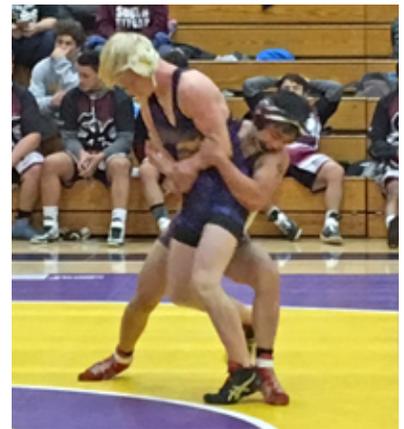


# THE WASHINGTON GOACH

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

Winter 2017

Fellow WSCA Coaches,

The fall sports season is behind us, and it's 'full speed ahead' into the busy winter sports season. What a great fall sports season it was. Great games, great competition, great student athletes, and great coaches make all the state championships 'must see' events.

We have finished one sports season and with it the usual frustrations from coaches that didn't properly renew their WSCA membership in time to receive their membership cards to gain entrance into ALL state tournament games. Again, you can make life easier on yourself and our Executive Secretary, Jerry Parrish, if when you complete your online registration, you send in your \$40 dues. Upon receipt, Jerry will then send your card. With state basketball, state wrestling, state boys swim/dive, and gymnastics as the next big state championships coming up, coaches don't think your cards will be sent to you overnight the day before District, Regional, or State games begin. Get your WSCA membership renewed online and payment sent in.

This January is the time when the WIAA amendment process begins with potential administrative and rules changes to various sports. Get involved in this process. Don't be an outsider and get sideswiped by some rule change that you were not informed about. Every year there are a number of rule changes to how our sports are governed. These changes are a result of various bodies in our state thinking their proposed rule changes will benefit the sport. Sometimes they are right... sometimes they are wrong. This is why we, you, us as coaches need to be informed on what changes are being talked about state wide and proposed through the amendment process. Log onto the WIAA website and take a look at all the amendments being proposed that could take effect next school year.

This past year and a half the Executive Board has been researching and debating the feasibility of the WSCA becoming an official state 'clock hour provider'. After much discussion over time, we voted to move forward with OSPI and make application to become a clock hour provider. This past fall, OSPI accepted our application. What this means for coaches is this: when you attend a WSCA sponsored clinic, if clock hours are available for purchase, the money you pay for clock hours will stay with that particular sport group. This can be a large amount for larger clinics or a smaller amount for smaller clinics. Either way, the sponsoring sport wins. The Clock Hour Application Packets are available on our website. To all ISA's or those in charge of organizing your clinic, there is paperwork required. Someone will need to complete an application requesting clock hours then submit completed paperwork to Rob Friese, VP of the WSCA. Rob will bring application requests to the Executive Board. It will be the WSCA Executive Board that ultimately authorize or deny clock hours for a clinic. You need to plan ahead!! This process will take some time. If your sport group is planning to offer a clinic this spring or summer, you need to move on this asap. Our next board meeting is at the end of March. After that, we don't meet again until August. Again, plan ahead. Thanks to Rob Friese for all the work he did on this for the WSCA to be an official clock hour provider.

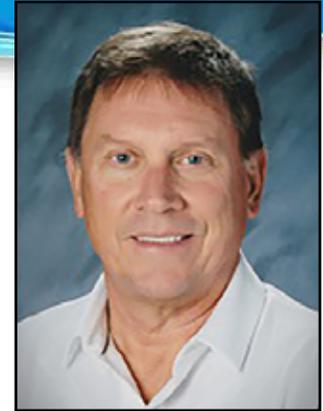
A friendly reminder to all spring sport head coaches that your sport 'on-line rules clinic' deadline is **March 18, 2018**. This is a WIAA requirement and is supported by athletic directors and school districts. Show your professionalism and complete the rules clinic on time.

I want to personally encourage all coaches to get involved and get off the sidelines. Make a contribution to your sport specific organization in 2018. Ask how you can help.

The Executive Board is always open to suggestions to better improve our coaches association. It is a strong group of coaches with a depth of experience and a wide variety of coaching backgrounds. They serve as advocates for all middle school and high school athletic programs and support all coaches working with our young athletes.

Good luck this winter sports season. Spring is right around the corner.  
Keep the head down,

Darrell Olson, President





# From The Sidelines

by Jerry Parrish

## **Membership**

Each school has been encouraged to appoint a Group Administrator for their school as a way to get all coaches registered correctly for WSCA membership. Until all coaches are registered and payment made for membership, no WSCA membership cards will be sent. Please encourage your fellow coaches to check with their Group Administrator and get registered. Pasco, Kennewick, Marysville, Moses Lake, Yakima and several other school districts are working to be prominent with their coaches and are contacting athletic directors in each of their district buildings.

## **Summer of 2016 Numbers**

*Total Individual Coach Registrants:* 2016 (1,408)... Today (1,053) the reason for fewer in the Today column is that many moved to Group Registration.

*Total Group Registrants:* 2016 (2,309)... Today (2,640)

*All Registrants:* 2016 (3,517)... Today (3,693)

Nearly 71% of the coaches registered in our state that have their membership fee paid by their school district. The WSCA salutes the schools and districts who are enrolling their coaches.

THIS IS A BLOOMING ORCHID!

## **The Latest**

In the most recent WSCA Executive Board and ISA meeting, there was a great amount of discussion on how to improve communication between these groups and our membership. One of the ways being studied is to have the ISA reports posted to the WSCA website, washcoach.net. The Executive Board will make every effort to make this proposal work.

The Executive Board is developing goals for our association and will work with the WIAA to improve certain areas. A common goal which appears to be high on the agenda for discussion is “to continue to develop a clear, efficient and effective governance structure that meets the needs of the Association’s constituents.”

The WSCA has been accepted as an Authorized Clock Hour Provider for Continuing Education which will enable sanctioned sport clinics to offer this opportunity for the continuing professional development of coaches. Information may be found on the WSCA website.

## **Orchids to...**

- all the Fall sport Champions...congratulations on a job well done!
- all the athletes and fans who treat opponents with dignity and respect.
- the WIAA Districts in our state for continuing to accept our WSCA membership cards for entrance to district events. Thank you!
- A coach from Vancouver, Washington said, “As coaches our responsibility is to teach kids life lessons and one of those lessons is about integrity.” There is a big difference between developing a team and assembling a team. “Good coaches plan. Great coaches plan every detail.”



