

# THE WASHINGTON GOACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



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**For more information contact the below:**

Secretary-Treasurer, Jerry Parrish  
18468 8th Ave NE, Poulso, WA 98370  
360-271-1377, washcoach@gmail.com

Magazine Editor, Mike Schick  
2110 Richardson Drive  
Puyallup, WA 98371; 253-848-9321  
WSCA-Editor@comcast.net

# 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.

## WHAT'S INSIDE

From The President .....	2
From The Sidelines .....	3
Why Should I Become a Member.....	4
WIBCA Basketball Clinic.....	6-7
We Were Really Tough Weren't We!!!.....	8-10
"Get Greg Rolling" .....	12
Washington Coach Deadline and Advertising Rates.....	13
Incorporating an Efficient Warm Up Into Your Strength Training .....	14-15
Befour and LevelChanger Announce Partnership.....	16
WSWCA Wrestling Hall of Fame Inductees .....	17-19
Puyallup S.D. ties to WA State Wrestling Coaches Hall of Fame .....	20
WSCA Insurance.....	21
Scholarship Deadlines.....	22
Hawkes Squawks "Paying it Forward" .....	22-23
Soccer - Getting the Statistics Right .....	24-25
2019 WSFCA Mid-Winter Football Clinic Schedule .....	26-27
25th Anniversary Earl Barden Classic .....	28

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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 2019

Fellow WSCA Coaches,

The fall sports season is behind us, and it's 'full speed ahead' into the busy winter sports season. And 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. Follow through on this! For those of you that are lucky enough to have your school districts pay for your membership, you need to follow up with your Group Administrator who handles the distribution of WSCA membership cards.



January is the time of year where the WIAA Amendment process begins, with potential administrative and rules changes to various sports. **Coaches need to 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 will take effect next school year.

We have completed our first year of the WSCA offering clock hours through each of the individual sport associations. It has been a very successful endeavor for all the sports that took advantage of this. All fee's collected at any of your clinics will stay with your sport, provided you have completed and submitted for approval, the proper paperwork. You can find the necessary forms on our website with instructions and timelines to submit to the Exec Board. This new perk for the WSCA is a great way to do some fundraising for your individual sport. I would highly recommend your ISA look into this. It will be the WSCA Executive Board that will 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 Executive Board meeting is at the end of March. After that, we don't meet again until Aug. **Again, plan ahead.** Thanks to Rob Friese for all the work he has done and is continuing to do 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 17, 2019**. 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 2019. Ask how you can help.

The Executive Board is always open to suggestions to better improve our WSCA. The Exec Board is a strong group of coaches with depth of experience's 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

Words of wisdom and things said nearly every day by yours truly which is “good stuff to know for the long haul.”

- Teach kids to think and act correctly
- Teach poise: Act like you’ve been there before
- Identify non-tolerable behavior, correct, follow through
- Teach Walk-A-Way drill — keep your composure
- You achieve what you emphasize
- Being good is a privilege
- To be a good leader, you must first learn to follow
- Ever wonder why common sense is so uncommon?



**ORCHIDS** to the communities George and Quincy for their hospitality and support of the UW Band who were on their way to Pullman for the Apple Cup when one of their

busses was involved in an accident. The gifts of food, support and the use of George elementary school which was set up to care for the UW students earns a bouquet of ORCHIDS for these great efforts.

If all goes well, WSCA members will receive their 2019 membership cards electronically upon successful completion of the online registration. The proposed new system, which will begin the “testing phase” in early Spring, would allow members to print their card or save the card electronically on the device of their choice.



Anticipated benefits of this new system are being able to have the WSCA membership card immediately upon receiving a confirmation email after registration, better organization of member contact information and considerable savings from the elimination of printing and mailing costs. As the testing begins and the process and procedures are worked out, more information will be coming through the WSCA website and in “*The Washington Coach*.” ■

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**REGISTER TODAY FOR GREAT BENEFITS**



[www.washcoach.net](http://www.washcoach.net)

## Why Should I Become A Member of the

### WASHINGTON STATE COACHES ASSOCIATION?

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

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

#### OTHER BENEFITS:

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



## MVP DRIVE

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

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

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

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

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

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

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

### MORE THAN JUST TACKLING

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

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

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

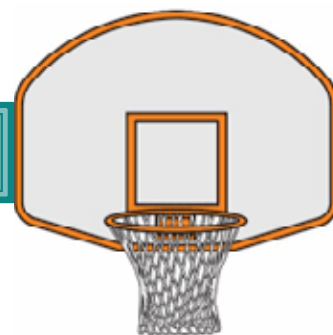
"It allows athletes to practice things they might otherwise have trouble practicing," says Ryan McManus, Director of Marketing for Mobile Virtual Player. "For example, if you have two MVP-DRIVES running vertical routes, and a defensive back splitting the difference in coverage, then the defender can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

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

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

# ROGERS

# Basketball



## 6th Annual WIBCA Basketball Clinic

The 6th annual WIBCA basketball clinic was held in Yakima recently and again it was a great success! UW's Mike Hopkins and Dave Rice headlined the event sharing their wisdom and years of experience including coach Hopkin's famous 2-3 Syracuse zone to the more than 150 coaches in attendance.

Four coaches went home with outstanding raffle prizes which included a \$8000.00 **SHOOTAWAY**

**GUN**, two different subscriptions to **FASTMODEL SPORTS** and \$200.00 worth of tickets from **PLAY-2WINTIX!**

Both Friday and Saturday culminated with great coaching collaboration at socials at local establishments. WIBCA appreciates the efforts of all speakers from both the collegiate and high school level men's and women's programs. ■



*Mario Mengarelli  
Zillah Head Coach*



*Matty McIntyre, Gonzaga Prep  
Head Coach*



*Dave Rice, University of  
Washington Assistant Coach*



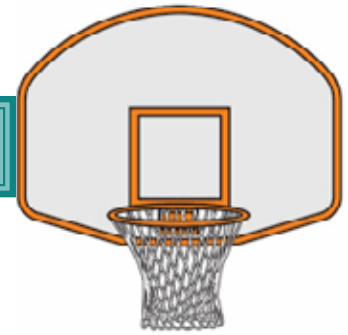
*Andy Affholter, Granger HS*



*Brandon Rinta, CWU  
Girls Head Coach*



# Basketball



## 6th Annual WIBCA Basketball Clinic



*A Full Clinic Session*

*Presenter: Matt Logie, Whitworth University*



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# WE WERE REALLY TOUGH WEREN'T WE!!!

## Memories of my Football Coaching Mentor, Chuck Semancik

By Lane C Dowell

### COACH SEMANCIK DID NOT LIKE TO LOSE. WE SELDOM DID.

He particularly refused to lose to any of the Tacoma schools, especially his alma mater, Lincoln of Tacoma or his UW rival Harry Byrd, the head man at Wilson. Oh, and it was never acceptable to lose to district rival East High...we only did twice in 28 years.

Coach Semancik was not just a stellar Washington State Cougar lineman but a much better than average WSU Wrestler. He loved regaling his *fellas* about his Cougar Wrestling coach taking his grapplers around the farm belt of Eastern Washington for shows. In that Semancik was of Eastern European's descent, he would play the *villain*, while the blonde blue-eyed Nordic was the *good-guy*.

One of his Cougar wrestling team mates was longtime **North Thurston Coach George Rosewell**, who balked whenever he saw my **Semancik Foundation** ball cap. The 100-year-old coach would ask me every time we exchanged greetings at a Masters FIELD and track competition: "You know Charlie?" he would challenge me as he showed me his badly abused cauliflower ears.

