
Classroom topics will include: program philosophies, the mental game, rules of golf, course management

Guest Speakers: will include local college golf coaches and will be named later

WIAA 16 Clock Hours available for purchase on site

Registration Information:

You must be a current 2016-'17 card carrying member of the WSCA to participate in the clinic

Coaches Name: _____ High School: _____
School Address: _____ City: _____ zip: _____
Home Address: _____ City: _____ zip: _____
Cell Phone: _____ Email: _____
Home Phone: _____ WSCA card number: _____
Credit Card: _____ Credit Card Number: _____ Exp Date: _____

Please let White Horse know if you will be paying with a check or credit card. Make checks payable to 'White Horse Golf Club'. P.O.'s will not work!

Please call White Horse with any questions at (360) 297-4468, or you may email questions to bruce@whitehorsegolf.com. You can mail your registration to White Horse Golf Club, 22795 Three Lions Pl. NE, Kingston, WA 98346; or fax your registration to and attention it to Bruce Christy.

Deadline for registration to White Horse is July 1 or the first 16 who register.

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Summer Sport Nutrition: Five Fabulous Tips, *just for coaches*

By Emily Edison, MS.RD.CSSD. | Sports Nutritionist Momentum Nutrition



Lets face it, coaches are hard workers. I have worked with thousands of selfless, devoted coaches in my 20 plus years of working in sports and there are two common challenges I have seen most coaches face: Too little spare time and plenty of care for others but not enough for themselves. Along with those two challenges comes one big missing piece... healthy nutrition. So, in the spirit of supporting some new healthy habits, here are five fabulous tips coaches can try this summer!

FIVE *easy* sports nutrition tips: *just for coaches*

1. Eat **BREAKFAST**: Keep it simple. Carbs, fats and proteins.
2. **EAT** 3 meals every day: Add snacks as needed for hunger.
3. Add **COLOR** (“eat the rainbow”)
4. **PLAN** simple meals and snacks
5. **REPEAT**: Create successful patterns

The step by step...

1. Eat BREAKFAST: Let me show you how easy it can be.

Do this: Make oatmeal. A BIG batch. Mix in things like coconut oil, chia seeds, dried fruit, nuts, peanut butter, dark chocolate chips, fresh fruit, wheat germ or even egg. Once you stir in your favorites pour the batch into a baking dish and put in frig. Cut squares, grab some milk, and you have a quick on the go breakfast! Even your youngest athletes can make these high-energy breakfast oatmeal bars.

“I don’t have time,” “I don’t know what to eat,” “I’m not hungry”: common excuses why we do not eat breakfast. We know research demonstrates eating breakfast is a vital part wellness and successful performance. Why not pick a quick breakfast and practice it, then during the season you can walk the walk. Support your athletes’ fueling up in the morning:

1. Model breakfast eating behavior
2. Provide easy-to-create solutions
 - Bring a crockpot full of oatmeal and toppings; show the athlete how easy it is to make a healthy breakfast
 - Make a blender full of delicious power smoothies for them to sample; and teach them how to make it at home (see pinterest.com for recipes)
 - Provide the WINForum.org website as a resource for easy-to-follow recipes and videos on incorporating breakfast into your game plan.

2. EAT 3 meals everyday. And SNACK as needed.

Coaches must have a tank full of fuel in order to perform at their best and to ***maintain a healthy body weight***. The body will use muscle tissue for energy when the tank is drained, and research shows eating more when you are more active (during the day) can reduce evening binge eating. A win win! Eating frequently also helps maintain muscle mass and allows the body to use food and adipose tissue for fuel.

- Eat carbohydrate with protein and fat to feel satisfied
- Plan 3 foods as a meal. Sandwich, fruit and veggies
- **Add in Color (#3)** for added immune boosting and reduced joint pain

For SNACKS:

- Maintain energy by combining carbs and proteins
 - o Hummus and veggies
 - o Rice cake with nut butter
 - o 1/3 Turkey Sandwich
- Create a parent support group (“Snack Support”) for providing snacks to the team. This will help you have a good snack as well!

4. “Fail to plan, plan to fail”

As coaches we have all heard this at one time or another and applying it to nutrition is key!

Planning for good nutrition can be easy using the following tips:

- Use online programs like Pinterest.com to get new recipes and make grocery lists
- Make a weekly meal plan and shop all at one time
- Freeze portions of larger batches to create easy weeknight meals
- Use frozen veggies (they are just as healthy)

5. Repeat

Practicing a play over and over is what makes it really work. The same goes with nutrition! Practice your new habits this summer and by fall you will be showing your athletes how it is done. Athletes cite “the coach” as one of the top sources of nutrition information and they learn by watching you. Pick an idea and run with it. Fuel up to be a winning coach! ■

Emily Edison is a recognized leader in the area of sport performance nutrition. Edison has helped teams and individuals create WINNING nutrition plans for over 22 years. She can be reached at emily@momentum4health.com

WSSCA All-State 2016 Fall Soccer Teams

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

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

Class 4A

MVP – Maddie Kemp – Camas

Coach of the Year – Roland Minder – Camas

First Team

Forwards – Maddie Kemp, Soph. Camas; Summer Yates, Jr. Chiawana; Brooke Chandler, Sr. Eastlake; Mariah Van Halm, Jr. Issaquah

Midfielders – Ameera Hussen, Sr. Todd Beamer; Olivia Van derJagt, Sr. Kentridge; Claire Neder, Sr. Mead; Natalie Nagle, Sr. West Valley Yakima

Defenders – Marissa Carpenter, Jr. Skyline; Jordan Thompson, Sr. Sumner; Sean Eaton, Jr. Issaquah; Sarah Davidson, Sr. Camas; Marley Lefore, Sr. Camas

