

THE WASHINGTON GOACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



DWAYNE LANE'S FAMILY OF AUTO CENTERS



Remember, We'll Take Care of You!



- In business since 1954
- Huge used inventory
- Service most vehicles
- Car Finder Program
- Like Us on Facebook!



Locations in Everett and Arlington



Executive Board

Past President Nalin Sood **President 1st** Darrell Olson **Vice President** Rob Friese

Board Member Position 1
Tom Harmon, Brett Lucas

Board Member Position 2
Tony Batinovich, Tawnya Brewer

Executive Secretary-Treasurer
Jerry Parrish

Assistant Secretary
Bill "Alex" Alexander

WIAA Liaisons
Ed Laulainen, Rob Friese

Magazine Editor
Mike Schick

Scholarship Committee
Rick Giampietri, Bob Bourgette, Tawnya Brewer

All State Game Liaisons
Bill "Alex" Alexander, Pat Fitterer

WSCA Operating Manual
Darrell Olson

Career Recognition
Brett Lucas

Lifetime Achievement
Tom Harmon

Lifetime Membership
Mike Schick

Clock Hour Committee
Rob Friese, Tony Batinovich, Pat Fitterer

Individual Sport Association Representatives

- Athletic Trainers - Lorrie Howe, Eastmont
- Baseball - Jesse Benedetti, E. Valley (Yakima)
- Basketball (B) - Nalin Sood, Mt. Lake Terrace
- Basketball (G) - Dan Taylor, Kings
- Cheerleading - Stephanie Gullikson, Skyline
- Cross Country - Joe Clark, Lakes
- Fastpitch - Tom Harmon, Nooksack Valley
- Football - Mark Keel, Central Kitsap
- Golf - Andrew Hershey, Shorewood
- Gymnastics - Ryan Fleisher, Issaquah
- Soccer - Jens Jensen, Royal
- Tennis - Brooks Hazen, Puyallup
- Track & Field - Kevin Eager, Gig Harbor
- Volleyball - Suzanne Marble, LaConner
- Wrestling - Brett Lucas, Todd Beamer

For more information contact the below:

Secretary-Treasurer, Jerry Parrish
18468 8th Ave NE, Poulsbo, 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
WSCA Insurance.....	5
Rates for the <i>Washington Coach</i>	5
Emergency Action Plan.....	6-7
The Latest on VICIS Football Helmets.....	7
WSCA Demystified.....	8
Washington High School	9
Hearing Their Final Whistle - Donald R. "Coach" Anderson.....	10-11
Gymnastics Hall of Fame.....	12-13
Well Done O'Dea!	13
The Belt Squat.....	14-16
WIAA Launches WIAA Live App.....	17
Have Your Voice Heard.....	17
Your Sport Representatives.....	18
The <i>Washington Coach</i> Deadlines	18
Inaugural Puyallup High School Hall of Fame Inductees	19
Gridiron Classic Review	19
California Senate Bill 206.....	20-21
Ridgefield Spuders Continue Quest for Softball Excellence	22-24
Cross Country Hall of Fame	25-26
Track and Field Hall of Fame	27-29
Gareth Giles Awards	30-31
Wrestling - Cultural Exchange with Japan 2020	33-36

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 2020

Fellow WSCA Members,

The winter sports post season tournaments are now in the books, and what a great time of the year for all involved in high school athletics! Boys & girls wrestling in the Tacoma Dome, boys swim/dive at the King County Aquatics Center in Federal Way, girls & boys basketball tournament at the Tacoma Dome, gymnastics at Sammamish HS, and bowling in University Place. No matter the sport, there was drama and excitement at each of our state tournament venues. Thanks to all the coaches and game management staff's for working together to pull off quality District, Regional, and State Tournaments. High school state tournaments are still the best show in town and the 'best bang for your buck'.

Ahead, we prepare for our spring sports season and the unpredictable spring weather that awaits us all!

Changes are coming next year with the new classification cycle and the new formula put in place looking at school's with high free and reduced lunch students and the school's ability to opt down a classification if it meets specific benchmarks with the formula. This could be a huge deal with your school. Have a conversation with your principal and/or athletic director as well as your school's coaching staff about what effects this might have on your school's classification as well as your conference alignment and district tournament berth's.

The WIAA Amendment process is well underway. Be informed on what amendments are up for a vote. Ask your athletic director or principal for a copy of the proposed amendments or you can log onto the WIAA website and participate in a 'Live Fom' sharing your thoughts. Simply go to the WIAA Homepage, look under News & Headlines, click on Share Your Thoughts On WIAA Proposed Amendments Through Live Forum. Voting on the proposed Amendments takes place in April.

The WIAA Spring sports rules clinics deadline is March 22. This is a requirement from the WIAA that each head coach must complete the short 'sports specific' rules clinic. I know this can be a pain in the neck because we think we know all the rules of our sport and because we don't have the time. You may be a little humbled while taking the test at the number of rules you don't know in your sport. Be professional about it and get it done before March 22.

This is the time of year that WSCA ISA's are planning summer clinic opportunities. Each sport specific clinic is designed for professional growth in each coach. You will grow deeper in the knowledge of your sport, have the opportunity to network with other coaches, and take advantage of the educational clock hours that are available. Check the COACH magazine or WSCA website for clinic opportunities in your sport. Get involved with your sport association!

As an active member of the WSCA, I encourage to you promote the WSCA to your coaching colleagues that are not members. Our membership continues to grow and grow. Coaches are finding that when you add up all the benefits of membership, it is well worth the \$40 nominal membership dues. The \$1 million Liability Insurance coverage you receive as a membership benefit could be a career saver for you! Check out the following page titled "Why Should I Become A Member of the WSCA?"

I encourage all WSCA coaches to get involved in your association and get off the sidelines. Make a contribution to your 'sport specific' professional organization this year. Contact your sport Individual Sport Association (ISA) rep and ask how you can help. ISA's are listed in the front of the COACH magazine

The WSCA Executive Board is made up of a strong group of coaches with extensive coaching 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. If you have an idea you'd like to share with us, contact one of the Executive Board members listed in the front part of the magazine.

Good luck with your spring sports seasons. All spring sport coaches look forward to the beauty and variety of spring weather in the Northwest!

Keep the head down,
Darrell Olson
President, WSCA





From The Sidelines

by Jerry Parrish

Looking back, these are notes taken from previous issues of The Washington Coach.

2002 Jim DeBord - President

2010 Pat Fitterer - President

2014 Nalin Sood - President

2019 Darrell Olson - President

At the recent WSCA Executive Board meeting held in Leavenworth there were significant things that need to be shared. Susan Doering, volleyball coach at Colfax and chairperson of the Burnett-Ennis Scholarship committee, has written an article titled "Where Are They Now"? This article identifies several past Burnett-Ennis Scholarship winners and what they have done with their education.

Thank you to all wives/husbands of coaches for their un-ending, never failing, loving support. We all know what an asset a "coaches wife/husband is to our program".

A small onion to those who wash their wallets, misplace their application and want their card yesterday. "Wit and Wisdom" from the Texas Coach magazine: The eight laws of learning are explanation, demonstration, imitation, repetition, repetition, repetition, repetition, and repetition.

Well done to those coaches who plan ahead and submit their membership applications more than one day before fall season playoffs begin.

A tip of our hat to the Seattle Seahawks who select a weekly Football Coach of the Week. Also, to Ed Laulainen and his Mid-Winter Football Clinic staff for putting together another fine clinic. Here is another that bloomed. As of May 1 2013, the WSCA had 2238 registered and members and as of November 1, 2013 we have 2847 registered WSCA members. *(Editor's Note: As of February 20, 2020 there are 4,699 members in the WSCA)*

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. As the testing continues and the process and procedures are worked out, more information will be coming through the WSCA website and in The Washington Coach. ■

Where will you find us next?
The Washington Coach!



Take your copy of "The Washington Coach" on the road. Send us a picture and tell us where you are. You will have great reading anywhere you go. Send your picture and information to: wscs-editor@comcast.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 exists to support your efforts as a coach. Additional, 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 tworking on issues facing our coaching profession. ■**

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. ■



Your opportunity to make contact with over 4,000 coaches throughout the state comes by choosing to advertise in "The Washington Coach." Published online three times a year on the Washington State Coaches Association website, washcoach.net, "The Washington Coach" provides information and a forum to our membership with the intent to enhance the highest possible knowledge, standards and ethics in the coaching profession.

Rates for 3 issues:

- Full Page (7"x 9") \$500.00
- Half Page (7"x4.5") \$320.00
- Quarter Page (3.5"x4.5") \$200.00

Rates for 1, 2 issues are also available.

Contact, Michael H. Schick, Editor "The Washington Coach" Email: wsca-editor@comcast.net
Cell phone: 253-318-9432



PLAN

by Steve Bridge,
Clear Risk Solutions

The planning and activation of Emergency Action Plans have proven to be a key component in the development of Emergency Response Planning. As the standard of care for coaches and athletic personnel continues to rise, EAP's are becoming more necessary simply because basic First Aid and CPR training may not be meeting the need of our athletes.

A few years ago while attending the USA Football Conference held in Indianapolis, I had the opportunity to listen to Dr. David Gesa of the Kory Stringer Institute. Dr. Gesa's message was about providing emergency care for athletes and the importance of planning. His primary focus that day was the need for more AED devices and training and how important they are to providing life saving care. That message really resonated with me and though we have seen a more states and school district become safer places for us, we continue to have a need and like so many other things in education, this need is often only addressed after an emergency takes place. One group that has been a big supporter in this movement has been the National Athletic Trainers Association (NATA) as they have been a very active supporting the Kory Stringer Institute named after the only NFL player to ever die during a practice session. **"The mission of the Kory Stringer Institute is to provide research, education, advocacy and consultation to maximize performance, optimize safety and prevent sudden death for the athlete."**

Currently only 17 states require AED's in public schools with very few have specifications addressing where and how many. The issue then becomes how Athletic Directors can work with the school district's medical community (Nurses, Athletic Trainers) to develop a plan of how to implements and emergency care plan when needed. Also, what type of Emergency Response Plan is in place for the community medical staff (EMT's Hospital and Ambulance personnel) to radically make available emergency care when need-

ed? We recently read about a case of an athletic trainer taking a portable AED from the gymnasium and taking it to baseball/fast pitch practice. After school there was an open gym and a 15 year old player suffered a SCA (Sudden Cardiac Arrest) and died. This situation presents several questions; 1) should there be an AED in the gym at all times, and 2) what type of training does the gym supervisor have to deal with a sudden health emergency?

An event that took place recently in Las Vegas at Sunrise Mountain High School can shed some light on the not only the possibility of a Cardiac Arrest occurring but also having a proactive approach in dealing with such an emergency.

