

THE WASHINGTON GOACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



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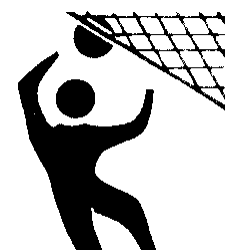
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WHAT'S INSIDE

From The President	2
From The Sidelines	3
Fall Sports Champions	3
Seahawk Coaches of the Week	4
A Coaches Wife	5
Sports Nutrition Navigator	6
Karter Makes His Play	7
Northwest All Sports Clinic	8-10
Student Teacher Scholarship	11
Hawkes Squawks	12-14
The Passing Parade - Dawn Lawrence	14
Burnett-Ennis Scholarship	15-16
<i>The Washington Coach</i> Deadlines	16
Plantar Fasciitis - Disabling Pain	17
Washington Football Coach in Florence	18-19
Tackling Eligibility Leads the Way!	19
Jr High & Middle School Coaches Clinic	20
On the Sideline Nomination Form	20
WSFCA Mid-Winter Conference	21-23
Prostate and Cancer	24-29
Sprint Problems & Solutions for Sprinters/Hurdlers	30
A Track and Field Clinic to Remember	31-32



Do you have an article you would like to have published in the **Washington Coach**?

Email Mike Schick at
WSCA-EDITOR@comcast.net or mail to
2110 Richardson Drive
Puyallup, WA 98371

Spring deadline is February 14.

From The President

Winter 2012

Dear Coaches,

Another volleyball season has come and gone for me, and I have been reminded once again that what I do is truly a team effort. I have coached roughly 70 seasons of one sport or another and have never done it without the sacrificial help of my assistant coaches.

As head coaches, we have all had them. They are the people who have been the “good cop” after we have been the “bad cop”, bringing encouragement after a particularly tough practice or lecture. They bring the enthusiasm and energy to our lives when we are facing burnout or are in the throws of a grueling season. For me, they have been the imagination and inspiration behind many of the new skills and philosophies that have taken Colfax volleyball to a higher level. They were the loving emotional and physical support that carried me through the 2004 season while I was battling cancer and undergoing chemotherapy treatments. They are the people that have held me accountable for my decisions and actions through the years. With few exceptions, they have been exactly what I have needed them to be.



In one long sentence, my assistant coaches have been reliable, enthusiastic people willing to sacrifice personal time and energy to encourage our athletes to play harder and love the game, and to become better people in mind, body, and spirit.

My husband and I tried to name all the assistant coaches I have had. The list (which I’m sure is not exhaustive) includes: Eric, Nina, Kari, Joni, Melanie, Kerrie, Tami, Tracy, Liz, Tina, Jody, Tricia, Wendy, Marie, Jamie, Sheila, Heather, Lisa, Cory, Jill, Shawna, Corinna, Rachel, Traci, Patty, Nathan, Jackie, Tiffany, Mariah, Tara, Kendrin, Megan, Mike, Terry, Lori, and Kevin.

These coaches, my assistants, are not nameless or faceless. As I think back through the years to all the teams, the situations, the challenges, the victories and defeats, I appreciate you and salute you for journeying with me!!

If you are a head coach, take the time to thank and honor your assistants. Where would we be without them? If you are an assistant coach, I hope you know that the energy and passion you bring to our teams and our lives is appreciated. What an asset you are!

WSCA Registration Update: We are steadily working out the glitches in online registration. Remember, after you register online you must pay. You are now able to pay online or you can still send in a check. We have many members registered but not paid. Without payment, you are not a member.

Respectfully,

Sue Doering
WSCA President

WSCA UPDATES

Recent WSCA Executive Board discussion items are listed below.

- The Board has decided to lower the ISA reimbursement amount effective this year. A “safety net” was deemed necessary because of the positive attempts by the board to make on-line registration effective.
- Insurance coverage will only cover “the” game—no feeder games will be insured by WSCA.
- Mail Chimp is the communication tool WSCA will now be using. As part of our line agreement with Web Services we are able to communicate correctly and effectively with the membership.
- Darrell Olson (Everett) and Daunte Gouge (Kings) are in the process of updating the WSCA Operating Manual. Second reading will be at March meeting and then will be put on WSCA web site.

WASHINGTON STATE COACHES ASSOCIATION

From The Sidelines

by Jerry Parrish

ORCHIDS



- To those following directions for on line registration. WSCA has proceeded to on-line registration and the report has been favorable. Our membership is up and climbing.
- To the great responses from many school districts, high school coaching staffs, and the great coaching individuals for being responsible and taking advantage of the WSCA benefits.
- To fall sport game site managers—the cooperation of many game site managers make the playoffs for all fall sports great for our student athletes.
- To Aaron Radford and Ted Turner who have chosen to organize the Boys’ and Girls’ Soccer coaches who are members of WSCA.



ONIONS

- To those of you who send in registration and do not send in dues. You lose two WSCA benefits and receiving *The Washington Coach*.



Congratulations Fall Sports Champions!

SOCCER

- 4A Girls - Skyline
- 3A Girls - Seattle Prep
- 2A Girls - Interlake
- 1A Girls - Seattle Academy
- 1B/2B Girls - Bear Creek
- 1B/2B Boys - Waitsburg-Prescott

VOLLEYBALL

- 1B - Tekoa-Oakesdale
- 2B - Reardan
- 1A - Colville
- 2A - Burlington-Edison
- 3A - West Valley, Yakima
- 4A - Olympia

FOOTBALL

- 4A - Skyline
- 3A - Bellevue
- 2A - Lynden
- 1A - Connell
- 2B - Waitsburg-Prescott
- 1B - Neah Bay

BOYS' TENNIS

- 4A - Jackson
- 3A - Mercer Island
- 2A - Lindbergh and Washington (tie)
- 1A - Charles Wright

CROSS COUNTRY

- 4A Boys - Gig Harbor
- 4A Girls - Tahoma
- 3A Boys - North Central
- 3A Girls - Camas
- 2A Boys - Lindbergh
- 2A Girls - Cheney
- 1A Boys - Lakeside
- 1A Girls - Lakeside
- 1B2B Boys - Tri Cities Prep
- 1B/2B Girls - NW Christian (Lacey)

GIRLS' SWIMMING

- 4A - Skyline
- 3A - Mercer Island
- 2A - Sehome ■



Seahawk Coaches of the Week 2011/2012

Week Of:	3A & 4A	2A, 1A, 1B
9/2/2011	Drew Oliver Hazen HS	John Petersen Willipa Valley HS
9/9/2011	Tom Larsen Bellarmine Prep	Ron Lepper Mt Baker
9/16/2011	Jon Meagher Federal Way	Jeff Nelson Lacrosse-Washtucna
9/23/2011	Mike Miller Newport	Tim Strother Zillah
9/30/2011	Dave Miller Lakes	Dan Teeter Lakewood
10/7/2011	Gene Dales Eastlake	Mark Greenleaf Woodland
10/14/2011	Wayne Maxwell Woodinville	Terry Jensen Montessano
10/21/2011	Steve Kizer Skyview	Brandon Walsh Almira-Coulee/Hartline
10/28/2011	Jon Eagle Camas	Randy Patchin North Thurston
11/4/2011	Brett Ogata Mercer Island	Bob Ames Meridian

2011 Coach of the Year

Kurt Kramme
Lynden

A Coaches Wife...

YOU GOTTA LOVE IT!!!!
by Pat Fitterer

A coaches' wife is a very special person. A fellow unmarried coach asked me if my wife had to go to the games. I answered, "No, she wanted to". She did not have to sit and listen to all the great Friday night coaches in the stands who sometimes upset her, but she loved the team. The greatest reminder she gave me was one year we lost a district game and we needed to win two games the following weekend. I was totally focused on my team and what we had to do to get to state. We won Friday night and Saturday afternoon to earn the trip to state. When I got home Kathy and the girls had a banner of congratulations on the door. When we sat down to the dinner table Kathy and the girls had name tags on. I asked, "Why the name tags?" Kathy answered, "Are you going to talk to me and play with the girls now?" She reminded me how Monday through Thursday my every second at home was in deep thought on how to win those games. She got her point across. I left the game in the gym unless she wanted to talk about it. Coaches, when your wife asked how practice was give her a short answer and then ask if she wants to hear more.

If she does want to hear more then you have the green light, otherwise shut up. Many times Kathy did want to hear more. She was an invaluable help with certain players personality. Kathy was an expert with the emotional aspect of team play. Kathy spent many hours questioning me about players' personalities and helping me find a way to connect and motivate each player. She knew the community and could read what parent might be pushing their son to hard or the absent parent so I could motivate my team to play better. Most of the time her observations were correct and helped me know my team better. Kathy would simply ask, "Why did you not get the ball into the

post more?" Usually, after watching film and playing the game over in my head several times many times I asked myself, "Why did I not get the ball into the post more." My daughter Mindy wrote, "My Mom was not only a mother to me but to 13 boys every winter. She cared about each one of my dad's teams and every player. My mom saved every newspaper article and scrapbook every season for my dad. She did have her favorites, his player card would become her bookmark or she would have Karly or I color him a picture." Coaches, as we instruct our teams about family we need to take care of our own family. June is a big summer basketball month and we all are coaching like crazy. You need to have a night for your wife. You have assistants—take your wife to dinner and let your assistant coach your players that day. It will be good for your assistant and will show your wife how grateful you are that she hangs with you taking on this crazy job of coaching. I would suggest the next time you are doing your yearly team plans you look at it real close to make sure your wife and family are part of those plans. After Kathy woke me up with the

name tags I realized how important it was to include them in my coaching life. It was the best coaching lesson I received. My wife was the finest emotional co-coach I have ever worked with and then when my girls became classmates with many of my players I never realized how good communication and really understanding personalities could unlock a players true potential. I am truly blessed to have so many former players who are now friends with me and my family. Kathy was a great second Mother to many and I was very lucky to have such a great coaches' wife. ■

I would suggest the next time you are doing your yearly team plans you look at it real close to make sure your wife and family are part of those plans.

Sports Nutrition Navigator

Coaches' FAQs



How can student athletes retain energy?

The big three energy providers for student athletes are the macronutrients, **carbohydrates, fat and protein**. Carbs are the number one energy source, when we eat them they get stored as glycogen which is the fuel our bodies use; this is why low carb diets don't work for athletes. Fat can also be used as an energy source and is essential for many body functions. Protein is used to repair and build muscle tissue and as an energy source only if both fat and carb sources are depleted.