Goal Keeper – Kelsee Winston, Sr. Hanford

Second Team

Forwards – Alyssa Tomasini, Sr. Camas; Jenna Killman, Sr. Olympia; Sophia Chilczuk, Sr. Kentridge; Kailin Wiley, Jr. Kamiak; Katie Greene, Sr. Mead

Midfielders – Jadyn Edwards, Jr. Jackson; Alexie Morris, Sr. Kamiak; Emily Sugimoto, Sr. Kentridge; Hannah Taie, Sr. Camas; Dani Mendoza, Jr. Hanford

Defenders – Mia Pardon, Sr. Gonzaga Prep; Hallie Johnson, Jr. Puyallup; Grace Klinkenberg, Sr. Kentridge; Katie Anderson, Sr. Mead

Goal Keeper – Anna Smith, Jr. Skyline

Honorable Mention

Forwards – Grace Eversaul, Sr. Skyview; Rikki Meyers, Sr. Jackson; Karlee Stueckle, Jr. Emerald Ridge

Midfielders – Jordan Karnes, Soph. West Valley Yakima; Darby Doyle, Sr. Gonzaga Prep; Brooke Asbury, Jr. Tahoma; Sadie Newsom, Sr. Hanford

Defenders – Blake Danna, Jr. Hanford; Ava Giovanola, Jr. Skyline; Lauryn Peters, Sr. West Valley Yakima; Lexi Maslowski, Jr. Kentwood; Anna Hager, Jr. West Valley Yakima

Goal Keeper – Hannah Roberts, Soph. Kentwood

Class 3A

MVP – Jojo Harbor – Bellevue

Coach of the Year – Peter Cochran – Bellevue

First Team

Forwards – Leahy Manthei, Sr. Gig Harbor; Jojo Harbor, Sr. Bellevue; Mckenzie Buell, Sr. Arlington; Mckaley Goffard, Sr. Southridge; Lauren Hudson, Jr. Central Kitsap; Bea Franklin, Soph. Seattle Prep

Midfielders – Sophie Hirst, Jr. Seattle Prep; Lauren Brown, Jr. Shorecrest; Kendra Steele, Sr. Squalicum; Kaylee Coatney, Fr. Bonney Lake

Defenders – Laura Roberts, Sr. Seattle Prep; Haley Thomas, Sr. Southridge; Kia Mackey, Sr. Edmonds-Woodway; Kali Knepper, Sr. Arlington; Emily Russell, Sr. Southridge

Goal Keeper – Hannah Hicks, Jr. Edmonds-Woodway

Second Team

Forwards – Ellie Shull, Sr. Edmonds-Woodway; Kate Doyle, Fr. Roosevelt; Kaysie Bruce, Sr. Gig Harbor



WSSCA All-State 2016 Fall Soccer Teams

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

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

Midfielders – Kaite Foster, Sr. Bellevue; Bailey Post, Sr. Stanwood; Helena Reischling, Soph. Seattle Prep; Anna Montemor, Sr. Snohomish

Defenders – Scotti Russell, Sr. Wilson; Katy Mockett, Sr. Holy Names; Maud van der Kooi, Sr. Bellevue

Goal Keeper – Brielle Schrader, Jr. Arlington

Honorable Mention

Forwards – Espy Sanchez, Jr. Stanwood; Katie O’Kane, Fr. Bishop Blanchet; Emma Cox, Jr. Mountain View

Midfielders – Sophie Butterfield, Sr. Bellevue; Emily Kussick, Sr. Roosevelt; Taylor Nielsen, Jr. Seattle Prep; Madison Grande, Soph. Peninsula

Defenders – Nikki Leishman, Sr. Lynnwood; Molly Carden, Jr. Edmonds-Woodway; Tahila Miers, Sr. Arlington; Jada Edelbrock, Sr. Snohomish

Goal Keeper – Sadie Morriss, Sr. Lakeside

Class 2A

MVP – Taryn Ries – Ridgefield

Coach of the Year – Filomon Afenigus – Columbia River

First Team

Forwards – Talia Daigle, Sr. Archbishop Murphy; Ellie Walker, Sr. Columbia River; Thao Nguyen, Soph. Lindbergh; Dominique Velazquez, Sr. Othello

Midfielders – Taryn Ries, Sr. Ridgefield; Annabelle Hall, Jr. White River; Mary Loy, Sr. Highline; Briann George, Sr. North Kitsap

Defenders – Katie Anthony, Sr. Columbia River; Kayse Smack, Sr. Tumwater; Bella Southwell, Fr. Orting; Allyson Findlay, Sr. Hockinson

Goal Keeper – Sienna Camp, Sr. Fife

Second Team

Forwards – Sydney Banyai, Sr. Orting; Bella Foos, Sr. Tumwater; Jamie Fassler, Sr. Prosser; Sierra Smith, Jr. Lynden

Midfielders – Shannon Frucci, Sr. East Valley Spokane; Hanna Troy, Soph. Olympic; Caroline Adams, Sr. Archbishop Murphy; Peyton Fullner, Sr. Lynden

Defenders – Emily Schwartz, Sr. Archbishop Murphy; Kya Scott, Fr. Fife; Reyna Schedler, Sr. Ellensburg; Maia Larsen, Jr. North Kitsap; Sophie Landers, Jr. Columbia River

Goal Keeper – Karie Bromley, Sr. East Valley Spokane

Honorable Mention

Forwards – Sydney Lowe, Jr. Black Hills; Cailey Divilbiss, Soph. Orting; Chloe Gallhaus, Soph. East Valley Spokane; Hannah Moore, Soph. Sehome

Midfielders – Kaylee Martinez, Sr. Othello; Kayla Heidenreich, Sr. Bellingham; Stephanie Moore, Sr. Tumwater; Makena Carr, Jr. Liberty

Defenders – Taryn Baxter, Soph. East Valley Spokane; Alyssa Friddle, Fr. Orting; Briana Martinez, Jr. Selah