Earlier this fall a young man collapsed during a PE class. CPR was started within 5 minutes and the school had 3 AED's in the building. The nearest AED was about 150-200 yards away from the student. The school district has what is called an "Emergency Team" at the school that practices once a month on various emergencies that may occur. Initially, the student was breathing but not responsive. The Athletic Trainer arrived and within approximately 7 minutes of the incident and AED was made available. A little background on the Emergency Team, during their practice sessions, a CPR dummy will be used and placed in a random area throughout the campus. The team is activated and timed on how quickly they responded and how effective they were addressing the emergency. As mentioned, these practice sessions occur once a month. After the drill, the Team debriefs what went well and what can be done better. As mentioned, this event took place during a high school PE class and the teacher was Kevin McNaulty who many of you remember as a former wrestling, football coach and Athletic Director from Ilwaco. The young man did survive and was back in school about a month after the incident.

There are several lessons to be learned from this especially when dealing with the legal duties and re-

sponsibilities. The obvious Duty to Plan, Maintain a Safe Environment, Emergency Response Plan to name just a few. The following information is obtained from the CDC webpage;

- In the United States, a young competitive athlete dies suddenly every three days.¹
- Young athletes are more than twice as likely to experience SCD than young non-athletes.³
- Most victims are male (90%).^{4,5}
- Hypertrophic cardiomyopathy (HCM) is the leading cardiovascular cause of SCD (36%) in young athletes.²(HCM is a disease that causes thickening of the heart muscle.)
- More than half of HCM sudden death victims are black athletes (52%).^{2,4}

- The average age when SCD occurs in young athletes is 17.5 years.⁴
- The risk of SCD increases with age.¹
- More than two thirds of young athletes who die suddenly are basketball and football players (67%).²

Emergency Action Plans are becoming a more significant issue in many states and Washington is no exception. The recent addition of BJ Kuntz to the WIAA Executive Staff provides a great resource for athletic directors throughout the state as BJ created EAP's for every activity during her tenure at Wenatchee. For further information on the creation and implementation of EAP's visit the NATA or Kory Stringer Institute Web pages. Also, the WSSAAA web page has the complete template shared by BJ for our WSSAAA members. ■

The Latest on VICIS Football Helmets

Many of you are aware of the situation with VICIS. The following is a comment from their company from 2 weeks ago "This is a difficult day for Vicis," the front page of the [company's website](#) said as of Friday. "Despite our best efforts, we have been unable to attract the capital needed to sustain our operations. Today we are taking the responsible step to pursue a sale of the company."

VICIS has gone into receivership and commented on future plans; "Our employees are currently furloughed and we need to raise capital in order to continue operating, or we may have no other option but to wind down all operations,"

OK, what does that mean for those schools with VICIS helmets in their inventory? The following is information that may be of value to Coaches and Athletic Directors

1. According to Tony Beam, the Executive Director of NAERA, "VICIS has insurance on their product that will expire in June.
2. Re-conditioning on VICIS helmets can still be done through Continental re-conditioning.
3. It would be best practice for the schools to have a pre-purchase agreement with parents who have purchased helmets. At Clear Risk Solutions, our use agreement states "the ownership goes to the school. ■



Washington State Coaches Association

DEMYSTIFIED

by Rob Friese

As a young coach in the early 1990's, I joined the WSCA because I was told it was a good idea. I am guessing that many young coaches feel the same as I did back in the day. So, just what does the WSCA do for me, and how does the Association work? I just remember going to clinics and looking in awe at the coaches running things and thinking they were untouchable. Since then I have learned that these coaches are the unprecedented people who dedicated their entire lives to keeping the WSCA running smooth, recognizing other coaches, granting scholarships for members' kids, fighting for free entrance into games, liability insurance, etc. And, all those hours spent by them for relatively no financial gain. All are very approachable and just waiting for us to introduce themselves as a proud member of the WSCA.

In the beginning the WSCA was primarily a football organization. Over the years, with some great insight from the leaders, the WSCA has grown into an entity that supports all sports. Each individual sport has their own Individual Sport Association (ISA) and operate under the umbrella of the WSCA. A portion of dues is distributed to their ISA each year based on the number of members that choose a sport for their first choice of coaching duties. ISA representatives meet twice a year with the WSCA executive board to offer updates of their individual sport to the board. It is wise to know who your representative is if you have input or advice for your sport. These representative can be found on the webpage www.washcoach.net. These representative also put in countless hours to support your individual sport with no compensation, as most great coaches do.

Some iconic names you might recognize are too numerous to list, and I wouldn't want to leave anyone out. The WSCA is a dynamic organization that is continuously looking for new members to get involved in the effort to preserve an organization that is as strong as it has ever been. With over 4,500 members, there are certainly many great coaches to provide support. Opportunities are endless. Get involved with your sport clinics, all-star games, ISA boards, WIAA amendment input, or any other endeavor that relates to your individual sport.

Recently the WSCA has transitioned to an online registration process that has saved countless dollars in time and money for the association just in postage and questions about lost cards. They have developed a finance committee to provide input into all decisions made on financial health of the organization. Many ISA's have developed web pages, twitter accounts, and facebook pages to keep members better informed of the goings on of their individual sports. Currently the WSCA has members from most every sport recognized by the WIAA, and the WSCA works more closely than ever before offering input to the WIAA.

Coaches in Washington State are some of the most important people in schools. We foster an environment of inclusion and success for so many that would not have that otherwise. Not many other professions can influence a future like coaches can. When a player comes back to you and says "my life would have gone a different direction if it weren't for you", then you understand. ■

WASHINGTON STATE
COACHES ASSOCIATION
A WASHINGTON STATE NON-PROFIT ORGANIZATION



**Washington HS
at Ocean Shores**



Pre-race smiles

Washington HS / Franklin Pierce HS Alumni Race



Hearing their final whistle...

Donald R. "Coach" Anderson



Donald Ralph Anderson passed from this life into the next on December 18, 2019, at his home in Spokane, Washington. Although he was widely honored for his many achievements as an inspiring coach, accomplished athlete, and encouraging teacher, it was loving relationships with his family, friends, and students that he most treasured.

Don was born in Seattle, Washington, on June 21, 1932, to his loving parents, Ralph and Carol Anderson. He and his parents later welcomed his "little sister" and life-long friend, Patty (Patricia). Don and Patty were always thankful to grow up in a very close family. They often talked about how blessed they felt to have such special parents and so many wonderful memories.

Don had a passion for sports and was a very gifted athlete. He played football, basketball, and baseball throughout his school years, and served as captain on many of those teams. Don went on to play semi-pro baseball and his family attended many of his ballgames.

After graduating from Roosevelt High School in 1950, Don served on patrol and reconnaissance aircraft in the U.S. Navy during the Korean conflict. He received the Air Medal for demonstrating "skill, courage, and devotion to duty throughout in keeping with the highest traditions of the United States Naval Services."

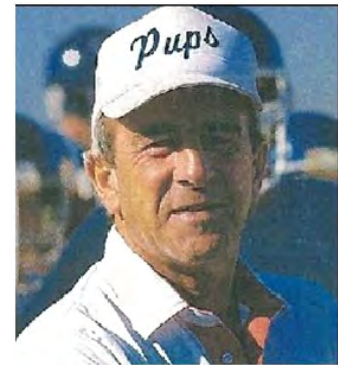
After the Navy, Don attended the University of Washington (U.W.) where he graduated with a B.A. in Physical Education. He then played



professional baseball in Tyler, Texas, for a Cleveland Indians farm team. After his first year, he returned to Seattle during the off season where he was married, and then he and his wife went back to Texas. They eventually decided to go back to Seattle where Don pursued a Master's degree in Education.

In 1956 Don began his coaching and teaching career at Lakeside School as its athletic director; football, basketball, and baseball coach; and history teacher. His great and lasting personal joy came during this time with the birth of his children, Linda and Tod. They are forever grateful for the lifelong love and inspiration he gave them.

While at Lakeside, Don led the football team to unprecedented success. Five of his 12 seasons there were undefeated, and the team lost only 12 games during his tenure. But wins were only one reason Don was so admired. His former players fondly recall his patience and keen leadership. They describe him as an approachable yet deeply respected mentor who built strong relationships with players that reached beyond Parsons Field. They also remember him as a patient mentor, personal hero, and inspirational figure in their young lives.



Bruce Bailey, one of Don's players at Lakeside and his long-time friend thereafter, noted that Coach Anderson "gave us pride in ourselves and in our school" and thanked him for his "understanding of our other problems and his sincere desire to see us excel in all fields of school life." Until the end of his life over 60 years after starting at Lakeside, Don remembered the names of all of the students he coached there.

During his Lakeside years, Don also helped coach the U.W. freshman football team and scouted for the Dallas Cowboys and other NFL teams.

In 1968, Don left Lakeside to expand his football coaching career, first with the Spokane Shockers semi-pro team and then two years later with the University of Northern Arizona. In 1973, Don returned to Spokane to coach the Gonzaga Preparatory School football team, bringing with him a wealth of experience from high school, college, and professional coaching. He also signed on to teach history and geography – other areas of passion for him. Don was eager to work with high school kids again because he felt he could be a positive influence in their lives.

For nearly a quarter of a century, Coach Anderson's G-Prep Bullpup teams dominated the Greater Spokane

League (GSL) and never had a losing season. His G-Prep teams won 15 GSL titles, made the state finals in 1977, '82, '85, '86, and '87, and won the state championship in '82 and '86. Overall, Coach Anderson ranks as one of the greatest high school football coaches in Washington State history. In his career at Lakeside and Gonzaga Prep, he compiled a record of 269 wins, 63 losses, and 4 ties (80.7 percent). He also inspired numerous G-Prep football alumni to pursue coaching careers at all levels, including the NFL. In recognition of his dedication to inspiring others, Coach Anderson was inducted into the Washington State Football Coaches Association Hall of Fame and the Gonzaga Preparatory School Hall of Fame.

Even more important to Don than his winning record was his heartfelt desire to see his players and students excel in life. He conditioned them to use their minds to work toward success. He joked frequently but corrected when necessary. He was interested in seeing players and students do well both as individuals and as team members.

H.T. Higgins, a G-Prep player and coach during the Anderson era, current G-Prep coach, and one of Don's best friends, spoke of Don's belief in the importance of the team. "In this day and age where everything has become an individual thing, he maintained his commitment to a team approach, and that greater good comes through the willingness of individuals to sacrifice so the team can succeed." Higgins went on to say that while the team is at the core of the game, the team is made up of individual players, and Don was tuned in to each one. "There is a side of Coach Anderson that few people see," Higgins said. "It was his concern and compassion for the players who play for him."

The belief that he could help high school kids led Coach Anderson to spend many hours one-on-one with them, helping them with their personal lives as well as their football game. Bob Pederson, a former U.W. player for Don, a former assistant coach at G-Prep and another of Don's closest friends, summed up Don's approach by saying, "There were two counseling offices at Gonzaga Prep. One upstairs in the counseling wing, and one in Don's office. The ultimate compliment or example of what he was doing for kids is that so many were eager to come back and be part of the program because they realized how significant the program was in their lives."

Listening to Coach Anderson talk about his career, it was evident that his program was based around much more than a playbook. He taught his players to respect their relationships with one another and with the opposing teams. At the heart of his program was people – the players, the coaches, the other teams. "The highlight of my coaching at Prep would have to be the people relationships," Don stated. "There are certainly memorable games, but it is still the people that count."

