

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



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, jogging, softball, or sitting at the beach.....whatever it may be, relax, take a deep breath, and realize how blessed you are to be in such a great profession working with our youth. In your travels this summer take the **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, held at White Horse Golf Course the last week of June.

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

June 1, 2018 marked the start of the new membership year and era for the WSCA. The WSCA is going to a digital membership card. Membership applications for 2019-20 are on our website, washcoach.net and ready for online registration. You will register the same as you always have. If your district covers your membership, talk to your 'Group Administrator' as to what they want you to do. This is a big deal for us at the WSCA!! This is step into the 'unknown' but we, as an Executive Board, support endeavor into the digital world and are excited to see how everything unfolds. We are ready for the 'unknown problems' that usually occur. **And don't forget to send in your dues 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 the \$40 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 ■



WASHINGTON STATE COACHES ASSOCIATION

From The Sidelines

by Jerry Parrish

WSCA Upcoming News

Greetings Coaches!

As we are nearing the end of the 2018-19 membership season we wanted to reach out with a couple reminders.

Firstly, the end of the current season is May 31st and enrollment for the 2019-2020 season begins on June 1st. Coaches registering as individuals may start registering right away. Coaches that register as part of a group should contact their Group Administrators to find out when their group registration will be active.

Secondly, we are changing the way coaches receive their membership cards. We will be distributing digital cards through email and will no longer be mailing out physical cards as in years past. We feel that this will be a much more efficient method of getting cards to coaches as quickly as possible. For information on the use of digital cards, visit the digital cards information page on our website.

We look forward to a great new season. Thank you for your support.

Jerry Parrish, Director of Operations

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**WASHINGTON STATE
COACHES ASSOCIATION**



2018-2019 Membership Numbers

WSCA had a total of 4,296 registered members as of April 15, 2019. Individual registrations totaled 1,419 and group registrations totaled 2,877. Total registration numbers are up from the 2017-2018 season by 229 coaches! That's an increase of 86 individual registrations and 143 group registrations. ■

Why Should I Become A Member of the

WASHINGTON STATE COACHES ASSOCIATION?

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

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

OTHER BENEFITS:

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



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

WHAT ARE THE HEALTH RISKS WITH WILDFIRE SMOKE AND THE EFFECTS ON ATHLETES?

What is in wildfire smoke: It is in the Fine Particles or Particulates.

- Smoke is a complex mixture of carbon dioxide, water vapor, carbon monoxide, particles, hydrocarbons and other organic chemicals, nitrogen oxides, and trace minerals.
- Fine particles are the principal pollutant of concern from wildfire smoke for short-term exposures (hours to weeks).

What are the Effects of Wildfire Smoke?

- Fine particles can be inhaled deeply into the lungs; exposure to the smallest particles can affect the lungs and heart.
- Fine particles are respiratory irritants, and exposure to high concentrations can cause persistent cough, phlegm, wheezing, and difficulty breathing.
- Exposure to fine particles can affect healthy people, causing respiratory symptoms and reductions in lung function. Particle

pollution may also affect the body's ability remove foreign materials from the lungs, such as pollen and bacteria.

- Studies have found that short-term exposure (i.e., days to weeks) to fine particles, a major component of smoke, is linked with aggravation of pre-existing heart and lung disease.

As with any pre-existing conditions (asthma, diabetes, heart conditions), extra vigilance is needed by the coaching staff on these individuals.

These student-athletes should have a care plan on file with the school health care provider (Athletic Trainer, school nurse) Have inhaler and other medicine on hand if needed

Are some people more affected than others are? Yes

- Not everyone who is exposed to wildfire smoke will have health problems. Age, individual susceptibility – including the presence or absence of pre-existing lung (e.g., asthma, COPD) or heart disease, and other factors – determine whether someone will experience

smoke-related health problems.