Goal Keeper – Kellie Cahill, Sr. Orting



WSSCA All-State 2016 Fall Soccer Teams

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

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

Class 1A

MVP – Jaquelin Nordhoff – Overlake

Coach of the Year – Overlake – Sally Goodspeed

First Team

Forwards – MacKenzie Ellertson, Soph. Kings Way Christian; Kam Fiscus, Soph. La Salle; Nicole Souply, Jr. Cascade Christian; Molly Thies, Sr. Cashmere; Katie Stella, Jr. Kings

Midfielders – Jaquelin Nordhoff, Soph. Overlake; Lauren Richardson, Jr. Cascade; Emily Peters, Sr. Klahowya; Grace Terrill, Fr. Cle Elum

Defenders – Nicole Jacobsen, Sr. Kings; Margaret Sneeringer, Sr. Seattle Academy; Tayler Kelly, Sr. Cascade; Hannah Echelbarger, Sr. Kings

Goal Keeper – Maddie Nielsen, Sr. Kings

Second Team

Forwards – Mireya Grey, Sr. Seattle Academy; Ashley Parton, Jr. Cascade; Smith Hunter, Fr. Overlake; Cynthia Cuevas, Sr. Granger

Midfielders – Brixie Mendoza, Jr. Naches Valley; Alexis Jones, Sr. Okanogan; Claire Diede, Jr. Kings; Emmy Moore, Soph. Deep Park

Defenders – Abbi Echelbarger, Sr. Kings; Lily Pierce, Soph. Deer Park; Cindy Vasquez, Sr. Cascade; Jillyan Taylor, Jr. Okanogan

Goal Keeper – Kierstin Patefield, Sr. Cascade Christian

Honorable Mention

Forwards – Alex Hobbs, Soph. Overlake; Jill Townsend, Sr. Okanogan; Courtney Stark, Sr. Deer Park; Alyssa Figy, Jr. Lakeside 9-Mile Falls; Hailey Brandner, Sr. Cascade Christian

Midfielders – Bailey Whitney, Soph. Warden; Taylor Olson, Sr. Overlake; Cami Knishka, Jr. Cashmer; Hailey Sargent, Jr. Klahowya; Katie Kershaw, Sr. La Salle; Hannah Mitchell, Sr. Lakeside 9-Mile Falls; Clara Erickson, Sr. University Prep

Defenders – Lily Pimentel, Sr. Highland; Ashton Riner, Sr. Connell; Elli Kimes, Sr. Cashmere; Skyler Reep, Sr. La Salle

Goal Keeper – Sydney Gospodinovich, Sr. Meridian

Class 2B-1B

Girls

MVP – Lydia Bergquist – Saint George's School

Coach of the Year – Mark Rickard – Saint George's School

First Team

Forwards – Devanie Kleemeyer, Sr. Adna; Holli Edminster, Sr. Adna; Lydia Bergquist, Fr. Saint George's School; Natalie Coleman, Sr. Kalama

Midfielders – Kenya Lorton, Sr. Adna; Kaylee Couder, Fr. Crosspoint Academy; Maddy Christiansen, Soph. Saint George's School; Mary Neder, Jr. Saint George's School

Defenders – Emily Mickelson, Jr. Kalama; Alison Day, Sr. Saint George's School; Jenikka Poppe, Jr. Adna; Madison Hull, Jr. Kalama

Goal Keeper – Lauren Ochoa, Jr. Liberty Bell



WSSCA All-State 2016 Fall Soccer Teams

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

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

Second Team

Forwards – Ally Bacon, Jr. Toledo; Kjirstin Hopfer, 8th, Ocosta; Darby Soliday, 8th, Davenport

Midfielders – Loryn Moore, Soph. Lake Roosevelt; Cambrie Rickard, 8th, Saint George's School; Payton Aselton Fr. Adna

Defenders – Megan Sylvain, Jr. Life Christian; Maggie Howsden, Jr. Winlock; Samantha Martinez, Soph. Bridgeport

Goal Keeper – Piper Rutzer, Jr. Crosspoint Academy

Class 2B-1B

Boys

MVP – Mitchell Ward – Saint George's School

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

First Team

Forwards – Mitchell Ward, Jr. Saint George's School; Jackson Kimmel, Jr. Crosspoint Academy; Jose Gonzalez, Soph. Prescott; Jack Hammingh, Sr. Mount Vernon Christian

Midfielders – Christian Caro, Sr. Prescott; Ivan Figueroa, Sr. Prescott; Joe Moisant, Sr. Providence Classical Christian; Caelen Angell, Sr. Saint George's School

Defenders – Noah Halliburton-Link, Jr. Saint George's School; Justin Hatcher, Jr. Providence Classical Christian; Matthew Kelley, Sr. Crosspoint Academy; Alex Poppel, Sr. Saint George's School

Goal Keeper – Noah Galow, Fr. Saint George's School

Second Team

Forwards – Hunter Feldbush, Soph. Crosspoint Academy; Cade Peplinski, Jr. Saint George's School

Midfielders – Oscar Angell, Fr. Saint George's School; Peter Park, Sr. Crosspoint Academy; Seth Talon, Sr. Tacoma Baptist

Defenders – Connor Cremers, Jr. Saint George's School; Jack Bender, Sr. Mount Vernon Christian; Michael Schlotfeldt, Sr. Northwest Christian

Goal Keeper – Josh Millermon, Jr. Crosspoint ■





THE IMPORTANCE OF SWEATING AND WATER TO YOUR HEALTH

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

In our society, sweat is thought of as something to be avoided. Hard work produces sweat. It's the body's way of cooling itself off and is a necessary process of life.