'Good Carbs vs Occasional Carbs'?

Good readily available carbs Whole grains, dairy, fruits, veggies, pasta, rice, potato, corn.

'Occasional' carbs tend to start with "C": chips, cookies, candy, cakes, crispy stuff, creamy stuff, and cola.

Does FAT make you FAT?

NO! Fat is an energy source and is responsible for hormone function in the body. The key is to be smart about what kind and how much fat you are choosing. "Good fats" generally come from natural plant sources such as nuts and avocados. Saturated fats usually found in animal products are packed together easier and can slow an athlete down. These fats should be consumed in moderation

WINForum Sports nutritionists review and approve content. Susan Adams MS, RD, nutrition educator; Alysun Deckert MS RD, UW Medicine; Emily Edison MS RD, former UW Athletics Dietician and owner of Momentum 4 Fitness; Kelly Pritchett Ph.D. nutrition educator at Central Washington University; Barb Pullar MS RD, Harborview Medical Center; Monica Va Winkle MS RD, UW Athletics Nutritionist and Michelle Weinbender RD, Sacred Heart Hospital/Spokane.

WINForum Nutrition Navigator Q&A compiled by Kaycie Smith BS, nutrition science, and WINForum community manager.

The WINForum is supported by WIAA, Washington Youth Soccer, Washington Oral Health Foundation, UW Medicine, Washington Track & Field and Football Coaches Associations and the Washington Dairy Products Commission

The Washington Interscholastic Nutrition Forum (WINForum.org) provides objective nutrition information to help coaches and student athletes understand the importance of healthy eating for peak performance. The WINForum offers advice and recommends a healthy diet of fruits, vegetables, whole grains and low fat or fat free dairy. WINForum has become an active online resource for nutrition news and information. Go to www.facebook.com/WINforum to become a fan, and follow @WINForum_org on Twitter for timely nutrition tips. Email us at info@winforum.org with your questions or comments

Does Eating More Protein Create Bigger Muscles?

Not necessarily, the perception is that protein alone builds muscle, but exercise breaks down muscle tissue that is then repaired with protein. Protein should only be about 15% of their total calories daily. Athletes should focus on carbs for energy and protein to get the most out of their workouts

What's the BEST way to eat to stay LEAN and STRONG?

Eating frequently throughout the day adds fuel to maintain muscle mass and keeps our metabolism running to avoid crashes or spikes in blood sugar. Athletes should eat every 3-4 hours to keep metabolism going and help maintain muscle mass. If an athlete goes on a starvation diet or starts skipping meals, the body will start to break down muscle tissue to fuel itself which will significantly impact your athlete's ability to perform.

Eat breakfast to WIN!

Everyone has heard the excuse 'there is no time in the morning for breakfast'. This is simply not true; there are countless breakfasts that take no more than 2 minutes. Encourage your athletes to make it a habit and see the difference in performance.

Quick Tips for Coaches:

- Make nutrition a priority!
- Be a role model: they are watching you
- Remind your athletes to pack snacks
- Provide hydration
- Remind athletes to eat carbs and protein post practice or event

Karter Makes His Play

DISABLED TEEN RUNS FOR TD AT PROSSER GAME

By Michelle Dupler, Tri-City Herald - reprinted with permission

PROSSER — At 5-foot-8 and 100 pounds, Karter Childers is slight compared to the rest of his Prosser High School football teammates.

But what he lacks in size he makes up in heart — and speed.

When tossed the ball during the first quarter of Friday night's game at Art Fiker Stadium, he streaked ahead of everyone else on the playing field, living up to the team's Mustang moniker and practically a blur of red jersey and ear-to-ear grin.

When he reached the end zone for his first ever touchdown, he hoisted the ball into the air to show it to the roaring crowd.

"My screaming fans," he joked moments later.

It was a moment he had waited a lifetime to achieve, and he lapped up the attention from his teammates, his family and the crowd.

Karter, 18, has microcephaly, a neurodevelopmental disorder in which the head is smaller than average. His mother, Delores, said the disorder was caused by a virus that infected his brain while he was still in the womb and affected his development.

He has mental retardation and attention deficit hyperactivity disorder, and the medication he takes for the latter decreases his appetite — hence the skinniness, his mother said.

He's not the typical teen you would find on a football team, but playing has been Karter's lifelong dream — and his disabilities haven't stopped him from dreaming big.

"I'm going to be a pro," he announced after making his touchdown. "I'm going to have a career for 30 years."

Karter wanted to play football to follow in the footsteps of his father and brothers before him. His older brothers, Kurtis and Kenton, also played for the Mustangs before they graduated.

His dream came true last spring after Prosser High School's annual "Make A Wish" week, during which the Associated Student Body works to make as many students' wishes come true as it can. Karter's sister Klaire wished that her brother could play football during his senior year this fall.

Athletic Director Casey Gant said he found a spot for Karter on the team, and that the other players welcomed him with open arms.

"He is 100 percent part of the team," Gant said.

Karter practices with the team every day, and has been on the sidelines for just about every game — waiting for his chance to step onto the field.

Because of his disabilities, the coaches and other players have shielded him from contact during practices. But they came up with a special play that Karter could run during the team's last home game of the season so that he could have his moment in the game.

The "Karter Play" was simple, and Karter had one job.

"My play is catch the football and don't trip," he said.

Running also was part of his job, and he did that with gusto. Mustang teammate Harley Hall, a junior who coaches Karter in Special Olympics, said Karter has a talent for track.

"He's a great runner," Harley said.

Gant said when he saw Karter take off down the field, he thought the 18-year-old looked just like any other player.

"My thought was, 'That looks like a familiar sight — somebody breaking a tackle and just going,'" Gant said. "It was great to see him smiling ear-to-ear and running to the end zone. It was exactly what we were hoping for."

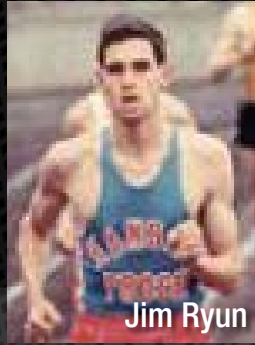
Gant said it was a moment that illustrates what high school sports are about — teamwork and love of the game.

The play was orchestrated not only with the help of Karter's teammates, but also the Quincy High School Jack Rabbits. The Prosser team worked with its Central Washington Association Conference rivals to make sure the play went smoothly and Karter would stay safe.

Although his touchdown didn't count toward the night's score — Prosser took a five-yard penalty — Karter left the field feeling like not just a winner, but a hero.

"He told the principal we'd need to retire his No. 42 jersey and put it in the trophy case," Gant said. "We explained he might need it a few more times." ■





Jim Ryun
Olympic Miler
First 4 Minute Miler



Mike Bellotti
Retired U of Oregon
Football Coach

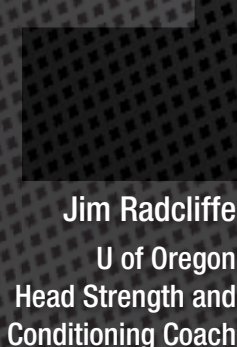


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Coaches Choice Northwest All-Sports Clinic Registration Form

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CHECK-IN REGISTRATION

Thursday, February 9, 2012

1:00pm - 8:00pm

Friday, February 10, 2012

8:00am - 7:00pm

Saturday, February 11, 2012

8:00am - 3:00pm

CLINIC LOCATION

Sea Tac Doubletree Hotel
18740 International Blvd.
Seattle, WA 98188
(206) 246 - 8600

HOTEL ROOM RATES

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and Sunday

General Session Speaker



Jim Ryun

US Olympics Medalist

- Training for the 1st HS 4 Minute Mile
- Dream Big
- Q&A



To Print Schedule & Register Online www.allsportsschool.com

NORTHWEST ALL-SPORTS CLINIC

February 9-11, 2012

SeaTac DoubleTree Hotel – SeaTac Airport

New Staff Rate:

\$100 Individual, must be paid by Jan. 1, 2012 \$495 Up to 8 Coaches (same school, paid by Jan. 1, 2012)
\$120 Individual, must be paid by Feb. 1, 2012 \$795 Up to 15 Coaches (same school, paid by Jan. 1, 2012)
\$130 Individual, After Feb. 1, or at door \$995 Up to 15 Coaches (same school, paid After Feb. 1, 2012)

School Name: _____ Home Phone: _____

School Phone: _____ School Fax: _____

Name of Coach Registering: _____

Home Address: _____

City: _____ State: _____ Zip: _____

Sport: _____ Email: _____ Amount Due: _____

Names of Coaches attending (#1 being primary contact)

DO NOT LIST NAMES OF ANY OTHER COACHES if you are just registering for yourself.

**All Coaches must be from the same school. No Additions allowed after the registration form is submitted.*

1. _____ 5. _____

2. _____ 6. _____

3. _____ 7. _____

4. _____ 8. _____

** Additional names may be added in space provided*

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Indian Wells, CA 92210

Home: (760)345-7287 | Fax: (760)772-7558

NEW Scholarship for **Student Teachers**

BURNETT-ENNIS STUDENT TEACHER SCHOLARSHIP

Deadline: April 20th

By completing the information required in this application, you will enable us to determine your eligibility to receive funds provided specifically to help students whose parent(s) are members of WSCA. This application becomes valid only when the following has been submitted. This scholarship is open to any member's son or daughter planning on student teaching during the next year.

To be eligible for the scholarship:

- Your mother or father must be a member of the Washington State Coaches Association.
- Submit the below application.
- Submit one letter of recommendation from your College Education Department.
- Submit your College Transcripts.
- Submit a short essay (250 words or less) that would include the answers to the following questions.
 - a. Why do you want to teach?
 - b. Previous experience coaching and teaching kids?
 - c. What do you want kids to say about you?
- After being awarded the scholarship, you must submit a letter from your college student teacher advisor as to verification of your placement.

Personal Information (please print clearly)

Name _____
Last First M.I.

College Attended _____ Date of Birth _____

Permanent Address _____
Street City Zip Code

Permanent Home Telephone number (_____) _____

Parent/Guardian _____ Years Member of WSCA _____

Address of Parent/Guardian if different from applicant:

Street City Zip Code

Check list: Application Letter of Recommendation College Transcript Short Essay

Your application must be received before April 20th.