## **Welcome**

Please share our welcome to Tawnya Brewer, head volleyball coach at Burlington-Edison High School, who has been selected to fill the vacancy on the WSCA Executive Board created by the resignation of Sue Doering this past August. Tawnya has been a long time Individual Sport Representative as the voice of volleyball coaches across the state and we believe she will bring the same passion and professionalism to her new position. ■



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

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

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

### THE MAIN PURPOSES ARE:

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

### OTHER BENEFITS:

- Check our WSCA website for up to date information - [www.washcoach.net](http://www.washcoach.net)
- **Membership registration is online at [www.washcoach.net](http://www.washcoach.net)**
- Coordination with the state governing association (WIAA)
- Input through the Individual Sport Association Reps into the WSCA
- **By becoming a member of the WSCA, you are taking a proactive approach to working on issues facing our coaching profession ■**

## Fifth Annual WIBCA Clinic

The Fifth Annual WIBCA clinic was held October 13-15<sup>th</sup> in Yakima hosting more than 100 coaches from Washington, Oregon, Idaho and Canada. State high school championship coaches from both girls and boys basketball programs and college coaches from Gonzaga, Whitman, Western Washington and Seattle University spoke at this year's clinic. The topics included: meeting the challenges of an out-of-building coach, organization and management of time, player development, how to practice effectively, building defense, offensive spacing, mental toughness philosophies, shooting systems, post player development, several styles of defense from baseline to full court and offensive sets to read and react.

“Great clinic, well put together and consistently serves the purpose of making coaches better” was one of the many positive comments from the clinic participants. We were honored to have Slick Watts share his love of basketball and the Friday and Saturday night socials always create great camaraderie. Mark your calendars for the second weekend in October next year for the WIBCA clinic in Yakima. ■



*Nalin Sood*



*Andy Affholter*



*Bill Bakamus*



*Bruce Siebol*

**NOMINATION FORM**

**ON THE SIDELINE**

The WSCA needs your help! If you know a current member of the WSCA who deserves recognition for his/her contributions to coaching, please log on to [www.washcoach.net](http://www.washcoach.net) and fill out the On The Sideline form under General Forms. Your nominee will then be contacted to obtain additional information.



## Hearing their final whistle...

### **TOM PARRY: THE PASSING OF A COACHING LEGEND**

*On and off the field, Parry, who died at age 94,  
made it all personal*

By Scott Spruill  
sspruill@yakimaherald.com  
November 22, 2017

Reprinted with the permission of the Yakima Herald - YAKIMA, Wash. — He had that memorable personality, he had those hysterical stories and he could command an audience as easily as connect with a single person.

Teaching and coaching made the man, and everyone around him through all his years — even after retirement — was the better for it.

Tom Parry remains the winningest football coach in Central Washington University's history, but that's just one slice of a resume that spanned over half a century and will forever be known most for its impact with personal relationships.

Parry passed away Tuesday afternoon, November 21, 2017 at the age of 94.

A gathering of Parry's former players from Central Washington was held this past summer, and he was able to reunite with Dean Nicholson, a fellow CWU Hall of Fame member and very close friend, at a special event last spring in Ellensburg.

Having coached the Wildcats for 20 seasons, during which CWU won six conference titles, reached the NAIA national semifinals in 1984 and won 95 games, Parry's coaching tree reaches far and wide and seems connected to every level of the sport in Washington.

"Tom did a tremendous job of making you feel like the most important person. His personal touch is what you remember," said Pat Fitterer, who played for Parry at Central in the mid-1970s. "It was more than the Xs and Os with Tom. He had his own language and he knew how to connect. He might yell at you, but then he'd talk to you. He would make you feel special."

Parry was a standout lineman, co-captain and teammate of Bobo Brayton while at Washington State, where he graduated in 1949 and later received his master's degree. He coached high school football at Langley (now South Whidbey) and Clarkston before moving to the collegiate level. Parry was an assistant at Montana and Washington State as well as a head coach at Wenatchee Valley for six seasons.

Parry's first year at Central, where he replaced Mel Thompson, was 1966. He coached the Wildcats through 1982, took a year off and returned for three more seasons. He was named NAIA District 1 Coach of the Year five times and inducted into CWU's Hall of Fame in 1992.

After Central, full retirement didn't come for some time. Parry assisted at Washington State again, worked a season with the Los Angeles Express in the USFL and was head coach for Yakima Valley College's final season of football in 1989.

Jerry Ward was the athletic director at YVC in 1989 but had known Parry for years through Central's recruitment of YVC players. They remained very close friends who saw each other weekly at the Monday Morning Quarterback Club.

"Tom was such a fixture in the sport. A legend, really," Ward said. "Our working relationship was only the one year, but it grew into so much more. He was a big factor in getting Dean (Nicholson) to coach at YVC and those guys — along with Bill Faller — made for the happiest days I ever had.

"What I will always remember about Tom was his wonderful sense of humor," Ward added. "As we all know, he was the Johnny Carson of Quarterbacks."

Central Washington's current football team is undefeated and hosting an NCAA Division II national playoff game on Saturday. The Wildcats' 11 wins matches that of the 1984 team.

"We lost a great man and leader of men," said CWU coach Ian Shoemaker in a university statement on Wednesday. "Every year we give the Coach Parry Award to an outstanding student-athlete, and this year will be especially powerful. He will be dearly missed."

A service was held for Parry on December 2nd at St. Andrews Catholic Church in Ellensburg at 11 a.m.

The family requests that in lieu of flowers, contributions can be made to the Tom and Mary Jane Parry Endowed Football Scholarship through Central Washington University. ■



## Hearing their final whistle...

### DICK UNRUE

The Track and Field and Cross Country Community lost one of our stalwarts this past November. Long time starter Dick Unrue passed away at the age of 87. Dick had been a swimming, track, and cross country official for over 50 years in the South Puget Sound area. Along the way, he mentored a number of officials, athletes, and coaches. Dick made a habit of checking the local high school schedules and if he wasn't committed to a meet already, he would show up to help. Whether it was a small dual meet, a major Invitational meet, or a collegiate event, Dick was one you could count on even spending his 85th birthday working the UW meet at the Dempsey Center. Dick was still starting, officiating, moving hurdles and pulling blocks at age 87 which was remarkable.

Dick would show up early and stay late. Although primarily a starter, Dick would cheerfully help out wherever he was needed. He would arrive early in his trusty Subaru with a picture of a bear in the back window. That bear

lived in the woods for years in the next to his house. You could also count on a full jar of candy which he brought along to every meet for workers, coaches, or even the competitors.

In the South Sound, meets like the Westside Classic, Tacoma Invitational, Daffodil Relays, and the Fort Steilacoom Invitational will feel different as Dick had been a part of those meets for decades. He has seen some of the best athletes our state has produced and for many, he started meets when they were middle school, high school, and as collegiate competitors as well as when they moved on to the coaching ranks. Dick will be sorely missed, but certainly not forgotten. ■



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# DOES “FATIGUE MAKE COWARDS OF US ALL” OR WAS VINCE LOMBARDI WRONG ON THIS ONE? PART 2

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

Corrections to the last edition article:

1. Regarding the paragraph immediately after the chart, it should have read
  - a. Somewhere after the 1930s, after this chart was developed (in 1924); the governor was removed from the circuit only to reappear later on in the research of fatigue by other scientists.

Enter the new age exercise scientists such as Tim Noakes, MD., and his fellow researchers.

They have revived Hills governor into a more reasonable model by theorizing performance is not limited by a single key organ failure, but instead is regulated by anticipation of the activity so that failure is prevented. This applies to all healthy human beings.