Successful coaches carefully watch their athletes and mentally or in written down form note those who sweat easily and profusely. Scheduled water breaks along with constant reminders to drink and an open water source helps to prevent heat related dehydration issues during practice or on the competitive field.

The better trained and acclimated an athlete is to the heat, the more efficiently they sweat. Thus, they must replace a larger amount of these lost fluids. A trained athlete may also be a heavy sweater when compared to their teammates. In either case, precautions must be taken to prevent injury to them.

Heavy sweaters lose more water and salty sweaters lose a larger than normal amount of the essential electrolytes that effectively run the body. If either of these conditions exists and if you don't have high blood pressure, then a bit of added salt to your water or a sport drink would be acceptable for your recovery liquid.

Perhaps you sweat easily and profusely and use a deodorant that helps block your sweat glands from producing sweat. In regular conditions, this is ok but not when playing a sport or working out in the yard. Sweating is nature's built in air conditioner.

The fluid that moves to your skin's surface uses the surrounding air to cool the body down. Blocking this process impedes the cooling effect of sweating.

Water is by far the best choice for rehydration

Don't get recovery drinks mixed up here. Recovery drinks feed the cells with some extra carbohydrate and protein macronutrients. They are used to push nutrients into the cells at the opportune time; within ten minutes after a heavy exercise session is finished, when the cells are depleted. Of course, they can also be taken just prior to the exercise or before the practice begins as a loading process.

The consensus of knowledgeable coaches is to keep a steady flow of water going into their athletes without entering into a state of hyponatremia¹, which can be deadly. This condition is a direct result of low sodium levels in the blood. This lack of sodium in the blood may be caused by excessive sweating, excessive water intake, persistent diarrhea, or overuse of diuretic drugs.

Despite the possible potential of overhydrating, water is a necessary part of living a healthy life.

The importance of water to your health

At the very basic level, the mitochondria in your body serve as little power plants inside your cells. Without water, they cannot efficiently do

their job of moving the electrolytes and nutrients around in the body and eventually begin shutting down. Once this happens, our ability to function ceases.

Carrying around a water bottle is more common now than in the past when people didn't have one with them everywhere they went. It would appear as though this is a good habit to get into especially as the weather starts getting warmer. Water is a major player; it constitutes approximately 80-85% of the make-up of your body. Without it, you won't last long.

It helps keep your body cool, eliminates the waste products produced by your body, and cleanses the pores in your skin. Normal living activities consistently use water while sweating and breathing, sometimes at a substantial rate. As a side note when this happens compensate for this loss as fast as possible to avoid any adverse side effects.

Thirst is not a good indicator of dehydration. By the time you realize that you're thirsty you are already in the early stages of dehydration.

Water migrates into your cells faster than pop, tea, and even Gatorade. It's called the universal solvent for your body because it enters the cells, rehydrates them, and then carries away the waste products that accrue with living an active life. Due to the pH levels in these products being more acidic than your body

they aren't as effective in promoting good health in the normally alkaline environment within your body.

A quick rule of thumb is to replace every pound lost with at least 16 ounces of water. Cold water seems to be the way to drink it. It tastes better, and at the same time, helps cool you off from the inside out.

This does not include pop, beer, coffee, distilled, or reverse osmosis water (unless there are dangerous levels of arsenic, bacteria, fluoride, or lead in the drinking water) but plain water unless you are a heavy or salty sweater.

Distilled and reverse osmosis² water removes much of the mineral content leaving you vulnerable to cramping. Additionally these two water sources tend to be on the acidic side of the scale with the attending consequences previously mentioned.

Reverse osmosis can be 96-98% successful in filtering lead out of the water.

Reverse osmosis filters and what they do³

Reverse Osmosis Systems (taken directly from the CDC site here https://www.cdc.gov/healthywater/drinking/home-water-treatment/household_water_treatment.html)

- Reverse Osmosis Systems use a process that reverses the flow of water in a natural process of osmosis so that water passes from a more concentrated solution to a more dilute solution through a semi-permeable membrane. Pre- and post-filters are often incorporated along with the reverse osmosis membrane itself.
- A reverse osmosis filter has a pore size of approximately 0.0001 micron.

- Reverse Osmosis Systems have a very high effectiveness in removing protozoa (for example, Cryptosporidium, Giardia);
- Reverse Osmosis Systems have a very high effectiveness in removing bacteria (for example, Campylobacter, Salmonella, Shigella, E. coli);
- Reverse Osmosis Systems have a very high effectiveness in removing viruses (for example, Enteric, Hepatitis A, Norovirus, Rotavirus);
- Reverse Osmosis Systems will remove common chemical contaminants (metal ions, aqueous salts), including sodium, chloride, copper, chromium, and lead; may reduce arsenic, fluoride, radium, sulfate, calcium, magnesium, potassium, nitrate, and phosphorous.
- This chart taken from <https://www.ag.ndsu.edu/pubs/h2oqual/watsys/wq1047.pdf>

Table 1. Reverse Osmosis Rejection Rates

Typical rejection rates for common contaminants			
Arsenic	94-96%	Nitrate	93-96%
Bacteria	99+%	Sodium	92-98%
Fluoride	94-96%	Sulfates	99+%
Lead	96-98%	% TDS	95-99%

From the Excel Water Directory at www.excelwater.com/eng/b2c/rejection.php
 1 Ave. Holiday, East Tower, Suite 501, Pointe-Claire, Quebec, CA H9R 5N3

Resources:

<https://www.ag.ndsu.edu/pubs/h2oqual/watsys/wq1047.pdf>

(Footnotes)

1 <http://www.mayoclinic.org/diseases-conditions/hyponatremia/basics/definition/con-20031445>

Hyponatremia is a condition that occurs when the level of sodium in your blood is abnormally low. Sodium is an electrolyte, and it helps regulate the amount of water that's in and around your cells

2 <http://newsnetwork.mayoclinic.org/discussion/what-you-need-to-know-about-lead-poisoning/>

Filter water. Ion exchange filters, reverse osmosis filters, and distillation can effectively remove lead from water. If you don't use a filter and live in an older home, run cold tap water for 15 to 30 seconds before using it.