Mail To: WSCA Scholarship, 708 S. Lake, Colfax, WA 99111

Selected winners must submit a picture of themselves with their member parent to the WSCA by June 30th.



Hawkes Squawks

Here's something you can count on. What I say in this column is strictly my opinion, which is influenced by friends and colleagues. These squawks, if examined closely, are given to catch your attention or cause you pause to remember and reflect. After all, prep sports are still the glue that brings communities together, and this is what creates my passion. Coaches learn to roll with the punches when things don't go right. The dedicated ones hang in there. Being able to grouse about sports keeps this old coach hanging in there.

HERE'S A NICKEL'S WORTH

Imagine the chaos that would happen if the NCAA really cracked down on all college football and basketball irregularities. One continues to hear about recruiting violations, illegal payments, suspicious courses during the season, the use of alcohol/drugs, and free clothing and shoes, all in the name of the mighty dollar. The rules clearly spell out what kind of behavior is to be expected. Recently, we watched the sad spectacle of the Penn State scandal unfolding. After the plug was pulled, it was hard to understand why there were years of cover up by responsible adults. Adult-child sexual abuse must be exposed at all times at every level by any person with knowledge. There's something wrong when college power sports and the deep financial pockets that go with it make people think they can do anything that they want. It makes more sense to clean unseemly behavior up immedi-

ately before it gets totally out of control, or it might end up controlling you!

AS MIGHT TO BE EXPECTED

It is appalling, but not surprising, that online betting is moving into the prep market. Now is the time to turn the tide and find some way to slow this down and eventually stop it. Even if you don't agree, we don't need adults or teenagers placing bets on the preps nor posting point spreads and odds. Playing fast and loose with high school gambling is totally wrong, and we shouldn't kid ourselves that it isn't already building momentum.

REALITY CHECK

It's hard to imagine driving 30 hours to see a football game, and it is even more tiring to think about driving 60 hours in a car....First, Bethel played Permison High School in Odessa, Texas, a mere 1,882 miles away. Then, South High School, in Anchorage, Alaska, put the pedal to the medal, going 3,176 miles for a game in Auburn, California. Of course, most fans flew the friendly skies, but there must have been some pavement pushers with good wheels making frequent stops. Here's the rub. The further the distance away where the game is played, the fewer students can attend. Yes, parents, adults with frequent flyer miles, and die-hard fans can make the trip, but no parent is going let their teenager drive that far. There's a widely held belief that prep teams should play all games within their

state. Personally, I believe that going to Idaho and Oregon is okay, but the other states should be off limits, even Alaska.

SQUAWKS STROKES

Go behind the scenes, and you'll find Frank Cammarano, the Youth Athletic Coordinator of the Seattle Parks and Recreation, doing the right thing for kids. His summer track program includes involving the University of Washington track coaches to work a hands-on clinic. You would be as impressed as I was while watching their positive teaching methods. They encouraged every kid to participate and have fun. A nice touch was to get everyone interested in running, jumping, and throwing. Not every sport needs to have some kind of ball to be put in motion. Judging from what parents saw and said afterward, this package should and will be repeated again, and so my grandkids will participate again.

NICE JOB MIKE

Well, hats off to Mike Colbrese for carrying the prep message online. He was there to answer questions from interested parties. All told, he can tell the prep story better than anyone. It makes good sense for him to continue explaining what the WIAA stands for and what they can do to promote fair play in high school sports.

SHE WAS A CLASSY LADY

There was hardly a dry eye in the Archbishop Murphy Gymnasium at the memorial service of Dawn

Lawrence, beloved wife of Coach Paul Lawrence. Don't be surprised that Dawn's arrival in heaven was greeted by many familiar faces, like Jim and Terry Ennis. She would smile, hug, and then talk a lot about her husband Paul, who misses her very much. This consummate Cascade and Archbishop Murphy science and track coach died in November after putting up a courageous three-year fight against cancer. Her funeral service on December 4th, was well attended, and everyone paid tribute by remembering how she impacted many lives.

YOUR NEED TO KNOW

Go behind the scene, and you'll find Lake Stevens wrestling coach, Brent Barnes shows his passion for the sport. He volunteers by holding wrestling clinics for Seattle school coaches and players at their schools. Kudos to this head wrestling coach for his dedication and the time he spends teaching the sport so that those who coach and those who play can be competitive. There should be a sense of urgency to get the city kids on board with the sport.

THERE'S NO MYSTERY, WHY?

One cannot begin to understand how much athletics have changed at all levels. Remodeling at both the University of Washington and Washington State University stadiums will cost millions. This, of course, is being done to attract recruits and to generate more income, which also comes with a new Pac 12 TV contract that funnels \$21 million into each school. Other than the revenue producing programs, however, budget cuts are coming to other varsity college sports. The Northwest Pac 12 lineup has the UW fielding 19 teams, the University of Oregon 18, Oregon State 17, and WSU 15. Many of us remember a past when college bound athletes had

the opportunity to play on that level in a smorgasbord of sports. Now, we are left with those that draw media coverage.

THE BUZZ IS ALREADY BUILDING

It's understandable that something needs to be done to change the state football playoff system. The troubling question is how to fairly manage qualified schools on the west side of the mountains versus those in eastern Washington. The sheer scope of travel, plus going back and forth across mountain passes, is a problem. There's never been a better time to use a RPI style ranking system to place team into the state brackets. To implement that format, location has to be strongly considered. The current predetermined draw is outdated and should be replaced. There's also been a lot of talk lately that there are too many teams entering into the playoff system.

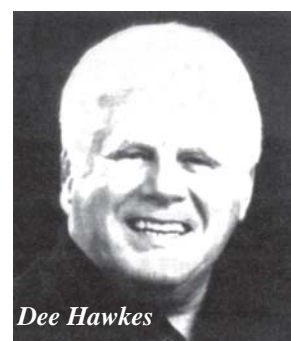
SORTING THINGS OUT

Once it was put into motion, now it is hard to stop the over play and expense associated with select youth sports. There were times when sports were seasonal, and the cost to play was a few dollars. Now, a nine-year old playing select basketball may need to have parents cough up two thousand big ones to play. This much is clear, those who can pay play, and those who can't pay have to sit on the sidelines. Blame on whoever you want, but in reality it's building momentum.

HOLY GRAIL

Judging from the long history of wrestling success at Edmonds-Woodway High School, a sheet of yellowing paper may hold the secret of this success. An old, tattered paper holds the collective wisdom of Coaches Mike Hess, Bryce Cook,

and Mike Hanchett, who passed it on to new head coach Brian Alfi. Ultimately,



each wrestler is taught how to deal with every adverse scenario on the mat by simulating each one in practice.

They call it the "holy grail," and the new wrestling weight classes approved nationwide is now in effect statewide. What it amounts to is one fewer weight class between 119 and 145. The heavyweights still check in at 285 though. Their matches are always a sight to see, the big on big.

SADLY, IT'S THE CULTURE WE LIVE IN

Something seems amiss when college football and basketball coaches become millionaires. We live in a world where big time professional and college sports dominate television programming. It is a sad commentary that it has come to this, but it is a sign of our times. With no disrespect, it is no secret that good coaching pays off, but this shouldn't have anything to do with money. Making a decent living doesn't require mega bucks. Here's a worst case scenario; we have within our ranks high school coaches who push the money envelope too. There is some resentment for school districts that have allowed this practice to go on. We shouldn't kid ourselves that bringing big-time money into the sport is serious business.

BLUE LIGHT SPECIAL

Here's an appetizer from my coming book, *What Every Coach Should Know*, to chew on. We have mixed

Continued on page 14



The Passing Parade

Dawn Lawrence



Dawn Lawrence, a devoted educator, coach, and wife of Paul Lawrence, passed away on November 15, 2011. A memorial service was held at Archbishop Murphy High School on Sunday, December 4th. Dawn was most recently teaching biology at AMHS. She will be dearly missed by her students, colleagues, many friends and family. The WSCA wishes to send their thoughts and prayers to Paul and his family. ■

Attention Members!

Remember to send in your money after registering for WSCA membership. There are several coaches who have registered on line



and have not paid dues. You do not have liability insurance coverage through the WSCA if you have not paid.



Continued from page 13 - Hawks Squawks

message when it comes to conditioning and punishment! No matter how you slice it, they are not the same puppy. Players know that the idea of conditioning is to get into physical shape to play their sport. It's the price athletes have to pay to play. They know in their minds this is not a form of punishment. Punishment should be structured around breaking rules. Whatever form of punishment you administer, make sure it fits the rule. You must never ask the team to join in when an individual athlete is being penalized. Never include the innocent with others who are known to be guilty. Look closely, and you'll see it makes sense to keep them separate.

If you're thinking about responding to anything I've said, have at it. In 1973, Jim Ennis asked me to write a column for the state magazine and he said, "There will be coaches who disagree with you, but there will be more who are on the same page." There has been a lot of water under the bridge since then. Whether something is worth squawking about is often decided by those who simply want to speak their mind.

To touch base, my email address is: hawkes32@comcast.net. Be sure to keep putting kids first!

See you around, I hope. ■

BURNETT-ENNIS SCHOLARSHIP

Deadline: April 20th

By completing the information required in this application, you will enable us to determine your eligibility to receive funds provided specifically to help students whose parent(s) are members of WSCA. This application becomes valid only when the following has been submitted. This scholarship is open to any member's son or daughter planning on attending an institution of higher learning.

To be eligible for the scholarship:

- Your mother or father must be a member of the Washington State Coaches Association.
- Submit the below application.
- Submit one letter of recommendation from your principal, counselor, or teacher.
- Submit your High School Transcripts.
- Submit a resume of your high school activities (including community, school, or church activities)

Personal Information (please print clearly)

Name _____
Last First M.I.

High School Attended _____ Date of Birth _____

Permanent Address _____
Street City Zip Code

Permanent Home Telephone number ____ (____) _____

Parent/Guardian _____ Years Member of WSCA _____

Address of Parent/Guardian if different from applicant:

Street City Zip Code

Academic Information GPA _____

Briefly describe any scholastic distinctions or honors you have won since the 9th grade

Athletic or Extracurricular Participation

<u>Sport</u>	<u>Years</u>	<u>Letters</u>	<u>Honors</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Please continue with application on reverse side.

continued from previous page

BURNETT-ENNIS SCHOLARSHIP

Deadline: April 20th

College Goals College planning to attend _____

In order to formulate a better concept of who and what you are; we would like you to respond as you feel appropriate to the following questions. Please keep it brief and to the point.