Then, picking it up an octave or two and making sure I and all near knew what my mentor had done to his ears, he intoned for all to hear, "HE DID THIS TO ME", and then, with a smile and a cackle.... "That G.D. Charlie!" I don't know to this day if the seemingly ageless coach knows my name, but he SURE KNOWS WHO CHUCK WAS.

When Coach Semancik got out of the U.S. Navy after WWII, he took the head football job at Aberdeen High with the Bobcats. The BIG game in those days was the annual Thanksgiving Day tussle at either Hoquiam's Olympic Stadium or Aberdeen's Stewart Field where the stadiums were packed. Chuck's 'Cats won the first three of these.

This was a story passed onto to me by a former neighbor and then-young Grizzly coach, Jack Swarhout: *My team was composed of mostly underclassmen but very talented, such as QB Jack Elway (yes John's Dad), Bill Early, etc. The game was at Stewart Field and my Hoquiam team led at the half. Chuck was furious. When the Blue and Gold trudged into their locker room, they were greeted by a livid Semancik. Chuck told his charges that if they did not come back and beat the young Grizzlies that he would resign.*

As much as Aberdeen revered Coach Semancik and his successes over their Myrtle Street rival, the Bobcats lost the game. Chuck knew when his team was being outplayed.

OK, but, here is the clinker...Chuck had already signed a contract to coach next season with his former WSU team mate Dwight Scheyer in Bremerton.

### WE WERE REALLY TOUGH, WEREN'T WE!!! This was NEVER A QUESTION!

Chuck became a coach in Bremerton in 1948 and held that position until 1984...Bremerton High Wildcats, West High Wildcats, and Bremerton Knights. His style of play was a rough, rock 'em sock 'em inner-city brand...much like the mean streets of his home city of Tacoma and his 38th Street Gang.

The Bremerton gridiron that was the usual field of play for Chuck's Wildcat Eleven was gritty sand laced with small rocks and pieces of glass. No place for one that did not have a taste for blood, sweat, toil, but no tears OR whining.

**Room 8** was where Coach Semancik stirred the pot. Hearing Chuck give the starting lineup was as much Rah-Rah as he ever did..."Ahem, Andy, you take that QB spot." Everyone knew who the starters were, but this was special.

He had many ways to emphasize a point like kicking



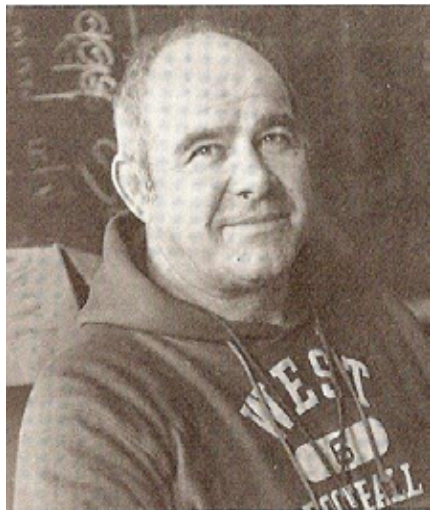
trash cans or blocking his huge desk across the front of Room 8.

As a new assistant coach, it was part of your duty to pull the blinds at the half so the scores of fans and media gathered outside would not witness a face mask being adjusted or a rear being kicked. Upperclassmen ALWAYS SAT IN THE BACK. Assistant coaches usually made corrections on the sideline.

A favorite **Chuckism** for one that experienced a bit of blood or an Owee was "TAPE AN ASPRIN TO IT". I won't even begin to tell you how he taught his charges to cure athlete's foot. What was 6<sup>th</sup> Period PE...

**Other Chuckisms...**"How did that happen?"..."Cripes o' fishhooks". "Damn it Dowell"...as close to profanity as I ever heard Chuck use.

In Bremerton, we called it Chuck Football well before hardnosed Seattle Seahawk mentor Chuck Knox was labeled as the creator of...'Three yards and a Cloud of Dust'. What is a Wide Receiver?...East Right...are you kidding me? THANKS, COACH JOE STORTINI



**WE WERE REALLY TOUGH WEREN'T WE!**

We used to wonder how many two-a-days or is it three-a-days would we have and how long would each practice last? How many HILLS (the bowl that constitutes Bremerton's

Memorial Stadium) did you say we ran after practice. Up...down...up...!O6...are you kidding me?

"CCD tonight, Chuck!"

"BEND OVER"...A SWIFT Semancik kick in that rear. Thanks for creating AI AIDE...AI.

When CHUCK called for former players, Bramwell, Carlson, Elswick, Griffen, Morgen, O'Brien, or Spence when the WILDCATS are in a tight spot, we would wonder if they would magically step out of the fog and lead us to victory.

Chuck loved his guys and felt playing this great game was the only way to learn life lessons and to stay in school.

Growing up in Tacoma, he ran with a very rough crowd called the 38th St. Gang. These teen thugs didn't own cars. They ran everywhere they wanted to go...Puyallup or further.

Back in the day, working with the guy who recruited me to do local radio when my coaching season was over, Dusty Anchors and I did a Saturday morning Radio talk show we called "Breakfast with the Coaches" held at the beautiful Silverdale Hotel who paid for all meals. We usually had pretty sizable crowds.

A Saturday show I will NEVER forget...I was interviewing my mentor who DEFINITELY did NOT like to be interviewed, when I ASKED the QUESTION.

DOWELL: WHERE WOULD YOU BE TODAY IF IT WEREN'T for FOOTBALL?

CHUCK: (instantaneous comeback with a big smile) "Well Dowell, I'd be in jail."

DOWELL: "After this time-out we'll be right back with more on Breakfast with the Coaches."

My eggs were VERY SCRAMBLED that Saturday A.M.

Four days prior to Chuck's passing (1984), Deanna and I sat in his care facility in Tacoma and he repeatedly muttered...

**WE WERE REALLY TOUGH, WEREN'T WE!!!**

THIS WAS NOT SPOKEN OR PHRASED AS A QUESTION. WE COACHES AND PLAYERS WERE TO APPROACH EACH GAME THIS WAY.

Many people have asked me if Chuck ever showed a gentle side for his players as he continually **drove them to be tough.**

One of the best examples I ever saw of this was with his 1971 team, which was physically outmanned by the very talented Wilson Rams team on a brisk Fall eve on the gridiron at Bellarmine Prep.

The Rams were blessed with talent, many of whom went on to play ball after their prep days ended. To be frank I don't recall more than one West High player that tipped the scales at over 200 lbs.; Tackle Barney Gradin.

At games end the scoreboard told the story. Wilson had destroyed a beaten, bloodied, and bruised 'Cats Eleven, who had fought hard but **NEVER GAVE UP. They had played their hearts out for their coach, and he knew it.**

In the post-game locker room Chuck spent many a minute hugging and quietly talking with his spent players, who sat in silence. **They had given their all.** Even in defeat, they were **TOUGH.**

*Continued on page 10*

## FIELD and TRACK update



**Katie Wardsworth** was hired as the Oregon Track and Field's Director of Operations on Sept. 17, 2018.

Wardsworth will take a leading role in Oregon's day-to-day track and field operations and travel coordination, among other duties.

Katie's parents both coach the sport in the Greater Spokane area. Her Dad, Alan at Central

Valley where he very successfully established the Hammer, and Katie's Mom, Elizabeth at University High.

Wardsworth served as the Captain for the Washington State Cougars Track and Field Team. She spent time serving as the Assistant Coordinator of the Peer

Academic Program helping at-risk-student/athletes work with learning specialists and tutors to regain eligibility. She placed ninth in the hammer throw at the 2016 and 2018 Pac-12 Championship meets.