This model helps understand the two most recognizable characteristics of performance, namely that;

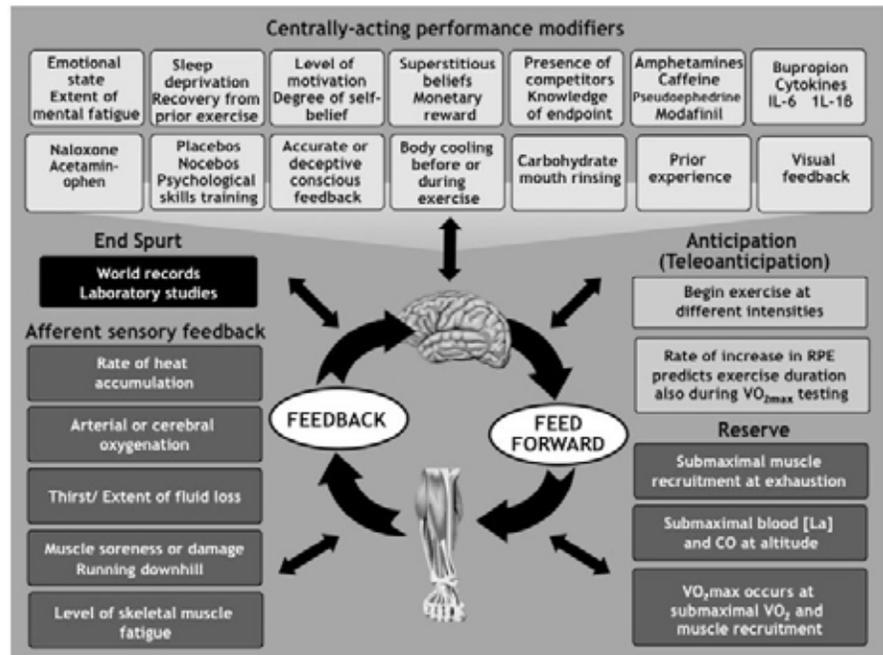
1. Athletes start their exercise at different intensities based on how long they will be at it.
2. They go harder in competition than in practice by basing their levels of intensity on some internal anticipatory component of their psychic makeup. Hills model fails to recognize these factors, furthermore
3. At the end of a race, competition, or meet, athletes are able to summon up just a bit more by going faster, lifting heavier, and oftentimes exceeding their prior personal best in the event.

According to Noakes, et al, this demonstrates the failure in current thinking by suggesting that fatigue increases throughout lengthy exercise periods.

The term used by Noakes and others is the Central Governor Model in honor of A.V Hill. (Recall the circular chart with the governor in the brain or heart that was left off the chart in the mid-40s.)

Neuroscientists continue their research into the mechanisms of fatigue. A 2001 review of these studies by Gandevia strongly indicate there is a connection at the muscle level

and with the central nervous systems (CNS) failure to adequately drive the motoneuron<sup>1</sup>. A possible conclusion here is that fatigue does not reside solely within the muscle alone, there are other factors involved. Thus the brain and heart now enter into the equation as to the origins of fatigue. Here then is where the central governor model of exercise regulation comes into play.



This flow chart comes from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3323922/>

According to this model, the brain controls the number of motor units recruited within the limbs during the exercise. This response is a direct result of both the conscious and subconscious feedback that contributes only during the exercise. Doing this preserves a certain reserve of energy and prevents a total collapse of homeostasis.

The brain feeds on these disagreeable physical sensations to maintain the physiological ability to continue functioning without severe damage to the body by slowing the recruitment of motor units.

Of course much of this activity depends on the physical status of the athlete such as:

- Their physical and mental condition, are they mentally and physically rested, have they fully recovered from previous exertions, do they have a high level of self-motivation along with prior experience, and do they know where the end point of the competition is....[Chemical assistance in the way of performance enhancing products are not considered nor discussed in this article.](#)

Based on this model, the brain has already determined what level of intensity can be kept up for the duration of the exercise or contest. This means that all different intensity levels are submaximal because the brain is withholding a reserve of motor units...just in case.

It has been discovered that if an exercise session or meet is open ended, where the competitor has no clear idea of when it will end the athlete will pace them self until they are sure of where the goal or end point reached. For the runners, this means pacing themselves via constant feed-

back from available outside sources as to the distance covered and how much farther they have to go until the finish line.

According to the CGM, fatigue lies not in the muscles as a physical manifestation, but in the brain, where the emotions and the rate of perceived effort (RPE) control the performance of the athlete.

When it comes to relying on RPE, which is commonly understood to be a linear rise of effort based on the intensity, time, and duration of exercise, then at some point before or early on in the session, the level of perceived effort must be pre-set. This would indicate the athlete already has determined their order of finish based on the effort they are willing to put into the contest.

However, a second group of fatigue symptoms known as the Task Effort and Awareness scale (TEA) comes into play. The TEA psychic scale bases itself on the sense of effort and not on the perceived effort impressions.

TEA measures sensations separate from those of the RPE and if these sensations are high, the result is a voluntary reduction in intensity. Therefore, a coupling of these two together results in both a constant, conscious, and subconscious monitoring of RPE and TEA with the RPE acting as a guideline for the TEA.

If RPE is high then any movement away from the RPE, such as pushing harder will increase the sense of effort (TEA) during this period. This two part input from RPE and TEA implies the brain uses two separate sets of symptoms of fatigue. This means the brain is deciding whether it should increase, decrease, maintain, or quit the effort based on its evaluation of the inputs from the RPE and TEA.

Interestingly enough, back in 1919 a man named Bainbridge wrote "...the sense of fatigue is often a very fallacious index of the working capacity of the body...there is not necessarily any correspondence between the subjective feelings of fatigue and the capacity of the muscles to perform work ... it is a protective feeling, which tends to restrain a man from continuing to perform muscular work when this would react injuriously upon his whole system" (Bainbridge, 1931, pp. 176–177).

It appears as though, despite all the research into fatigue, it may actually boil down to how well a person handles the physical pain of exertion, because it is clear that only in rare instances will your body do something that places it into a position of physical destruction and that is during an episode of hysterical strength, AKA superhuman strength.

Next up in this series will be a brief counter point to the CGM and strategies for overcoming the sensations of fatigue.

**(Footnotes)**

<sup>1</sup><http://medical-dictionary.thefreedictionary.com/motor+neuron>

Motorneuron. A neuron that conveys impulses from the central nervous system to a muscle, gland, or other effector tissue. ■



## Hearing their final whistle...

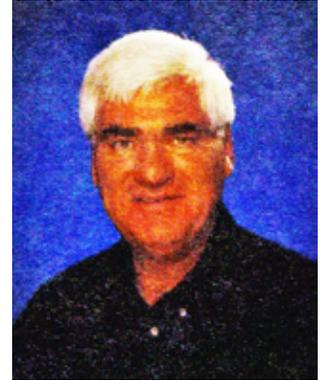
### ***Paul Amund Lawrence***

*December 10, 1942 - August 29, 2017*

Paul passed away peacefully at his home in Marysville after fighting a courageous battle with pancreatic cancer. His loving family was by his side every step of the way during his illness.

