

THE WASHINGTON GOAL COACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



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WASHINGTON STATE

COACHES ASSOCIATION

A WASHINGTON STATE NON-PROFIT ORGANIZATION

Our Mission

The mission of the Washington State Coaches Association is to support its membership by creating educational opportunities through sport specific clinics, provide resources which enhance the highest possible knowledge, standards and ethics in the coaching profession and to recognize and celebrate excellence of our membership, their families, teams and players.

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From the Editor

The articles in *The Washington Coach* do not necessarily represent the views of the Washington State Coaches Association. We publish articles of varied opinions and perspectives to encourage thought and discussion. If you read an article in our magazine with which you do not agree, we encourage you to write an article presenting your ideas and insights.

Presidents Message

Darrell Olson

February 2021

Fellow WSCA Members,

By the time you read this, it is hoped that our fall sports will be well underway and our student-athletes re-engaging in their sports and activities. Coaches, parents, athletes, administrators, and the WIAA will all have smiles on their faces; the waiting game will be over. Mick Hoffman, WIAA staff, and the WIAA Executive Board have planned and pivoted over and over these last 11 months, to get us to this point of 'return to play'. A huge 'thank you' to all of them for their consistency with the decisions they have had to make and will have to continue to make moving forward.



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. Voting on the proposed Amendments takes place beginning in April.

A reminder to all coaches, even with the shortened seasons, all of us need to complete our rules tests. 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.

This is the time of year that WSCA ISA's are planning summer clinic opportunities, be they in-person or virtual. 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 Washington Coach" magazine or WSCA website for clinic opportunities in your sport. Not all sports will be offering clinic opportunities but some will. Get involved with your sport association!

As an active member of the WSCA, I encourage you to 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 page 4 "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 Washington Coach."

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.

Let's hope we get a chance for all our athletes and coaches to do what they love. Here's hoping for all sports seasons to be back to playing.

Keep the head down,

Darrell Olson
President, WSCA



From The Sidelines

by Jerry Parrish

Here are some highlights of past columns over the years of "From the Sidelines." As an explanation, an Orchid is something that smells good, is beautiful and usually identifies something well done. Onions are smelly, tough to handle and at times unwelcome.

Orchids to:

- the school districts who support their coaches and help them form an active coaches association.
- coaches who carefully create a player profile of what their expectations are and share those with the athletes and their parents.
- Chris Franklin, ACT at North Kitsap HS in conjunction with WSCA president Jim DeBord for the creation of our new website.
- the certified athletic trainers who spend countless hours preventing and rehabilitating injuries of our

athletes and getting them back to play as soon as ready.

- the "die hard" fans of track and field who help put on track meets through good and bad weather without a thought of compensation.
- the Puyallup SD athletic administration and coaches for sharing a very good coaches' collective bargaining agreement.
- the transportation administrators and bus drivers who adjust to the ever changing schedules of spring sports.
- the new ISA representatives for their time and effort to make the WSCA better and the Executive Board for the increase in the number of scholarships.
- Bruce Brown, a premier speaker at the WSFCA Mid-Winter Clinic who shared, "the ability to do your job well gives you credibility and inspires trust--it is simple."

Onions to:

- those in charge of "All State" games who do not assure their chosen coaches are current WSCA members.
- administrators who allow their coaches to be involved in uninsured non sanctioned athletic contests.
- coaches who call while standing in line at the state basketball tournament and ask for a phone call to the tournament director to gain entrance to the contests.
- coaches, athletes and fans who do not treat opponents with respect and dignity.
- "so called" scouts and agents who tell high school athletes that they can guarantee our athletes a college scholarship. ■

Take the Washington Coach on your next adventure!

Ed Laulainen
Maui



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:

wsc-editor@comcast.net

Washington State Coaches Association

Why Should I Become A Member?