Wardsworth gained experience in operations upon transferring to the UW, where she served as a track and field operations intern for the Huskies. The Spokane Valley, Washington native began her collegiate career at Idaho in 2014 before redshirting in 2015 and transferring to WSU.

## PAUL SILVI SHOWS PASSION FOR HIGH SCHOOL SPORTS

**Paul Silvi, Sports Director at KING TV Ch.5** is the creator of the High School Sports Blitz and deserves a **BIG PAT ON THE BACK** for recognizing our **KIDS WHO PLAY FOR FUN**.

In addition to his anchoring duties on regular newscasts, Silvi also hosts two other programs:

**"The 5th Quarter"**, a prime-time **Seahawks** program that airs Sunday nights after NBC's **Sunday Night Football**, and the **"High School**



**Sports Blitz"** which streams live on KING5.com every Friday night during the prep football season.

The High School Sports Blitz has now aired over 300 episodes and gives

excellent exposure to all the activities that surround prep game day from the AM pep rally, band, cheer staff, to the Big Plays, and the Player of the Game.

Loyal viewers watch to see which high school's jersey the affable analyst will dawn each Friday.

**Sivli and staff** have also created a new show which airs periodically

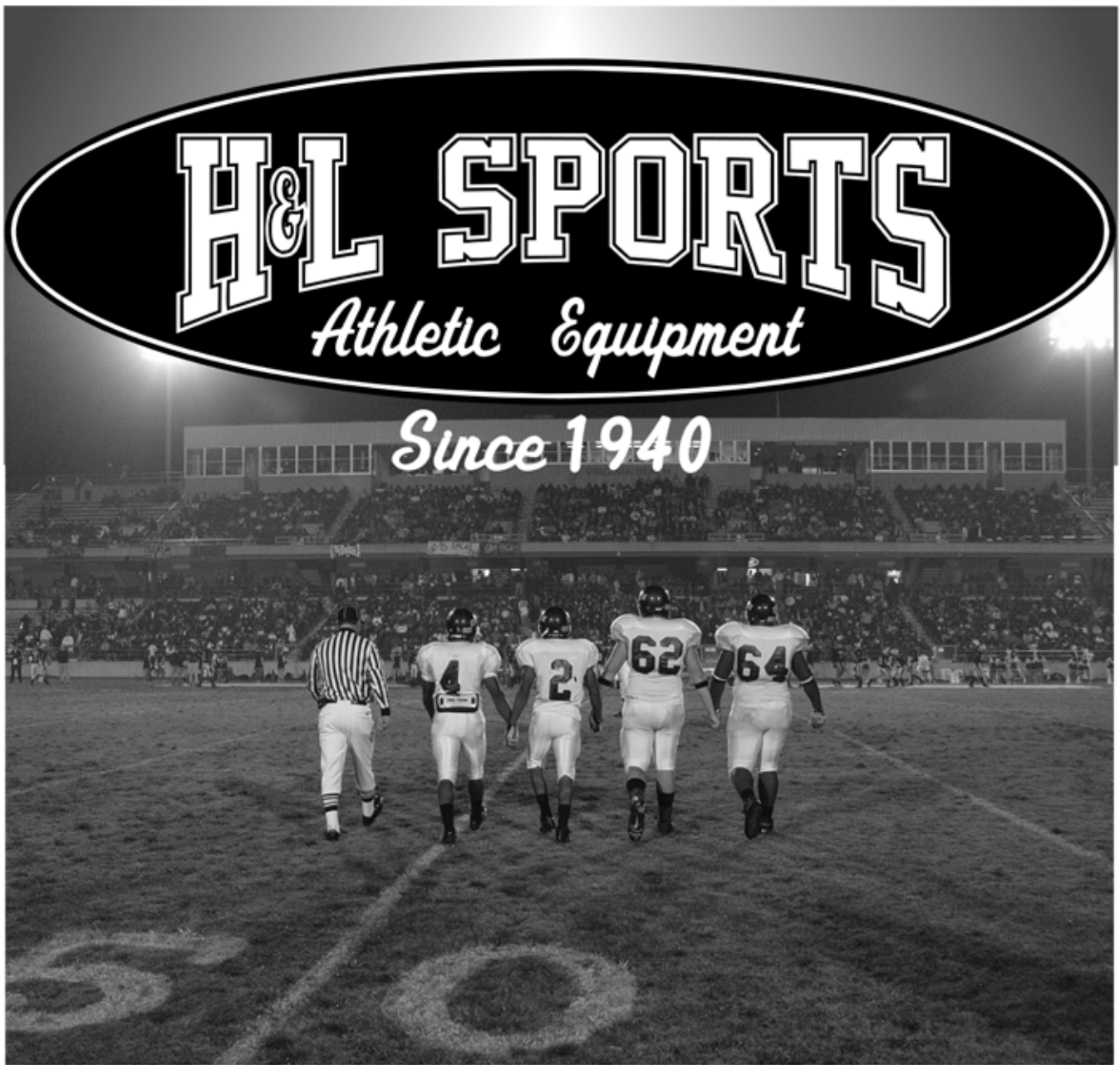
called **"IN THE PREP ZONE"**, which features some of our areas top athletes and coaches.

As an Emmy Award-winning sports anchor, He has enjoyed over two decades at **KING 5**.

Paul earned a Bachelor of Arts degree in Journalism at **Bowling Green State University**, where he played football for four years, earning All Mid-American Conference honors as a placekicker. He developed his kicking skills as an All-State soccer player at Lahser High School in Bloomfield Hills, Michigan.



*Lane C. Dowell  
WSCA Lifetime Member  
Chuck Semancik Assistant Coach OL/  
DC  
Founder, Chuck Semancik Memorial  
Foundation  
WTFCA HOF Coach  
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# Thank You for Helping To “Get Greg Rolling”!

Editor’s note: Last June, a “Go Fund Me” account was created to raise \$16,000 for an outdoor mobility chair to help Greg McMillan in his teaching and coaching duties. Through the generosity of friends, community members and coaches throughout the state, their goal was reached and the chair is now being used with great results. Below are thoughts shared by Greg’s wife, Marnie.



The new motorized chair has been such an amazing boost to Greg’s quality of life and a blessing beyond measure. He has so much more energy left at the end of the day because of this chair. His excitement for football, teaching and life in general has been reignited. We cannot say THANK YOU enough to all the people that made this happen. We are still in awe and disbelief that the money to buy the chair was raised so quickly (8 days). It was so very humbling and honoring to watch our goal get closer and closer every day. Greg uses his chair at school as well as practice and we are looking forward to giving it a run at Disneyland. ■



**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*



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#### **Rates for 4 issues:**

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Quarter Page (3.5"x4.5")... \$200.00

Rates for 1, 2 or 3 issues are also available

For advertising information please contact, Michael H. Schick, Editor  
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Cell phone: 253-318-9432



# INCORPORATING AN EFFICIENT WARM UP INTO YOUR STRENGTH TRAINING PROGRAM

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

Simply running in place or pulling your leg behind the back doesn't cut it this portion of an exercise session. Moreover, it certainly does not prepare your body for any competitive sport at all! The warm up must get the body ready to perform effectively and efficiently at its peak. Doing so requires attention to raising the heart rate, preparing the nervous system, the muscles, tendons, joints and the ligaments that hold it all together.

## **Expected and specific outcomes resulting from the warm up**

Improved elasticity of and increased contraction capabilities of the muscles, raising the efficiency of the cardiovascular and respiratory systems, reduced reaction times via improved neuromuscular connections and transmissions, focused concentration, improved coordination and perception abilities, emotional state normalization particularly before a competitive event takes place.