After retiring from G-Prep, Don continued his love for coaching and inspiring others by joining Ferris head football coach, Clarence Hough, as an assistant. In addition to coaching, Don loved to teach geography and history. Many of his former students remember his engaging trivia questions. Don was also an avid reader and relished continuing to learn. He was particularly interested in World War II and the great sacrifices so many made so we could remain free. The character qualities of people who lead brave and sacrificial lives inspired him.

Life lessons from Coach Don:

Courage: Do the right thing even when it is difficult. Always act with

integrity and for the benefit of others.

Opportunities: You have been given many opportunities. Pursue those opportunities with purpose, passion, supreme effort, and a readiness to sacrifice.

Attitude: You will not always have a choice about what happens to you, but you do have a choice about your attitude. Choose to be grateful.

Compassion: Genuinely care for others and treat them as you would like to be treated. Look for the good in people. Be a dedicated teammate, putting others ahead of yourself.

Humility: Be humble, kind, and content. Treat kings and street sweepers with equal respect.

Don is survived by his daughter Linda Olson and her husband Mark, his son Tod Anderson and his wife Ann, his sister Patricia Clementz and her husband Mike, his cherished grandchildren and great-grandchildren, and his nieces and nephews, all of whom feel richly blessed by his unconditional and unfailing love. Don's family is profoundly grateful to his many friends and students who brought such great joy to his life. In accordance with Don's wishes, his family will gather privately for a memorial service. A Celebration of Life will be held on Saturday, June 13, from 4:00-6:00pm at Gonzaga Preparatory School in Spokane.

To honor Don, please create strong relationships with others and live according to the lessons he left us. If you would like to make a donation in his name, please choose a charity that is meaningful to you, enriches the lives of others, and inspires education. You may also make a donation to the National Ataxia Foundation at <https://ataxia.org/donate/>.

If you would like to leave a message of remembrance or condolence, please visit Don's online memorial page at www.holycrossofspokane.org. ■

Gymnastics Hall Of Fame

Ryan Fleisher



My interest in gymnastics started as a small child, my gymnastics talent grew in my competitive gymnastics' years but my passion for coaching came from being coached by, mentored by and coaching alongside Pat "Hattie" Hatmaker. Hattie instilled a love of the sport, the desire to continue learning and the want to impact the lives of athletes she coached, that inspired me to follow in her footsteps. I have been the head coach at Issaquah High School since 2001, prior to that I was an assistant coach for 3 years. I have a great pride in coaching where I was an athlete and do my best to keep long standing traditions alive and honor and continue the strong program Hattie started. Each of my coaching years I have taken either a team or individual athletes to the state meet. I was privileged to coach state champion teams 2002, 2003, 2004 and second place teams at state 2005-2009. I have been honored as Coach of the Year 2004, 2007 and 2011 and was National Coach of the Year 2004.

Throughout my coaching I have been active with the Washington State Gymnastics Coaches Association and have been a part of the board as league rep, secretary, Treasurer and since 2016 as President. As part of my activity with the WSGCA board I have hosted statewide invitationals (several years the Pat Hatmaker Invitational) and the state coaches' clinics numerous times. I have been a part of the Senior Nationals coaching staff almost every year since starting in 2002.

I am so fortunate to coach for a school where our program is supported, in a league full of friends, in a state that encourages gymnastics alongside fellow coaches who share my passion for this sport. I am blessed to have had amazing assistant coaches over the years (thank you

Kelly, Thea, Marcy, Ann, Kathy and Dusty) and the last several years been able to have my best friend Debbie coach alongside me every day.

I have always had the support and encouragement of my family especially my husband and 2 daughters who make it possible for me to give this many hours to doing what I love.

I am so very honored to be inducted in the WSGCA Hall of Fame alongside so many I respect, look up to, have been mentored by and are such dear lifelong friends. The Hall of Fame is an amazing group of people who all have invested a lot of time, talent and heart to high school gymnastics in Washington.

"A hundred years from now it will not matter what my bank account was, the sort of house I lived in, or the kind of car I drove... but the world may be different because I was important in the life of a child."

Shirley Ostboe



My association with Washington State High School Womens Gymnastics began in 1971 when my husband, Rod Ostboe, became the head gymnastics coach (men and women) at Richland High School and I became his assistant and choreographer. I remained in that position for approximately twenty five years. During those early years of the Coaches Association (few schools and staggering distances between them) when meetings were convened in our home, I was Secretary for the organization.

When compulsory routines were incorporated into the junior and high school programs, I became the central and southern Washington compulsory routine clinician for junior and senior high school teams. As such, I conducted

several workshops a year in compulsory routines, skill development and optional routine choreography. When compulsories were discontinued, I conducted yearly workshops in optional skill development and provided routine choreography seminars and critiques.

In 1973, I opened the Tri City Academy of Gymnastics which became a feeder-program for the Tri City area junior and senior high school teams. In 1979, I was appointed the meet director for the Women's State High School Gymnastic Meet held in Richland. In 1992, I accepted the head womens gymnastics coaching position for one year at Hanford High School in Richland. In direct association with coaching gymnastics, I obtained

certification as a USGF judge and became the Central Washington Judging Scheduler and Clinician for junior highs, high schools and independent clubs –a job that continued far beyond my coaching years.

I would like to take this opportunity to thank those who nominated me for this honor. It is a privilege to be included with those who contributed to the betterment of Washington High School Gymnastics.

My philosophy has always been to provide quality instruction in a positive manner for all students of all abilities so that they have the opportunity to enjoy gymnastics as much as I did. ■

“Everything you do should be a demonstration of your very best...”

Photo Credit: Steve Bridge



This is a picture of the locker room at Sparks Stadium after the O’Dea football team had left following their game in the 3A state championship on December 7, 2019. Class shown on the field and off. Well done O’Dea Fighting Irish!!! ■

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

If your athletes start complaining about their lower back bothering them after the squats or deadlifts, it is time to look at what they have been doing to cause the problem. My guess is their squat, deadlift or military press technique is the primary cause of the pain.

In fact, poor form in nearly every exercise may place acute (they will immediately know something is wrong) or chronic, long-term stress on their body. Of the three types of stress acute, episodic, and chronic, chronic may be the one to focus on because it is the one most likely ignored. Continuing under this kind of stress damages the tissues and causes pain.

It is well past the time to get rid of the “tough it out”, “no pain, no gain” nonsense that our students have heard over and over again. This type of advice has probably hurt more of our student athletes over the years than squats or deadlifts combined.

“Technique before weight” is the cardinal rule of strength coaches’. If your lifter is squatting, deadlifting, military pressing or any other exercise for that matter with poor form, lower their weight and make them get it right.

However, whatever the reason may be for their pain, it still needs to be addressed.

One way to keep your athletes lower body strength intact is with a belt squat. This exercise eliminates much of the stress on the lower back while at the same time placing a strong emphasis on the hips and quads without loading the spinal column.

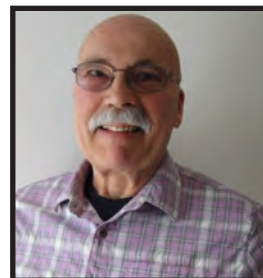
The belt squat works and it works well.

This exercise is especially useful if your athletes have a problematic back, their shoulders are bothering them or they have issues with their elbows under the bar. A belt squat lessens the risk of further damage to the spine or upper body and still strengthens the lower body.

It forces the person to use good form as it works the hips and quadriceps. Additionally, this exercise utilizes the Gluteus Maximus, Adductor Magnus and the Soleus muscle groups in a synergistic role.

Placing the emphasis on the quads means you have

to structure the workout to include posterior chain lower body exercises such as the stiff leg dead lifts, hamstring curls, both standing and supine, Nordic hamstring curls, and calves. These act as dynamic stabilizers during the belt squat movement.



Advantages of the belt squat

It increases the strength of the lower body by targeting the glutes without placing a heavy load on the spine.

It reduced the hip pain that often results when doing a regular back squat.

It emphasizes hip extension because if the lifter is not activating their glutes they will not go into full extension.

Sitting back into the power position improves strength in this and other lower body movements. This is also a squat cue; “sit back” rather than down.

Because the power position tends to keep the spine more vertical, the belt squat is an ideal exercise because the body is vertical during the lift.

Why it works

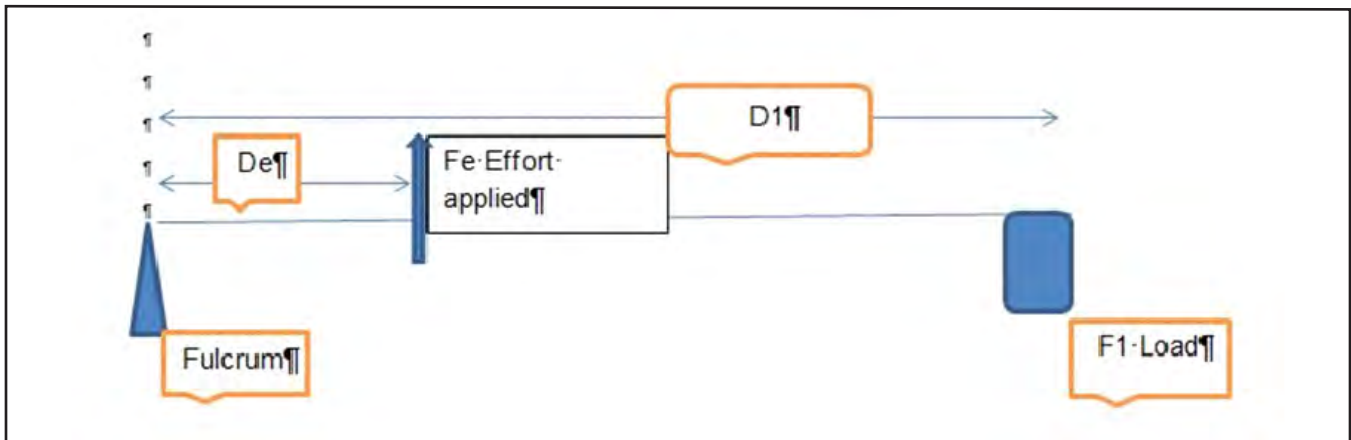
The belt squat uses the unique leverage properties of a third class lever, which means a low weight on the plate holder equates to a heavier load lifted. This works because the effort applied to the load is centered between the load and the fulcrum. As an offshoot, this lever is also considered as a distance magnifier, which you will immediately see when using the belt squat device pictured below.

Recently, we put 50 pounds on the plate holder. I weighed myself and then put the belt on and weighed again under the belt squat load. After deducting my weight, it came in a few ounces over 130 pounds. Not bad for a 50-pound plate is it?

Here is a **formula¹ for determining the end result** of the weight you have on your device. This is from https://www.engineeringtoolbox.com/levers-d_1304.html

Third-Class Lever explanation

A 3rd class lever means the effort needed to move the load is greater than the load itself. See the drawing below.