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

- Eligible to coach in sanctioned WSCA all state games. WIAA will only authorize WSCA sanctioned All-State events
- Receive reduced fee's at WSCA sponsored coaches clinics and WIAA clock hours toward coaches education certification and/or salary placement
- Honor member coaches for their coaching achievements through our **Career Recognition and Life Time Achievement** programs
- Provide reimbursement to each sport group for enrollment in WSCA

- Professional education and training, to earn clock hours and coaching education hours
- Availability of a pass, using your membership card, for entry into **ALL** WIAA state tournaments, **ALL** regional tournaments, and **ALL** district tournament games, state wide!
- **Liability Insurance coverage of \$1 million** for our membership while working a scheduled, sanctioned and supervised WIAA sport or event.
- An opportunity for your son or daughter to apply for WSCA scholarships. (i.e. **Burnett-Ennis, Terry Ennis, Student Teaching**)
- Eligibility for your sports' **Hall of Fame and Coach of the Year** recognition

OTHER BENEFITS:

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

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

BURNETT-ENNIS SCHOLARSHIP

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APRIL 15 DEADLINE

SCHOLARSHIP

April 15 Deadline

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

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

- ◆ At least one parent must be a current member in good standing of the Washington State Coaches Association.
- ◆ Complete the scholarship application in its entirety found on the WSCA website (washcoach.net). The application is placed under the category labeled, "GENERAL FORMS."

The completed application must be received by April 15.

STUDENT TEACHER SCHOLARSHIP

April 15 Deadline

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

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

- ◆ At least one parent must be a current member in good standing of the Washington State Coaches Association.
- ◆ Complete the scholarship application in its entirety found on the WSCA website (washcoach.net). The application is placed under the category labeled, "GENERAL FORMS."

The completed application must be received by April 15.





Ten Amendments Proposed to Representative Assembly

RENTON, Wash. - The WIAA announced 10 proposed amendments which were submitted by either a member school or the WIAA Executive Board this year. The language for each amendment was discussed and finalized by the WIAA Representative Assembly during Winter Coalition which took place virtually this year on Monday, January 25.

Amendments were finalized at Winter Coalition, feedback forums will be made available on the WIAA website to encourage an informed discussion. Similar to last year, a public forum will be made available to gather feedback from people outside of the membership.

You may read complete descriptions of the proposed amendments on the WIAA website, wiaa.com.

Voting on the proposed amendments will take place between April 29 and May 7.

About Representative Assembly

The Representative Assembly is comprised of 53 total members - 18 middle level members and 35 high school members. The Representative Assembly votes on the proposed amendments. A sixty percent (60%) “yes” vote by the Representative Assembly is needed to adopt an amendment. Middle level only amendments require 11 “yes” votes, high school only amendments require 21 “yes” votes, and middle level/high school joint amendments require 32 “yes” votes. ■

	RULE	SUMMARY	S	O	NP
ML/HS #1	17.5.1	Adds flag football, 7-on-7 football and sand volleyball to the sports that are considered to be separate and distinct from interscholastic sports.			
HS #2	18.11.5	A student is not varsity eligible if they transfer to a school after participating on a non-school team if one or more of the high school coaches were involved, and/or after receiving personal instruction or training, including weight training and conditioning, from a person affiliated with another school during the previous calendar year to which the student transfers.			
ML/HS #3	18.15.0 19.3.3	Updates language in the WIAA handbook regarding appeals of eligibility regarding gender equity.			
ML/HS #4	18.20.1	1B and 2B high schools may utilize eighth graders from non-WIAA member middle schools.			
ML/HS #5	18.20.1	With league approval 1A high schools may utilize eighth graders.			
ML/HS #6	18.23.1	Changes the definition of “regular” from no more than once to no more than once per week.			
ML/HS #7	20.4.7	Adds a minimum of one hour in coaches standards for student mental health and diversity, equity and inclusion education.			
HS #8	30.1.0	High school basketball teams may participate in 20 games or 19 games plus one tournament for a total of up to 23 games. A WIAA foundation game or game against an international touring team will not count toward this total.			
HS #9	35.1.1 35.2.0	Eliminates the restriction of 20 days of coaching for summer football. Contact and the use of equipment is permissible for 10 days only.			
HS #10	44.4.7	A two-day wrestling tournament consisting of brackets larger than 16 individuals will count as one of the 16 allowed team dates.			