According to Sozanski, the warm up regulates the emotional status due to the flow of impulses from the motor and sensory nerve centers to and from the working muscles by calming down an overly excited nervous system.

In the case of one who is apathetic (start apathy) to the upcoming event, the correct type of warm up stimulates the nervous system. For example, these individuals need simple, fast paced, easy exercises, requiring fast reactions, coordination and agil-

ity while performed in an energetic manner.

If the intensity of the workout is high then the warm up will, of necessity, be longer. Longer warm up periods would be in order for the explosive sports endeavors such as sprinting and the more difficult technical sessions. Aerobic and endurance exercise periods need much less, as the pre stages of these activities are in and of themselves a warm up activity.

Just as certain exercises are more appropriate to specific athletes, certain warm-ups are also appropriate to certain individuals. If the athlete is overly excited, their warm up process would involve slow complex exercises requiring precision of movement, but ones that are well known and familiar to the athlete. The warm up session starts with exercises that are low in intensity, progressing up to the actual work out movements. Starting with high intensity exercises leaves little left in reserve for the main work out. The body quickly uses its stored muscle glycogen and increases the lactate levels in the blood when engaged in high intensity work. When the lactate increases, the free fatty acids decrease, leaving less to help produce energy.

Normally, you wouldn't get into your car on a cold morning and go racing out the drive way and onto the expressway at maximum speed. It's the same for our bodies; warm them up for the tasks ahead.

Repeating the same warm up in

successive workouts is not beneficial to the athlete as the goals of each workout are not necessarily the same, thus the warm up should reflect the workout goal. The warm up should prepare the athlete for the workout; bearing this in mind the last minutes of the warm up will be more or less specific to the first training exercises and ultimately blend into the actual workout itself. After the session has started, precede each different movement by its own specific but short warm up throughout the period.

## **The general warm up**

The runner's may actually be onto something when they start out on a run; they normally begin at a slower pace than the main portion of the run will be. Any exercise that revs up the cardiovascular system is good except for the time-honored jumping jacks.

As mentioned in Thomas Kurz excellent training manual Science of Sports Training,<sup>1</sup> these are contraindicated as a warm up because there is NO technique in any sport that is similar or can be improved by doing these outdated exercises. This activity causes a neurological disorganization in an athlete by causing a regression to an out of sync, homolateral<sup>2</sup> pattern of locomotion resulting in a vague feeling of confusion. Additionally, jumping jacks raise the levels of blood lactate before the main workout and are not a lead in exercise for any lifting technique.

Increased flexibility is a residual effect of the influx of blood into the



muscles. Immediately after the aerobic warm up, begin with dynamic stretches such as arm and leg rotations to the front, side, rear and in large circles.

Do more leg rotations during this time than arm rotations because of the muscle mass involved. Ten to twelve legs compared to five to eight arm rotations. Do as many as necessary to reach full range of motion in any particular direction. Throwers, warming up, would follow a systematic sequence that is specific to the shoulders.

Notice there was no mention of any isometric, relaxed or static stretches before an active workout.

- Improved elasticity of and increased contraction capabilities of the muscles
- Reduced reaction times via improved neuromuscular connections and transmissions
- Higher breathing efficiencies

The goal is improved performance.

Static stretches tend to relax the joints and decrease potential power output, by some estimates up to 8% and impair the activity of the tendon reflexes. Holding Isometric stretches make an athlete tired while at the same time decreasing coordination abilities. Whereas the passive, relaxed style of stretching has a calming effect on the athlete, which is just the opposite of what an athlete needs before a competition.

A relaxed, non-optimally coordinated joint and muscle tendon combination is just asking for an injury to happen.

If the temperature is low and the forthcoming activity intense, the warm up must be longer and more intense than if the temperature is high, and the session a low intensity one. Each exercise builds on the previous ones until the final effort has the

body ready for the main part of the workout.

### Skipping Rope

Most of us skipped rope during an earlier time in our lives. But as time went by, we forgot the rope while we hurried about our busy lives. As it so happens, it really was great exercise then and it remains an excellent one today.

The main difference now is that it can be an important part of a physical fitness routine-if practiced diligently. It is great for developing agility and cardiovascular capabilities.

Skipping rope is easy, effective and straightforward. You either skip or you miss, and when you miss, you receive instant feedback. These built in automatic stops keep you from continuing with bad form or technique. On the down side, they provide a break when perhaps one isn't really needed.

Once you become confident, and coordinated enough, one hundred and twenty skips takes about one minute to complete if done continuously with single hops between each rope hit.

Increase an additional 10-20% to your skip numbers each week. Once at the 500 mark you are better off jumping for time instead of hits. Naturally, if you keep missing and have to stop and start over again the benefits are going to be lower when compared to continuously skipping for five to ten minutes.

As can be felt, this is an excellent exercise to help build up or maintain your agility, balance, coordination, and cardiovascular endurance. Additional advantages enter into the picture by providing much needed stress on your bones, which in turn makes them stronger.

After your students become efficient with their rope, start using it

during the training sessions by including it into the schedule after each major strength training exercise. Of course, this depends on the purpose of the training session.

If it is purely strength training, then leave the ropes hanging except for the warmup. However if strength and endurance is the goal, then insert the ropes after completing each exercise.

For example, after the squats are finished move to a 2-3 minutes of skipping before starting the next exercise on the schedule.

The Tabata HIIT protocol is another way to use the ropes with a 20-second high intensity period followed immediately by a ten-second rest. Do these for at least five sets, with the goal of finishing eight sets. At the end these eight cycles, your students will have had a tough workout lasting only four minutes.

A less strenuous method of starting out is with a ratio of 1:4 meaning one time segment followed by four time segments of rest. For example, 10 second of high speed skipping with 40 seconds of active rest.

Whatever ratio you use, decide what kind of rest periods you want to use, active or inactive. Some use a complete rest. Some continue at a much slower pace or just walk around the gym.

For the unconditioned person, keep them on this slower pace up until their heart rate is at least 80% of MHR, which means the ratio may or may not be adhered too during the session. After the heart rate gets to 80% start the high-speed jumps again.

#### (Footnotes)

<sup>1</sup> Kurz, T. 2001, Science of Sports Training, Stadion Publishing Co.

<sup>2</sup> This may also be called an ipsilateral movement. ■

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## BEFOUR AND LEVELCHANGER ANNOUNCE PARTNERSHIP

### FOCUS ON SAFE WEIGHT MANAGEMENT IN WRESTLING

PALO ALTO, CA and SAUKVILLE, WI For Immediate Release - LevelChanger, publisher of the Takedown suite of market-leading collegiate and scholastic wrestling apps, and Befour Inc., the manufacturer of American-made precision scales, announce a partnership whereby the two companies will jointly help wrestling teams safely manage athlete weights. The first by-product of this partnership is an integration of Befour's PS-6615 Bluetooth-enabled wrestling scale with Takedown Scoring and Stats for "paperless" and automatic recording of wrestler weigh-in data. This feature, offered for free in the Takedown Scoring and Stats app, is now available.

#### WEIGHT MANAGEMENT

Monitoring weight fluctuations in amateur wrestlers is a critical safety issue. In light of three weight management related wrestler deaths in 1997, both the NCAA and NFHS adopted programs to ascertain healthy weight targets and record "official" weights for competition. However, monitoring "unofficial" weights during practice days is not systematically addressed by either organization. This is important because unsafe weight management practices from one event to another — post-competition excessive weight gain followed by dramatic weight loss — can be unhealthy, even unsafe, for the wrestler.