Example A from https://www.engineeringtoolbox.com/levers-d_1304.html

A force (weight) of 1 pound is exerted at a distance of 2 ft from the fulcrum. The effort force at a distance of 1 ft from the fulcrum can be calculated as shown in the following example.

$$\begin{aligned}
 Fe &= F1 dl / de \\
 &= (1 \text{ lb}) (2 \text{ ft}) / (1 \text{ ft}) \\
 &= 2 \text{ (lb)}
 \end{aligned}$$

When applying the formula in the current situation we used a 50-pound plate. Using the formula above it worked out to be 125 pounds of effort needed to lift the weight.

$$\begin{aligned}
 F1 &= 50 \text{ pounds} \\
 D1 &= 5 \text{ feet} \\
 De &= 2 \text{ feet} \\
 Fe &= 125 \text{ pounds}
 \end{aligned}$$

Commercially built belt squats

There are a number of commercial belt squat machines available...at a high cost on the internet. NOTE: I have no financial involvement with this company. Here is just one example by Matt Wenning, CSCS.

MATT WENNING'S BELT SQUAT



\$2999 plus S/H and taxes from <https://www.wenning-strength.com/equipment>

If this price is too much for your budget, as it is for our school and if it takes up too much space in the gym, as it would in my school, then consider this option; a portable belt squat device.

This is a very efficient machine; the weight on the holders is very close to the weight on a squat bar, whereas the belt squat relies on the **class 3 lever properties** to achieve a workout weight.

The Explosivelyfit belt squat device (Patent pending)



Here is the finished product minus the safety support stand shown in the next two photos. It may never be painted. A single 45-pound plate depicted here.

Continued on Page 16

Continued from page 15



Here is the support stand, in the down position, just prior to moving it up at the start of the lift. The chain keeps it up and out of the way.

Beginning with it in this position makes it a whole lot easier to hook the chain to it at both the start and finish of the lift as can be clearly seen in the next picture of me in the 'cold gym' with my wife shivering while taking these pictures and the video.



Here the support bracket is in the up position, making it ready to lift full range of motion after hooking up.

This support is a necessary safety feature that allows convenient entry and exit from the device. If you build one, don't neglect adding this piece.



The angle on the device allows it to fit into smaller spaces and it's not so hard on the floor when it hits the bottom. It also separates at the bend so it fits into my Blazer.

Here it is in action: <https://vimeo.com/389641518>

Use this password Wsca,expbelt

The prototype

This wooden prototype held up for three weeks at school before the hinge started to bend under a 90-pound



load that several of the boys were using. This 90 pounds works out to be 225 pounds per the formula. The chain in the middle kept it shorter in overall length and took the place of the bend in the metal one.

1 https://www.engineeringtoolbox.com/levers-d_1304.html

2 <http://www.comfsm.fm/~dleeling/physics/torque.html>

*In a class three lever the resistance is between the force of the effort and the fulcrum. In a class three lever the force of the effort multiplied by the distance of the effort from the fulcrum is opposite and equal to the force of the resistance multiplied by the distance of the resistance from the fulcrum. The effort and the resistance are on the same side of the fulcrum but point in opposite directions. The effort distance (also sometimes called the "effort arm") is **shorter** than the resistance distance. ■*



WIAA Launches WIAA Live App

11/5/2019

RENTON, Wash. (Nov. 5, 2019) - The Washington Interscholastic Activities Association announced, Tuesday, the launch of WIAA Live, a mobile app that will make it easier for fans to follow teams from their favorite school and stay up to date with WIAA news and State

Championships.

The WIAA Live app is the first of its kind in the state of Washington, consolidating schedules, scores, news, video and more all in one easy-to-use location on your phone or tablet. The experience is customizable to each user, allowing fans to select the specific teams and news they want to follow. Throughout the regular season, fans can track the latest scores and schedules of their hometown team, while keeping up on what is happening around the state as well.

With a growing need for coverage of high school sports both in the state of Washington and around the country, WIAA Live will aim to provide easier access for fans to stay engaged both with local teams and the broader world of high school sports and activities.

In the postseason, fans will be able to enhance their Championship experience by finding unique features for each WIAA State Tournament. Brackets, live scoring, streaming information and state merchandise ordering will all be available though just a couple taps. The WIAA Live app was created in partnership with FanThreeSixty, a company with experience building mobile apps for High School State Associations as well as professional leagues and teams around the country. The information for regular-season scores and schedules will be sourced from MaxPreps.com.

The WIAA Live app is now available in the App Store for both Android and Apple products. ■



HAVE YOUR VOICE HEARD...

You have the opportunity to provide your opinions and thoughts on the 2020 WIAA Proposed Amendments through a live forum. Go to the WIAA website at wiaa.com under “News & Headlines” and provide your feedback on the direction of WIAA.

The forum will close on April 17. The voting members of the Representative Assembly will

begin to cast their ballots on April 29 with completion of the vote coming on May 8.

Read the proposed amendments, assess the impacts to your sport both positive and negative, conduct a discussion with your fellow coaches and share your thoughts on the forum. You have a voice in the matter. Please consider using it.

WSCA Editor



2019-2020 Individual 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	Stephanie Gullikson	Skyline	GulliksonS2@issaquah.wednet.edu
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 ■



"The Washington Coach" Magazine

New **Revised**
Deadlines

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

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

THE INAUGURAL PUYALLUP HIGH SCHOOL HALL OF FAME INDUCTEES



WASHINGTON INTERSCHOLASTIC
ACTIVITIES ASSOCIATION

Gridiron Classic Review:

The change to the 2019 WIAA Gridiron Classic, led to the state's premier high school football games being played outside of the Tacoma Dome for the first time since the 1995 season. The WIAA continues to have a positive relationship with the City of Tacoma and the Tacoma Dome, however the remodel of the facility made for a sub-par viewing experience in 2018. The WIAA is thankful for those at Mount Tahoma High School, Sparks Stadium and the Puyallup School District, as well as Clover Park High School and Harry E. Lang Stadium for providing a positive experience for our student participants. WIAA staff heard positive feedback from participating coaches and administrators and from the Washington Football Coaches Association. The capacity of the stadiums proved to accommodate travelling fans and provided an intimate environment for those who attended. It was a great day of high school football!

While the move to some of Washington's best high school venues provided a seamless transition for the 2019 event, Association staff will continue to build on the relationships we have formed with the Seattle Seahawks and the University of Washington. Both CenturyLink Stadium and Husky Stadium are two of the premier venues in the nation and we will continue to pursue those venues and an agreement that makes sense for all parties involved.

Casey Johnson | WIAA Sports and Activities Information Director, Office: 425-282-5240 | Cell: 360-713-8770
435 Main Avenue South, Renton, WA 98057



California Senate Bill 206

Fair Pay to Play Act

January 1, 2023

by Brian Brunkow

“The coaches are making millions of dollars and they’re coaching players whose parents live below the poverty line.”

John Shoop, Former Coach & NCAA Critic

NCAA HISTORY:

College sports were different in 1904. Back in the day James Hogan, star footballer at Yale, had an endorsement deal with J.T. Wilcox cigarettes. Yes. That happened. For every box of Wilcox smokes sold, Hogan earned a commission. And who knows. Maybe young Hogan sparked a “heater” on the sidelines to sell a few packs at halftime. Then in 1939 University of Pittsburgh players went on strike for “higher pay.” By 1948 the NCAA, fed up with shady dealings involving college athletes, implemented the “Sanity Code.” From 1948 forward college athletes would be allowed scholarship money only; endorsement deals and other forms of payment were forever banned.

So that’s where we’ve been for the past 70 + years. In exchange for services on the field, college athletes earn money for tuition, room & board, books, and healthcare. However, hiring agents, endorsement deals, and profit sharing between athletes and schools have been off the table. An absolute non-negotiable with the

NCAA. But times change. And the year 2023 looks...a bit like 1904 again.

In steps California. On September 30, 2019, Governor Gavin Newsom signed Senate Bill 206 AKA “Fair Pay to Play” into law. SB 206, passed unanimously by the CA Senate and Assembly, is a watershed moment in amateur college athletes. Said Newsom in a *New York Times* interview,

“Every single student in the university can market their name, image and likeness; they can go and get a YouTube channel and they can monetize that. The only group that can’t are athletes. Why is that?”

REACTION:

Because SB 206 doesn’t go into effect until January 1, 2023, the NCAA and other states have time to work on creating a level playing field in the recruitment of high school athletes.

First, SB 206 allows a college student athlete (enrolled in CA) to pursue personal endorsement deals and get paid for the use of the athlete’s “**Name, Image, or**

Likeness” (NIL). Second, SB 206 allows the student athlete to hire a licensed agent to solicit and negotiate these endorsement deals. Let’s just say the NCAA and non-California schools are not pleased with SB 206. CA is now offering high school recruits beaches, blue skies, and the ability to profit off their own name, image, or likeness as a college athlete. That’s California 1, Rust Belt 0! Gene Smith, Ohio State’s Athletic Director recently said that if SB 206 goes into effect his school will no longer schedule games against CA schools. So there. Take that. Probably an empty threat from Ohio State considering the population base and rich recruiting talent out west. In short, count on Ohio State scheduling games in the Golden State after 2023.

Also, at least nine other states (including Ohio) are now considering bills similar to SB 206 and we should not expect the NCAA to expel USC, UCLA, or Stanford from competition. What we should expect, however, is the NCAA developing a plan to level the recruiting playing field nationwide.

WHAT'S NEW:

So, these are the rights, obligations, and limits under SB 206 that high school coaches should communicate to sports parents and high school athletes during recruiting:

- **No Retaliation.** The NCAA and universities shall not punish a college student athlete (in CA) from profiting off his or her own NIL (signing autographs at a local car dealership; monetizing a YouTube channel)
- **Agents.** The student athlete may hire an agent to solicit and negotiate endorsement deals. However, the athlete (with eligibility remaining) shall not hire an agent to solicit or negotiate pro contracts
- **Revenues.** The student athlete shall not participate in revenue sharing with the university. (game tickets; bowl game payouts)
- **Team Contracts.** The student athlete's personal endorsement deal shall not conflict with the university's contracts. (the athlete can't sign a shoe deal with Nike if the school has an Adidas contract)
- **Disclose.** The student athlete shall notify the university of the personal endorsement deal for a conflicts check. The university shall then notify the athlete if the athlete's endorsement contract or certain provisions are in conflict with university contracts

- **No Chilling.** The university shall not sign team endorsement contracts that restrict student athletes from pursuing individual endorsement contracts.

CONTEXT:

Understandably there are valid views on both sides of the issue – should college athletes be “paid” *anything* extra when they already get a pretty sweet deal – a scholarship offsets crippling student loan debt while playing the game they love. But for those still on the fence please consider these figures:

- In 2016 the NCAA signed a \$8.8B *March Madness* TV deal with CBS and Turner
- In 2017 ESPN paid \$7.3B to broadcast the College Football Playoffs through 2025
- A Drexel University study found that the average Division I basketball player had an annual fair market value of \$265K/year
- Current salary for college student athletes: \$0.00/year
- College student athletes typically “work” a 65-hour week. That's 15 hours in class, 30 hours in study hall, and 20 hours of NCAA-capped practice and game time per week.
- And this 65-hour work week does not include voluntary workouts, injury rehabilitation, or travel time. That 6-hour flight from LA to Miami? Not covered in the NCAA's 20-hour cap.