3 https://www.cdc.gov/healthywater/drinking/home-water-treatment/household_water_treatment.html ■

S P O R T S

These are the coaches you need on your staff!

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

Sport Associations Board Representatives

Athletic Trainers	Lorrie Howe	Eastmont	howel@eastmont206.org
Baseball	Jesse Benedetti	East Valley (Yakima)	benedetti.jesse@evsd90.org
Basketball - Boys	Nalin Sood	Mountlake Terrace	Soodn@edmonds.wednet.edu
Basketball - Girls	Dan Taylor	King's	dtaylor@crista.net
Cheerleading	OPEN		
Cross Country	Joe Clark	Lakes	jclark@cloverpark.k12.wa.us
Fastpitch/Softball	Tom Harmon	Nooksack Valley	tom.harmon@nv.k12.wa.us
Football	Adam Fisher	East Valley (Spokane)	fishera@evsd.org
Golf	Jim Anderson	Jackson	janderson2@everettsd.org
Gymnastics	Ryan Fleisher	Issaquah	issygymnastics@yahoo.com
Soccer	Aaron Radford	Kentwood	aradsoccer@comcast.net
Tennis	Brooks Hazen	Puyallup	hazenbf@puyallup.k12.wa.us
Track & Field	Dawn Geiser	Skyline	GeiserD@issaquah.wednet.edu
Volleyball	Tawnya Brewer	Burlington-Edison	tbrewer@be.wednet.edu
Wrestling	Brett Lucas	Todd Beamer	blucas@fwps.org ■



The 52nd East/West All-State game will be played on June 30th in Moses Lake. This football game was established in 1947 and played until 1959 under various titles State vs Seattle, Tri-City vs State and East vs West. In 1978, the game resumed as the North vs South and two years later the East vs West format returned and is in use today. In 1995, the Earl Barden Classic was established and at the present time the Washington State Football Coaches Association sponsors two games for high school football players in the state.

As in the Earl Barden Classic, the players on the rosters for the East/West game were selected from nominations of the coaches from each league in our state. The selection process took place at the Washington State Football Coaches Mid-Winter Conference in January. The rosters will be finalized by the end of April.

The players will arrive in Moses Lake on June 26 to begin preparation for the game on Friday night. We would like to invite any football coaches who may wish to attend practices or the game come to Moses Lake for a week of Summer Football.

Coaches Plan to Attend

Earl Barden Classic	Saturday	June 24 th	1:00pm	Moxee, Washington
East/West All-State Game	Friday	June 30	7:00pm	Moses Lake, Washington

For more information, please contact:

East/West Coordinator
Pat Hymes
pathymes@kelsosd.org
360-560-0881

East/West Game Manager
Loren Sandhop
lsandhop@mlsd.wednet.edu ■

WASHINGTON STATE FB COACHES ALL-STAR GAME



23rd ANNUAL EAST-WEST EARL BARDEN CLASSIC



WHEN: SATURDAY, JUNE 24th, 1PM
WHERE: Earl Barden Stadium East Valley HS, Moxee, WA
(Yakima)

The 2017 Earl Barden All-Star Classic will be held for the 23rd straight year on June 24th at 1pm at Earl Barden Stadium at East Valley HS in Moxee. What a great place to play the Earl Barden Classic, at 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 rosters will be available in the late spring.

The game was started in 1995 with the financial and organizational leadership of Earl Barden. Earl was a successful businessperson in the Yakima area and was highly influential in the support given by the Yakima community to start this game. Earl passed away in the winter of 1999 and the community of Yakima has embraced the game and continued their 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 23rd Annual Earl Barden Classic are: East – Jay Hawkins, Tonasket and the West – Josh Fay, Napavine . A camp schedule is available from Coach Alex by email.

LET'S ALL MEET IN YAKIMA ON JUNE 24th 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 Team Co-Chairs:

Mike Lynch, lynchm@ritzcom.net
Greg McMillan, mcmillan.greg@yakimaschools.com

West Team Co-Chairs:

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

Game Site Manager

Mark Mochel, EV High School
Mochel.mark@evsd90.org ■





MVP DRIVE

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

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

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

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

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

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

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

MORE THAN JUST TACKLING

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

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

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

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

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

**FOR MORE INFORMATION ABOUT THE MVP-DRIVE,
VISIT [HTTP://DRIVE.ROGERSATHLETIC.COM](http://drive.rogersathletic.com) OR
CALL (800) 457-5337.**

ROGERS

OPINION

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

Thanks Paps...

Coach Don Papasedero who has been a long time contributor for our magazine through his column “When I want your opinion...” is taking a well earned leave from writing for *The Washington Coach* on a regular basis.

Through his many articles, “Paps” has provided our membership with countless quality observations of our profession. He has put a light on the consistent but ever changing challenges coaching brings and shared strategies on how to meet those challenges.

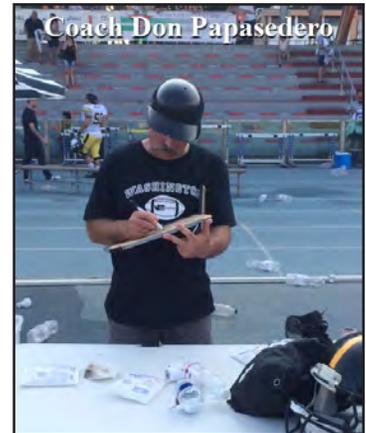
Entering his 42nd year of coaching this fall, Don has the experience, knowledge, compassion and energy displayed by coaches of distinction. We have all had the opportunity to learn something from Don’s articles. He challenged us to examine our own coaching style, habits and attitudes to make us better coaches because as I believe Don would readily admit, the kids deserve our very best every day.