#### USER FEEDBACK

Recently, LevelChanger surveyed hundreds of wrestling teams about weight management and monitoring "unofficial" weigh-ins. Of all respondents, roughly half do not record "unofficial" weigh-ins during practice or other non-event days. In this group,

2 out of 3 respondents claim it is too difficult or time consuming to record the weigh-ins in a useful format. In the group that records "unofficial" weigh-ins, 71% use pencil and paper. Lastly, informing parents of weight management issues, according to nearly half of all respondents, is the responsibility of the wrestler - not the coaching staff.

#### PAPERLESS, AUTOMATED SOLUTION

Now through this partnership, LevelChanger and Befour are offering a simple and quick method for recording wrestler weigh-ins. Via wireless Bluetooth technology, Befour's PS-6615 scale can transfer weight information to LevelChanger's Takedown Scoring and Stats app. Because Takedown maintains a list of rostered wrestlers, it is easy to associate the recorded weight with a wrestler name. For a roster of thirty wrestlers, the time required to record weigh-ins for all wrestlers is roughly five minutes.

#### FLAGS UNHEALTHY WEIGHT FLUCTUATIONS

Once recorded, weight fluctuations that appear to be unhealthy are automatically flagged and reported by Takedown. These reports are easily shared from Takedown — using email or text messaging — to relevant third parties such as parents, trainers and coaches. The process of recording weigh-ins and gaining insights to potentially unhealthy weight management practices is entirely paperless.

#### PRICING, AVAILABILITY

Takedown Scoring and Stats is free to download from the Apple App Store and is compatible with the Apple

Ipad. Weight management — recording and reporting — is also free. This feature is available now.

BEFOUR's PS-6615 scale can be ordered with an additional module installed to enable Bluetooth capability. For existing PS-6615 users without Bluetooth, an add-on module is available. Both products are now available; please contact Befour, Inc. for pricing and lead-time.

#### ABOUT BEFOUR

Befour Inc. is a privately owned, ISO certified company, designing and manufacturing American-made, precision digital scales since 1979. For 40 years, Befour has produced scales that incorporate cutting-edge technology and superior quality. More than 25,000 scales are in use among educational institutions, making Befour one of the most widely used scales in wrestling.

#### ABOUT LEVELCHANGER

LevelChanger™, founded in 2011, develops mobile applications for the benefit of the scholastic and college wrestling community, including coaches, managers, scorekeepers and fans. Takedown Scoring and Stats has been installed by more than 3,000 colleges, high schools, middle and elementary schools, and wrestling clubs worldwide. To date, more than 210,000 wrestling matches have been scored with Takedown.

#### For More Information

Befour, Inc. - Kariann Thon  
Kariann@befour.com  
www.befour.com  
LevelChanger  
Jack Moses  
jack@levelchanger.com  
www.levelchanger.com ■

# WRESTLING

## 2018 WSWCA Hall of Fame Inductees

### Craig Hanson

East Valley HS 1995-  
Coeur d'Alene (ID) HS 1994-95  
Lakeside HS 1990-94  
Wapato HS 1987-90  
Arlee HS (MT) 1984-87

Craig Hanson is entering his 24th year of coaching at East Valley where his teams have finished in the top-ten at state eighteen times and have won fourteen league titles, eight regional titles and one state championship. Prior to coming to EVHS, Hanson coached at Arlee HS (MT), Wapato HS, Lakeside HS Nine Mile Falls and Coeur d'Alene HS (ID). He has an overall combined dual meet record of 354-64 and has had 26 top-ten team finishes at the state tournament in 34 years of coaching. Over his career, he has coached nine academic state champions, fourteen state champions, 147 state placers and 12 High School All-Americans.

Hanson has been awarded as the 2002, 2003, 2018 WSWCA Coach of the Year, the 2003 & 2017 NWCA Sectional Coach of the Year; the 2014, 2015, 2017, and 2018 GNLC Coach of the Year. He was one of the co-founders of the Washington Intensive Wrestling Camp and has been a featured clinician at many local camps. Hanson has put in countless hours for the sport of wrestling as a volunteer, and has served multiple roles for the WSWCA including president, vice president, and at-large member. Hanson has also served as WSWA Junior Team Director, National Team Coach, Coaching Director and a Cultural Exchange Coach. He is currently an organizer of the WSWCA Coaches Clinic, is involved in the Japanese Cultural Exchange Program, has served as WSWA Coaches Director and the NWCA Board of Directors - Scholastic, along

with coaching club wrestlers of all ages throughout his career.

Hanson has brought numerous wrestling events to Spokane including the Spokane Open College Wrestling Tournament, the USAW Tour of America's Bigfoot Battle and many local and State events over the years. He has also served as the Tournament Director for the NJCAA National Championships, the Spokane Open and Washington Dream Duals. Hanson is a huge proponent to add a State Dual Meet Championship in Washington working with the WIAA as a coach's representative.

Hanson is a graduate of the Univ. of Montana and Gonzaga University. He has been married to his wife, Jeneen for 35 years and they are the proud parents of three boys, Matthew, Clete and Zachary who are all actively involved in the sport of wrestling either coaching or participating.

*Continued on page 18*



*Left to right  
David Wilson (Joe Babbitt Contributors  
Award recipient), Jim A. Meyerhoff,  
John Voss, Daniel Robillard,  
Craig Hanson, John Owen*

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# WRESTLING

*Continued from page 17*

## **Jim Meyerhoff**

Emerald Ridge HS 2000-2015  
H.M. Jackson HS 1995-2000  
Vashon Island HS 1992-1995  
Cascade MS (Auburn) 1991-1992

Jim Meyerhoff grew up in a wrestling family and was helping manage tournaments at a young age. Wrestling provided many opportunities and took his family all over the world. Following graduation from Puyallup HS, Meyerhoff attended Pacific Lutheran University and assisted with the wrestling program. He spent five years as an assistant at Jackson HS in Everett, three years as an assistant at Vashon Island HS and a year as head coach at Cascade JHS in Auburn.

He was the head wrestling coach at Emerald Ridge for fifteen years, starting the program at the new school in 2000. ER teams won five SPSL Championships, three regional championships, and the 2011 Girls team were the 4A Academic State Champions. Meyerhoff coached 49 state placers, including 3 state champions, six runners-up, and twelve third place finishers. Emerald Ridge ran the first tournament solely for girls after the WIAA started the girls state tournament in 2007. Meyerhoff was chosen as the SPSL South Coach of the Year in 2005, 2006 and 2011 along with Region 2 Coach of the Year in 2011. In 2009 Meyerhoff was honored as the State Coach of the Year for the girls division, and he was selected as the 4A Coach of the Year in 2011. Meyerhoff also coached the ERHS Girls Golf team where his teams won six league titles.

He has been the tournament man-

ager for many league and regional tournaments along with multiple high school tournaments each year. Meyerhoff has been a Mat Classic staff member every year since its inception, now serving as the B Tournament Director. He has been a strong proponent for the advancement of girls wrestling in Washington, and helped coach the WSWA Girls National Team at Fargo where the teams placed 2nd and 3rd in the national duals. He has served as Director of the WSWCA Hall of Fame for 21 years, and as a WSWCA Executive Board Member, Meyerhoff has been involved in the running the annual coaches clinic and was part of the group that helped get the match count raised to 45 matches.

Meyerhoff was a photography, technology, and yearbook teacher for 27 years, and was the Puyallup HS Athletic Director for three years. He currently serves as the Puyallup SD Director of Athletics, Health & Fitness. Meyerhoff and his wife Dawn (an elementary teacher in the Puyallup School District) have two grown children, Angela and Tyler, and a six-year old grandson, Cormac.