1) Describe your contribution to “athletics or activities” in your school.

2) Describe how athletics and coaches (or a coach) have affected your high school life and your future plans.

Check list:

Application Letter of Recommendation Transcript Resume

Your application must be received before April 20th.
Mail To: WSCA Scholarship, 708 S. Lake, Colfax, Wa 99111

Selected winners must submit a picture of themselves with their member parent to the WSCA by June 30th.

Deadlines for the *WASHINGTON COACH* Magazine

Next Issue - Spring: February 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

Plantar Fasciitis— Disabling pain

By Bjorn Svae, President Posture Dynamics

That “first step” pain in your heel that usually gets better after being on your feet for a while is likely Plantar Fasciitis. If the pain is chronic, it has become an injury that heals best by temporarily using an arch support to immobilize the foot. The pain comes from micro-tears where the fascia under the foot attaches to the heel bone. This can be caused by tight Gastrocs pulling too hard on the Achilles tendon, but most often the increased tension on the fascia comes from the feet pronating too much. Hyperpronation occurs when the arch drops causing the ankle to move forward, inward and downward, which also rotates the leg internally. This is an extremely common problem. Over 80% of people structurally hyperpronate to various degrees, but it is not always easy to spot because over 60%

of people who do will subconsciously try to compensate for it by favoring the outside of their feet. They supinate their feet until the foot is flat on the ground, but when the weight transfers to the forefoot, the muscles are not

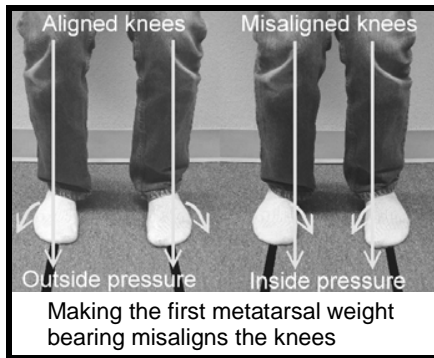
strong enough to prevent the arch from falling and the foot from hyperpronating. The fascia becomes over-tensed because of the lengthening of the arch and twisting of the foot.

If you think the logical approach to the problem would be to stop the feet from hyperpronating, you have the right idea, but don't run out and buy arch support orthotics to prevent the arches from falling. With Plantar Fasciitis, arch supports is just a temporary solution.

Hyperpronation is a structural problem of the foot and the reason the brain tries to compensate for it is to maintain better posture and body mechanics.

Here is an easy way to understand why the arches drop and cause hyperpronation—The Skiers

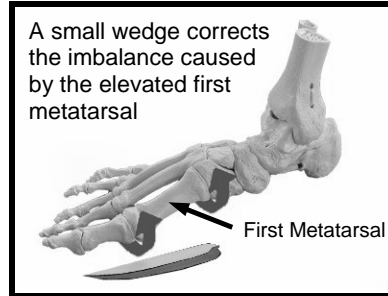
Crouch: Stand with your feet shoulder width apart, *pointing straight forward and parallel*. Keep your heels on the ground, lean slightly forward while doing a ¼ knee bend. Make sure your knees are tracking right so *the middle of your knees align over the middle of your feet*. While in this posture, slowly move your knees toward each other until you feel weight bearing pressure on the balls of your feet behind your big toes. If the middle of your knees move past the second toe, it means that the inside of your feet are not



weight bearing when your legs and knees are in alignment. Now, move your knees back over the center of your feet again. If it feels like you shift your weight to the outside of your feet, your first metatarsal is not supporting your arch, so it collapses. If you do the same exercise again, but at the same time scrunch your feet (like picking up a towel from the floor), you bring the first metatarsal and big toe to the ground with force so you prevent your arch from collapsing and your feet from hyperpronating. The solution is not to support the arch but to bring the first metatarsal down to the ground. This stabilizes your feet, and removes the excessive tension from the fascia.

Fortunately, pushing your first metatarsal and big toe to the ground can be put on automatic by putting a very small reminder

inside your shoes. You can even try this at home without purchasing anything: By adding a reasonably



firm pad underneath your first metatarsal head—essentially under the big toe joint, that part of your foot will feel weight bearing pressure slightly sooner. The brain and your

body respond as they always do when your toes (metatarsals) touch the ground. They push back against the ground, so making the first metatarsal and big toe feel the ground just slightly sooner make them push back slightly sooner—just like you did when you scrunched up your feet. It balances your feet and stops the hyperpronation. Voila! The reason you got PF is gone. Remember to remove the arch supports 7-10 days after the pain is gone.

Most musculoskeletal dysfunction and pain relate directly to the lack of balance caused by the elevated first metatarsal and big toe. A simple insole fitted with a wedge shape underneath the first metatarsal and big toe, Kinetic Technology™, will prevent Plantar Fascia, shin splints, tight IT bands, tight Achilles tendons, a sore back, painful knees and hips. In fact the ProKinetics® Natural Body Balance Insoles™ work so well they come with a 100% functional money back guarantee.

For more information:
www.ProKinetics.com
www.MortonsFoot.com
 Discount Coupon: WACOACH

For personal assistance call between 8 AM and 5 PM PST

Posture Dynamics
888-790-4100

ITALY

Washington Football Coach in Florence

by Don Papasadero



In mid-November, my family and I traveled to Italy for a chance to experience our heritage. While there, I managed to secure an invitation to attend a practice in Florence and clinic the coaching staff afterwards.

The team was a 19 and under “club” team.....the undefeated Florentine Guelph! The team has a 33 man roster. In Tuscany, they have 9 teams that play American football....all club teams that represent cities. Each kid pays to play and is equipped by their team. The gear was all relatively contemporary and each helmet would probably pass NOCSAE regulations here at home. The grass and dirt practice field was marred with soccer lines and had no goalposts. The players were generally small and skinny except for a big portion of the lineman who were “squatty” short and “well fed”. I suspect that this team would be soundly beaten by any of our KingCo frosh teams.

I was asked to watch the practice, help out with drills, teach tackling and especially help with the passing game. The Guelph is a highly regarded team with a whopping 4 coaches! The head coach simply attended Columbia University and is the “expert coach” in Tuscany for American football.

I was introduced, provided with an interpreter, and poised myself...I needed it! “Warm up” was full speed, one on one, to the ground tackling. The Italian players do not “hit you”. They grab, spin around, ride on your back, leg whip, trip you etc. to the ground! (sometimes 10 + yards away) I quickly interjected and taught heads up, proper tackling. I found great interest from the coaches

and had them all making some rudimentary progress. After “warm up”... full scrimmage. 11 on 11... TO THE GROUND every snap.

In the huddle...everybody is talking! It took between 2-4 minutes for each snap. All 11 “D” players wait for the play on a knee...exactly where they will line up in their 6-2 front. Every coach is in the “O” huddle...arguing, gesticulating, pleading with each other etc. Cracked me up! Our staff meetings at home would be soooo tame compared to what it took to run a single play at practice. It is no surprise that there is 5-8 delay of game penalties each game. Most of the penalties in each game are personal fouls for fighting or against coaches who complain on the sidelines.

The Guelph are known as a dynamic passing team so they threw almost every play. The QB’s played one handed, 3 x 2 sets every down, straight 5 step...huck it somewhere near where the receiver is while the DB is mugging the wide outs. The Q was sacked regularly and made no attempt to scramble. I gave my best shot at teaching pass-pro (they cut every play), ball security, timing up the routes, and perhaps running the ball once in a while. The staff told me that they only run during games when they are behind and have to catch up!

After about an hour of this, the coach called for a break. The linemen walked off the field, took off their helmets and had a cigarette....along with 3 of the coaches. The “skill” guys are forbidden to smoke at practice as they “would be too happy to score the touchdowns”.

Practice ended shortly after “the break” with a 6-8

man brawl. Helmets came off, punches were tossed, and lots of guys were taken to the grass...the coaches watched carefully until the best receiver got involved, and quickly called for an end to practice. The kids that were fighting moments earlier, gathered with their teammates, and sang the team song...it was moving...really talented singing!

After practice, I was able to take some time answering questions for the staff. Most of the Q's were if I knew "The Patriots", "The Packers", or "The Jets" personally! These are the most popular teams in Italy and they see them on TV each week. I was determined to try and teach as much as possible...especially some tackling technique and OLM blocking. I "cliniced" them for 20 ish minutes and had to say, "ciao".

The coaches were respectful, engaged and very glad to have some time with an American coach. I praised them for all they were doing and encouraged them to keep their great passion for the game alive. I also volunteered to send them as much information, on any aspect of the game, as possible. I have already fielded 4 requests from The Guelph staff! This was a truly special experience for me. I was touched and honored to be asked to work with the team and I hope that I represented our profession, the USA, and the game in a positive way. ■

“Tackling Eligibility” Leads the Way!

Bill “Alex” Alexander, Athletic Director QHS



In the 2010 winter edition of *“The Washington Coach”*, there was an article written by Stephen Wallace the head football coach at Quincy High School. The title of the article was “Tackling Eligibility”. The article described the “Study Table” concept that coach Wallace brought to the Quincy High School football program and how it had increased the scholastic level of our team. The after school program had also created a sense of “teamwork” using study hall to have all the players work together to improve their classroom success. As QHS athletic director, it was a great honor for me when coach Wallace and the Quincy Jacks received the WIAA 2A Football Academic State Championship this year. The “Study Table” is required of all players, varsity/JV/C for 45 minutes immediately after school nearly every day. The results were a 3.40 GPA for the varsity and only one varsity player losing playing time for academic ineligibility. For those of us who are considered “old school” and believe practice and practice and practice will get the job done....I leave you with a quote by coach Wallace, “they don’t help me if they are on the sidelines...”

The Quincy Jacks were 5-4 in league this year and are vying for a play-off berth for the first time in nearly a decade. Coach Wallace was the CWAC Coach of the Year.

Congratulations to coach Wallace, his coaching staff and the players for a job well done! ■

Log on to www.washcoach.org

The Washington State Coaches Association (WSCA) is proud to provide a new nonprofit service designed to assist families in being properly educated about the athletic collegiate recruiting process.