EARL BARDEN ALL-STAR CLASSIC Planning for 2022

by Mark Mochel
Chairman/East Coordinator
Earl Barden 2A-1A-B All State Classic

In May of 2020, the Earl Barden 2A-1A-B All State Classic selection committee announced that due to the global COVID 19 pandemic that the 2020 edition of The Classic had to be cancelled. Huge disappointment was felt but planning immediately began for the return of the event in the summer of 2021. As COVID has put a strangle hold on high school sports in the State of Washington, the Earl Barden selection committee continued with planning of the event.

Football season is upon us finally in the State of Washington but the completion of the season is in doubt given the metrics that must be met. It is our hope that the football players (and all high school athletes) are afforded the opportunity to participate with their home school teammates and get to have the maximum number of contests

that are scheduled. With the uncertainty of the season, the selection committee has had to make the unfavorable decision once again to postpone our event until the following year.

As coaches, there are decisions that we have to make that are for the betterment of the program as a whole, the future players that will come through and what is not necessarily what is best for the current players, but is best in the long run. For 25 years the Earl Barden Classic has been a premier event and upon our return will showcase the best of the best in the State of Washington. Unfortunately, this will not happen in 2021 and will have to wait until the summer of 2022.

Thank you coaches, current players and alumni of the game for your continued support as we move forward with planning for the 2022 event. ■



"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.



“Seattle Glazier Clinic presented by the WSFCA 2021”

We’re sorry to announce that the Washington State Football Coaches Association
2021 Mid-Winter Clinic will be canceled this year.

The WSFCA will be joining the community, state and national partners in working to limit the spread of COVID-19 pandemic by canceling this year's event. Additionally, having multiple sports seasons going on during the spring after the football season makes it difficult to find a weekend date to have a virtual clinic. Glazier and the WSFCA look forward to partnering again next year. The clinic will be back in 2022 and we are looking forward to putting on a great event for football coaches in Washington State. If you have any questions you may contact Joe Cronin – WSFCA Clinic Coordinator - @jccronin52@gmail.com ■

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WCSA LIFETIME ACHIEVEMENT										
2011	NAME	SCHOOL	FALL SPORT	YRS	WINTER	YRS.	SPRING	YRS.	TOTAL	
	ROB FRIESE	WILLAPA VALLEY	HS FB	24	JV BBB JH BBB	2 8	HS TRACK	19	53	
	RICK GIAMPIETRI	CENTRAL VALLEY	HS FB	48	HS WR	41	HS GOLF HS SB HS TRK	20 5 3	117	
	TOM HARMON	NOOKSACK VALLEY	HS FB MS FB MS SB	14 13 2	C BBB	7	HS BB HS SB	4 31	71	
	JOEL WINGARD	PENINSULA	HS XC JH FB	32 2	HS BB JV BB C BB	2 1 1	HS TRK	34	72	
	RUDY OCHOA	OTHELLO	MS VB	16	MS WR	23	HS SB	16	55	
	MICHAEL ECKHART	MUKLESHOOT	HS FB	27	HS BB	27	HS SB	22	76	
	CHRIS WALLISTER	LAKEWOOD	HS FB	16	HS GBB	25	HS SB HS GOLF HS TENNIS	7 10 2	60	
	EUGENE VICTOR	SACJ MS FED/WAY	MS FB MS SB	1 1	MS GBB MS BBB	22 23	MS VB HS TENNIS JH TRK	23 1 1	73	
	JOHN MITCHELL	SNOHOMISH	HS FB JH FB	32 2			HS TRK JH TRK JH GSOC	2 17 1	54	
	DAN DITTMER	N. MASON	HS XC HS VB MS VB MS FB	12 8 7 12	MS WR MS GBB	5 2	HS TRK MS TRK	26 12	84	