## **John Owen**

Central Valley HS 2011-2016  
West Valley HS 2008-2011  
Central Valley HS 2002-2008  
University HS 1997-2011  
North Idaho College 1975-1997  
South Umpqua (OR) 1972-1975

John Owen has had a major impact at all levels as a wrestling coach for 47 years. After a two-year stint in the Army, and graduating from

Central Washington in 1972, Owen coached at South Umpqua HS (OR) for three years where his team had a dual record of 72-11-2 and his teams placed 2nd and 4th, had three champions and eight place winners. Owen then moved to North Idaho College where he would set a standard for the NJCAA over the next two decades. First as an assistant to Hall of Fame coach Les Hogan, and then as head coach. His NIC teams compiled a dual record of 304-23-2, and placed in the top-3 at nationals 18 of 20 years, including eight NJCAA national championships. 35 Cardinals won NJCAA titles and Owen coached a total of 118 All-Americans. He was named NJCAA Coach of the Year four times.

Owen returned to the high school ranks when his sons competed at that level. First as an assistant with this brother Don at University HS, then two stints at Central Valley and West Valley in Spokane. At CV his teams placed 3rd and 4th and saw eight Bears win championships among 28 state place winners. Owen was named 4A Coach of the Year in 2016.

His coaching extended beyond the high school and college levels as Owen served as Head Coach for the Junior Pan American Team in 1979, Head Freestyle Coach of Team USA vs Cuba in 1991 and Russia in 1992. He was the WSWA Deputy Director from 2002-2007.

Many honors have been bestowed upon Owen during his career including NJCAA Hall of Fame in 1989, Idaho Athletic Hall of Fame in 2005, World Sports Humanitarian Hall of Fame (ID) in 2008, North Idaho College Hall of Fame in 2010, Inland

Northwest Hall of Fame in 2012.

John and his wife Janet have four children; Jennifer, Nicole, Tommy and Brian. They are fortunate to have seven grandchildren; Owen, Brady, Hilie, Brynlynn, Ryder, Lucas, Asher and an eighth on the way. Owen continues to coach at the Inland Northwest Training Center, has retired from teaching, and is enjoying time fishing near his new home on Lake Coeur d'Alene.

### **Daniel Robillard – Assistant Coach**

Zillah HS 1989-2018

Pullman HS 1988-1989

Daniel Robillard wrestled at Granger HS where he was a three-time state placer and the class valedictorian in 1984. After a year coaching at Pullman HS, Robillard spent thirty years coaching at Zillah HS, including 25 as an assistant and five as the head coach. During his time at Zillah, the Leopards had a dual meet record of 254-80-2, and they won 13 league titles, 15 district titles, and three Regional championships. The Zillah teams won three state championships, one with Robillard as the head coach and two as an assistant coach. They also earned top-4 trophies seven other times. Robillard has coached 22 state champions and 125

state place winners. Coach Robillard was named Regional Assistant Coach of the Year twice.

Robillard also had a storied career in other sports while at Zillah. In 2011 Robillard was named to the WSCA Hall of Fame for Softball after leading the Leopard to 529 wins, three state championships and four other state trophies in his 30 years as head coach. His softball teams won four Academic State Championships and had 30 straight years of WIAA Academic Achievement Awards. Robillard has been a head or assistant coach in volleyball and football, and served as president of the Zillah Coaches Association for 17 years. Robillard has completed his 90th consecutive season coaching at Zillah.

### **John Voss – Assistant Coach**

Warden HS 1987-2011

John Voss graduated from Warden High School in 1972 where he participated in football and wrestled for future Hall of Fame coach Darrell White. Voss married his wife Janice in 1976, and their children Lee and Stacy followed a few years later. Voss graduated from Eastern Washington University in 1980. He got his first teaching assignment in Rigby, Idaho in 1981, and then moved to Har-

rington, WA where he taught for the next four years. In 1985 Voss returned to Warden where he has primarily taught high school math.

He joined to the Warden wrestling program in 1987 when he began his 25 year stay as the assistant coach. During these years Warden won 23 undefeated league titles, seven state championships, three second-place finishes, a third and fourth place finish, and ten Dream Duals championships. Voss' JV (white) squad scored enough points at state to place second to the varsity (blue) on two separate occasions. Both Voss and Hall of Fame head coach Rick Bowers completed their Master's Degree through Eastern Washington University and won a state title in the same year.

Voss did whatever was necessary to help the program, including volunteering countless hours the middle school and Little Guy wrestling teams. Some of his primary duties included injury evaluation and rehab, stats, showing technique, particularly leg rides and counters. Voss never missed a practice or event, and his JV squad had a separate schedule which he would drive anywhere in the state to get his team the level of competition they needed. ■

*Congratulations*

*To all Hall of Fame Recipients*

## Puyallup School District ties to Washington State Wrestling Coaches Hall of Fame

The 2018 class of the WSWCA Hall of Fame included the fourth wrestling coach with ties to the Puyallup School District. One of the newest members, Jim A. Meyerhoff, a 1987 graduate of Puyallup High School, was the head wrestling coach at Emerald Ridge High School from 2000 to 2015 and is the current PSD Athletic Director.

His father, Jim H. Meyerhoff a 1966 Puyallup graduate, has a long list of accomplishments in the sport of wrestling including head coaching positions at Franklin Pierce High School and PLU and he was an original Co Director of the WIAA Mat Classic and later becoming the director of the Mat Classic. He was inducted in 1989.

George Wilfong, a long time head wrestling coach at Puyallup High School, was inducted in 1997. The long list of milestones reached by PHS wrestling under coach Wilfong includes 11 SPSL titles with a stretch of 8 consecutive from 1980 to 1987.

Ray Barnes was the head wrestling coach at PHS from 1956 to 1970 setting the bar for wrestling excellence. ■



*WSWCA Hall of Fame members with ties to the Puyallup SD, George Wilfong, Jim A. Meyerhoff, Jim H. Meyerhoff.*

## YOUR SPORT REPRESENTATIVES

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

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

### Sport Associations Board Representatives

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

## Washington State Coaches Association Insurance

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

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

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

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

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

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

The insurance policy is underwritten by K&K Insurance.

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

## APRIL 15 DEADLINE



### BURNETT-ENNIS SCHOLARSHIP

#### April 15 Deadline

This scholarship opportunity is open to any member's son or daughter planning on attending an institution of higher learning.

To be eligible for consideration, applicants must meet the following criteria:

At least one parent must be a current member in good standing of the Washington State Coaches Association.

Complete the scholarship application in its entirety found on the WSCA website ([washcoach.net](http://washcoach.net)). The application is placed under the category labeled, "GENERAL FORMS."

The completed application must be received by April 15.

### BURNETT-ENNIS STUDENT TEACHER SCHOLARSHIP

#### April 15 Deadline

This scholarship opportunity is open to any member's son or daughter planning on entering their student teaching experience next year.

To be eligible for consideration, applicants must meet the following criteria:

At least one parent must be a current member in good standing of the Washington State Coaches Association.

Complete the scholarship application in its entirety found on the WSCA website ([washcoach.net](http://washcoach.net)). The application is placed under the category labeled, "GENERAL FORMS."

The completed application must be received by April 15. ■

## HAWKES SQUAWKS

### "Paying it Forward" to the WSCA

To begin with, my intent is to engage your curiosity and interest in my huge sports book collection. Over the course of time, I have been a participant in the **Pay It Forward** movement. I want to give away my coaching books to the **WSCA membership** at no cost. When you're done with them, please pass on the book to another coach. Under no circumstance do I want my books be given to a thrift store.