- Most healthy adults and children will recover quickly from smoke exposure and will not suffer long-term health consequences. Certain sensitive people may experience more severe acute and chronic symptoms.
- Children, pregnant women, elderly individuals, and people who are sensitive to air pollution (such as those with pre-existing heart and lung disease) should take precautions to limit exposure to wildfire smoke.
- Sensitive individuals concerned about the potential health implications of exposure to wildfire smoke should discuss this with their primary healthcare provider and check the <https://fortress.wa.gov/ecy/enviwa/> for the air quality forecast and for information about ways to reduce exposure. ■

Air Pollution and School Activities

Public Health Recommendations for Schools on Fine Particle Air Pollution



Air Quality Conditions*					
First, check local air conditions at https://fortress.wa.gov/ecy/enwiwa/ and then use this chart.					
	Good	Moderate	Unhealthy for Sensitive Groups	Unhealthy	Very Unhealthy/ Hazardous
Recess (15 minutes)	No restrictions.	Allow students with asthma, respiratory infection, lung or heart disease to stay indoors.	Keep students with asthma, respiratory infection, and lung or heart disease indoors.	Keep all students indoors and keep activity levels light.	Keep all students indoors and keep activity levels light.
P.E. (1 hour)	No restrictions.	Monitor students with asthma, respiratory infection, lung or heart disease. Increase rest periods or substitutions for these students as needed.	Keep students with asthma, respiratory infection, lung or heart disease, and diabetes indoors. Limit these students to moderate activities. For others, limit to light outdoor activities. Allow any student to stay indoors if they don't want to go outside.	Conduct P.E. indoors. Limit students to light indoor activities.	Keep all students indoors and keep activity levels light.
Athletic Events and Practices (Vigorous activity 2-3 hours)	No restrictions.	Monitor students with asthma, respiratory infection, lung or heart disease. Increase rest periods and substitutions for these students as needed.	Students with asthma, respiratory infection, lung and heart disease, or conditions like diabetes shouldn't play outdoors. Consider moving events indoors. If events are not cancelled, increase rest periods and substitutions to allow for lower breathing rates.	Cancel events. Or move events to an area with "Good" air quality — if this can be done without too much time spent in transit through areas with poor air quality.	Cancel events. Or move events to an area with "Good" air quality — if this can be done without too much time spent in transit through areas with poor air quality.

***Students with asthma should be following their Asthma Action Plan in all Air Quality Conditions.**

Light Activities: Playing board games, throwing and catching while standing, and cup stacking.

Moderate Activities: Yoga, shooting basketballs, dance instruction, and ping pong.

Vigorous Activities: Running, jogging, basketball, football, soccer, swimming, cheerleading, and jumping rope.



Burnett-Ennis 2019 Scholarship Recipients



Aleah Kert and dad Trevor



Austin Smith and mom Sarah



*Brooke Frieze
and dad Jamey*



*Carly King
and mom Quedessa*



*Haley Benedetti
and dad Jesse*



*Jeremy Rexus
and dad Matthew*



Jessica Sanchez and dad Tom



*Jordyn Moehrle
and mom Jody*



Kolin Koski and dad Jason



*Logan Phillips
and dad Garrick*



Luke Vining and dad Clark



*Russell Hanson
and dad Craig*



*Shayla Dollemore
and dad Darin*



Tanner Perry and dad Mark



Zach Victor and dad Eugene



Congratulations Scholarship Recipients!

The Invictus Foundation is Proud to Announce Coach Bryan Hoddle as its Chief Program Officer

SEATTLE, April 17, 2019 /PRNewswire/ — Invictus Foundation™, a national nonprofit organization providing individual and family behavioral health counseling services with licensed behavioral health practitioners across the U.S to uniformed service members, veterans and their families, announces the appointment of Coach Bryan Hoddle as its Chief Program Officer (CPO). “This is another major milestone in the growth and maturation of our Organization,” states Peter J. Whalen, the Founder and CEO of the Invictus Foundation. “Coach Hoddle has superb credentials in kinesiology, prosthetics, physical recovery and fitness. He has worked extensively with veterans and active duty personnel as well as amateur and professional athletes. His career may be viewed by going to www.bryanhoddle.com.

Coach Hoddle will be responsible for development, implementation and management of the programs of physical activity that fulfill the mission and vision of the Invictus Foundation. This responsibility will span the continuum of programming in fitness, aquatics, recreation and athletics. Coach Hoddle’s primary responsibility will be developing world class programs in the aforementioned areas for injured active duty military personnel and veterans sponsored through and by the Invictus Foundation.

Peter J. Whalen, CEO of the Invictus Foundation, states “in the years ahead, Coach Hoddle will closely consult with me in preparation for the groundbreaking on our first TBI (traumatic brain injury) & Psychological Health Center. We anticipate the new Western Regional Center will be located in Orting, Washington. “Bryan will provide the expertise and knowledge base to help me bring the physical recovery and fitness aspects of this project to life,” Whalen said.