It'll be interesting to see how the NCAA and other states, including Washington, respond to California's move allowing college athletes to profit from their own name, image, and likeness.

Final points to keep in mind:

A busy kid on scholarship may have parents at home living in poverty for those 4-5 years at school. SB 206 lets student athletes help out financially

“Out of Sight; Out of Mind.” There is a short window for athletes to market their reputation and brand for endorsement deals. After graduation, that marketing leverage is gone if they don't go pro. SB 206 allows athletes to help secure their finances for post-graduation living expenses

Allowing student athletes to build their brand and negotiate personal endorsement deals is practical, real life business skill development. And isn't that why they go to college to begin with?

RESOURCES:

CA SB 206 (CA Education Code, Section 67456)

CA Miller-Ayala Athlete Agents Act (B&P Code, Div. 8, Ch. 2.5)

NCAA Recruiting & Agency (NCAA.org)

The Ripple Effects of California's 'Fair Pay to Play' Act (theringer.com 10/11/19)

The Business of Sports Podcast (SB 206, Episode 10/1/19)

Brian Brunkow is a Seattle-based CA & WA lawyer and provides workshops for attorneys and coaches on athlete agency law & NCAA compliance.

www.brianbrunkow.com ■

Ridgefield Spudders Continue Quest for Softball Excellence

by Lane C. Dowell



The new Ridgefield Softball Coach was introduced to the community in a recent article by the Clark County Today (with thanks to the Clark County Today Nov 25, 2019)



Lane C. Dowell

RIDGEFIELD WA — The Ridgefield School District has selected Kelsey Anchors-Goodman as softball coach for Ridgefield High School.

Anchors-Goodman comes to Ridgefield from North Valley High School in Grants Pass, Oregon where she was assistant coach for softball and girls basketball and an instructor in PE, health and strength/conditioning. Last year, she coached baseball there as well,



Courtesy of Oklahoma State University

making history as Oregon's first female coach of a boys baseball team.

"I am really excited to have the opportunity to continue building a program in Ridgefield that is on the rise, along with contributing

to the success that this program has achieved over the last few years," said Anchors-Goodman.

The daughter of the late Ridgefield softball coach, Dusty Anchors and Lori Anchors, Anchors-Goodman is the youngest of four children. She started playing T-Ball at the age of 4 and competitive softball at the age of 7. She attended Olympic High School in

Bremerton, setting school records in softball and was all-Olympic League her last two years, as well as all-state in her senior season.

Anchors-Goodman attended Oklahoma State University on a softball scholarship and holds a bachelor's degree in Health Promotions and Education with an emphasis in Exercise Science. She was the university's top defensive softball center fielder all four years and was on the team when it advanced to the Women's College World Series in 2011. Anchors-Goodman earned her teaching certificate at St. Martin's University in Lacey in 2015 and worked as a substitute teacher and PE instructor at Central Kitsap Middle School prior to joining the staff at North Valley High School.

"The Ridgefield Athletic Department is beyond excited to announce Kelsey Anchors-Goodman as our new softball coach," said Brynan Shipley, Ridgefield School District's athletic director. "Kelsey has a great deal of knowledge and experience in the sport. Her impressive resume sets her apart in the selection process, and her vision for the program is shared by many. The fact that she is Coach Anchors' daughter only makes it that much more special. We are excited about the future of Ridgefield softball."

In her free time, Anchors-Goodman loves to spend time with family and friends, playing competitive slow-pitch, being outdoors and traveling.

We continue this article with a one on one with An-

chors- Goodman and your *Washington Coach* author and longtime family friend who still feels the pain of the loss of Kelsey's father, Dusty, a dear friend, which was discussed in the last issue of your magazine in the Final Whistle.

Washington Coach: Outline your coaching philosophy.

Anchors-Goodman: *Over the countless years I have been around softball, my coaching philosophy is ever evolving. It is not perfect by any means. My philosophy is geared around making young athletes into great human beings that can take things from the game of sports and apply it to everyday life. I want to create an inviting and challenging atmosphere for the student-athletes to not only grow but to teach them that it is okay to fail. Performing fun and energetic challenges that will allow them to grow mentally through the game of softball. Softball is only a small part of a young woman's life, yet it can be one of the most memorable. On the diamond, athletes learn teamwork, determination, confidence, and character development. It is my hope that as a coach I can guide my players in having an enjoyable and successful softball season each year.*

WC: Will we see a lot of your Dad's style in what you attempt to bring to Spudder Softball? If so what?

Anchors-Goodman: *I am sure you will see a few things that I will bring in that will be part of what my Dad used to coach. However, with my coaching style I am very hands on and won't ask the girls to do something I have not done in my career as a coach or as a player. So they will be getting a ton of new drills and instruction that may sound similar to what they heard my dad say but they also have someone who has walked the walk.*

WC: Coach, please give us a description of what you feel is the character of a winning coach.

Anchors-Goodman: *I believe a winning coach is passionate, caring, supportive, goal-oriented, respectful, clear-communicator and is not afraid to fail. There are, I'm sure, other things that help make a winning coach however these are a few traits that I think go into a winning coach and how to be successful at it.*

WC: Do you coach mental toughness? Examples..and why is that important?

Anchors-Goodman: *Yes, I do, I feel it is a very im-*

portant aspect of the game. There are many ways that I will incorporate mental toughness into the season and practices. I was taught mental toughness going through my high school years and feel like it made me a better player and person on and off the field.

WC: What did you learn coaching a boys team in Grants Pass, Oregon last season?

Anchors-Goodman: *In my two years of coaching a boys baseball team, I learn that it was not much different from coaching girls. I think the biggest difference was just the pace of the game itself. Softball is faced-paced and baseball tends to take its time during innings. I had to learn a new avenue of patience with boys and understanding in that boys want to please coaches.*

WC: Do you have an off-season program?

Anchors-Goodman: *The girls participate in an after-school workout program run by the strength and conditioning coach Ted Beyer. He does an awesome job at creating workouts for our athletes to strive towards success. I work closely with him on making sure I show up to workouts and give the team sport specific exercise that will be driven more towards softball. We also run open cages twice a week to allow the girls to come in and get reps hitting or defensively. It allows the girls to work out some kinks that maybe they have in preparation for the start of the season.*



Kelsey's dad, Dusty Anchors

WC: What did you tell your team in your first meeting?

Anchors-Goodman: *During my first meeting with the team it was making sure to give out information for off-season workouts and open cages. I wanted to keep the first meeting very brief. I had mentioned how I wanted the season to start off on the right foot and that getting into the weight room now will only help us in the long run for the season. I mentioned how I wanted the program to return to state and have that goal to place better than last year. We have our work cut out for us, but that's something I look forward to overcoming.*

Continued on page 23



Oklahoma State University Program Cover courtesy of OSU issuu.com

WC: How did Dad fit into this talk?

anchors-Goodman: *My dad was mentioned briefly during this talk. I can't exactly remember what was said about him but I did mention to some who may have not known me, that Dusty was my dad and that they would probably hear A LOT of the same sayings that he used.*

WC: Describe your D-1 experience Oklahoma State?

anchors-Goodman: *At Oklahoma State, I was a 4-year starter in centerfield. It was an experience unlike any other. To be able to grasp and talk about my experience at Oklahoma State is difficult. First off, I hate talking about myself, however, I will do my best. The 4 years I spent at Oklahoma State were some of the best years of my life. Being a starter and playing for a top tier program was truly a dream come true. It was a hard and uphill experience, but it is one I would not change for the world. In 2011 the hard work, determination, blood, sweat and tears all paid off when my team made it to the Women's College World Series. I can only hope young athletes I coach have a dream to go to college*

and experience what I did. I created so many lasting relationships that I still have to this day and only wish I could go back and play one more game. There are many things that I do now, and continue to do as a coach and player for my women's slow pitch team, that I learned from college. College can teach you so many life lessons that at the time you do not realize you need but then down the line you look back and are grateful for the opportunity to have the chance to play college ball.

WC: What will be your teaching assignment at Ridgefield?

anchors-Goodman: *I am currently a substitute teacher in the Ridgefield and Battle Ground School Districts. I do not have a full-time position at the high school, although I am looking for that full time position.*

WC: Will you share your goals for season one of Spudder Softball?

anchors-Goodman: *This is always a never-ending list of short and long term goals. A couple I have for the program is to compete in every inning of every ball game. We do that and we will surprise some people. Keeping our integrity as a team when we win and/or lose a ball game.*

Athletic Director Brynan Shipley excitedly commented, "Kelsey not only has the overall qualities that we are looking for in a coach, she has an impressive resume as a player as well. Bringing first hand knowledge of what it takes to play at the highest level is appreciated and respected by all. She connects well with the athletes, has a positive attitude, knows the game, and has an education first mindset."

The players are excited as well as the community. Everyone is eager for the season to come. **SEASON OPENER IS MARCH 16TH AT BATTLE GROUND.**

BIO for Lane C. Dowell
 Correspondent for the for the **Washington Coach**
 Lifetime member of the WSCA
 WSTFCA HOF
 USATF Master Level Official #9586
 Ass't, Football Coach West High (Bremerton)
 and Olympic High Bremerton ■

Cross Country Hall of Fame



MIKE HADWAY

Mike Hadway began his running career in junior high school, but began to find success in high school at Rogers High School in Puyallup. Under the mentorship of coach Jerry Hendrickson, Mike's best year was his senior year where he placed a "disappointing" (his words)

8th place at the 1973 state cross country championships and 3rd in the mile at the 1974 state track championships.

In the fall of 1974, Mike enrolled at Spokane Community College where he was coached by John Buck and Max Jensen, a man who would have the greatest influence on him in cross country and track. In the fall of 1975, Mike finished 4th at the NWAACC cross country championships, helping the team score a conference record low score of 16 points (15 is perfect) in winning the team championship. Later that spring (1976), Mike placed 4th in the mile in 4:15.1 at the track conference championships. He was a member of two NWAACC track conference championship teams.

Mike continued his education and running career in the fall of 1976 at Eastern Washington State College (later, EWU) where he was coached by Jerry Martin. He was a member of the 1977 Evergreen Conference Championship team that qualified for the NAIA national championships and also qualified for the 1978 outdoor NAIA national track championships in the 5000 meters with a personal best of 14:26.2. For many years after college, Mike was one of the top road racers in the state of Washington.

After receiving his Bachelor's degree in teaching from Eastern and a short stay at John R. Rogers High School, Mike began one of the most successful tenures of coaching in the Greater Spokane League and Washington State history at Ferris High School from 1986-2018. His coaching successes in cross country include: 15 state teams, 3 individual champions, 5 team titles, 2 second place finishes, 4 third place finishes, 2 fourth place finishes, and a fifth and sixth place finish. Mike had 28 runners

finish in the top 10. In Track, Mike had 3 state champions in each distance event (800, 1600, 3200) and 38 podium finishes, with 9 in the 800, 15 in the 1600, and 15 in the 3200. Mike's cross country teams qualified for the Nike Team Nationals four times, placing 2nd in 2009.