Paul was born in Seattle, however resided most of his life in Everett.

He attended Everett public schools - Lowell Elementary, South Junior High, and was a member of the Everett High School graduating class of 1961. He devoted much of his life to football, as a player, captain and coach. He was captain of the Everett High School 1960 State Championship team, who were awarded entry into the Snohomish County Sports Hall of Fame. Paul also took pride in playing football at University of Idaho under coach Dee Andros.



He began his coaching and teaching career in 1965 at Marquette High School in Yakima. Following a two-year tour of active duty in the army (stationed in Korea), he returned to Yakima at Carroll High School in 1968 rejoining coaches Jack and Tommy O'Brien. In 1972, he assisted head coach Jim Ennis at Cascade High School, and spent an additional 8 years coaching under Terry Ennis in the 1980's. He also enjoyed coaching track at Cascade. Paul also coached under Tony Whitefield at Everett High School, and became head coach in 1995 until his retirement in 2004. He so enjoyed both his coaching and teaching (History) careers, in the high school setting, until his retirement in 2007. Paul's relentless desire to continue coaching football was apparent when he joined his friend, Terry Ennis at Archbishop Murphy High school for two years.

Paul's enthusiasm for football landed him the head coaching position of the West Squad in the 1999 East West All Star Football game and was East West 3A/4A game coordinator for seven games that were held at Everett Memorial Stadium. He was actively involved in the Washington State Football Coaches Association. Paul received the National Federation of High Schools Coach of the Year in 2004. In 2009, he was recipient of the Washington State Football Coaches Association's Gold Helmet Award, and in 2011 Paul was honored with the Tony Gasparovich Award from the Seattle/King County Chapter of the National Football Foundation.

Paul was appreciated as a coach, an inspiration in the classroom, and known for his generosity in the community. In his later years, Paul was baptized and confirmed in the Catholic Church. He was a member of the Immaculate Conception Parish, was active in the Everett Food Bank and stayed involved at Archbishop Murphy High School.

His wife, Dawn Lawrence, was an active member of the Coaches Association and an inspiration and supporter throughout Paul's teaching and coaching career. Paul was preceded in death by his wife Dawn (Whitehead) Lawrence, and his parents Walter and Ann Lawrence.

He is survived by his siblings, brother Ivan Lawrence (Vicki), sister Colleen Kison (Gary), mother-in-law Marjorie Bissell, sister-in-law Gay Kirkpatrick (John), nieces and nephews Cyndy Lawrence, Greg Lawrence, Scott Kirkpatrick, Lisa Waite and great niece Stevie Lee Hewitt. In addition, Paul leaves behind numerous friends that were by his side throughout his life.

**WCSA LIFETIME ACHIEVEMENT**

**WELCOME NEW MEMBERS!**

**2017**

NAME	SCHOOL	FALL SPORT	YRS	WINTER	YRS.	SPRING	YRS.	TOTAL
BRETT LUCAS	TODD BEAMER	HS FB	1	HS WR	20	HS B SOC	13	58
		MS FB	5	MS GYM	6	MS VB	5	
		HS VB	4			G TENNIS	1	
		HS GSC	5					
STEVE BERTRAND	CASCADE (EVERETT)	HSXC	43	MSBB	1	HS TRACK	30	100
				HSBB	3	MS TRACK	12	
				MSWR	10	HS TENNIS	1	
GEORGE FAIRHART		FB	30	GBB HS	2	HS TRACK	26	60
EATONVILLE	MORTON JR HIGH			GBB JH	2			
FRIDAY HARBOR								

**2016**

NAME	SCHOOL	FALL SPORT	YRS	WINTER	YRS.	SPRING	YRS.	TOTAL
DON PAPASEDERO		FB	39	BBB	11	GOLF	22	80
14 DIFFERENT SCHOOLS						BASEBALL	8	
MIKE SCHICK	EDGEMONT JH	MS FB	31	BBB	8	MS TRACK	25	79
				GBB	15			

**2015**

NAME	SCHOOL	FALL SPORT	YRS	WINTER	YRS.	SPRING	YRS.	TOTAL
TOM BETROZOFF	WILLAPA VALLEY	FB	20	GBB	23			53
				BBB	5			
				BBB JV	5			
MIKE CARLQUIST	OKANOGAN	FB HS	2	BBB V	30	SB	2	54
		FB MS	12	BBB JV	2	TRACK	1	
						TENNIS	2	
						BASEBALL	2	
						GOLF	1	

**WSCA LIFETIME ACHIEVEMENT**

**2014**

NAME	SCHOOL	FALL SPORT	YRS	WINTER	YRS.	SPRING	YRS.	TOTAL
<b>ROY YOUNG</b>	<b>HENRY FOSS</b>	GIRLS DIVING	27	BOYS DIVING	34	HS BB	24	101
		MS VB	2			JV SB	2	
						HS SOCCER	2	
<b>STEVE CHAMBERLAIN</b>	<b>OKANOGAN</b>	HS FB	3	HS BB	10	MS BB	3	50
		MS FB	5	MS BB	29			
<b>MICHAEL WILLIAMS</b>	<b>WHITE RIVER</b>	HS FB	4	HS BB	15	HS BB	22	51
		MS FB	3	MS BB	4	MS BB	2	
		GOLF	1					

**2012**

NAME	SCHOOL	FALL	YRS	WINTER	YRS.	SPRING	YRS.	TOTAL
<b>BOB BOURGETTE</b>	<b>KENNEDY</b>	HS FB	41	HS WR	9	HS SB	11	71
						HS BB	10	
<b>JERRY KING</b>		HS FB	29	GBB	1	HS BBLL	17	54
<b>FREEMAN</b>	<b>EATONVILLE</b>	ASST.				MS BBLL	7	
<b>RITZVILLE</b>								
<b>PAT FITTNER</b>	<b>HIGHLAND</b>	HS FB	6	HS BBB	35	HS BB	2	85
	<b>KENTWOOD</b>	MS FB	8			HS TRK	14	
	<b>SEHOME</b>					MS TRK	8	
	<b>EISENHOWER</b>					HS GOLF	12	
	<b>LASALLE</b>							
	<b>ELLENSBURG</b>							
<b>DARRELL OLSON</b>	<b>EAST VALLEY</b>	HS TENNIS	2	HS BB	27	HS GOLF	20	57
	<b>COUPEVILLE</b>	HS FB	2			HS BB	1	
	<b>EVERETT</b>							
<b>GARY HATCH</b>	<b>SEHOME</b>	HS FB	32	HS BB	8	HS BB	40	80