*(As misfortune would have it, my health issues which included a previous heart condition and diabetes has added Parkinson's which has me downsizing and moving into assistant health care)*

My new and last book, *My Coaching Journey*, has me motoring down memory lane which started in the fall of 1958 at Port Angeles High School. Looking back, it was fun and the relationships were priceless. When ready, it will be in your book package at no charge. If you want, you can pay postage.

If this opportunity to jump into discovering what a 60 year plus book collection of coaching ideas, trends, perspective and wisdom has to offer you in furthering your coaching career, please complete the information below and send it to me.

You'll never know what you might read that can be useful. As a coach you must continue to grow and learn.



The future of any sport is being a life-long learner. A simple approach is to read what other coaches have to say. Remember, the big time is wherever you are at.

See you around, I hope  
Dee Hawkes



# Hawkes Squawks



I want to GIVE AWAY my coaching books to the **WSCA membership** at no cost. When you're done with them, please pass on the book to another coach. Under no circumstance do I want my books to be given to a thrift store. - Dee Hawkes

Yes, as a student of sport I choose to participate.

Name \_\_\_\_\_

School \_\_\_\_\_ Retired \_\_\_\_\_

Address (home or school) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Make a copy of this page and mail to:

**Coaching Books**

**PO Box 294**

**Bothell, WA 98041-0294**

Please check all that apply:

Football    Basketball    Baseball    Wrestling    Coaches

Another means to submit your request is to send the above information in an email to me at [hawkes32@comcast.net](mailto:hawkes32@comcast.net) ■

## GETTING THE STATISTICS RIGHT...

Jens Jensen  
WSSCA President

When reviewing the statistics after a match and contrasting the number of shots/shots-on-goal reported by the home or visiting team, I have found the reports to vary fantastically. True also with my own statisticians, most tend to view their own team's scoring attempts with glowing optimism.

The NCAA releases a soccer statisticians' manual each year, and since we do not have a comparable document at the state level, a review of the NCAA manual may prove useful for your team statistician.

### SECTION 3—SHOTS

Article 1. A shot is an attempt that is taken with the intent of scoring and is directed toward the goal.

Article 2. A cross or crossing pass is not a shot. A cross is a long kick from a wide position into the penalty area in front of the goal. The intent of a cross is to set up a scoring opportunity for an attacking player. A goalkeeper who intercepts a cross is not credited with a save.

Exception: A cross that the goalkeeper stops that otherwise would have entered the goal is considered a shot, and the goalkeeper is credited with a save.

Article 3. A shot on goal is a shot that is on net. The results of a shot on goal must be either a save by the goalkeeper **or defending team** or a goal by the attacking team. **A shot that hits the post or crossbar without being deflected by a goalkeeper or defender and does not cross the goal line is not a shot on goal.**

While there is still plenty of room for interpretation (Blocked Shot Trajectory on Goal or Not?), the above text should help your statistician provide a more reliable metric.

Assists are another stat that tends to be reported unreliably by my statisticians. While Shots/Shots-on-Goal are useful for getting a snapshot of the pattern of the match and setting training focus or team shape moving forward, assists are widely used when highlighting or recognizing a player. It is important that we accurately represent a talent. The NCAA manual can help:

### SECTION 5—ASSISTS

Philosophy. An assist is not necessarily credited to a player who makes a pass before a goal. There should be conscious effort on the part of the passer to find an open player for a shot or to help a player work free for a shot. There should be no particular time frame for an assist (although the pass and shot should appear to be part of the same play) **nor should there be any rigid distance factor in the play** (the player scoring the goal could take one step, several steps, or even run a number of yards with the ball and still have the passer credited with an assist). An assist should not be credited on a play when the goal scorer makes a move on a defensive player after receiving the pass before shooting unless, in the opinion of the statistician, it was the pass itself and not the maneuver that led directly to the shot.

Article 1. A player is credited with an assist when he makes, in the opinion of the statistician, a pass contributing directly to a goal. Not more than two assists may be credited on any one scoring play. Each assist shall count one point in the player's statistical record.

A.R. 1. (a.) Player A1 passes the ball to teammate A2 who has a one-on-one play with the goalie. **A2 fakes the goalie several times, shoots and scores. Credit the assist to A1 because there is supposed to be a goalie in the box and sometimes a fake will be necessary to score.** (b.) A1 passes the ball to A2 who has a one-on-one with a defender and an open net. A2 fakes the defender, shoots and scores. **Do not credit an assist on the play because A2 had to fake a defender who was not the goalie.**

(1) If a scoring play consists of two consecutive passes without a defender gaining control of the ball, two assists may be awarded, **provided the second player does not have to elude a defender to make the final pass.** Both passes must have a direct influence on the outcome of a goal scored. If the second player needs to elude a defender before passing to the goal-scorer, credit only that assist.

A.R. 2. Adams passes the ball to Aaron, who dribbles past Brown. Aaron's forward movement is being contested by Brown before Aaron passes

the ball to Abell, who heads the ball into the net. RULING: Only Aaron is awarded an assist. Since Aaron had to free himself from the defender to get the ball to Abell, only one assist is given even though the defender never touched the ball.

A.R. 3. Adams sends a corner kick into the goal area that is headed by Abreu straight to Aristotle, who scores. RULING: Credit assists to Adams and Abreu. Both touches, by Adams and Abreu, led directly to the goal.

(2) No assist is awarded when a player gains control from the defensive team and scores.

(3) No assist is awarded on a penalty-kick goal.

A.R. 4. Allen receives a pass from Anderson and then is tripped in the penalty box, and Team A is awarded a penalty kick. Adams converts the penalty kick. RULING: Credit Adams with a goal, but **do not credit Anderson with an assist**. No assist can be given on a penalty kick.

(4) No assist is awarded on an “own goal.”

(5) A corner kick, **throw-in** or free kick leading to a goal each counts as a pass in awarding assists.

(6) A player cannot receive credit for an assist on a goal that the player also scores.

(7) A player is not credited with an assist if that player’s possession is terminated by an opposing defender’s tackle.

A.R. 5. Adams dribbles down the middle. Bartlett’s slide tackle knocks the ball toward Aristotle, who then scores. RULING: No assist is given. It was not Adams’ intent to pass the ball, nor to score. Rather, the ball was simply knocked away by the defender.

(8) If an attacking player’s **shot hits a post or crossbar and bounces back into the field of play and, before a defender can touch the ball, another attacker shoots the ball into the goal, credit the player whose shot hit the post or crossbar with an assist**.

(9) If an attacking player shoots and the **goalkeeper or defender blocks the shot but cannot control the ball, and a second attacking player immediately knocks the rebound in for a goal, credit the player who took the first shot with an assist**.

A.R. 6. Adams passes the ball to Abreu, who dribbles into the corner and crosses the

ball to Aristotle, who heads the ball toward the net. The ball bounces off Brown, team B’s keeper, to Adams, who puts it into the net. RULING: Credit only Aristotle with the assist. **Once a shot deflects off the keeper (or defender), the pass by Abreu to Aristotle no longer has a direct impact on the goal being scored.**

(10) If an attacking player shoots and the goalkeeper or defender blocks the shot but cannot control the ball, and the same attacking player immediately knocks the rebound in for a goal, no assist is credited.

A.R. 7. Abreu crosses the ball to Aristotle, who heads the ball toward the net. The ball bounces off Brown, team B’s keeper, back to Aristotle, who puts it into the net. RULING: No assist is credited. As in A.R. 9, **once a shot deflects off the keeper (or defender), the pass by Abreu to Aristotle no longer has a direct impact on the goal being scored.**

Note: While there must be some understandable leeway in judgment as to whether an assist should be credited on any given play, statisticians should endeavor to be consistent with both teams and from game to game. It cannot be specified as to how many assists there should be in any given game, nor is it possible to extrapolate any average number per game. Some games may have very few assists and some may have many. Types of offenses may determine how many assists there will be per game as much as anything else.