Coach Hoddle has worked extensively with injured soldiers helping amputees, traumatic brain injuries, blind and wheelchair soldiers. He has been honored by the Washington State House of Representatives with HR 4675 for his work teaching, coaching, working with athletes with

disabilities and Soldiers/Veterans as well as having been awarded a 2014 USA Track and Field Presidential Award.

In August of 2002, he was named Program Director for the USA Paralympics Track and Field Performance Coaching Staff. In the summer of 2000, he served as Assistant Manager for the World Junior Track and Field Team. He was selected Head Coach for the 2004 USA Paralympics Track and Field Team held in Athens, Greece.

Bryan is a nationally respected motivational speaker, having spoken to over 200 schools, organizations, and businesses over the past 20 years. He talks to business leaders, civic leaders, athletes, parents and school children about the five characteristics of a champion and how to apply those in one’s life; Vision, Focus, Persistence, Discipline and Commitment.

“I was so pleased when Peter asked me to assume the role of the Chief Program Officer for the Invictus Foundation,” states Coach Hoddle. “He and I have had a long-term collaboration around his dream of improving access and service levels for behavioral health services to uniformed services personnel, veterans and their families as well as the physical recovery and fitness aspects of their “new normal” that stretch back to his founding of the Invictus Foundation nine years ago. I have always believed that he had the leadership skills, competency, credibility and character to one day bring his vision to life.”

About the Invictus Foundation

Invictus Foundation™ is a national nonprofit organization providing individual and family behavioral health counseling services regardless of their ability to pay to active duty military service members, veterans and their families. Invictus Foundation partners with behavioral health providers across the U.S. to provide improved access and increased behavioral health services to uniformed personnel, veterans and their families.

www.invictusfoundation.org ■



A Change is Coming to “The Washington Coach”

You are reading the last Summer issue of “*The Washington Coach*.” Starting with the Fall issue, your magazine, “The Washington Coach” will be published three times a year with Fall, Winter and Spring editions.

Over the past several years observations, suggestions and comments pertaining to the Summer issue of the magazine were considered in the decision to make this change. For many, if not most of us, we look forward to the “time away” from school and athletic responsibilities Summer break provides. Time with family and time to recharge become the tasks of the season.

There has been a noticeable decline in the amount of content offered for the Summer issue in the past few years perhaps due to the amount of work that comes with the end of the school year, the anticipation of approaching vacations or simply the lack of time to consider submitting articles for the Summer issue.

The new deadlines for submitting articles and information for publication in “*The Washington Coach*” are:

Fall deadline... November 14

Winter deadline... February 14

Spring deadline... May 14

It is our commitment to continue offering a forum for the thoughts, concerns and ideas of our association membership by publishing “*The Washington Coach*.” To those who have regularly submitted their work to our magazine, we thank you! To all, please consider writing something you wish to share with our membership. ■



FIGHT INJURY WITH MICRONUTRIENTS

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

CALCIUM & VITAMIN D

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

ASSISTS WITH:

Stress fractures, sprains, tears and broken bones

FOODS HIGH IN VITAMIN D:

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

FOODS HIGH IN CALCIUM:

Dairy products



IRON

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

ASSISTS WITH:

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

FOODS HIGH IN IRON:

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



ELECTROLYTES

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

ASSISTS WITH:

Muscle cramping, headache, extreme fatigue and muscle soreness

FOODS HIGH IN ELECTROLYTES:

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



VITAMIN C

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

ASSISTS WITH:

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

FOODS HIGH IN VITAMIN C:

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



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

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

Infographic provided by the National Athletic Trainers' Association

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

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

WHERE: Zaepfel Stadium, Eisenhower HS, Yakima

The Annual Earl Barden All-Star Classic will be held for the 25th straight year on June 22nd at 1pm at ZAEPFEL STADIUM AT EISENHOWER HS IN YAKIMA. The teams are selected from the nominations of the coaches from each league in our state. The selection process took place in early January and the players that have accepted their nomination and elected to play are included on the roster. The head coaches and their staff were announced in January.

Once again the players and coaches will be housed and fed in the Howard Johnson of Yakima. Practices will be at the SOZO

facilities gracefully donated by their owner/manager, Dave Mullen with the game at Zaepfel Stadium.