Mike was named Washington State cross country coach of the year 2004 and is a member of the Spokane Community College and NWAACC Hall of Fames. Mike and his wife Suzanne have two children (Ashley and Josh) who both became runners, and five grandchildren.

Mike's long time involvement in our sport, his incredible success, and his support of coaches and athletes are among the many reasons that the Washington State Cross Country Coaches Association welcome him into our Hall of Fame.



JEF RETTMAN

Jef grew up on the north side of Spokane and graduated from Mead High School in 1987, where he participated in track, cross country, and basketball. During his time at Mead, Jef got a new cross country coach in Pat Tyson, who Jef now joins in the WSCCCA Hall of Fame.

After Mead, he went to Eastern Washington University and graduated in 1992 with an English major and history minor. In 1994 Jef finished his Masters Degree in US History from EWU.

Jef began his teaching career at River View High School near Kennewick in 1994. After one year he then moved to Renton to teach at Lindbergh HS. At Lindbergh he taught a wide range of courses in the English Department. Eventually he switched to the History Department and taught US History, Civics, AP US History, and Multicultural Studies.

Jef began coaching in 1998 when the cross country position opened up at Lindbergh. He also coached tennis

Continued on page 26

for two seasons before taking over the track program in 2001. At the end of the 2018/19 school year, Jef retired from coaching CC and Track. Jef's most rewarding and memorable achievements in coaching came from the relationships with athletes and coaches and all the great memories of times spent together. Jef's achievements are numerous and notable.

During his career, Jef's boys and girls teams won 22 League Championships. He had 22 State Qualifying teams, and his boys won the 2011 2A Boys State Championship. Jef also had 5 teams which placed in the top 4 at State. He coached individual state champions Sam Ahlbeck and Sarah Reiter. In 2011 Jef was named State Coach of the Year.

Jef has been married to his wife Tonja Reischl since 1998. Tonja is a teacher in the Issaquah School District. They have 5 nieces and nephews and a dog named Zadie.

Jef still teaches at Lindbergh. He looks forward to volunteering with the Special Olympics and returning to working on research and writing projects. Jef travels a lot with his wife and he still runs, hikes, cross country skis, and mountain bikes.

Jef's involvement in the sport has affected numerous lives in a positive way. His success speaks for itself, and it is our honor to welcome him into the Washington State Cross Country Coaches Hall of Fame.



WES PLAYER

Wes grew up in Sumter, South Carolina and graduated from Mayewood HS in 1967. He earned all-league honors in football, basketball, and was a state placer in the long jump and hurdles. Wes likes to remind us that he was NOT a distance runner.

Wes graduated from Brigham Young University in 1973 with a major in physics and minor in chemistry. He did not participate in college athletics. Wes began his teaching career at Mead HS in 1973 and remained there until retiring in 2005. He taught physics and chemistry.

After retiring he taught part-time and coached at Deer Park High School.

In the spring of 1974, Wes became an assistant track coach to Duane Hartman at Mead. When Hartman moved on to Spokane CC, Tom Buckner took his place as the head track and field coach and cross country coach. Wes said he knew nothing about the sports but would be happy to fall under Tom's tutelage. Wes was an assistant for 2 years and Tom gradually gave him responsibility for the girls cross country program. Two years later Wes became the official girls coach. Wes coached the girls cross country team from 1981 until 2005. After leaving Mead, Wes coached for 10 years at Deer Park and officially retired in 2015.

One of the things that Wes is most proud of is the LARGE teams he had, with his largest team having 88 girls participating. His biggest goal as a coach was always to help the girls become better people.

Wes Player's teams captured 14 district titles and sent 22 teams to state, where they won a championship in 1988. His teams had 7 second place finishes and 5 fifth place finishes. He calls himself the KING OF ALMOST because 7 times they missed a state championship by one place and 5 times they missed a state trophy by one place! Wes never had an individual state champion in cross country, but 3 of his distance runners in track won state titles. They were Lisa Corp, Sarah Schwald, and Jamie Geissler.

Wes has been happily married to his wife, Kendra, for 47 years and has 4 children, Kristie Rodas, Karen Summers, Dan Player, and Shannon Helm. He has 17 grandchildren and one great grandson.

For now, Wes spends a lot of time doing woodworking. He is currently serving as president of the Deer Park Rotary Club and he also travels quite a bit to visit his children.

Wes' tremendous contributions to our sport, and the many athletes he coached, not to mention the coaches he worked with are the reason we are honoring him with induction into the Washington State Cross Country Coaches Association Hall of Fame. ■

Track and Field Hall of Fame



SAM RING

Sam was born and grew up in Tacoma. While attending Baker Junior High he was encouraged by Hall of Fame coach Dan Watson to turn out for track. After much prodding he did and a track career began. Continuing in school at Mt Tahoma High School he was coached by Hall of Fame coach Bob Ehreinheim gaining much enthusiasm for track and field. After high school Sam spent his collegiate at Central Washington University where he had his greatest success as a runner. While competing for the Wildcats, he won eight league and regional championships in cross country and track and set three CWU records. Sam qualified for seven national championships and earned NAIA All American honors in 1968 and 1969. While still at Central he participated in the steeplechase at the 1968 Olympic trials.

Sam continued his running career after college, becoming one of the original members of Club Northwest, competing in two cross country national championships and winning the first Sound to Narrows race in 1973. He began his coaching career at Mason Junior High in 1970 with his track team winning the league championship in his second year. Sam briefly coached at the University of Puget Sound in 1974 and 75. His 1975 cross country team qualified for the NCAA II national champs. Sam jumped to the high school ranks in 1975, joining Hall of Fame coach Jim Daulley. The 1975 team won the state title with many of the Mason athletes Ring had previously coached. They had a remarkable streak with 4 more state trophies and a 1978 title. (During this same time, Sam was coaching the Bellarmine girls' cross country teams to three state titles).

Sam once again returned to Mason Junior High as track

coach in 1980-81. He got the call to return to Wilson and his 1982 squad, led by Darrell Robinson captured the league title. Robinson set the national high school record that year in the 400, running 44.69. That time is still the national high school record today, and at the time it was the world junior record. His 44.69 is considered the top all time running mark of all normally run high school events. In Robinson's senior year he ran in 4 events, won 4, set 4 new state records.

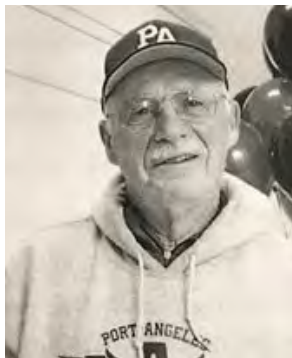
Sam returned to the University of Puget Sound in 1986 where he coached 36 track and All Americans and four individual event national champions. He also coached four straight national women's champion cross country teams from 1992-95.

Once again Sam was called from Wilson, and in 2001 he returned as head track coach. In 2006 his team won the state 4A track title, and in 2011 as a 3A school they took 4th place.

Upon retiring from Wilson in 2019 his track teams had captured 11 League championships. Sam is particularly proud of his track dual meet record of 244 wins against 15 loses. Although they may be losing importance in today's era, Sam loved how dual meets gave track a real time flavor where more athletes could get involved in team competition. In addition to his induction into the Washington State Track and Field Coaches Hall of Fame, Sam is also a member of these other Halls of Fame: Mount Tahoma High School, Wilson High School, Central Washington University, University of Puget Sound Pierce County Athletic, and The Washington State Cross Country Coaches Association.

It is with great honor that we welcome Sam Ring into the Washington State Track and Field Coaches Hall of Fame. His tireless commitment to the sport, his important mentorship of his athletes, his collaborative work with all his coaching colleagues, his important contributions, and his service to the WSTFCA, provide us with the opportunity to recognize him with this honor!

Continued on page 28



BOB SHEEDY

Bob Sheedy began coaching track and field at Manson High School in 1969. He became the head coach at Port Angeles High School in 1972. Forty-three years later, Coach Sheedy decided to step down from his head coaching position at Port Angeles. Very few coaches achieve a successful

career that lasts longer than forty years. Coach Sheedy didn't just achieve that, he became an important mentor to a huge number of athletes who consider him to be one of the most important people in their lives! To have that kind of lasting impact is a testament to the transformational powers of the coaching profession. As many would attest, he is known for always having a story to share with others. Today, we get to share his story, one that provides inspiration to track and field coaches around the state!

Bob was born in Iowa, attended school in Chicago, and ended up in the Shoreline area when his parents migrated from Chicago. He achieved athletic success in high school playing three sports: football, basketball and track and field. Upon graduation in 1959, he attended Central Washington University but was forced to leave after one semester and join the Army. Following his service to his country, Bob played one year of basketball at Peninsula College on the school's first team in 1963-1964. Needing to make money to continue his college education, he went to work at Boeing and then attended Shoreline Community College. It was his old high school football coach and his old high school track and field coach who gave him tuition and an opportunity. He completed his college education at Western Washington University.

Upon graduating, Bob began a career in education that provided him the opportunity to coach. Over his career, he coached football, basketball, swimming, and soccer. Coach Sheedy was a genuine proponent of the multi-sport athlete! But it is track and field that is Coach Sheedy's true love!

Coach Sheedy built a successful program at Port Angeles over his forty-two years. He was responsible for starting the girls cross country program and along with the boys team, had great success. His boys and girls teams combined to win 30 cross country league championships, providing a number distance runners who went on to achieve great success in track. Coach Sheedy had eight

state champions at Port Angeles and too many individual track and field champions at the league and district levels to list. Coaching at a time when dual meets held great significance, he guided his girls' teams at Port Angeles to a period of 15 years without a home loss. He mentored Greg Thomas who went on to jump 7' 0 1/2" in the high jump at WSU after setting multiple school records, Sherri Felton who led the nation in the high jump in 1977 and went on to become the first girl at the University of Washington to jump over six feet in 1978, Karena Greeny who became the greatest female thrower in Port Angeles history and Penny Graves who went on to compete at the University of Oregon as a six-time track and cross country All-American and an important member of the Duck's elite women's distance squads in the late 1980's that led Oregon to a trio of Pac-10 Conference championships and one national team title.

It is with great honor that we welcome Bob Sheedy into the Washington State Track and Field Coaches Hall of Fame. His tireless commitment to the sport, his important mentorship of his athletes, his collaborative work with all his coaching colleagues, his important contributions, and his service to the WSTFCA, provide us with the opportunity to recognize him with this honor!



BARRY SARTZ

Barry Sartz is best known for his incredible love for kids and a genuine passion for track and field. He believed that Track and Field was the greatest sport on earth and he used that strong belief in his attempt to get every kid involved. It was his unwavering view that every kid mattered

and had ability that made him such a powerful force in each athlete's life. Barry believed that a positive experience in athletics was a great way to teach life lessons that would help kids grow into responsible adults. From the time he began coaching high school athletes as an assistant sprint coach at Shadle Park High School until his untimely death in 2018, he used the platform he was provided as a coach to impact the lives of the athletes he coached and the coaches he called colleagues.