**WSCA LIFETIME ACHIEVEMENT**

**2011**

NAME	SCHOOL	FALL SPORT	YRS	WINTER	YRS.	SPRING	YRS.	TOTAL
ROB FRIESE	WILLAPA VALLEY	HS FB	24	JV BBB JH BBB	2 8	HS TRACK	19	53
RICK GIAMPIETRI	CENTRAL VALLEY	HS FB	48	HS WR	41	HS GOLF HS SB HS TRK	20 5 3	117
TOM HARMON	NOOKSACK VALLEY	HS FB MS FB MS SB	14 13 2	C BBB	7	HS BB HS SB	4 31	71
JOEL WINGARD	PENINSULA	HS XC JH FB	32 2	HS BB JV BB C BB	2 1 1	HS TRK	34	72
RUDY OCHOA	OTHELLO	MS VB	16	MS WR	23	HS SB	16	55
MICHAEL ECKHART	MUKLESHOOT	HS FB	27	HS BB	27	HS SB	22	76
CHRIS WALLISTER	LAKEMOOD	HS FB	16	HS GBB	25	HS SB HS GOLF HS TENNIS	7 10 2	60
EUGENE VICTOR	SACJ MS FED/WAY	MS FB MS SB	1 1	MS GBB MS BBB	22 23	MS VB HS TENNIS JH TRK	23 1 1	73
JOHN MITCHELL	SNOHOMISH	HS FB JH FB	32 2			HS TRK JH TRK JH GSOC	2 17 1	54
DAN DITTMER	N. MASON	HS XC HS VB MS VB MS FB	12 8 7 12	MS WR MS GBB	5 2	HS TRK MS TRK	26 12	84

**WSCA LIFETIME ACHIEVEMENT**

2011											
NAME	SCHOOL	FALL SPORT	YRS	WINTER	YRS.	SPRING	YRS.	TOTAL			
ERIK LINDBERG	OAK HARBOR	HS XC	11	JV BB	2	HS TRK	26	50			
		HS FB	3	HS WR	1	JH TRK	3				
		JH FB	1	JH WR	3						
FRANK PETRINO	ONALASKA	HS FB	16	HS BBB	16	HS SB	3	58			
		MS FB	9	MS BBB	12	HS TRK	2				
GORDON PITTS	OKANOGAN SD EPHRATA SD	HS FB	13	MS BB	2	HS TRK	11	68			
		MS FB	21			MS TRK	21				



# SPALDING

**DESIGNED FOR PERFORMANCE**



- **COVER:** Spalding® exclusive “S” tack horween leather is now thicker to provide increased pebble & shape retention
- **LINER:** Altra durable 3-ply hartco liner provides superior shape retention
- **SPIN TECH SEWN STRIPE:** Provides quarterbacks key touch points to improve grip & control
- **SHAPE:** Patterned specifically for passing quarterbacks
- **LACES:** Raised diamond rubberized lace delivers exceptional grip in wet & dry conditions
- **BLADDER:** Thick 2-ply TPU bladder for the ultimate air retention

## TESTED TO PERFECTION

- **SHAPE:** We hold every ball to the tightest spec allowable to ensure the consistent shape quarterbacks want.
- **10 POINT INSPECTION:** Each ball is tested at both the factory and our warehouse to meet all durability, cosmetic, & shape standards. This ensures only the cream of the crop make it to the playing field.

**BEST DESIGN. BEST PERFORMANCE.**

# ALPHA

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# Winter Fueling...Comfort Foods to Fuel Your Game

By Emily Edison, MS,RD,CSSD | Momentum Nutrition [www.momentum4health.com](http://www.momentum4health.com)

## Comfort Eating for Sport Performance

Winter is the time to curl up after practice and re-fuel your body with some energy packed comfort foods. **Athlete spoiler alert:** the high fat content in many comfort foods, can slow down the digestion of high energy carbohydrates and muscle re-building proteins. So what? Slowing down the digestion of these performance-enhancing nutrients can effect your energy supply the following days, and effect muscle rebuilding and repairing. The high calori content of some comfort foods can derail strength to weight ratio if consumed in levels above your needs. Use Pinterest and Cooking Light for recipes that turn your favorite comforts into sport enhancing masterpieces.



## Winter Fueling Tips

- 1. Eat plenty of vitamin A rich foods** like pumpkin, squash and sweet potatoes. Try pumpkin pie protein smoothie, stuffed pumpkins, roasted butternut squash BACON pasta, butternut squash and black bean enchiladas. Vitamin A helps with keen vision (ie. *see* the ball coming at you) and its pre-cursor, Beta-carotene is an antioxidant. Antioxidants protect cells from damage caused by substances called free radicals. Free radicals are produced during exercise and contribute to chronic disease and play a role in the aging processes.
- 2. Protein pack meals and snacks** by slow roasting or crock pot cooking meats and vegetarian proteins ahead of time. Use these tender and flavorful meats and beans to create “mini meals” (small bean burrito, ½ roast pork sandwich), a potentially healthier alternative to a “snack” (chips, cookies, candy).
- 3. Fuel up** with winter fruits like apples, oranges, pears, and figs. These fruits add immune boosting vitamin c, fiber, and energy to your diet and provide an easily transported pre-game snack.
- 4. Hydration** can be a challenge when colder weather sets in. Don’t forget, always pack a water bottle and drink at least ½ your body weight in ounces of fluid per day. Use sport drink for vigorous practices longer than 90 minutes. In these cooler months, soups can also be a great source of hydration.

Take a bit of time to premake some healthy high performance meals that can be reheated to satisfy the need for comfort food this winter. Enjoy what you eat and have fun on the court or on the field!

*Emily Edison is a recognized leader in the area of sport performance nutrition. Edison helps teams and individuals create WINNING nutrition plans. She can be reached at [www.momentum4health.com](http://www.momentum4health.com) ■*



## 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

## HALL of FAME

The 2017 Cross Country season has wrapped up and with it another season of outstanding performances. Pasco celebrated 30 consecutive years of hosting the state meet something unmatched in any other sport. The course was firm and times were fast in part due to the rather chilly temperatures. A bigger factor though is the quality of coaching and competition in the state. Simply put, this is one of the best states in the nation for distance running. For example, just one point separated Lewis and Clark from runner up Central Valley in the boys 4A race. JaMes Mwaura of Lincoln ran 14:48 for the fastest time of the day, while Kamiakin became the first team other than North Central since 2005 to win the 3A boys team title. The team that won in 2005 was Sehome, which won both the boys and girls 2A titles this year. These were just a few of the dozens of great stories from Pasco this year. This year also saw the advent of live updates during the races at the one and two mile points. Things have come a long way from the days of numbered popsicle sticks and tick sheets at the finish line.

This coming January 19-20, the Cross Country Coaches Association will be partnering with the Track Coaches Association to host the annual Track and Field/Cross Country Convention in Tacoma. The convention will feature a number of speakers as well as opportunities for coaches to network, get involved, and make their voices heard. You can find more information at [WSTFCA.com](http://WSTFCA.com), the track coaches website.

On Friday evening at the conven-

tion, we will be inducting three new members into our WSCCCA Hall of Fame. Erica Hill from Mercer Island, Mark Anderson from Chelan, and Phil English of Eisenhower (and formerly Carroll) will all be inducted.

### ERICA HILL

Erica Hill coached at Mercer Island until recently moving into administration. During her time at Mercer Island, her teams were consistently strong performers with a number of strong finishes at state including a state title in 2009 the same year her husband John Hill led rival Bellevue to a 3rd place finish on the boys side. Erica was also a regular speaker and staff member at numerous cross country camps and clinics.