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

WE ARE ASKING ALL PLAYERS/COACHES/GOPHERS TO RETURN FOR THE 25TH ANNIVERSARY!!! WEAR YOUR JERSEY/JACKET/SHIRT AND YOU WILL BE ADMITTED FREE!!!! AND RECOGNIZED AT HALF TIME!!!!

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

Earl Barden Classic Chairman:

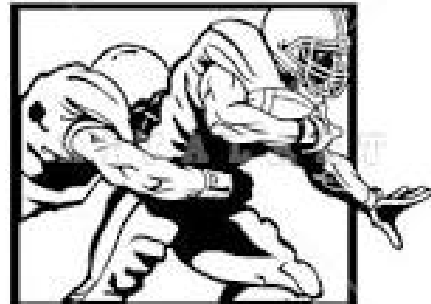
Bill "Alex" Alexander, WSFCA
201 C St. SE, Quincy, WA 98848
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East Game Co-Chairs:

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

West Game Co-Chairs:

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





Injury Prevention in the Weight Room

Short List of Things to be Aware of While Coaching Lifting Exercises.

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

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

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

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

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

Starting with everyone's favorite exercise, the squat.

Squat

Some of the most frequent errors in technique are:

Not sending their hips backward at the start of the lift. If they start bending their knees as soon as they start down, they are doing it wrong. Teach them to move their butts back out of the way. Teach them to sit.

This helps keep the alignment of the lower legs perpendicular to the floor.

Squatting with an external rotation of the hips and an internal rotation of the feet ending up in a valgus¹ position, which is especially dangerous when coming back up from the bottom of the squat. This creates a tremendous amount of stress on the Anterior Cruciate ligament danger. Use a **lightweight or with no weight** and have them look at their knees at the bottom, use a mirror that shows them what is happening during their

squat that will cause injury if not fixed. They should not go fast when doing this.

Placing the bar on the cervical area of the neck rather than on their shoulders, also known as the high bar position.



High bar position

A Manta ray attachment is an easy fix here but it places the bar farther away from their body and is not conducive to achieving heavier weight loads.



These are available on Amazon for about \$43-45.00. I bought some for the younger, slimmer lifters and most seem to like them better than the foam wraps. However, when the students have more muscle mass then they transition away from the Manta Ray and foam pads.

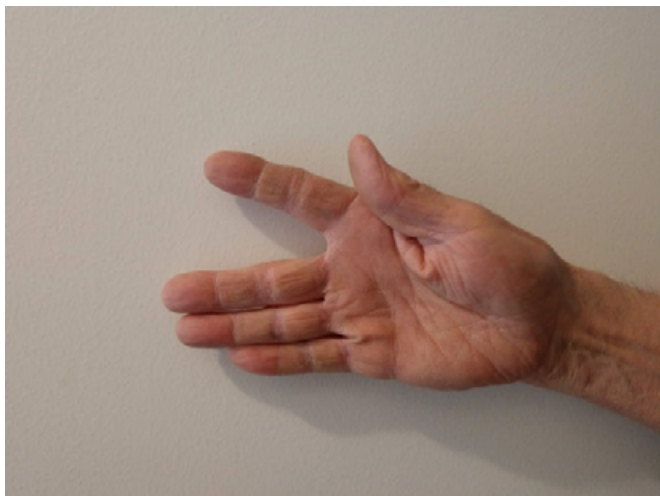


Low bar position

Looking at the ceiling causes your athlete to lose their perspective of the horizon, thereby placing their upper back and especially their neck into an unnatural position. There is no good reason why any of your lifters should be looking at the ceiling. If they feel like they need to be looking up to keep the natural lordosis intact then a good rule of thumb to follow is with your fingers.

As their coach, you can show them the approximate angle of where to look by first straightening your fingers out and then opening up, and separating your index finger from the rest of your hand. If you do this, you immediately notice the cone of looking upward is small.

Here is a picture of what I am saying:



The angle between the index and middle finger is as far up as your trainee needs to be looking. Anything else means they are looking too far up and their natural back alignment is suffering because of it.

Starting out in a staggered stance with one foot out of alignment with the other. Have them look at their foot position before they even begin the squat to make certain they correctly placed.