NCAA/NAIA/JUCO
Eligibility and Recruiting
Webinar

Click to listen and learn



JUNIOR HIGH AND MIDDLE SCHOOL COACHES CLINIC

There will be a special, one-day Clinic for Junior High and Middle School coaches. Youth coaches are also invited.

DATE: Saturday, January 28, 8:30-5:30,

PLACE: Bellevue Hilton Hotel COST: \$50 – includes lunch

8 WIAA Clock Hours at \$2 per hour or no-cost Coaching Education hours (which can be used toward WIAA state requirements, but not salary advancement) will be available

TOPICS TO INCLUDE:

- Risk Management – Helmets – Protecting Players & Coaches
- Update on concussion concerns
- Program Development
- Know Your Philosophy
- WSCA – Why belong?
- WIAA – Questions and Answers
- Drills and Techniques for all positions
- Demo's by veteran high school coaches
- Current CPR and First Aid Cards

REGISTRATION: On-site, day of Clinic – no credit cards accepted

QUESTIONS: Sandy Coopridner (509)682-6770, Michael Schick (253)848-9321, or Ed Laulainen – (360)423-7378

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

Thank you for your efforts

Washington State Football Coaches Association
Mid-Winter Conference

January 27, 28, 29, 2012
Hilton Hotel - Bellevue, Washington

"A CLINIC SPONSORED **BY** HIGH SCHOOL COACHES **FOR** HIGH SCHOOL COACHES"

Name _____

School where coaching _____ League _____

Home mailing address _____
City State Zip

Home phone _____

CHECK ONE BOX ONLY

- Clinic Fee \$100.00 WSCA member
- \$120.00 – Non-member or
Late Registration (after January 22)
This fee applies to both member or non-member, by mail
or on-site at the Clinic

Purchase Order to follow (School) PO # _____

TOTAL Cash or Check (payable to WSFCA) \$ _____

NO CREDIT CARDS ACCEPTED

NO REFUNDS

Pre-Registration must be postmarked by January 22, 2012

Please mail form to:

Jerry Parrish
18468 8th Ave. NE
Poulsbo, WA 98370
Phone: (360) 271-1377

For more information:

Ed Laulainen
Clinic Coordinator
(360) 423-7378

WSFCA Mid-Winter Football Conference

January 27, 28, 29

FRIDAY – JANUARY 27

- 9:00 – 11:00 **Registration**
- 11:00 – 12:15 **Sponsor Presentations**
 Adrenaline Fund Raising
 Russell Athletic
 HUDL
 Kimmel Athletic & Schutt Helmets
- 12:15 – 1:00 **WIN Forum** – a Washington Interscholastic Nutrition Forum– **lunch provided**
 Susan Adams – MS, RD, Clinical Dietitian and Nutrition Educator
 CWU Assistant Professor, UW Research Dietitian
- 1:00 – 1:45 **“Helmet–Protecting Players and Coaches”**
 Dick Langum, Risk Manager
 John Olson – WIAA Legal Counsel
- 1:50 – 2:20 **“What are the Results of the WIAA Summer Study? A Review of the Program”**
 A. What is the Potential Impact for Football
 Cindy Adsit – WIAA & Members of Committee
- 2:30 – 3:00 **WIAA & WSFCA Committee on Draw Criteria “Any Solutions? Questions?”**
 John Miller - WIAA
- 3:00 – 3:45 **“How to be an Irreplaceable Valuable Player on Your Team”**
 Coach Don Papaseder
- 3:45 – 4:30 **“The Different Types of Kick-Off’s”**
 Michael Braunstein
- 4:30 – 6:00 **East/West Selection Meetings**
 East 3A/4A (Redmond)
 West 3A/4A (Kirkland)
 West A/B (Newcastle)
- 6:00 – 7:00 **Small School Roundtable – 1B – 2B – 1A**
 Rob Freise, Willipa Valley – Facilitator
- 7:00 – 7:30 **Coach of the Year
 Gold/Silver Helmet Awards**

- 7:30 – 8:30 **Dinner & Refreshments**
 Gus Bradley – Defensive Coordinator,
 Seattle Seahawks - Featured Speaker

SATURDAY, JANUARY 28

- 8:00 – 9:00 **Registration**
- 9:00 – 9:50 **“CWU Passing Game”**
 Blaine Bennett – Head Coach, CWU
“Using Motion to Your Advantage”
 Mark Speckman – Head Coach, Willamette
“Outside Run Game in the Spread Offense”
 Jeff Thomas – Head Coach, U.P.S.
“Linfield Defense”
 Joe Smith – Head Coach, Linfield College
- 10:00 – 10:50 **“Red Zone Offense”**
 Blaine Bennett – CWU
“Practice Ideas”
 Mark Speckman – Willamette University
“Incorporating Play Action Pass”
 Jeff Thomas – UPS
“Running Backs in the Linfield Offense”
 Joe Smith – Linfield
- 11:00 – 11:50 **“Linebacker Fundamentals and Drills”**
 Chris Tormey – Linebacker Coach – WSU
“Vandal Pressure Package and Quarters Coverage – Part 1”
 Mark Criner – Defensive Coordinator/LB Coach – University of Idaho
“Offensive Line Drills & Techniques for Run”
 Dan Cozzetto – Offensive Line Coach, Run Game Coordinator – U of W
“Defensive Line Drills & Techniques”
 Joe Gariano – Defensive Line Coach, CWU
- 12:00 – 12:50 **“Linebacker Play in the Cougar Scheme”**
 Chris Tormey – WSU
“Idaho Pressure Package with Various Covers – Part 2”
 Mark Criner – University of Idaho
“Offensive Line Drills and Technique for Pass ‘Pro’”
 Dan Cozzetto – University of Washington
“3-4 Defensive Run Fits vs. Multiple Formations”
 Mark Stewart – Head Coach, Meadowdale
- 12:50 – 1:30 **Lunch and Visit Exhibits**

WSFCA Mid-Winter Football Conference

January 27, 28, 29

- 1:30 – 2:20 **“SMU Return Game”**
Jeff Reinebold – Receivcers Coach,
Southern Methodist University
“Spread – 100% Pistol (Tony Franklin System) – Part 1”
Brett Manning – Head Coach, Lawton
MacArthur High School, Lawton, Oklahoma
“Running Back Techniques and Drills”
Joel Thomas – Running Back Coach,
University of Washington
“Lutes Play-Action Game”
Scott Westering – Head Coach, PLU
- 2:30 – 3:20 **“Variations of the 3-3-5”**
Darren McKay – Head Coach, Gig Harbor
“Spread – 100% Pistol (Tony Franklin System) – Part 2”
Brett Manning – Lawton MacArthur High
School, Lawton, OK
“Running Back Pass Blocking Drills & Techniques”
Joel Thomas – University of Washington
“Make the Spread/Lead Option Part of Your Offense”
Scott Westering – PLU
- 3:30 – 4:20 **“Installing the 3-4 Defense – Part 1”**
Jeff Reinebold – Southern Methodist
University
“In and Outs of Offensive Line Play for Any System”
Paul Connor – Wheaton North High School,
Suburban Chicago, Illinois
“Screens & Pass Protection Out of the Spread”
Lance Manning – Edmond Santa Fe HS,
Edmond, OK
“4-3 With Multiple Covers vs. the Pistol”
Mark Speckman – Willamette University
- 4:30 – 5:20 **“Installing the 3-4 Defense – Part 2”**
Jeff Reinebold – Southern Methodist
University

- “Wing T: Demo of Individual Offensive Line Techniques & Drills”**
Paul Connor – Wheaton North High School,
Suburban Chicago, Illinois
“5 Step Passing Game/Incorporating Option in Spread Run Game”
Lance Manning – Edmond Santa Fe HS,
Edmond, OK
“Eastlake Screen Game”
Gene Dales – Head Coach, Eastlake High

7:00 p.m. **Dinner and Hall of Fame Inductions**
(dinner included in registration fee)

8:30 – 9:30 **Social**

SUNDAY, JANUARY 29

8:30 – 9:00 **Registration**

- 9:00 – 9:50 **“Wing T – Demo of Drills & Techniques Specific to Training the Runningbacks”**
Paul Connor – Wheaton North HS,
Suburban Chicago
“Adding Run & Shoot Concepts to your Passing Game – Part 1”
Jeff Reinebold – Southern Methodist
University

- 10:00 – 10:50 **“Wing-T Using Unbalanced Formations to your Advantage”**
Paul Connor – Wheaton North HS
“Adding Run & Shoot Concepts to your Passing Game – Part 2”
Jeff Reinebold – SMU

11:00 – 11:50 **“Communicating with Staff & Players”**
Mark Speckman – Willamette University

11:30 – 12:20 **Drawings for Give-Aways – Over \$2,000 in prizes – must be present to win!!**



www.washcoach.org



Prostate and Cancer¹

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

As this article develops it may not be suitable for young readers, therefore parental discretion is advised.

Statistical data examined by the United States National Library of Medicine and the National Institutes of Health indicates that cancer of the prostate is one of the most common forms of cancer affecting men. In fact, 240,000 American men are diagnosed with prostate cancer each year. It is the third most common cause of death from cancer for those over 75. It is rarely found in men younger than 40. Even though this is true, the earlier the cancer is detected the greater the chances of success in treating it.

Men who are at the highest risk include African-American men, who are also liable to develop cancer at any age, men who are older than 60, and men who have a father or brother who were diagnosed with prostate cancer.

According to the National Library of Medicine other people at risk include men who were exposed to Agent Orange, who abuse alcohol, farmers, males eating a high fat diet, especially animal fat, men working in tire plants, painters, and those men who have been exposed to cadmium.

There is a great deal of science behind what is believed to cause cancer and this may be interesting to some but will not be further pursued in this article.

Suffice it to say uncontrolled cellular growth, be it benign or cancer-

ous growth is the bottom line. The benign cells are rarely life threatening, whereas cancerous growth certainly can be, unless caught in the early stages.

The Symptoms of Prostate Cancer

Most of the time the causes of the following symptoms are the results of something other than prostate cancer but they also appear with regularity in those with prostate cancer.

- Slowed start or delayed urinary stream
- Dribbling or leakage of urine generally after urinating
- A slow urinary stream
- An inability to empty all of the bladder
- Straining when urinating
- Blood in the urine or semen
- Bone pain or tenderness is most often felt in the lower back and pelvic bones, generally occurring when the cancer has spread.