### PHIL ENGLISH

Phil English of Eisenhower may be the most well known coach in the state. Phil came to Washington state to run at WSU and ended up staying. He started coaching at Carroll and moved on to Yakima when Carroll closed. Phil has won



numerous state titles with perhaps the most memorable being in 2010 when both the boys and girls won the 4A state title. In addition to coaching, Phil is the meet director for the prestigious Sunfair Invitational and the director of the White Pass cross country camp.

### MARK ANDERSON

Mark Anderson has had a remarkably consistent career while at Chelan, where year in and year out his teams have been top 10 contenders at the state meet with a number of podium finishes. Mark was also honored as a WSCCCA Coach of the Year in 2009.

Additionally, we will honor this year's Coach of the Year recipients who are listed below. 4A Boys-Mike Lee-Lewis & Clark Girls-Kevin Swaim-Lewis & Clark 3A Boys-Matt Rexus-Kamiakin Girls-Kelly Harmon-NC 2A Girls-John Moir West Valley Spokane Boys-Kevin Ryan-Sehome 1A Boys-Gene Blankenship-Medical Lake Girls-Dean Fisher-Colville 1B2B Boys-Mike Michael-NW Christian Girls- Eric Brooks-Liberty Bell.

On behalf of the Washington State Coaches Association, we congratulate these coaches, and say thank you to all the coaches who give their time and effort to make our sport great. ■



# WRESTLING

## HALL OF FAME



### **BRENT BARNES**

**Lakes Stevens HS  
1987-present**

**Bethel HS 1986-1987**

**North Idaho College  
1985-1986**

Brent Barnes has set the standard for high school wrestling programs as his teams have captured eleven state team championships during his time at Lake Stevens HS.

After winning the 1980 “AAA” state championship for Rogers HS in Puyallup, Barnes was a 2-time All-American at North Idaho, winning a national championship. He would continue his career at Oklahoma State University before heading back to North Idaho for a year where he coached the Cardinals to the NJCAA National Championship. Back in Washington, he spent a year as an assistant at Bethel HS as the Braves placed 2nd in state, before teaching and coaching job became available at Lake Stevens in 1987.

The Vikings won their first state in 1990, and since 2000 they have captured ten more titles, the most recent in 2016. Along with the championships, his teams have earned eight other top-four trophies. Barnes has lead LSHS to 22 regional championships, 25 sub-regional tournament titles, and 27 WESCO dual titles during his 30 seasons. In 2005 the Vikings were WIAA Academic State Champions.

42 individual state champions have wrestled for Barnes, including two 4-time champs (Burke Barnes and Michael Soler), and two wrestlers that won three titles. 185 Vikings have placed at the state tournament.

Barnes has been named WESCO Coach of the Year 3 times, and in 1992 he was named as the AA Coach of the Year. The NHCA honored him as the West Regional Coach of the Year in 2010.

He spent four years as the WSWCA Secretary and coached the Cultural Exchange team to Poland in 1991. Barnes has coached on the Washington team to Fargo multiple times, and spent the past five years as the USA World Team Coach at the cadet and junior levels. Over the past 12 years, he has assisted with the women’s program for USA Wrestling.

Barnes is the son of Hall of Fame coach Ray Barnes (Puyallup HS), and they are the first father/son coaches to be inducted in the WSWCA Hall of Fame.



### **KEVIN MCNULTY**

**Ilwaco HS  
2007-present**

**White River HS  
2000-2007**

**Sequim HS 1996-2000**

**Ilwaco HS 1988-1996**

Kevin McNulty wrestled, played football and ran track at Naselle HS. He continued to play football in college at Olympic CC and Pacific University, where he earned a degree in education before moving back to Naselle where he started his teaching and coaching career. Over the past 30 years he has coached and taught at Ilwaco, Sequim, White River and is now in his tenth year back at Ilwaco.

He does not shy away from a challenge as he has taken over a few wrestling and football programs that were struggling and turned them in to top teams at the league and state level. McNulty has been a master at increasing participation, especially with small schools.

McNulty has coached 69 wrestling state placers, including 15 state champions and four runner-ups. His teams have won six state trophies, placing 2nd three-times, 3rd twice and 4th. His teams compiled a dual meet record of 212-52 and they have won league titles

at all three schools, including six consecutive league and regional titles at White River and currently two in a row at Ilwaco.

He has been selected as the league Coach of the Year six times, regional Coach of the Year three times, and has been honored as the state classification Coach of the Year at the AAA level with White River in 2003, and B level with Ilwaco in 2017. McNulty was named as a NWCA Coach of the Year in 2003, and in 2004 was selected as the Washington State Wrestling Coach of the Year. He was awarded the WIAA Sportsman of the Year Award in 2003. McNulty's football teams have placed 5th in state three times and he has been selected as league Coach of the Year four times.

His service to our sport includes fifteen years as a member of the WSWCA Executive Board, where he served as Rep-at-Large, Vice-President and President. McNulty helped coordinate the annual coaches clinic for many years. He serves as the WA state representative to the NHSCA wrestling committee. For the past 25 years he organized and run summer wrestling camps. The first 20 years as K&K Wrestling Camp and the past five years as Ilwaco Summer Duals. ■



*The Dr. William Tomaras Award presented to **Dr. Warren Howe** (Bellingham)*



*The Joe Babbitt Contributor's Award presented to **Dr. Timothy Manson** (Spokane)*

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The Washington Coach!**



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# WASHINGTON STATE FB COACHES ALL-STAR GAME



## 24th ANNUAL EAST-WEST EARL BARDEN CLASSIC

**WHEN: SATURDAY, JUNE 23<sup>th</sup>, 1PM**

**WHERE: Earl Barden Stadium East Valley HS, Moxee, WA (Yakima)**

The 2018 Earl Barden All-Star Classic will be held for the 24th straight year on June 23th at 1pm at Earl Barden Stadium at East Valley HS in Moxee. What a great place to play the Earl Barden Classic.... Earl Barden Stadium! The teams are selected from the nominations of the coaches from each league in our state. The selection process took place in early January and the players that have accepted their nomination and elected to play are included on the roster. The head coaches and their staff will be announced in January. This roster will be available late spring.

This year for the first time the coaches and players will be housed in a hotel! Howard Johnson of Yakima has jumped on board to make it financially possible to stay in a hotel! YVCC does not allow summer camps any more due to the large amount of summer school students staying on campus....Thanks YVCC for a great run and support for the past 23 years!!!! Brady Muggleston you have been incredible!

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 have always embraced any football coaches who would wish to become part of this game. If you are interested in becoming a "gopher" for the Classic please contact me and I will get you "on the team!".