Too wide of a grip on the bar, can cause an inability to control the bar thereby allowing it to fall down the shoulders, lower on the back potentially damaging the elbows and shoulders. Ideally, the elbows are in the correct position if they are close to and in line with the body at the side. This means the hands are closer together. Even though I squat with a wide grip due to shoulder issues, I still recommend the students keep their elbows close in for better control.

Not standing up straight at the beginning of the lift automatically starts the lift out wrong. Have your lifters standing upright at the start and end of the lift.

Using a staggered, one-step foot forward when going back into the rack opens them up to injury because of the awkward position of their body. They are generally leaning forward with their body not correctly supported over their base.

Similar to the staggered foot position mentioned previously, but now bending forward instead of walking the bar back in the rack. This puts an extreme load on the lower back and usually happens when they are the most fatigued, which only increases their risk of being injured.

Getting into trouble and taking their hands off the bar. Instruct them to hold on to the bar and trust their spotters to help protect them by providing additional support to remain upright or lower down to the pins. The main spotter, at the rear, is in charge of all spotting commands. It is their task to prevent unnecessary risks to the lifter. They tell the side spotters when to take the bar. Most importantly, this must be a **well-coordinated** assisting, lightening, or moving the bar to prevent a dangerous lateral tipping of the bar to one side or the other.

Letting go of the bar and losing control by taking their hands off the bar and letting it go, means it will go downward onto the safety pins in the power rack if the lifter has set them correctly. If these safety pins are not set correctly, then the bar crashes downwards

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carrying the lifter with it. Usually when this happens, they reach for the safety pins...exactly where the bar is headed for!

Allowing the knees to move forward over their feet at the bottom, keep them pushing their butts back as they go into the descent portion of the lift. Remind them that they are sitting back at all times.

Tipping over, forward, is a clear sign the lifter has not learned how to squat properly. Back off the weight and follow a squat progression before adding weight or even light bar to their schedule.

Rounding the back, and bending over in an effort to get to the proper depth. You need to be able to see their full upper torso and not just the top of their heads during the entirety of the lift.

Hips rising first, at the beginning of going back up. Start the upper torso before the lower body begins to move up. Push hard on the bar with the hands, physically move the chest up just an instant before the bar starts moving upward with leg strength.

Calf raises

Going too fast by bouncing in both the standing and seated calf exercises rather than using good muscle control to go full ROM.

Letting their legs bend at the knee. Keep the legs straight but not hyperextended.

More in the next edition of the magazine.

Comments and suggestions are welcome and would be appreciated.

(Footnotes)

¹ Valgus, commonly referred to as knock-kneed

(Endnotes)

¹ Letting go of the bar during a lift exposes both the lifter and spotters to injury. One exception to this, the Olympic lifts because they are too fast to spot safely. Teach the lifter how to safely get away from the bar. ■

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

Marty Osborn, West Selection Committee

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

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



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

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

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

■



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YOUR SPORT

REPRESENTATIVES

These are the coaches you need on your staff!

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

Sport Associations Board Representatives

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



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Revised
Deadlines

Fall Issue - November 14
Winter Issue - February 14
Spring Issue - May 14

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



MEET YOUR TEAM



Athletic Trainers

Lorrie Howe



Baseball

Jesse Benedetti



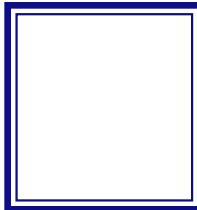
Basketball Boys

Nalin Sood



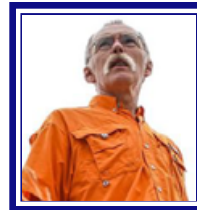
Basketball Girls

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Cross Country

Joe Clark



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Golf

Andrew Hershey



Gymnastics

Ryan Fleisher



Soccer

Jens Jensen



Softball

Tom Harmon



Tennis

Brooks Hazen



Track & Field

Kevin Eager



Volleyball

Suzanne Marble



Wrestling

Brett Lucas

The Changing of the WIAA Guard

by Lane C Dowell

Lifetime Member WSCA, Co-Founder WSTFCA, WTFCA HOF Coach, USATF Master Level Official



Mike Colbrese, Executive Director of the Washington Interscholastic Activities Association (WIAA) since 1993, will be retiring at the end of the 2018-19 school year.