**WSCA
LIFETIME ACHIEVEMENT**

2011 continued

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

2012

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

**WSCA
LIFETIME ACHIEVEMENT**

2014											
NAME	SCHOOL	FALL SPORT	YRS	WINTER	YRS.	SPRING	YRS.	TOTAL			
ROY YOUNG	HENRY FOSS	GIRLS DIVING	27	BOYS DIVING	34	HS BB	24	101			
		MS VB	2			JV SB	2				
						HS SOCCER	2				
STEVE CHAMBERLAIN	OKANOGAN	HS FB	3	HS BB	10	MS BB	3	50			
		MS FB	5	MS BB	29						
MICHAEL WILLIAMS	WHITE RIVER	HS FB	4	HS BB	15	HS BB	22	51			
		MS FB	3	MS BB	4	MS BB	2				
		GOLF	1								
2015											
NAME	SCHOOL	FALL SPORT	YRS	WINTER	YRS.	SPRING	YRS.	TOTAL			
TOM BETROZOFF	WILLAPA VALLEY	FB	20	GBB	23			53			
				BBB	5						
				BBB JV	5						
MIKE CARLQUIST	OKANOGAN	FB	2	BBB V	30	SB	2	54			
		FB	12	BBB JV	2	TRACK	1				
						TENNIS	2				
						BASEBALL	2				
						GOLF	1				
2016											
NAME	SCHOOL	FALL SPORT	YRS	WINTER	YRS.	SPRING	YRS.	TOTAL			
DON PAPASEDERO		FB	39	BBB	11	GOLF	22	80			
	14 DIFFERENT SCHOOLS					BASEBALL	8				
MIKE SCHICK	EDGEMONT JR. HIGH	JH FB	31	JH BBB	8	JH TRACK	25	79			
				JH GBB	15						

**WSCA
LIFETIME ACHIEVEMENT**

2017											
NAME	SCHOOL	FALL SPORT	YRS	WINTER	YRS.	SPRING	YRS.	TOTAL			
BRETT LUCAS	TODD BEAMER	HS FB	1	HS WR	20	HS B SOC	13	58			
		MS FB	5	MS GYM	6	MS VB	5				
		HS VB	4			G TENNIS	1				
		HS GSC	5								
STEVE BERTRAND	CASCADE (EVERETT)	HSXC	43	MSBB	1	HS TRACK	30	100			
				HSBB	3	MS TRACK	12				
				MSWR	10	HS TENNIS	1				
GEORGE FAIRHART	MORTON JR HIGH	FB	30	GBB HS	2	HS TRACK	26	60			
EATONVILLE				GBB JH	2						
FRIDAY HARBOR											
2018											
NAME	SCHOOL	FALL SPORT	YRS	WINTER	YRS.	SPRING	YRS.	TOTAL			
MICHAEL TAGGART	EVERETT S.D.	MS FB	26	HS C GBB	1	HS JV BBL	2	69			
		HS VB	1	HS JV GBB	4	MS GBB	13				
		MS SB	1	MS BBB	13	MS VB	3				
		HS FB	1	HSBB	4						
JERRY KING	FREEMAN HS										
	EATONVILLE										
	RITZVILLE										
DANIEL ROBBILARD	ZILLAH	HS FB	15	HS WR	31	HS SB	30	92			
		MS FB	12								
		HS VB	3								
STEVE HUYLAR	EASTMONT	MS FB	33	MS BB	31	9TH GR. BBL	24	89			
		MS VB	1								