The Cause of Prostate Cancer

Malignant cancer can invade and destroy nearby cells as it spreads to different parts of the body through the blood vessels and in the lymph channels. Cancers are always named after the body part where the cancer originates, regardless of where it ends up. In this case, we are talking about prostate cancer.

The prostate, which is about the size of a walnut, is one of several sex

glands of the male and is located just below the bladder and in front of the rectum. It is affected by the secretions of the sex hormones, such as testosterone, which is most important in the development of a male.

As will be seen later on, there are four stages of prostate cancer, each of which is used as a guide when making treatment decisions for the disease. During the examination of the prostate gland, the doctor inserts a gloved finger into the rectum and feels for any lumps, hardness, or unusual shapes on the prostate gland. Nonetheless, if the gland is diseased, the growth may be too small for the doctor to detect. So what are the consequences of an enlarged prostate?

If there is a growth and it continues to get bigger, it gradually begins to squeeze the urethra. This tube carries urine from the bladder to the outside of the body. Since other diseases can also cause the same effect, it is important to have the Prosthetic Specific Antigen (PSA) blood test. This substance shows up in the blood and is an early indicator of prostate cancer. If the PSA in your blood is higher than normal and your doctor feels a lump or any abnormality in the prostate during the digital exam, he or she may consider conducting more extensive prostate cancer examinations.

Just a reminder here; high levels of PSA do not always mean cancer because there are other causes of an elevated PSA. The debate is now on as to whether or not males need an

annual PSA because of the potential for added insult to the body and the higher risks of an unnecessary and possible life altering prostate treatment regimen.

Some of the tests the doctor may use in examining the prostate to determine the likelihood of cancer, to help determine if cancer is present and then to check on other parts of the body to see if it has spread include:

- Ultrasound
- X Ray
- IVP- Intravenous pyelogram where dyes are injected into a vein and an x-ray is taken
- Bone scan
- MRI
- Biopsy

The biopsy of the prostate allows your doctor to look at the cells within the gland. They use a machine that uses a very small hollow needle that gathers a plug of cells from individual and various areas of the prostate. If cancer is found in the prostate, then more tests will, or may, be conducted to see where it has spread.

After these tests and before continuing, the doctor needs to know the stage of the cancer.

The Different Stages of Prostate Cancer

In determining the stage of the cancer, it is important for your doctor to know how much the cancer has grown and if it has spread to other parts of the body. The more advanced the cancer is, the higher the stage number.

Stage I or A

- There are no outward symptoms and abnormalities cannot be determined by the digital exam.

Stage II or B

- The tumor is within the pros-

tate and is felt during the rectal examination.

Stage III or C

- The cancer has spread further to outside areas and at this stage, difficulties in urinating are common.

Stage IV or D

- This is an advanced stage where the cancer cells have spread into the lymph nodes or organs and tissues close to and far away from the prostate. Also at this stage, the patient may be experiencing bone pain, tiredness, weight loss, and difficulty in urinating, not necessarily in this order.

After deciding upon which stage the cancer is in, the doctor and you will begin discussing your treatment options. Some of the parameters for this discussion will be whether not you have symptoms, if you are elderly, have more serious illnesses or have only slightly abnormal tumor cells. With the newest medical technology and knowledge, it is possible to successfully treat most all patients with prostate cancer.

Reviewing the Exams and Test Results

The prostate biopsy is the only test that can confirm a diagnosis of prostate cancer. The results of the biopsy are reported by using a combination of facts called the Gleason grade and a Gleason score.

The Gleason grade tells how aggressive the cancer may be. It grades the tumors on a scale of 1 to 5. These numbers are based on how different from the normal tissue the cancer cells are. Oftentimes there is more than one Gleason grade present in the same tissue sample. Therefore, this Gleason grade is used to create a Gleason score by adding the two most predominant grades together which are based on a scale from 2 to 10.

The higher the Gleason score the more likely the cancer is to have spread beyond the prostate gland. The following scores would give you an idea of what the scores mean.

- Scores ranging 2-4 indicate a low-grade cancer.
- Scores between 5 and 7 is an intermediate cancer grade. Most prostate cancers fall under this category.
- Scores from 8 to 10 indicate a high-grade cancer, which means the cells are poorly differentiated.

Once you know what you are looking at, it's time to decide what to do and then choosing from the different treatment options.

Treatment Options²

(adapted from the National Library of Medicine)

Surgery

Surgery (radical prostatectomy) is considered the gold standard treatment for localized prostate cancer. There are four main types of radical prostatectomy surgery. These procedures take about 3 to 4 hours:

- Radical retropubic prostatectomy: Your surgeon will make an incision (cut) starting just below your belly button and reaching to your pubic bone. The entire surgery should take 90 minutes to four hours.
- Laparoscopic radical prostatectomy: The surgeon makes several small cuts instead of one big cut. Long, thin tools are placed inside the cuts. The surgeon puts a thin tube with a video camera (laparoscope) inside one of the cuts. This helps the surgeon see inside your belly during the procedure.

Continued on page 26



- **Robotic-assisted laparoscopic prostatectomy:** Sometimes laparoscopic surgery is done using a robotic system. The surgeon moves the robotic arm while sitting at a computer monitor near the operating table. Not every hospital can do robotic surgery. We are fortunate to have the da Vinci robot available at Sacred Heart Hospital in Spokane, Washington. However, just because it is here doesn't mean that every doctor has access to it. If you are considering having the robotic surgery, make certain that your doctor has been one of those thoroughly trained in its use. Only then will you have the best chances of a successful outcome. See also http://www.davinciprostatectomy.com/treatment-options/treatment_comparison.aspx and <http://www.nlm.nih.gov/medlineplus/ency/article/007339.htm> for further information.
- **Radical perineal prostatectomy:** Your surgeon makes a cut in the skin between your anus and base of the scrotum (the

perineum). The cut is smaller than with the retropubic technique. This makes it harder for the surgeon to spare the nerves around the prostate, or to remove nearby lymph nodes. Perineal surgery usually takes less time than the retropubic way. There is also less blood loss.

Radiation Therapy

Radiation therapy uses high-powered x-rays or radioactive seeds to kill cancer cells.

Radiation therapy works best to treat prostate cancer that has not spread outside of the prostate. It may also be used after surgery, if there is a risk that prostate cancer cells may still be present. Radiation is sometimes used for pain relief when cancer has spread to the bone.

External beam radiation therapy uses high-powered x-rays pointed at the prostate gland.

- It is done in a radiation oncology center usually connected to a hospital. You will come to the center from home 5 days a week for the treatments. The therapy lasts for 6 -8 weeks.
- Before treatment, a therapist will mark the part of the body that is to be treated with a special pen.

loss, fatigue, skin reactions, rectal burning or injury, diarrhea, bladder urgency, and blood in the urine.

Prostate brachytherapy involves placing radioactive seeds inside the prostate gland.

- A surgeon inserts small needles through the skin behind your scrotum to inject the seeds. The seeds are so small that you don't feel them. They can be temporary or permanent.
- Brachytherapy is often used for men with smaller prostate cancer that is found early and is slow growing.
- It also may be given with external beam radiation therapy for some patients with more advanced cancer.
- Side effects may include pain, swelling or bruising in your penis or scrotum, red-brown urine or semen, impotence, incontinence, and diarrhea.

Proton therapy is another kind of radiation used to treat prostate cancer. Doctors aim proton beams onto a tumor, so there is less damage to the surrounding tissue.

In addition to the options of surgery or radiation, hormone therapy is often used.

Hormone Therapy

Testosterone is the body's main male hormone. Prostate tumors need testosterone to grow. Hormonal therapy is any treatment that decreases the effect of testosterone on prostate cancer. These treatments can prevent further growth and spread of cancer.

Hormone therapy is mainly used in men whose cancer has spread to help relieve symptoms. There are two types of drugs used for hormone therapy.

The primary type is a luteinizing

- The radiation is delivered to the prostate gland using a device that looks like a normal x-ray machine. The treatment itself is generally painless.
- Side effects may include impotence, incontinence, appetite

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hormone-releasing hormones (LHRH) agonist:

- These medicines block the body from making testosterone. The drugs must be given by injection, usually every 3 - 6 months.
- They include leuprolide, goserelin, nafarelin, triptorelin, histrelin, buserelin, and degarelix.
- Possible side effects include nausea and vomiting, hot flashes, anemia, lethargy, osteoporosis, reduced sexual desire, decreased muscle mass, weight gain, and impotence.

The other medications used are androgen-blocking drugs.

- They are often given along with the above drugs.
- They include flutamide, bicalutamide, and nilutamide.
- Possible side effects include erectile dysfunction, loss of sexual desire, liver problems, diarrhea, and enlarged breasts.

Much of the body's testosterone is made by the testes. As a result, removal of the testes (called orchiectomy) can also be used as a hormonal treatment. This surgery is not done very often.

Chemotherapy and immunotherapy are used to treat prostate cancers that no longer respond to hormone treatment. An oncology specialist will usually recommend a single drug or a combination of drugs.

Monitoring

After treatment for prostate cancer, you will be closely monitored to make sure the cancer does not spread. This involves routine doctor check-ups, including serial PSA blood tests (usually every 3 months to 1 year).

A Personal Journey

It starts out innocently enough with

the annual physical exam³. You enter the doctor's office thinking that this is going to be a normal exam consisting of drawing blood for the blood profile work up, listening to the heart and taking multiple deep breaths as the doctor listens to your lungs. During this time, the doctor is asking a series of questions about how you feel your health is, whether or not you have any concerns and then he puts on the glove. The infamous glove.

The first time this happens is a total surprise because up until now the doctor has never performed a digital rectal exam. Once this embarrassing procedure is completed, the physical is over with.

If you're one of the lucky ones this is what will happen until the day you die. However, in many instances, after several years or maybe a few short days after the tests have been completed, the doctor calls you with the results of the tests.

You know something may be up when the doctor begins with "this is not meant to alarm you and we are way way in front of the curve for any immediate danger... Blah blah blah blah... Your PSA numbers have risen over the last couple of years and we need to take a closer look at why this is happening." He then recommends making an appointment with a urology specialist.

As my doctor told me right from the get go, in many cases, this is a surgically curable disease but there are also many other options for treating prostate cancer.