During his tenure, Mr. Colbrese, a member of the Board of Directors at the National Federation of State High School Associations (NFHS), has served on the Football, Basketball, and Track and Field Rules Committees. He chaired the National Federation of State High School Association's Coaches Education, Football Officials' Manual, and Sportsmanship, Ethics and Integrity Committees, and recently completed a term as the Chair of the NFHS Track & Field Rules Committee.

His current project, with continued adjustments, is a state classification system for athletes in hopes to provide opportunities for schools to have the kind of competition that is appropriate for their school.

Most memorable event/s and the impact they made on our state? Proudest accomplishment?

It's hard to separate these two questions, so I won't. I think the biggest accomplishments with the most impact have been the Lystad Law (concussion management) and the WIAA's transgender policy. Both shaped the course of legislation and state association rules changes in all 51 state associations. (yes, 51 because DC is a separate state association.)

In state, the continued discussion about a viable classification model and a new governance model have been important. When I was hired, I was given the directive to create a communication model that allows member schools to "feel" their role as a member. I've focused on that by travelling to the membership and the other Washington state education organization's meetings and by listening.

Most unforgettable character you encountered:

At the state level, there have been several. I am impressed by the commitment to our youth and the WIAA of so many people—coaches, athletic directors, school board people, school administrators, and fans. I'm drawn to people who want to visit and listen and aren't afraid to speak their minds.

What's up next for Mike Colbrese?

Jan and I are committed to exploring more of the United States and visiting baseball parks, so that's the foundation of "next." I got into education because I love to write. That led to becoming an English teacher, which led to correcting papers and not taking the time to write. While I do write from time to time, I hope I get to write more.

We have five children between us and two grandsons, so we will be spending time with them.

I've also been asked to roll up my sleeves on a few projects, and I will as time permits. At my core is giving back. I will always feel best about myself when I give back. I owe a great deal to the WIAA and its members. I'll always be available but only when asked.

Mike, a heartfelt thank you for the time and effort you have spent on behalf of our youth. We know it has not always been easy. We appreciate your ingenuity, your effort to work with all coaches, and your ability to listen.



WELCOME MICK HOFFMAN

2019- WIAA EXECUTIVE DIRECTOR

Long time very successful Washington high school coach and administrator, **John Schultz**, has run into Mick Hoffman several times, and found Hoffman to always have a positive agenda.

Schultz says, *"In 2017, I was hired to be the Associate Principal and AD at Fort Vancouver. Mick, as Assistant Superintendent, has a clear vision for athletics and his area of responsibilities. His intent was to help every school in his district be successful. He was responsible for getting turf football/soccer fields at all four comprehensive high schools and met with each AD for input."*

Mick cares about every level of athletics from the 1B's to the 4 A's. When I was Principal and AD at Mary M Knight and I was the President of the Coast 1 B League, Mick, a member of WIAA Executive Board, asked if he could come to our league meetings in Aberdeen. He wanted our input, wanted to know what issues and challenges that we faced and with which we needed help. I was very impressed that he took interest in our small League!

He says what he means and means what he says! He is open and honest and is always willing to help in any way that he can."

Mick Hoffman: Likes & Dislikes:

Likes include... *"helping others in both my professional and personal life. Helping others is a trait instilled in me by my parents. Even though we came from humble means, we were always able to help others who needed a place to stay, needed extra hands to complete a task or simply needed someone to help them process a difficult situation. I am very proud to say my children and wife have continued this and are very generous and kind. We even see these traits in our grandchildren."*

Likes to see young people achieve more than they believe they can. *"It is awesome to see our compete and then achieve what they have dreamed. I also enjoy watching those that have not met their goals recover with the*

support of their friends, family and teammates. Athletics and activities create short term winners and losers but if both are handled well, all are winners. Athletics and activities provide the emotionally charged environments in a public setting that provide for high drama. Watching kids and the adults that support them handle the emotion with winning and losing in a healthy way is very inspiring."

Dislikes include... *"those that are willing to achieve personal goals at the expense of others. This can be done by taking advantage of others; kids especially, and completely ignoring rules that are in place to keep a level playing field. I also dislike when those in positions of power treat those they are supposed to be serving unfairly and unethically. This can be parents to children, coaches to players, administrators to staff and kids, etc."*

Dislikes also include.. *"lazy people, vegetables, shanked golf shots and people that make excuses."*

Family:

Tammi and I met when we were juniors in high school. Tammi has been an elementary teacher for 16 years.