The *Washington Coach* recognizes, appreciates and is thankful for the years of service coach Papasedero has generously provided to the Washing-

ton State Coaches Association, the Washington State Football Coaches Association and to me personally serving in the role as editor of our magazine.

As is the prerogative of all our members, if Don has something he feels we need to know, think about or celebrate, I’m sure I will hear from him and I will share his thoughts with the membership through our magazine. In the meantime, If you are interested in creating a column for *The Washington Coach*, please contact me at wsca-editor@comcast.net and we will talk.

Thank you and have a great summer,
Mike Schick, Editor, *The Washington Coach* ■




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ALPHA

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Congratulations!

SID OTTON
Tumwater High School

2016 Don Shula Award

“In recognition and with deep appreciation the Washington State Football Coaches Association selects Coach Sid Otton as the 2016 *Don Shula Award* recipient.

Coach Otton retires this fall after 49 years of coaching - 43 years at Tumwater High School - and leaves as the winningest football coach in State history with a 393-131 record, six state titles and 27 state playoff appearances.

More important, his legacy is defined by the lessons taught that created a sense of family and purpose. A devoted family man, a loyal friend and mentor, and “always the gentlemen” Coach Otton represents the best of high school athletics.” ■

ON THE SIDELINE

Meet Coach Wichers



Shane Wichers

A graduate of Western Washington University ('96), Shane Wichers has been coaching girls basketball for 20 years. During that tenure, his teams have logged eight state appearances and twenty district contests. The Nooksack Valley coach has also been coaching girls soccer for 5 years.

Shane has been named the NWC Coach of the Year as well as having coached the 1A All State team in the All State Game. Shane's family includes his wife, Kim and their children Colby, McKenna and Owen.

Shane became a coach to help players reach their full potential doing something they enjoy and to help play-

ers give to something bigger than themselves. Coach Wichers shares his proudest coaching moments come from every year seeing each teams potential and taking them farther than they thought they could go.

Shane admits one of his favorite comments come when people ask how good will your team be he likes saying, "I'll tell you in 20 years!"

Shane has been a member of the WSCA for 10 years.

ON THE SIDELINE

NOMINATION FORM

The WSCA needs your help! If you know a current member of the WSCA who deserves recognition for his/her contributions to coaching, please fill out this form and send it to Mike Schick. Your nominee will then be contacted to obtain additional information.

Nominee's Name _____

Home/School Address _____

City _____ Zip _____

Current teaching/coaching location _____

Send this form to Mike Schick at:
2110 Richardson Drive, Puyallup, WA 98371 or email information to wsc-editor@comcast.net

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*

**WSCA
LIFETIME ACHIEVEMENT**

2011											
NAME	SCHOOL	FALL SPORT	YRS	WINTER	YRS.	SPRING	YRS.	TOTAL			
ROB FRIESE	WILLAPA VALLEY	HS FB	24	JV BBB JH BBB	2 8	HS TRACK	19	53			
RICK GIAMPIETRI	CENTRAL VALLEY	HS FB	41	HS WR	36	HS GOLF HS SB HS TRK	20 5 3	105			
TOM HARMON	NOOKSACK VALLEY	HS FB MS FB	14 13	C BBB	7	HS BB HS SB	4 28	66			
JOEL WINGARD	PENINSULA	HS XC JH FB	32 2	HS BB JV BB C BB	2 1 1	HS TRK	34	72			
RUDY OCHOA	OTHELLO	MS VB	16	MS WR	23	HS SB	16	55			
MICHAEL ECKHART	MUKLESHOOT	HS FB	27	HS BB	27	HS SB	22	76			
CHRIS WALLISTER	LAKESWOOD	HS FB	16	HS GBB	25	HS SB HS GOLF HS TENNIS	7 10 2	60			
EUGENE VICTOR	SACJ MS FED/WAY	MS FB MS SB	1 1	MS GBB MS BBB	22 23	MS VB HS TENNIS JH TRK	23 1 1	73			
JOHN MITCHELL	SNOHOMISH	HS FB JH FB	32 2			HS TRK JH TRK JH GSOC	2 17 1	54			
DAN DITTMER	N. MASON	HS XC HS VB MS VB MS FB	12 8 7 12	MS WR MS GBB	5 2	HS TRK MS TRK	26 12	84			

WSCA
LIFETIME ACHIEVEMENT

2011										
NAME	SCHOOL	FALL SPORT	YRS	WINTER	YRS.	SPRING	YRS.	TOTAL	YRS.	TOTAL
ERIK LINDBERG	OAK HARBOR	HS XC	11	JV BB	2	HS TRK	26	50		
		HS FB	3	HS WR	1	JH TRK	3			
		JH FB	1	JH WR	3					
FRANK PETRINO	ONALASKA	HS FB	16	HS BBB	16	HS SB	3	58		
		MS FB	9	MS BBB	12	HS TRK	2			
GORDON PITTS	OKANOGAN SD	HS FB	13	MS BB	2	HS TRK	11	68		
	EPHRATA SD	MS FB	21			MS TRK	21			
2012										
NAME	SCHOOL	FALL SPORT	YRS	WINTER	YRS.	SPRING	YRS.	TOTAL	YRS.	TOTAL
BOB BOURGETTE	KENNEDY	HS FB	41	HS WR	9	HS SB	11	71		
						HS BB	10			
PAT FITTNER	HIGHLAND	HS FB	6	HS BBB	35	HS BB	2	85		
	KENTWOOD	MS FB	8			HS TRK	14			
	SEHOME					MS TRK	8			
	EISENHOWER					HS GOLF	12			
	LASALLE									
	ELLENSBURG									
DARRELL OLSON	EAST VALLEY	HS TENNIS	2	HS BB	27	HS GOLF	20	57		
	COUPEVILLE	HS FB	2			HS BB	1			
	EVERETT									
GARY HATCH	SEHOME	HS FB	32	HS BB	8	HS BB	40	80		
2014										
NAME	SCHOOL	FALL SPORT	YRS	WINTER	YRS.	SPRING	YRS.	TOTAL	YRS.	TOTAL
ROY YOUNG	HENRY FOSS	GIRLS DIVING	27	BOYS DIVING	34	HS BB	24	101		
		MS VB	2			JV SB	2			
						HS SOCCER	2			