Unless you have lived under a rock for the last one hundred years you realize that rising PSA numbers can mean one of two things, you have an enlarged prostate (benign prostatic hyperplasia, or BPH)⁴, or you have cancer⁵ of the prostate. If you are normal, you may hope for the enlarged prostate diagnosis, but deep down in-

side you are probably already preparing for the worst answer, and that would be cancer.

At this point, if the doctor said in the same sentence you have just been given one million dollars and you have cancer, I can almost assure you the one part that will stand out in your mind is the word cancer. Afterwards you more than likely may be spending some of your idle moments thinking of what the doctor has told you.

If you're fortunate enough to have a good support system or even better, a super wife like mine, she will quickly set you straight by telling you exactly what the doctor said; that the numbers are up a little bit and he wants to look at a little bit closer and that it is not a death sentence.

He recommends a urology surgeon and suggests you make an appointment to see him. So being a prudent person, you automatically make the phone call and discover, much to your dismay that the earliest appointment is approximately six weeks out.

If this doesn't give you some clues as to the prevalence of this disease, I am not certain what will. For some reason this is almost a mystical disease amongst us men. It's only talked about in general terms and rarely to a specific person unless that person happens to have prostate cancer, in which case the subject is a viable option to discuss.

I was fortunate, as it turned out, that my father had had a similar surgery approximately 15 years ago. This made it easy for me to talk to him at length about his experiences. The more I discussed this with others, the more I found out that I was not alone in this boat. In fact, Elizabeth, one of the women I work with told me that her father had gone through it five years ago.

Continued on page 28



Again, fate smiled upon me because the next time I saw her she told me that her dad would like to talk to me and she brought in a book called *Prostate and Cancer* by Dr. Sheldon Marks⁶. This was an excellent book for my wife and me to read. It gave us an insight into the options available as well as to the potential results of each of those options and of the potential to return to a fully functioning life as I had before.

I want to thank my Dad, John O'Dell and Jeff Beach for providing me with encouragement as I went through this process.

For the remainder of the six weeks waiting time, even though this may not be a major source of concern, it is still an issue that weighs on your mind.

Once the appointment date arrives and you actually meet with the urologist in his office, the real journey begins. The urologist, in our case Dr. David J. Mikkelsen⁷, is professional and very thorough in his approach. After collecting a urine sample, drawing blood and conducting a thorough digital exam he then explains what he thinks is going on.

Throughout this initial consultation, he exhibits complete confidence in his ability to determine exactly what is wrong. He then provides suggestions to you and your wife as to the next step he thinks you should be taking. He suggests biopsies be conducted on the prostate gland.

A follow-up appointment is then made to get the biopsies done.

A normal male will think that the digital exam is unpleasant however, it is a piece of cake compared to the biopsy procedure. Even though the biopsies don't hurt it is still an uncomfortable feeling.

Prostate Biopsies⁸

"Actually the procedure's done with a small tube apparatus that's inserted into your rectum, then, when the trigger is pulled, shoots a needle through the wall of your colon into the target, your prostate, gleaning a few cells as a sample to be evaluated by pathologists. Usually they take at least four shots, one to each quadrant of the prostate".

According to the current medical literature recommendations for biopsies, more than one sample should be taken because it's easy to slide the needle in and miss an area of the prostate that may have non-normal tissue growth i.e. cancer. Generally, depending on the doctor, this will be anywhere from 6 to 13 biopsies.

Once the biopsies are finished, it is a matter of waiting for the lab reports to come back and then waiting for the follow up call from the surgeon. Once the surgeon calls back, he will let you know if there were cancerous growths found in the prostate. If so, he will want to talk to you in the office to explain the options that are available for treating the disease.

Take your wife or good friend because some of the decisions that you will be making at this point will have lifelong repercussions.

Once in the office the surgeon will lay out his recommended course of action based upon the digital exam records, the log entries of the PSA numbers, the biopsy, and his professional expertise in the matter. If you are uncomfortable with the doctor's recommendations, then by all means, get a second opinion.

In my case, I trusted the judgment and recommendations of my primary care physician and once I met the urologist, I also trusted his judgment and recommendations.

Based upon the advice of Dr.

Mikkelsen, my wife and I chose robotic surgery.

Since I had devoted a substantial amount of time into looking at the various options of treating prostate cancer I knew one of the best ways to prepare for a surgery, any surgery, was to become as physically fit as possible prior to the surgery. I therefore lowered my bodyweight and raised my cardiovascular capabilities by continuing to lift and riding the stationary bike each day. Moreover, I did a lot of kegels⁹ to strengthen the bladder sphincter muscle. By the time the surgery day arrived, I had lost 12 pounds and my resting pulse was 52. I was ready to go.

I also felt that if I was the first up on the surgery schedule I was apt to get in and out sooner. Therefore, when I spoke to the doctor about setting the surgery date and time I specifically asked to be the first one up in the morning. My check-in time was 0530, which means we had to get up at 0430 and leave the house about 0445 in morning.

Once the surgery was over it was a matter of getting ready to leave the hospital. All the literature mentioned staying in the hospital for 3 to 4 days after the surgery; therefore, it was a pleasant surprise to be cut out the next day at noon. We had prepared for a two to three day stay.

After the robotic surgery, the only discomfort noted was in the stomach area where the surgeon had placed the access points for the robotic equipment. However, that was a minor inconvenience.

Without a doubt, the most annoying part about the entire experience was the 14 days with the catheter attached. No matter what you do, you still know the catheter is attached to one of the most sensitive areas of your body and requires constant attention.

One of the ways to make this more comfortable is to tie the drainage tube to a belt or in my case, a piece of parachute cord, which then acted as a belt. This helps support the tube and takes the tension off the end of the penis.

Other than the tight stomach and the attached catheter, the surgery itself is a piece of cake. Nevertheless, having said that, I wouldn't particularly want to wish it on anyone but if you want to increase your chances of eliminating prostate cancer from your life this is probably the best way to do it.

One of the best pieces of advice that I received was from Dr. Mickelson and emphasized in the *Beyond Kegels*¹⁰ book was to drink, drink, and drink plain water. The recommendations are from 8 to 12 cups a day. This may seem counterintuitive to somebody who has bladder continence control problems. Nevertheless, there are at least two good reasons to continually keep your bladder full and increase the time between voiding.

Keeping your bladder full prevents the internal irritation that accumulates when a person backs off on the fluids. This irritation tends to increase the signals that tell you that your bladder is full, when in fact; it is not even partially full. Sometimes when you have an irritated bladder, you may discover that you are not completely emptying it, which causes you to feel as though you have to constantly urinate.

The second reason to keep your bladder full is it stretches the bladder out to its normal dimensions, which means you can hold more fluid before the signals start telling you that you need to go to the bathroom. Since I always want to know how much I am doing and how much father I can push myself, I keep good notes on my activity level.

I started out with one-liter juice container filled with water and continued to drink at least one liter a day. Once I was comfortable drinking this each day I increased to a 96-ounce container. These are the large juice containers. The first couple of days I was unable to drink the full amount or least I thought I was unable to. I soon learned differently.

Since my goal was to drink a minimum of 12 cups a day I decided to mark each cup on this 96-ounce container.

I set the container in the sink and then begin to add one cup at a time. After each added cup, I took a permanent marker and drew a horizontal line on the container where the fluid ended up. I then decided that every hour I would drink at least a cup. This worked very well; in fact, it worked so well that I was able to increase my water intake each day.

The after effects of the surgery The issue with the catheter is that it upsets the bladder signals. These are critical messages from your bladder that tell you when you need to urinate. You can expect to wear a bladder/urinary control pad for at least two months after the surgery. Some will wear this longer, up to a year, and others may be using them for a longer amount of time afterwards. Don't give up hope as it does get better.

After a month and a half of constantly doing Kegels, I was ready for a more aggressive plan of action. Two months had nearly passed since the catheter came out and although the situation was getting much, much, better it was not normal. I wanted to be back where I was when I went in for the surgery. I therefore talked with a physical therapist friend of mine and he happened to know of a clinic that dealt with this problem. As in most cases when dealing with the medical

profession, you cannot simply make an appointment; you have to have a referral.

I therefore contacted Dr. Mikkelsen and asked for a referral, which was quickly granted, and begin the second part of my journey of dealing with the after effects of prostate cancer.

At the time of writing this, I am a little over six months post-surgery into this process. I am almost back to normal and continue to see improvements each day.

The key back to a normal life is never quitting on yourself.

If you have any questions or want to discuss any part of this with me, send me a note and I will quickly get back in touch with you. —

(Footnotes)

1 Prostate cancer is cancer that starts in the prostate gland. The prostate is a small, walnut-sized structure that makes up part of a man's reproductive system. It wraps around the urethra, the tube that carries urine out of the body.

2 <http://www.nlm.nih.gov/medlineplus/ency/article/000380.htm>

3 Health note: every male over forty should have an annual physical exam

4 . This problem does not raise your risk of prostate cancer.

5 Cancer, a malignant tumor of potentially unlimited growth that expands locally by invasion and systematically by metastasis, and abnormal bodily state marked by such tumors, something evil or malignant that spreads destructively.

6 Prostate and Cancer: A Family Guide to Diagnosis, Treatment, and Survival by Sheldon Marks MD available through Amazon.com

7 http://www.spokaneurology.com/doctors_mikkelsen_bio.php

8 Killing Cancer by L. J. Martin, available here http://www.amazon.com/Killing-Cancer-L-J-Martin/dp/1885339151/ref=cm_cr_pr_product_top at Amazon.com

9 http://kegel-exercises.com/kegels_for_men.html

10 Beyond Kegels Third Edition by Janet A. Hulme M.A. http://www.amazon.com/Beyond-Kegels-Third-Janet-Hulme/dp/1928812171/ref=cm_cr_pr_product_top ■

SPRINT PROBLEMS AND SOLUTIONS FOR SPRINTERS AND HURDLERS

Bryan Hoddle, www.bryanhoddle.com
2004 Head Coach-USA Paralympic Track and Field Team - Athens, Greece

With track and field season just around the corner and the hope of much better weather this year, your sprinters will experience many technical problems throughout the season that you'll need to address. Dealing with the high volume of student-athletes, it'll be critical to have your problems and solutions list handy. Often times making the athlete aware of the possible problems ahead of time will eliminate unnecessary time needed to correct problems.