Our daughter is an elementary school counselor and has two children. Our son, Tyler recently graduated from WSU with a finance degree. He is helping coach high school basketball while pursuing a finance related job.

Your activities...entertainment:

"I enjoy playing golf with friends and family. We spend a lot of time together as a family in Central Oregon vacationing, having dinners, celebrating holidays, etc."

Leadership style...top down or bottom up... what will your Executive Board Notice that is different:

"My leadership style is very inclusive. I see my role as providing a clear vision for our WIAA staff and the organization while playing to the strengths of each staff member and Executive Board member."

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The WIAA staff only has 12 members so we have to be very efficient and organized. Fortunately, the staff loves their work. Mike Colbrese, the WIAA staff and the Executive Board have done amazing work for 26 years and we will continue to honor that work. My focus will be to help lead the group to finish the work of the strategic plan and to fully implement it by educating everyone of the plan and aligning all decisions to the plan.”

Your background that will make people say...”Boy, they hired the right man.

“I have been very fortunate to have a very diverse career to date. I started as a high school teacher and coach, was a high school AD and then a Middle School principal. Later I became the District AD and eventually the Assistant Superintendent overseeing all operations.

While moving through these chairs I was a long-time District IV Executive Board member and a WIAA Executive Board member. Some of my most fulfilling work was developing programs to help our most vulnerable students stay engaged with their education. Eventually going to their graduations and meeting their young families as they grew into adulthood is very exciting.

*I have also had the fortune to do a lot of work with Dana and Bruce Brown. Melding the guiding principles of **proactive coaching** with values my family taught me while serving all children in the state is an indescribable opportunity. My professional experience in the Vancouver School District has given me the skills to organize and create opportunities for others while developing my why via interactions with those directly serving kids in the community. I will miss those I serve and work within Vancouver but am extremely excited to start a new challenge in July.”*

What moves are being made to reach out to the Washington State Coaches Association (WSCA)?

Great question regarding the Coaches Association. I have attended the Coaches Association meetings held at the WIAA offices and have spoken to members at state events.

Our state divided...a need to bring both sides closer together:

“I would need more information on this one. I don’t think there are only 2 sides in our state. We see divisions based on specific topics. I would speculate that most “divides” come down to post-season access. If we list

the top 10 most challenging issues we face, most would eventually lead to post-season access.

All our athletics and activities have scoring which produces winners and losers which then leads to competitive individuals leading and participating. If we are able to help others look at each situation from a global perspective rather than how their individual kids, schools, leagues, districts etc. are impacted, we will be able to continue to make positive changes to our system. Too often, we deal with high emotion from an individual or group that is advocating for its own benefit while not understanding the greater impact. It is the WIAA’s duty to help share the greater impact as I believe our coaches and educators that lead our programs will do the right thing for all kids once we are able to provide the full picture.”

Changes...additions/deletions...anything you see that needs to be tweaked:

“We have some significant financial challenges as an association which will provide us the opportunity to closely examine all our financial commitments and pursue revenue opportunities. Since the announcement of my selection at the end of January, I have been working with Mike, staff and the Board to begin this review. It is far too early to identify any additions/deletions or tweaks at this point, but the Board is working with staff to prioritize potential cuts and develop a list of additions once funds are available. The Exec Board will see more student involvement in the entire process.

Our LEAP program connects dynamic young people from throughout the state to the organization. We will continue to develop and implement more student voice. How is TBD but since we are a student activities program, our decisions should be student centered and the students should be a part of the decision-making process.”*

**LEAP (Leadership through Education, Activities, and Personal Development), is a student leadership group organized by the Washington Interscholastic Activities Association. The LEAP Committee is made up of student leaders from WIAA member schools throughout the state. Student representatives are involved with WIAA events, meetings and community projects, and have the unique opportunity to be the voice of Washington’s nearly 225,000 student-participants. Each spring, the WIAA invites students who will be entering their JUNIOR year the following fall to APPLY. Approximately eight students will be selected to join the Committee and participate throughout their junior and senior years. The annual application deadline is MAY 31. Please direct all questions to aknapp@wiaa.com.*

Welcome aboard, Mick. We are looking forward to working with you. ■

Washington State Coaches Association Insurance

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

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

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

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

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

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

The insurance policy is underwritten by K&K Insurance.

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



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