A football player and track sprinter at Shadle Park in the early 1970's, he went on to compete at Spokane Community College and Eastern Washington University. To many, it was obvious that Barry was going to be a sprint coach. He began his coaching career at his alma

mater, Shadle Park, but eventually accepted a position as an assistant coach at Mead, one of the best programs in the state at that time. When he took a teaching position Newport, a tiny school in eastern Washington in 2001 he really began to develop into a Hall of Fame coach. It wasn't easy. Going from Mead to Newport was a culture shock. At Newport, he was the only coach. Soon, his infectious enthusiasm for the sport spread to the kids he got to turn out. With a dirt track unsuitable to host home meets and no coaches, Barry set out to build a team and program. At first he was coaching every event while teaching volunteers how to coach. Barry rallied the community to build a track, coordinating fundraisers, reaching out to people in the community, turning to the resources of local businesses, talents of local citizens, and a grant from Nike. Not many coaches can say they built the track at their school, but that is exactly what Barry Sartz did. How did he follow that up? He started the Newport Relays to showcase the proud accomplishment of his community. Coach Sartz built Newport High School into a track and field powerhouse. According to The Spokesman-Review, before Barry became the coach, Newport boys had scored a total of 18 points in the previous 15 state meets and never had a state champion. In his first eight years at Newport,

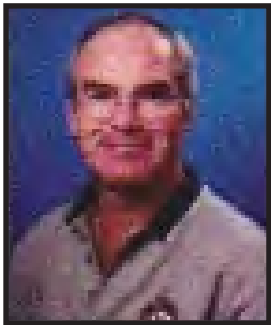
Barry coached eleven state champions, guided his boys to scoring 249 points at state and his 2005 team won the title with a record 98 points. By the time he left Newport in 2011, six more state champions had been added to the list. That included two athletes that would eventually compete in the NCAA championships, become All-Americans, and go to the U.S. Olympic Trials.

The number of state champions and state placers he has coached as an assistant at other schools are too numerous to print. Barry was competitive, enthusiastic, and a true proponent of the sport. More importantly, he was dignified, very well respected and one of the most decent men you could ever meet! Above all, he was a family man who didn't sacrifice the true blessings of life for the sake of his sport. Barry is proof you can do it right, and still win! It is hard to lose those we respect and love the very most so let it be known that it is with great honor that we welcome Barry Sartz into the Washington State Track and Field Coaches Hall of Fame. His tireless commitment to the sport, his important mentorship of his athletes, his collaborative work with all his coaching colleagues, his important contributions to his community, and his service to the WSTFCA, provide us with the opportunity to recognize him with this honor! ■

Hall of Famers in Attendance L-R Phil English (XC), Jef Rettman (XC), Willie Stewart Jr. (TF), Terry Rice (XC_TF), Joel Wingard (XC,TF), Mike Hadway (XC), Bob Sheedy (TF), Ed Santos Jr. (XC), Sam Ring (XC, TF (1)



Gareth Giles Award



Tom Doyle

District 2

With more than 35 years of experience with the Representative Assembly, Doyle has been a part of many different WIAA legislative processes and procedures. Most recently, he wrote and advocated for amendment 8.12.13 at the Rep Assembly to help the Association better handle time-sensitive situations. Doyle is also a District Director where each year he leads small breakout groups and encourages conversation on amendment pros and cons. He plays an important role in encouraging consideration and fostering open discussion on amendments at league meetings. Doyle has promoted the understanding and enforcement of the WIAA rules and developed the Respect the Game Initiative to encourage sportsmanship between schools and participants.



Dwayne Johnson

District 3

Johnson has been the voice of the Olympic 1A/2A League as league president, a District 3 Executive Board member, and a representative assembly delegate while also serving on a multitude of league committees as a chairperson and a member. As the WCD Executive Board President five years ago, Johnson guided the complicated, contentious formation of the 3A and 4A leagues through the last re-alignment and enrollment process. Johnson has also served as Tournament Manager for the WIAA State Gymnastics meet. He is a proponent of finding ways for some of the more rural athletes to be served, such as arranging phone calls for eligibility hearings for kids from Neah Bay and Crescent High Schools. Johnson has also been a proponent of Native American tribes in the Pacific Northwest, specifically the Makah and Lummi tribes. Johnson's caring, committed, and dependable character has led him to make a positive impact in all areas of his service.



Rich Rouleau

District 5

Rouleau has served in a number of leadership positions within the WIAA. He spent five years on the Representative Assembly, 13 years on the WIAA Executive Board, and more than 13 years on WIAA Committees where he has served as a public/private school chair, classification chair, and a strategic planning member. He played an active role in implementing and voting on the switch to the classification percentage system in 1996. Rouleau has also played a large part in accepting Hermiston, OR as a member of the WIAA. In addition, Rouleau has been heavily involved in the WIAA legislative process where he served as the Yakima Valley A League Athletic Director for 10 years, a District 5 Board Member and president, and a District 5 Rep Assembly voting member. Rouleau's passion and care for participating students has been evident in his work with voting, promoting, and revising the state basketball tournament format over the years as well as advocating for the state tournaments held in his District. ■

Gareth Giles' Memorial Recognition Award Past Recipients

1986	Donald Koplitz
1987	Don Batey, Selah Jack Burrell, Kent Dave DuVall, Mount Vernon Dick Fike, St. John Jim Rothnie, Edmonds Walt Thorp, Odessa
1988	Bill Brumsickle, Centralia Bob Eller, Wenatchee
1989	Clayton Dunn, Pullman Dick Grabenhorst, Naselle Don White, Mt. Si
1990	Dan Inveen, Tacoma
1991	Richard Neher, Walla Walla Lyle Patterson, Naselle
1992	Bud Hatley, Federal Way
1993	John Anderson, Sumner Ray Norton, Asotin
1994	Leroy Faling, Kelso
1995	Max Sanchez, Deer Park
1996	Buddy Gibson, Oakesdale
1997	Ralph Hilt, Medical Lake John Stencil, Mossyrock
1999	Russ Brown, Medical Lake Barbara Twardus, Seattle Don Bagnall, Bothell
2000	George Nordi, Tacoma Ron Bennett, Montesano Kim Wilson, Edmonds
2001	Ed Tingstad, Spanaway
2002	Joe Bullock, Tacoma Bob Kirk, Pomeroy Joe Richer, Cheney
2003	Cliff Gillies, South Bend Dele Gunnerson, Lilliwaup Pat Hoonan, Bonney Lake Jim Spence, Quincy Jan Truant, Shoreline

2005	Dick Behrens, St. John Lee Day, Kittitas Dean Naffziger, Rochester
2006	Judy Jennings, Seattle Christian
2007	Mark Cullen, University Prep John McGregor, Lind-Ritzville
2008	Mary Erickson, Centralia Art Jarvis, Tacoma
2009	Karst Brandsma, Everett
2010	Ken Axelson, Lynden
2011	Randy Ryan, Spokane
2012	Bob Dowding, Seattle Harlan Kredit, Lynden Marty Friedman, Riverside John Miller, Spokane Jim Murphy, Newport Bruce Phillips, Auburn
2013	Art Bickler, Freeman Randy Dolven, Kamiakin Dan Heltsley, Bethel Dave Lutes, Kent Wayne McKnight, West Valley Ray Whitlow, Tri-Cities Prep
2014	Rich Frazer, WIAA District 4 Mark Swofford, North Mason Tim Thomsen, Sumner
2015	Ed Ploof, Bellarmine Prep Bill Bieloh, Walla Walla
2017	Bob Jones, Auburn Shelly Thiel, WIAA District 3
2018	Mickey Fowler, District 2 Mick Hoffman, Vancouver Public Schools Eric McCurdy, Seattle Public Schools Jim Piccolo, District 1
2019	Mike Colbrese Greg Erickson Wendy Malich Jim Meyerhoff Rick Wells



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

WSWCA Cultural Exchange with Japan 2020

Brett Lucas , blucas@fwps.org

Todd Beamer Wrestling Coach, WSWCA treasurer/cultural exchange director
WSA executive board member and wrestling ISA rep

The Washington State Wrestling Coaches Association (WSWCA) hosted the Japanese Junior National Team this past January. This wrestling exchange program with Japan has been going on for over 60 years. We, as an association, enjoy the process and have recently renewed our continued interest in this endeavor, every other year for the next several years.

The Japanese National Team is a team comprised of 13 wrestlers, a Team Leader, and two coaches. The wrestlers on the Japanese Team have placed in the top three in their national tournament in either Freestyle or Greco wrestling styles. This means they are very, very good and we (Washington State wrestlers) are definitely the underdogs. One reason is because we mostly wrestle folkstyle/collegiate style in middle school, high school and college in the USA. We are outmatched most of the time, but sometimes, we have a good match-up and pull out a victory. However, the 13 matches against the five local all-area teams are usually over in under an hour.

The team from Japan arrived on January 4th in Seattle after an 11 hour flight and then took a flight to Spokane and were picked up by Head Coach of East Valley High School, Craig Hansen (friend, Hall of Fame member, long time board member, previous host and coach of exchange

teams). He took the team to a tournament that his high school was finishing up and they all watched the finals together. The finals concluded and they met at East Valley High School where host families were waiting for them. The host families are usually a wrestling family from the community and they host two wrestlers for two nights at their house. This is where most of the real connection takes place. The Japanese wrestlers get a feeling of what it is like to live in the USA, in our homes, with our style of food, beds, cultural norms, bathroom style, shoes in the house and many other things we don't even think of. The team leader and coaches stay at the coach's house.

The next morning arrived and the host families fed the wrestlers who arrived at East Valley High School around 10:00 AM for a shared training session with the Japanese team and the high school team. The all-area team that Coach Hanson arranged, had members from Mead, Central Valley, Mt. Spokane Medical Lake, Ferris, Liberty and of course East Valley (two of which went on a trip to Japan in 2018). They started arriving with families and high school coaches just before the match that starts at 12:00 noon. The Japanese National Anthem and the United States of America Anthem were played. The wrestling bouts were introduced as the all-area Spokane

team member was introduced to his Japanese opponent. Both wrestlers walked out to the middle of the mat, shook hands and exchanged gifts (usually a t-shirt from their school, something from their family or a small present representing the area of where they live). I forgot to mention that the match was Sunday, January 5, 2020 at 12:00 noon, while the Seahawks' Wild Card game against the Philadelphia Eagles was scheduled at 1:40! The crowd that attended the match



Continued on page 34

didn't seem to mind. There were plenty of wrestling fans from the Spokane area crowded in the bleachers to see the "local boys" take their shots at the Japanese Team! Needless to say, most people made the kick off of the Seahawks game, however there were some great throws, a technical fall (10 point differential) from a Japanese leg lace that took less than 30 seconds, and the roar of the crowd when Chase Randall, of Mead, found a way to beat his opponent from Japan!

The match ends and the pictures start. The picture with your opponent that just whooped you, while you couldn't be more proud to get your picture with him; the picture of the host family with their new Japanese wrestling family member; the picture of the all the coaches; and my favorite, the picture of all the wrestlers, coaches, referees, and a couple of fans that takes about five minutes, with over 20 moms and fans taking multiple pictures on the mat!