**WSCA
LIFETIME ACHIEVEMENT**

2014										
NAME	SCHOOL	FALL SPORT	YRS	WINTER	YRS.	SPRING	YRS.	TOTAL	YRS.	TOTAL
STEVE CHAMBERLAIN	OKANOGAN	HS FB	3	HS BB	10	MS BB	3	50		
		MS FB	5	MS BB	29					
MICHAEL WILLIAMS	WHITE RIVER	HS FB	4	HS BB	15	HS BB	22	51		
		MS FB	3	MS BB	4	MS BB	2			
		GOLF	1							
2015										
NAME	SCHOOL	FALL SPORT	YRS	WINTER	YRS.	SPRING	YRS.	TOTAL	YRS.	TOTAL
TOM BETROZOFF	WILLAPA VALLEY	FB	20	GBB	23			53		
				BBB	5					
				BBB JV	5					
MIKE CARLQUIST	OKANOGAN	FB	2	BBB V	30	SB	2	54		
		FB	12	BBB JV	2	TRACK	1			
						TENNIS	2			
						BASEBALL	2			
						GOLF	1			
2016										
NAME	SCHOOL	FALL SPORT	YRS	WINTER	YRS.	SPRING	YRS.	TOTAL	YRS.	TOTAL
DON PAPASEDERO		FB	39	BBB	11	GOLF	22	80		
						BASEBALL	8			
MIKE SCHICK	EDGEMONT JR HI	JH FB	31	BBB	8	JH TRACK	25	79		
				GBB	15					



FIRST AND FINAL HIGH SCHOOL BASKETBALL GAME

Reprinted with permission, photo credits: Grant County Journal

by Steven Smith, Sports Editor
The Grant County Journal, Ephrata

EPHRATA – Nathan Greene walked off the floor at Marty O’Brien Court last Friday night, having played the final varsity game of his high school basketball career.

It was also the first varsity game of his high school basketball career.

And while the time he spent on the court was limited, the 6-foot-6 senior was all smiles when the night was over and the Ephrata High boys basketball team had finished closing the regular season with a win over Quincy.

But more important than his feeling for the game was how his body felt after playing 30 seconds at both the start and end of the contest. Greene started the game and scored the first two points for the Tigers, then finished by scoring the final two points to beat the Jackrabbits.

And he did it in a situation where he had to clear a lot of medical hurdles just to get on the floor.

Greene, who would like a career coaching basketball

someday, suffers from hypertrophic cardiomyopathy, a heart disease in which the heart muscle is thickened, causing it to have to work harder to pump blood than the normal heart. Greene was diagnosed with some kind of heart problem during a sports physical his freshman year, and had to see several medical specialists before the condition was properly diagnosed at Children’s Medical Center in Seattle.

“They took my blood pressure during the physical and it was way higher than it should have been. That’s what started the journey, from one hospital to the next until they figured it out,” Greene said. “When I’m at rest, my heart is working harder than it should, so I had to stop playing.”

Hypertrophic cardiomyopathy is considered to be the leading cause of sudden death in young athletes – the most famous case of an HCM-caused death was that

of Loyola-Marymount University basketball star Hank Gathers, who collapsed while playing in a tournament game on March 4, 1990. Gathers, who was set to be a first-round NBA pick of the Boston Celtics, died within moments after being taken from the court.

In Greene's case, it meant no longer being able to play basketball, but it didn't take the big man away from the game. Greene stepped into the role of manager for the Tiger boys, a job he has dedicated himself to for the last three years.

"I've loved working with this program because we have the best guys playing and the best coaches we can ask for," Greene said. "Coaches Evenson and Blankenship and Fronsman are why I get to do this, so they're special to me."

For Greene, discovering the condition early was the key to his long-term health. He played as a freshman for the Tiger C-squad, and according to Tiger varsity coach Brandon Evenson, averaged around 16-17 points-per-game, knowing that he had the condition.

"We controlled how much he played. It wasn't until later in the season that they discovered how bad it was," said the coach. "Nate could have been one of the best big men I've coached since the Simons (Daniel and Patrick). If people only knew how big his heart was and how much he loved to play basketball.



a true post who would have been a great scorer on the inside."

As it is, Greene will get to be part of the Wenatchee Valley College men's basketball team next season, working with coach Brett McGinnis. He'll be a manager for the Knights as well as starting to get some training as a coach – after two years, the plan will be a transfer to either the University of Washington or Washington State Uni-

versity to study sports management.

None of that is surprising to Greene's mom, Misty Paul, who said of her 18-year-old son, "sports have been his whole life. When Nathan was little, he was able to quote stats from his favorite football teams."

"Pee Wee football, AAU basketball, those were our whole life when he was young,"

she recalled. "When he was diagnosed, he went from active to nothing. He was depressed and miserable, and it hurt so much to see him go through this."

That's one of the reasons why Paul echoed her son's high praise for the Tiger coaching staff. "Evenson and Blankenship and Fronsman...those three have done so much for him and worked very hard to make (Friday night) happen, to keep him connected even when he couldn't play."