**WSCA
LIFETIME ACHIEVEMENT**

2018 continued										
NAME	SCHOOL	FALL SPORT	YRS	WINTER	YRS.	SPRING	YRS.	TOTAL		
MITCH CRAIG	BOTHELL	HS GIRLS DIVE	20					58		
	NORTH CREEK	HS GYMNAST	38							
PAT HATMAKER	ISSAQUAH	HS VB	11	HS GYMNAST	31	HS TRACK	12	96		
		MS VB	21			MS TRACK	21			
GWEN ROBERTSON	ISSAQUAH HS	HS XC	34			HS TRACK	34	68		

2019										
NAME	SCHOOL	FALL SPORT	YRS	WINTER	YRS.	SPRING	YRS.	TOTAL		
JERRY PENNEY	SAMMAMISH	HS GYMNAST	60					60		
DON FREEMAN	BATTLE GROUND PRAIRIE HERITAGE	HS GYMNAST	41			HS BASEBALL	26	93		
		HS FOOTBALL	26							
CHRISTIE WESTCOTT	HOCKINSON PRAIRIE MT. VIEW		66	HS GYMNAST	66			66		
LAURIE CHADWICK	MEAD LAKESIDE MT. SPOKANE MEDICAL LAKE LINCOLN MS	HS VB	8	HS GYMNAST	34	HS TRACK	28	81		
		HS XC	11							
				5						

**WCSA
LIFETIME ACHIEVEMENT**

2020		OCOSTA	HS-V-G-SOCCER	20	C - GBB	2	JH TRACK	28	62
MIKE KING					JV - BBB	2			
					V - BBB	3			
					JH - GBB	7			
ROBB MYHRE		NOOKSACK VALLEY	HS V- FB	26	JV-C GBB	3	HS TRACK	25	64
			MS - FB	3	MS - BBB	4	HS G-GOLF	3	

2020 Through Grandpa's Eyes

My granddaughter is a senior in high school who is a three sport athlete with a 3.89 GPA. She has been blessed with great coaches who run elite programs. Her soccer team was second in state, the basketball team was state champions, and the track team had over one hundred participants that finished eighth at state.

I have missed watching her compete from last spring to now. I will admit that I haven't missed sitting through track meets in the spring in the wind and rain or soccer games in the late fall, but what I have missed the most is the competitive spirit in my granddaughter's eyes. That competitiveness is also missed in the classroom with online teaching. This spirit is what is so great about high school sports, no matter what sport you play. The motivational spirit that makes you want to be the best in all areas of your life. It has been very hard for even the most competitive person to keep active when you are not sure if anything is going to work out. Frank Leahy, a famous Notre Dame Football coach, had a great quote: "A school without football is in danger of deteriorating into a medieval study hall." Substitute football with sports and you have what we have gone through the past nine months, a medieval study hall.

We need high school sports programs to motivate our next generation to excel and become an active group of responsible citizens in our future communities. One of the intangibles that we preach is the value of sports programs in our schools. By the time this article is printed, we would have started on Washington fall sports programs. I believe that the WIAA leadership has been working extremely hard to get this done in our State. I also believe that our states athletes will be ready to compete when the time comes. A true test of character is what you do when no one is watching. Show that competitive spirit and make the best of what has been thrown on your plate.

Yours in Sport,

Rick Giampietri ■





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

The Squat Depth Test Board

The squat depth test board

At school and in my gym, I coach the full range of motion for most exercises, especially the squat for the following reasons.

Sport and lifestyle activity-range of motion exercising

Your joints and muscles are meant to function within standardized degrees of movement, commonly referred to as the range of motion (ROM). The stronger you are within these ranges, the better protected you will be in preventing injuries from occurring. Therefore, when doing your exercise routine keep in mind the following two guidelines:

1. You gain the most strength within the range of motion (ROM) at which you exercise.
2. The smaller the range of motion you in the joint, the less will be the carryover strength throughout the rest of the movement.

The basis of every quality strength training or fitness program relies, in part, on these two premises. As an example, let's look at the squat while explaining these principles.