I hope that the above text is helpful as you train your team statistician, set training focus, and work with your players. We have adopted this language as a guide in Royal and it has helped to clear up confusion and help the players feel their contributions are accurately represented on the stat sheet and when reported for All-League, All-State, or recruiting purposes. ■



# 2019 WSFCA Mid-Winter Football Clinic Schedule

## BELLEVUE HILTON JANUARY 25, 26, 27 2019

### Friday, January 25

- 1:00-4:30 **Registration**  
 2:30-3:20 **Heath Pulver:** Special Teams / TE coach, Eastern Washington University  
 "Special Teams Drills and Fundamentals"  
**Jim Sutrick:** Defensive Line coach, Pacific Lutheran University  
 "Defensive Line Skills and Drills"  
 3:30-4:20 **Bodie Reeder:** OC / QB coach, Eastern Washington University  
 "QB Individuals and RPO Fundamentals"  
**Spencer Crace:** OC, Pacific Lutheran University  
 "Creating an Offensive System that Translates to Signals and Wristbands"  
**Brant McAdams:** Head Coach, Pacific Lutheran University  
 "Defending the "Multiple Offense" with a "Multiple Defense"  
 4:30-5:20 **Aaron Best:** Head Coach, Eastern Washington University  
 "Screen Game, Outside Zone, 5/6/7 Man Protections"  
**Ian Cordova:** Defensive Coordinator, Central Washington University  
 "Moving Between 3rd Down and 4th Down Defenses"  
**Steve Morton:** Offensive Line coach, Lakewood High School  
 "Run Fundamentals and Drills"  
 5:30-6:20 **Chris Fisk:** OC / OL coach, Central Washington University  
 "Wildcat Run Game"  
**Steve Morton:** Offensive Line coach, Lakewood High School  
 "Pass Fundamentals and Drills"  
 5:00-6:30 **2019 Earl Barden Classic Game Selections**  
 7:00-8:00 **District Coach of the Year; Gold and Silver Helmet Awards, Dinner**  
 8:00 **Masters Panel**

### Saturday, January 26

- 7:30-9:00 **Registration**  
 8:30-10:00 **3A /4A West Selection Meeting, Marty Osborn**  
 9:00-9:50 **Monte Kohler:** Head Coach, O'Dea High School  
 "Building and Maintaining a Winning Program"  
**Dave Hughes:** Head Coach, **Joe Ireland:** DC, Lewis & Clark High School  
 "Defending the 3-1 Spread Offense with a 4-2-5 Defense"  
**Kent Nevin,** Head Coach, Fife High School  
 "The Fife ATF Program"  
 10:00-11:30 **3A /4A East Selection Meeting, Marty Osborn**  
 10:00-10:50 **Joe Cronin:** Assistant coach, O'Dea High School  
 "The 4-2-5 Defense"  
**Dave Hughes:** Head Coach, **Trevor Mott:** OC, Lewis & Clark HS  
 "Reading Multiple Defenders in a RPO Offense"  
**Rick Clark:** Head Coach, Davis High School  
 "The 3-5-3 Defense: All Phases Alignment, Assignment and Keys"  
 11:00-11:50 **Dave Miller:** Head Coach, Lakes High School  
 "Lakes Lancers Play Action Passing Game"  
**Eric Schuette:** Defensive Coordinator, Central Kitsap High School  
 "Defending the Spread Offense"  
**Rick Clark:** Head Coach, Davis High School  
 "The 3-5-3 Defense: Stunts, Fire Zones and Blitzes plus Coverages"  
 11:50-1:00 **Lunch and Vendor Visitations**  
 1:00-1:50 **Mike Don:** Head Coach, Eastmont High School  
 "The Wing-T: Teaching the Buck Series"

# 2019 WSFCA Mid-Winter Football Clinic Schedule

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

## Saturday, January 26 continued

- Danny Figueira:** Offensive Coordinator, Mt. Spokane High School  
"The Fly Run Game"
- Steve Amrine:** Head Coach, Kelso High School  
"Maintaining the Tradition"
- 2:00-2:50 **Mike Don:** Head Coach, Eastmont High School  
"The Wing-T: Teaching the Power Series"
- Adam Mathieson:** Head Coach, Mountain View High School  
"Left Coast Wing-T/Spread Up Tempo System Overview Including Meshing Under Center & Shotgun to Create Easy Transitions and Compliment Each Other in a Hurry Up No Huddle Offense"
- Scott Ditter:** Head Coach, Selah High School  
"What is Your Football Program Based On? Key Concepts to Consider"
- 3:00-3:50 **Paxton Paynter:** Strength coach, O'Dea High School  
"Strength and Conditioning in a Digital Age"
- Greg Whitmore:** WIAA Executive Board, Head Coach, Lind-Ritzville HS  
"Issues Affecting High School Football: The Role of the WIAA and Coaches in Maintaining a Viable Football Program"
- Scott Ditter:** Head Coach, Selah High School  
"Ground Up Program Development from 25 Years of Coaching"
- 4:00-4:50 **Steve Bridge:** Clear Solutions  
"Safety and Legal Responsibilities of the Football Coach"
- 6:30 **No Host Bar Social Dinner**
- Greg McMillan:** Hall of Fame Inductions
- Molly Stubrud:** Terry Ennis Award

## Sunday, January 27

9:00-11:30 **Washington State Football Coaches Association Business Meeting:**

**Introduction of Officers, District Director  
Operating Manual and Standing Committee Descriptors  
WSFCA Website Ideas and Needs  
Mid-Winter Clinic Evaluation and Suggestions for Next Year**

**Coaches Panel: Discussion of Issues Pertinent to HS Football:**

**Aspen Institute Study  
RPI Update  
WIAA Amendments  
Promotion of Membership**

**Registration - December 15 thru January 4, is \$140**

**Late Registration - January 5 thru January 25 is \$160**

### HOTEL INFORMATION

Cut-off date for Hotel Registration is January 4, 2019

**BELLEVUE HILTON**  
300 112th SE Bellevue, WA 98004

Contact Hotel by: calling 1-425-455-1300  
and request group name:  
Washington State Football Coaches  
Association Rate of \$105+tax

## **25th ANNIVERSARY EARL BARDEN CLASSIC**

**WHEN:** SATURDAY, JUNE 22<sup>nd</sup>, 1:00pm

**WHERE: Zaepfel Stadium, Eisenhower HS, Yakima**

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

Once again the players and coaches will be housed and fed in the Howard Johnson of Yakima. Practices will be at the SOZO facilities gracefully donated by their owner/manager, Dave Mullen with the game at Zaepfel Stadium.

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

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

**LET'S ALL MEET IN YAKIMA ON JUNE 22<sup>nd</sup> for the EARL BARDEN CLASSIC!!!!!!**

**Earl Barden Classic Chairman:**

Bill "Alex" Alexander, WSFCA  
201 C St. SE, Quincy, WA 98848  
509-237-1590 (c)  
Alexfb1@msn.com (h)

**East Game Co-Chairs:**

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

**West Game Co-Chairs:**

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

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brent@afreps.com

503-449-8089

Southwest Washington

**DREW WRIGHT**

drew@afreps.com

360-708-9451

Western Washington

**CHRIS HOLDEN**

cholden@afreps.com

425-260-2434

Eastern Washington

**ZAC ROCKWELL**

zrockwell@afreps.com

425-501-9778

Eastern Washington