Everyone helped clean up, the wrestlers took showers at the gymnasium, and everyone went back to their host families and watched the Seahawks game (an American pastime). The game ended, the Seahawks won, and everyone met at Rocky Ricocos in Spokane for a pizza feed. We told stories through google translate, and laughed while eating pizza (the kind you won't find in Japan). We all walked off the pizza in the new and improved River Front Park. We gazed at the much improved pavilion and watched ice skaters on the "ribbon". We headed back to the cars in the cold night to go back to the host families and their homes.

The East Valley student wrestlers woke up on Monday as usual and took their new Japanese friends to high school with them for a period before they traveled up north to Colville. We loaded the wrestlers in a rented van with Craig driving and his amazing wife Janeen, driving with all the suitcases packed in their full size truck bed. I lead the way with some other wrestling bags in the back of the pick up. We arrived in Colville around noon and said goodbye to Craig and Janeen, after a few pictures in the snow! The Japanese Team headed into the Colville High School cafeteria like they owned the place and had a hot school lunch. They were now in their third city in three days, and they started the process all over again with new hosts from the defending state champions Colville

Indians and long time Colville coach, Randy Cloke (my head high school coach from North Central in the mid to late 80's). The school principal welcomed us, as did the students and staff members. The Japanese team had new host families, a new workout scheduled, and a match on Tuesday evening. Friendships were made, and dinner was eaten at a new spot in Colville, owned and operated by Thailer Morrison's dad. Thailer (now the assistant coach at Colville) went to Japan on a cultural exchange trip in 2014 when he was in high school. After dinner, the wrestlers were swept away by strangers to their homes for the next two nights. The three Japanese coaches, Cloke and I stay up late (way past midnight) snacking and talking about our families, jobs, and the differences and similarities. This is the moment you realize how amazing the cultural exchange is and you forgot about the six months to a years worth of planning, calling, and emailing people halfway across the globe and the commitment locally to be gracious hosts.

The next morning, the Japanese team, Cloke and I, traveled to a new state-of-the-art manufacturer, Vaagen Timbers, in Colville, where they sustainably create cross laminated & glue laminated timbers. We were hosted



and provided a tour of the facility by the head salesman, Tom Baun (who's two multiple state champion sons both went on different Japanese wrestling cultural exchange trips). The plant

was amazing and it was a perfect example of a cultural activity. There is hopefully one or two cultural activities unique to the area that are included at each stop. Wrestling is the reason for the trip, but understanding culture, making connections and new friends are the real purpose.

The Japanese wrestlers beat Colville on Tuesday night, with only one match making it into the second round, and a couple of takedowns from the local wrestlers that energized the large crowd. The same picture event happened for the second time and most everyone was talking about "did you see it when..." The families grabbed their new family members and took them home for the second night.

We traveled 100 miles through the snow and mountain passes to Omak Wednesday morning and transferred the team to the Cashmere coaches. Coach Rich Wheeler



(friend and former wrestler at CWU) and Head Coach Ken Hoyt (coach for over 30 years). The team spent time in Cashmere and traveled to Leavenworth, to explore and purchase presents and souvenirs for their families back in Japan. Rich said the highlight was the amazing community support and the town potluck that was shared with all involved in the event. They enjoyed their time, friends, and match with the all-area team from Cashmere and headed to Royal City to meet Athletic Director Randy Miller (former host and Japan 2015 coach) and Head Coach Ben Orth (friend and former teammate at CWU). We were sent some great pictures from Royal City of smiling Japanese wrestling coaches on horses, getting a chance to target practice with a rifle, which was an exciting activity for them since citizens do not own guns in Japan.

It is already Saturday, and the match with the all-area team from Royal City was scheduled for Saturday afternoon, Snoqualmie Pass had been closed a couple times on Friday and Saturday morning. The original plan was for the last stop Tahoma Bears to drive the 150 miles to Royal City to pick up the team and drive them back. Plans changed, and as a group, we decided for safety reasons to drive down to Oregon and across Hwy 84 to meet the Royal coaches in Hood River, doubling the time and length of the original plan. At the same time, there was a second traveling team from Japan in Oregon. It happened to call the Hood River Coach Trent Kroll (Trent and I, hosted and went to Japan together on a shared Oregon/Washington Team in 2014 after a eight year, mostly financial related, drop in our cultural exchange traditions) to see where their team was at. It just so happened that they were meeting at Hood River that night for an exchange. We made the dual stop happen, and for a short time, both Japanese teams could see familiar faces, take some pictures, and not need their phones to communicate. Tahoma Coach Boomer (friend, twice hosted and we combined on two trips to Japan in 2016 & 2018) and Coach Kitchen (former CWU teammate) were able to get the team back to Tahoma about

midnight, where the tired Tahoma host families eagerly awaited.

Sunday arrived quickly and the day was scheduled with each host family planning something fun on the west side of the mountains. Boomer and Head Tahoma Coach Feist (friend, long time Tahoma coach, and former teammate at CWU) with the Japanese coaches, traveled to Seattle where they explored and went to one

of the favorite spots for the Japanese to purchase gifts for loved ones, the original Starbucks in Pike Place. A great, low key sightseeing day was in the books. After a trip to Snoqualmie Falls Monday morning, it was hard to believe the fifth and final cultural exchange match was already upon us. The all-area team from Tahoma had top level WA wrestlers and the most competitive match took place. Curtis High School's Ryan Wheeler and Tahoma's Levi Kovachs, Jr. pulled off hard fought victories. The match finished and the picture scene took place for the final time.



With help from Coach Enos (great friend, former wrestler, and current Todd Beamer's long time assistant coach) and his girlfriend Maddy, we got the team and coaches to the hotel by Seatac airport late Monday night. As the longer than normal process of checking the team in to the hotel was happening, the Japanese coaches tell us that they and their team are hungry, which is hard to believe because they had been fed amazingly well the entire trip. On the other hand, it was 11 PM and they had dinner about six hours earlier. We made the decision, after some deliberation and the limited options available at that time of night for a sit down meal, to head to Safeway for "snacks". We loaded up the 15 members for the second to last time and head south on Hwy 99 to Safeway. The carts (yes carts!) that some of the wrestlers were pushing around at 11:30 at night were filled with amazing unthought of late night

Continued on page 35

Continued from page 35

snacks and souvenirs. Gallons of orange juice, family sized chicken wing dinners (for one), plenty of candy, and one of my favorites, 10 Speed Stick deodorants for last minute gifts! Over \$30 each was the average total for the attack at Safeway by the Japanese team. We took the final picture of the trip outside of the hotel after midnight on Tuesday morning, as I felt terrible that Tyler and Maddy were still happily involved on a work night which I thought would be finished around 9:30 PM. I hugged Tyler and Maddy and thanked them immensely as we dropped off the rental van.

The wrestling community is amazing, and unlike some sports, where you rarely have the opportunity to get to know or talk with the opposing coaches, wrestling coaches spend almost all weekends during the season with each other. We compete, share stories in the coaches room, talk about summer camps or the freestyle season, and become friends, at the same time, trying to get our wrestlers to become better people and better wrestlers. I asked five friends and coaches if they would host a team from Japan in the middle of their own wrestling season about a year prior to this exchange. When they asked "what do I do" I said, "get an all-area match together with local wrestlers to challenge the Japanese team; get at least eight host families to bring complete strangers into their homes that

do not speak English and be able to feed them and give them a place to sleep for two nights; work out all the travel arrangements with the other coaches of which you may or may not know; and finally take them someplace in your town to show them our culture." "Oh yes, I forgot that after the van rental, hotel stay and insurance, there will be hardly any money for me to give to you to pull this off." I got five "Yes, sounds good! I think we can do that!"

Washington State is sending a wrestling team to Japan this June for 10 day for a similar experience (fifth time in the past seven years). The trip is from June 23 to July 3, arriving and departing from Sendai International Airport. The team will visit Miyagi, Yamagata, and Fukushima Prefectures. Things the wrestlers would need: a passport, a USA freestyle card, freestyle experience, good citizenship, above average wrestling ability, a letter/email from their high school coach, and \$2800. The \$2800 covers \$1800 plane ticket, \$400 exchange fee, and \$400 gear package. Team Leader Boomer and I are looking for wrestlers to share this experience. If you know someone that might be interested, please contact Coach Boomer at boomerburnham@gmail.com.

Thanks again to all the people who helped with this year's cultural exchange. ■

PROTECTING
your investment,
property,
and athletes

RESILITE™
SPORTS PRODUCTS, INC.

Wrestling
WRESTLING MATS, HOME USE MATS,
USED WRESTLING MATS, REPAIR KITS
and MAT STORAGE SYSTEMS.
Exclusive Supplier of NCAA Champions since 1963

Gymnastics & Cheerleading
TUMBLING MATS, LANDING MATS, PITS,
ROLLABLE FLOORS and TRAINING AIDS.

And Much More
More than 100,000 Schools, Universities,
and Clubs have requested Resilite Mat
Products for over 40 years. Call for a free catalog!

Wall Padding
Protect walls in WRESTLING
ROOMS, GYMNASIUMS, BEHIND
BASKETBALL STANDARDS,
and OTHER APPLICATIONS. Installations available.

GARY E. FREY
SUPLAY-WRESTLERS WORLD

PO Box 657
Elma, WA 98541-0657
877-427-4400

COLUMBIA

AUTO CENTER
FORD LINCOLN HYUNDAI

Complete Auto Care

SALES • SERVICE • PARTS • RENTALS

**PROUD SUPPORTERS OF WSCA!
OFFER FREE IN STATE SHIPPING
-CHECK US OUT ONLINE!**

**HOME OF THE 10-YEAR/
100,000 MILE WARRANTY**

**CHOOSE FROM OVER
400 VEHICLES!**



COLUMBIA
"Our Reputation Rides With You"
FORD LINCOLN HYUNDAI

WWW.COLUMBIAAUTOGROUP.COM

700 7TH AVE., LONGVIEW • 360-423-4321

OPEN MON.-SAT. CLOSED SUNDAY

SHOPPERS WELCOME

ADRENALINE

FUNDRAISING™

PROUDLY SUPPORTING THE...



and the Terry Ennis Scholarship Award

Visit www.washcoach.net for details.

WHAT'S THE BEST WAY TO FUNDRAISE FOR YOUR TEAM?

**BED SHEETS, COOKIE DOUGH, BEEF JERKY,
DONATION PROGRAMS & DISCOUNT CARD FUNDRAISING**



For all your fundraising needs, please visit
www.AdrenalineFundraising.com
or contact your local sales representative listed below:

DAVID WRIGHT

david@afreps.com

(360)708-8247

Western Washington

DREW WRIGHT

drew@afreps.com

(360)708-9451

Western Washington

DEXTER CHARLES

dexter@afreps.com

(360)618-3320

Northwest Washington

STEVE SLESK

steve@afreps.com

(360)739-6889

Northwest Washington

CHRIS HOLDEN

cholden@afreps.com

(425)260-2434

Eastern Washington

MICHAEL BRAUNSTEIN

mb@afreps.com

(503)939-6030

Southwest Washington

BRENT BOE

brent@afreps.com

(971)713-0637

Southwest Washington

REED RAINEY

reed@afreps.com

(971)226-4564

Southwest Washington