Earl Barden Classic Chairman: Bill "Alex" Alexander, WSFCA

201 C St. SE, Quincy, WA 98848

509-237-1590 (c)

[Alexfb1@msn.com](mailto:Alexfb1@msn.com) (h)

East Game Co-Chairs: West Game Co-Chairs:

Mike Lynch: [lynchm@sosmail.us](mailto:lynchm@sosmail.us) Tom Sanchez: [tsanchez@southbend.wednet.edu](mailto:tsanchez@southbend.wednet.edu)

Mark Mochel: [mochdowg77@hotmail.com](mailto:mochdowg77@hotmail.com) Jesse Bussanich: [jessebussahich@hotmail.com](mailto:jessebussahich@hotmail.com)

Game Site Manager

Mark Mochel, EV High School

# WSFCA MID-WINTER CLINIC

## CROWNE PLAZA HOTEL SEA TAC



A total of 20 OSPI Clock Hours are available for entire Clinic attendance (\$2/hour)

### FRIDAY – JANUARY 26, 2018

1:00 Registration – Lobby Area

2:30 – 3:20 **Chris Tormey** – Vancouver B.C. Lions, CFL  
**“Coaching Linebackers – Time-Tested Skills and Drills”**

**Steve Morton** – Offensive Line Coach, Lakewood High School; over 40 years in D-1 Football  
**“If You Can Count to Four, You Can Play” (How to ID and Adjust to Multiple Fronts)**

**Jeff Housman** – Defensive Coordinator, University of Puget Sound  
**“Philosophy and Principles of the Logger 3-3-5 Defense”**

3:30 – 4:20 **Chris Tormey** – Vancouver Lions  
**“Blitzing the Quarterback – Timing, Technique and Scheme”**

**Steve Morton** – Lakewood High School  
**“Category Blocking” (How to Organize Multiple Blocking Schemes)**

**Jeff Housman** – University of Puget Sound  
**“Playing the Bear Front Out of the 3-3-5 Defense”**

4:20 – 5:10 **Bodie Reeder** – Offensive Coordinator/QB Coach, Eastern Washington University  
**“QB Fundamentals and Gun Footwork”**

**Brian Strandley** – Defensive Line Coach, Eastern Washington University  
**“Building a D-Lineman”**

**Ian Shoemaker** – Head Coach, Central Washington University  
**“INDY & NASCAR – Packaging to Improve Offensive Tempos”**

5:10 – 6:00 **Bodie Reeder** – Eastern Washington Univ.  
**“QB Progressions and Movement Keys”**

**Brian Strandley** – Eastern Washington Univ.  
**“Everyday Drills”**

**Scott Power** – Defensive Coordinator, Central Washington University  
**“Covers & Techniques in the Wildcat Schemes”**

6:10 – 7:00 **Washington State Football Coaches Association Meeting - President Adam Fisher Facilitating** – East Valley High School, Spokane Valley

6:10 Introduction of Board Members

6:15 Greg Whitmore – WIAA Executive Board, Chairman of RPI Committee  
**“Update on RPI Study”**

6:25 Pat Hymes and Bill Alexander – East/West Game Coordinators  
 Rob Friese – “I’ve Been Selected to the E/W Game—Now What??”

6:40 – 7:00 **Coach of the Year Awards presented by District Directors**  
**Gold/Silver Helmet Awards presented by President Fisher**

7:00 **Dinner** – Included in Registration Fee

8:00 **Master Coaches Panel lead by Rob Friese – Superintendent, Willapa Valley SD**  
**Dennis Erickson, Randy Hart, Steve Morton, Chris Tormey**



## SATURDAY – JANUARY 27

- 7:30 – 9:00 Registration
- 8:30 – 10:00 **West Selection Meeting** – Pat Hymes, Coordinator
- 9:00 – 9:50 **Jamie Plenkovich** – Head Coach, Ferndale High School.  
“**Ferndale 4-3 & Cover 4 Variations**”
- Gary Jeffers** – Head Coach, Puyallup H.S.  
“**Puyallup No-Huddle Offense**”
- Mike Morgan** – Head Coach, Colfax H.S.  
“**Running the I and Split-Back Option from Under Center**”
- 10:00-11:30 **East Selection Meeting** – Pat Hymes, Coordinator
- 10:00 – 10:50 **Rob Cushman** – Head Coach, Occidental College, Los Angeles, CA  
“**Fundamentals and Philosophy of the Option Offense**”
- Jud Keim** – Assistant Head Coach, Pacific Lutheran University  
“**Special Teams Coverage Units – Inside Shoulder Press**”
- Nick Mullen** – Head Coach, Timberline High School  
“**Timberline 33 Multiple Defense**”
- 11:00 – 11:50 **Bill Beattie** – Head Coach, Tumwater High School  
“**T-Bird Football 101 Program**”
- Jud Keim** – Pacific Lutheran University  
“**Kick-Off Return—the Trap Game**”
- Rick Steele** – Head Coach, Hockinson High School, Brush Prairie/Battle Ground  
“**Hockinson Base Offensive Set and RPO’s off that Set**”

- 11:50 – 1:00 **Lunch and visit Exhibitors**
- 1:00 – 1:50 **Rob Cushman**– Occidental College  
“**Option Run Game vs. Odd and Even Fronts—QB Reads and Footwork, etc.**”
- Mark Keel** – Head Coach, Central Kitsap High School  
“**Central Kitsap Quick Passing Game**”
- Scott Deveraux** – Head Coach, Wenatchee High School  
“**Fundamentals of DB Play, Alignments, Coverages, etc.**”
- 2:00 – 2:50 **Terry Cloer** – Head Coach, Mt. Spokane High School  
“**Defending the Run with the 3-4**”
- Kyle Bigham** – Linebacker Coach, Mt. View High School, Vancouver, WA  
“**Thunder 4-2-5 Fronts, Alignments, and Covers vs. 2-RB’s and 1-Back Sets**”
- Dan Teeter** – Head Coach, Lakewood High School, Arlington, WA  
“**Attacking Various Covers in the Passing Game**”
- 3:00 – 3:50 **Ryan Butner** – Head Coach, and **Dave Myers** – Offensive Coordinator, Central Valley High School, Spokane Valley, WA  
“**The Best of the Bears’ Offense**”
- Adam Fisher** – Head Coach, East Valley High School, Spokane Valley  
“**Adam Fisher’s Real Life “Blindside” Story and Strategies for Getting the Ball to your Best Player**”
- Ron Rood** – Head Coach, Zillah High School  
“**Why You Need a Little Double-Wing in Your Offense**”



4:00 – 4:50 **Rob Cushman** – Occidental College  
“**Play Action Pass – Screens, Draws, and Counters Off the Option Attack**”

**Wiley Allred** – Head Coach, Royal High School

“**Small School Football 101**”

5:30 p.m. **Social – No-Host Bar**  
Queen Anne Room

6:30 p.m. **Dinner and Hall of Fame Inductions**  
(dinner included in registration fee)  
**Terry Ennis Scholarship Presentation**

8:00 – 9:00 **Reception – No-Host Bar**  
Queen Anne Room

## **SUNDAY – JANUARY 28**

8:30 – 9:00 Registration  
**Sunday Certification Session Only** - \$20 fee  
- cash or check only

Certification Session **Included** for those registered for the Clinic (wear your badge)

9:00 – Noon “**Safety Certification for Football Coaches**”

This WIAA approved session will provide coaches with training to be compliant with WIAA Rule 23.3.1 which is **required for all football coaches grades 6-12** every three years. The required components are:

- Risk Management
- Concussion Training
- Heat Preparedness
- Sudden cardiac arrest
- Equipment Fitting
- Safe tackling/Blocking techniques
- Legal Issues

At sessions end, each coach will receive a certificate of completion and compliance.