Problem: A short first step or stumble out of the blocks.

Solution: An active knee punch from the back knee is essential. If you are standing in front of the athlete, you should see their back knee coming through, not the sight of the back thigh. Be sure and split the elbows for longer ground time as you begin your push phase.

Problem: Poor acceleration.

Solution: Work on push mechanics. Make sure the foot is dorsi-flexed. Check shin angles. The shins will tell you what direction force will be applied. I like to cue this as drag, push and punch the back knee. The heel should come through low.

Problem: Poor top end (Due to over striding)

Solution: Frequency drills like B-Skips. More hip flexor work. Long bounds. Downhill

towing-10% grade. Stride length and stride frequency should be balanced. I've met many athletes who believe if they have a long stride length, they'll be faster. Balance of stride length and stride frequency are essential.

Problem: Weak first three steps.

Solution: 3 bounds, 5 bounds, Short jumps, Single leg Standing long jumps-Standing triple jumps and depth jumps over hurdles.

Problem: Poor transition from acceleration to top end.

Solution: Tow and release (at least 20 meters) Using a device like the ultra-speed pacer will really help here.

Problem: Exaggerated forward lean while running.

Solution: Extensive torso-core work needed. ■

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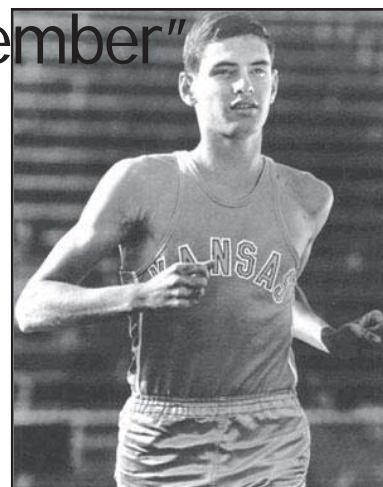
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FRIDAY-February 10

9:00am -9:50am

Evergreen 1 and 2-Mike Waller-PLU-The Starting Blocks
Evergreen 3-Jason McConnell-Evergreen State College
Best Practices for Training Vegetarian or Vegan Distance Runners.

Evergreen 4- Craig Sigl-Mental Toughness Trainer-
Mental Toughness Training for Track and Field-Part 1

10:15am-11:05am

Evergreen 1 and 2-Mike Waller-PLU-THE RELAYS
Evergreen 3-Alison Wood-Masters National High Jump
Champion-Basics of the high jump
Evergreen 4- Craig Sigl-Mental Toughness Trainer-
Mental Toughness Training for Track and Field-Part 2

11:30am-12:20pm

Evergreen 1 and 2-Bjorn Svae-Posture Dynamics-Solving
the Shin Splint Problem in Track and Field
Evergreen 3-Alison Wood-Masters National High Jump
Champion-Active/Dynamic Warm up for Track and Field
Evergreen 4- Wendy Lynne-Mental Toughness Academy-
Nutrition for the Champion Mindset

12:00pm-1:30pm LUNCH AND VISIT EXHIBITOR

1:30pm-2:20pm

Evergreen 1 and 2-Mike Orechia-University of Puget
Sound-Training for the 400 meters
Evergreen 3 -Ed Boitano-University of Puget Sound-Pole
Vault Basics
Evergreen 4-Gary Baskett-Whitworth College-THE SHOT
PUT

2:45pm-3:35pm

Evergreen 1 and 2-Isaac Frederick-Western Oregon U-
Acceleration and max velocity development

Evergreen 3-Larry Beatty-Spokane Community College-
How to coach the 800 meter runner and decide who
should run it.

Evergreen 4- Gary Baskett-Whitworth College-THE
DISCUSS

4:00pm-4:50pm

Evergreen 1 and 2-Isaac Frederick-Western Oregon U-
Training menu and implementation for the horizontal
jumper.

Evergreen 3-Larry Beatty-Spokane Community College-
THE HURDLES

Evergreen 4-Gary Baskett-Whitworth College-THE
JAVELIN

5:00pm-6:50pm Dinner

6:50pm-7:40pm

Evergreen 1 and 2-Isaac Frederick-Western Oregon U-
Sprint Training and Planning.

Evergreen 3-Larry Beatty-Spokane Community College-
Motivating your athletes.

Evergreen 4-Craig Sigl-Mental Toughness Trainer-
Athlete archetypes. Getting the most out of differing
athletic personalities.

8:05pm-9:30pm-Coaches Roundtable Social
Refreshments and Nachos Bar

Saturday-February 11

8:30am-9:20am

GENERAL SESSION-*Jim Ryun*—Three time Olympian and World Record Holder in the Mile, 1,500m, 800m and 880 yds-"DREAM BIG"

9:45am-10:35am

Evergreen 1 and 2-Mike Johnson-Western Oregon U-Speed Development for middle distance/long distance athletes
Evergreen 3 and 4-Dan West-ON TRACK-Learning the 7 Secrets to better pole vaulting.

11:00am-11:50am

Evergreen 1 and 2-Mike Johnson-Western Oregon U-Season and workout planning for cross country
Evergreen 3 and 4-Bryan Hoddle-2004 Head Coach-USA Paralympic Team-Making your sprinters faster. It's all about velocity.

12:00pm-1:30pm-FCA Coaches Social Luncheon
Complimentary Pick Up Ticket at FCA booth

1:30pm-2:20pm

Evergreen 1 and 2-Mike Johnson-Western Oregon U-How to make your program significant to someone besides you and your mother.

1:30pm-2:20pm cont.

Evergreen 3 and 4-Tom Sinclair-Former Pac-10 and NCAA Champion-Getting the beginning Javelin thrower off to a great start. Coaching tips, drills and proper technique

2:45pm-3:35pm

Evergreen 1 and 2- Jim Ryun-Three time Olympian and World Record Holder in the Mile, 1,500m, 800m and 880 yds -Training for the first high school Four Minute Mile.
Evergreen 3 and 4-Kristie Brookes-Evergreen High School-Full speed mechanics

4:00pm-4:50pm

Evergreen 1 and 2-Jim Ryun-Three time Olympian and World Record Holder in the Mile, 1,500m, 800m and 880yds -Questions and Answers...Staying Injury Free
Evergreen 3 and 4-Kristie Brookes-Evergreen High School-Prioritization for Sprinters

5:00pm-6:00pm

Evergreen 1 and 2-Brad Dudley-Tumwater High School-The little things that build a great track and field program.
Evergreen 3 and 4-Kristie Brookes-Evergreen High School-Acceleration Mechanics ■

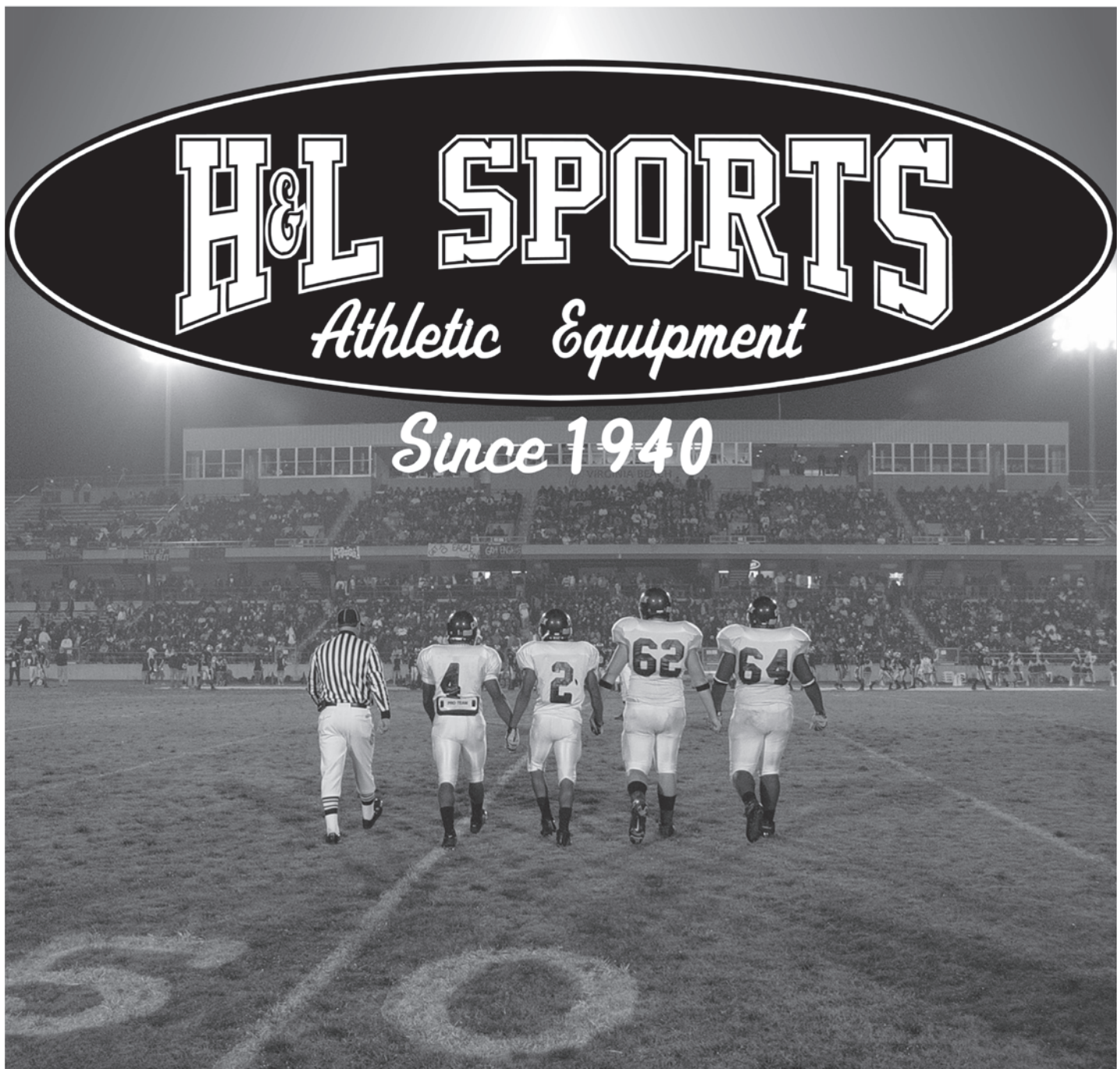
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