But getting Greene to the floor for that one minute was a process that started with his doctor, noted Children's Medical Center pediatric cardiologist Dr. Erin Albers, as well as the coaches themselves. Greene first had to meet the Washington Interscholastic Activities Association requirement to complete 10 practice sessions, then get everything cleared though Albers before he could even put on the varsity uniform.

"We had to pull a lot of strings with the doctors, but it was all worth it," she said. "When we first found out, it was 'what are we going to do, this is really bad,' because he really had his heart set on playing in college. He wanted it so much.

"I hate that this happened and what it has done to him, but I also know it's going to lead him to what he will do next in his life," Paul added. "I just know he's going to be an amazing coach someday."

As for Greene, within moments after the game had ended, as very few from the crowd at Marty O'Brien Court had left and most were still in the gym for pictures and hugs, the biggest smile in the crowd was his.

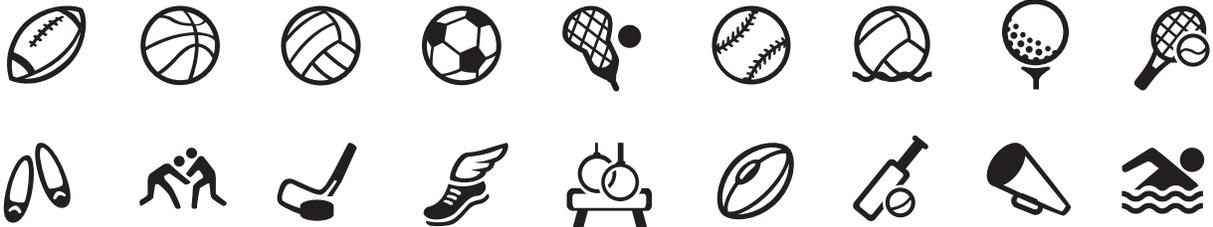
"I feel so good right now. I always do when I play – everything negative, the headaches, the stress, whatever, it all just goes away when I play," Greene said. "This was amazing, maybe the best night of my life so far. It was awesome." ■



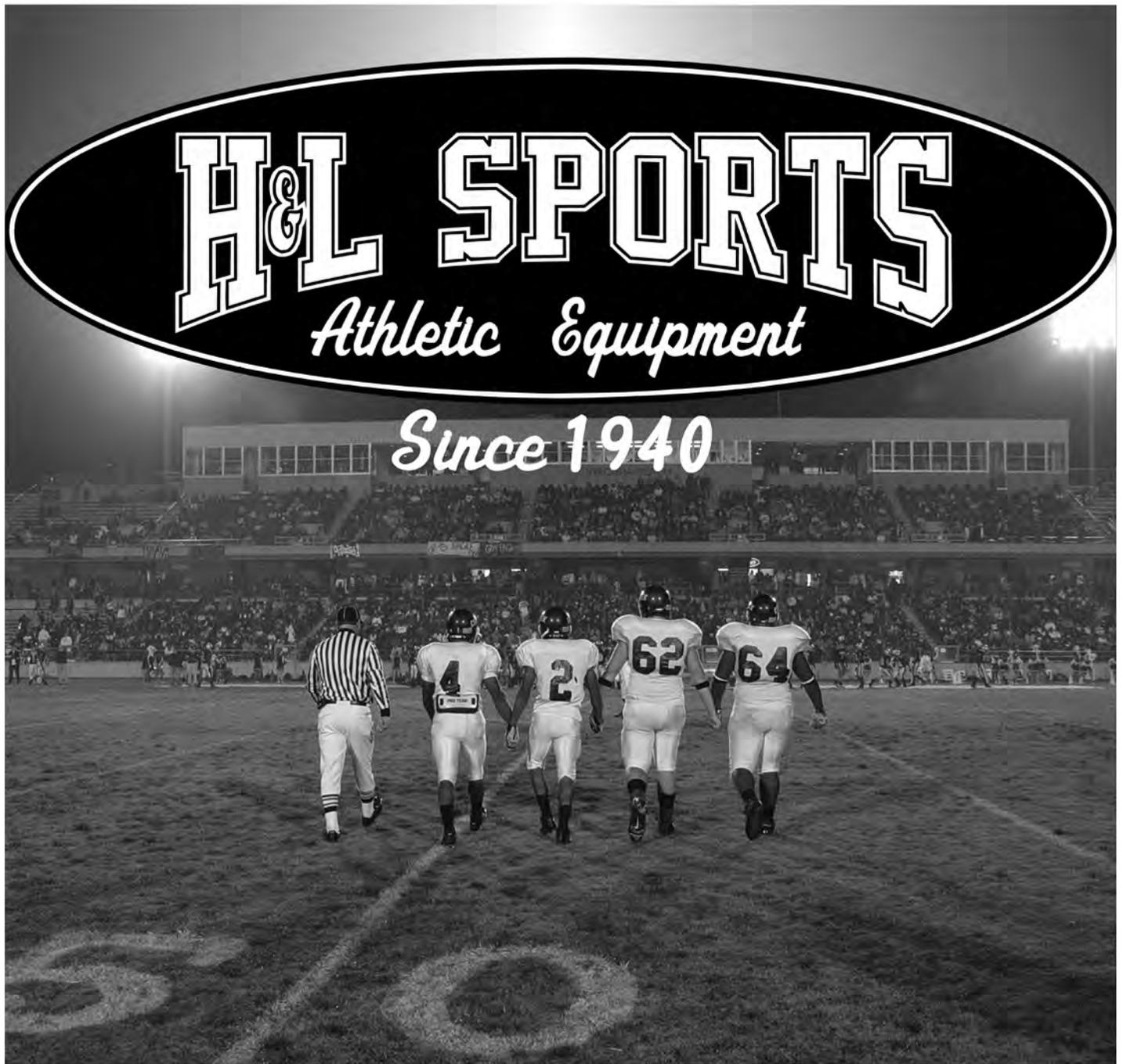


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