Noon **Drawings for Prizes – lodging, golf, etc. — For those registered for the entire Clinic ■**



**DEADLINE**

## **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](mailto:WSCA-EDITOR@comcast.net)

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



**W S F C A**

**MID-WINTER FOOTBALL CLINIC  
CROWNE PLAZA HOTEL – SEA TAC  
JANUARY 26, 27, 28 2018**

Clinic registration may be found on the WSCA website, [washcoach.net](http://washcoach.net)

Cut-off day for early registration of \$140—January 15, 2018  
(after that it is \$160 for everyone)

A total of 20 OSPI Clock Hours (\$2/hour) are available  
for your attendance during the entire clinic

### **Highlights of your Clinic Registration include**

- Friday night Spaghetti Feed and beverages
- Master's Panel Presentation featuring: Dennis Erickson, Randy Hart, Chris Tormey and Steve Morton— a combined total of over 120 years of Division I college coaching and recruiting
- Saturday lunch and Hall of Fame Dinner

### **Hotel Information**

**Cut-off date for Hotel Registration is January 15, 2018**

CROWNE PLAZA HOTEL SEA TAC  
17338 INTERNATIONAL BOULEVARD, SEA TAC, WA 98188

- Contact Hotel by: calling 1-844-733-1389, and request group name: Washington Coaches Association Rate of \$97+tax
- [OR use the e-booking link found on the Mid-Winter Clinic registration page on the WSCA website](#)
- Complimentary hot breakfast buffet is included with your room reservation ■

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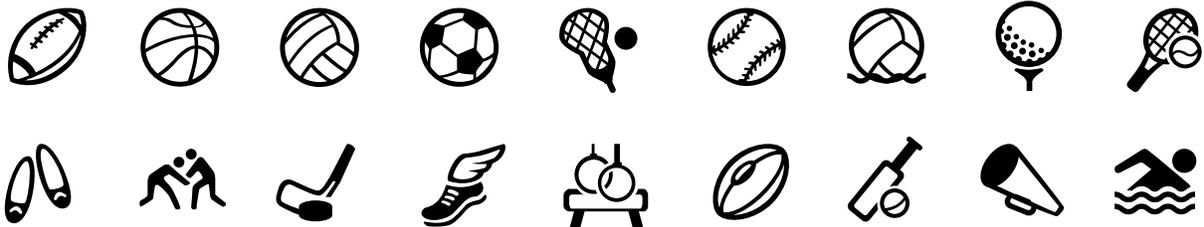


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# Sports Nutrition Navigator

## Coaches' FAQs: Sports Drinks vs Energy Drinks.

### Plus: How to make energy drinks at home for pennies



**What follows are responses to frequently asked questions the WINForum has received about sports nutrition. Responses were developed with WINForum Nutrition Advisors/Presenters. E-mail questions and comments to [info@winforum.org](mailto:info@winforum.org)**

#### **What is the difference between a sports drink and an energy drink?**

The important ingredients in sports drinks are carbohydrates and electrolytes. The main ingredient of importance in an energy drink is usually caffeine. While each has an effect on energy levels, sports and energy drinks provide this energy in different ways. Carbohydrates in sports drinks feed your muscles, and electrolytes supply essential nutrients (sodium and potassium) you lose through sweat. This type of energy enables you to sustain physical activity for longer periods of time. In contrast, caffeine affects your central nervous system and therefore, your brain. In this way, caffeine provides a type of short-term pseudo-energy, as your mind tells your body to "go" regardless if you have the physical capability to do so or not. When the effects of the energy drink begin to wear off, so does your energy level.

#### **Why should your athletes have sports drinks available?**

A sports drink is designed to help athletes rehydrate when fluids are lost and electrolytes are depleted after training or competition. Electrolyte replacement promotes proper rehydration, which is important in delaying the onset of fatigue during exercise.

#### **When should athletes use sports drinks?**

Anyone working out for less than 60 minutes can usually get by on water. For longer workouts, a sports drink may come in handy depending on the athlete's goals, the intensity of the exercise, and weather conditions. Glucose from carbohydrates gets stored as glycogen, which then becomes ready-to-use fuel for later. Longer, very-high intensity exercise with substantial aerobic activity (whether workout or competition) will need to replenish glycogen stores. Walking usually is not intense enough to require more than water, but a 90-minute hike in the heat may make a sports drink necessary.

#### **Are sports drinks the same as recovery drinks?**

No. Recovery drinks are geared toward muscle recovery and repair after intense or long (more than 60 minutes) duration activity. After strength training you

need protein; after a bout of endurance your body needs fluid and carbohydrates. By consuming protein after a strength training workout your muscles have the proper fuel to recover and rebuild. Add sugar to the mix and your body starts to recover sooner, meaning your muscles bounce back—bigger and stronger than ever. Studies have found chocolate milk to have an ideal balance (of protein and carbohydrates) for recovery.

#### **How you can make sports drinks for the whole team for a few pennies.**

##### **Homemade Sports Drink\***

*(makes 1 quart; x4 makes 1 gallon)*

- 1/4 cup sugar
- 1/4 teaspoon salt
- 1/4 cup hot water
- 1/4 cup orange juice (not concentrate)
- 3-1/2 cups cold water

1. In the bottom of a pitcher, dissolve the sugar and salt in the hot water.
2. Add the juice and the remaining water; chill.

Per 8-ounce serving: 50 calories, 12 grams carbohydrate, 110 mg sodium.

*\*From "Nancy Clark's Sports Nutrition Guidebook."*

The Washington Interscholastic Nutrition Forum ([WINForum](http://www.winforum.org)) provides objective science based nutrition information to help coaches and athletes understand the importance of healthy eating for peak performance. WINForum has become an active online resource for nutrition news and information intended for informational purposes only and not to be a substitute for professional medical advice, diagnosis or treatment. Go to [www.facebook.com/WINForum](https://www.facebook.com/WINForum) to become a fan, and follow @WINForum\_org on Twitter for timely nutrition tips.

# S P O R T S

## These are the coaches you need on your staff!

Do you have questions, concerns or thoughts about the sport you coach? Do you have ideas about how the game or contest could be improved, rule changes or practice regulations? Below are listed the 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
Cheerleading	<b>OPEN</b>		
Cross Country	Joe Clark	Lakes	jclark@cloverpark.k12.wa.us
Football	Adam Fisher	East Valley (Spokane)	fishera@evsd.org
Golf	Andrew Hershey	Shorewood	andrew.hershey@shorelineschools.org
Gymnastics	Ryan Fleisher	Issaquah	issygymnastics@yahoo.com
Soccer	Aaron Radford	Kentwood	aradsoccer@comcast.net
Softball	Tom Harmon	Nooksack Valley	tharmon24@hotmail.com
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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