Numerous lifters do short range squats, known as high squats, in the gym. They get into a machine or in rare cases under a bar and drop down a few inches and call it good. In many instances, this isn't even to a parallel position, let alone below parallel where they should be before starting

back up again. Depending on the load of the bar or on the machine, strength may be increased within this small range of motion but it's unlikely this will happen.

This range of movement is too little and does not support normal living activities such as sitting down in a chair or onto the toilet seat and then getting back up. If the strength is not developed within a range that is vital to living an active lifestyle then it is not useful. This group of fitness enthusiasts would be better served by going deeper in their squats, thereby getting a transfer of useable strength into their daily lives. This naturally leads to the second principle.

An individual or strength athlete will become stronger when training the full range of motion. This expands the strength curve and transfers more useable muscle activity across greater degrees of the joint angle. Greater degree angles of strength protect the joint from injury, especially at the far ranges of motion.

The take-home message is this: do not cut yourself short with limited range of motion exercises.

Enter the squat depth test board.

This is used to check/test ROM, with the head, chest, upper back, and lower back all in proper alignment. The head is not looking up at the ceiling but rather in a slight upward angle of 10-15 degrees and the feet are properly positioned before the actual squat begins.

Were all of them correct? If not, then rectify the problem area or areas before moving on with the check/test. Once these issues are remedied, then start them squatting to the board.

During the squat test, watch the previously listed areas as well as keeping a close eye on the knee and buttocks movement patterns.

The buttocks must move backward **first**, NOT down. As the buttocks move backward, the knees should be tracking in a line that is parallel to the feet while remaining upright to the floor. The middle of the knee must be aligned between the big and little toes during the squat but never end up past the toes.

The board set up.



Here the board is set up on the lowest pin in my power rack, about 15 ½ inches from the floor.



The metal is from a piece of electrical panel support bracket¹ material I had in the garage for a different project a long time ago. It is cut a little shorter than the width of a 2x6 and bolted in with regular grade 5 hex bolts², washers and nuts snugly tightened with no torque settings needed (IMHO). This support bracket just so happens to fit over a 1-inch power rack safety pin as well as over the regular small 1 inch bars most of us have in the school weight rooms.



Now for the demonstration, with yours truly sitting on each level, as my wife shivers in the gym while taking these pictures.

In each picture, my feet are about shoulder-width apart in my stance, with my toes pointed just a bit to the outside. Not pointed so far outward as to assist the knees into the dangerous Valgus (knock knees) position during the squat.



Here it is at 15 ½ inches. Notice my hips are not below the top of either knee. This is not a legal depth squat for any lifting organization that I am aware of currently.



This a legal squat but as you can see there is no tape measure so I cannot tell you how deep I am squatting. But, as can be seen from the picture, it is higher than the box squat bench/seat to the immediate right in the photo. This is set at 13 inches for the pause box squat exercise.



This is as low as I wanted to go because if I got to the end of the board, I would have had to throw my arms up to get up. And that would have been embarrassing to do in front of my wife. As it is, it looks like I am sitting around a campfire.

Wherever you place this board, keep in mind that being able to get a side view is just as valuable as the front viewpoint. These two views provide you with the coaching perspective necessary to correct any technique errors.

This check/test is providing the participants with their kinesthetic feedback while practicing the proper squatting groove or pattern to reach the bottom of the squat, which is with the hip joint below the top of the knee.

¹ DIN Mounting Channel, Galvanized Steel, Prepunched, 78.0 in Length, 1.38 in Width, 0.29 in Height

² Hex Head Cap Screw, Hex Head Cap Screw, 3/8"-16, 1 1/2 in Fastener Length, Stainless Steel, 316 ■



NEWS RELEASE

2019-20 National Coaches of the Year Selected by NFHS Coaches Association

INDIANAPOLIS, IN (January 25, 2021)— Twenty-three high school coaches from across the country have been selected as 2020 National Coaches of the Year by the National Federation of State High School Associations (NFHS) Coaches Association.

The NFHS, which has been recognizing coaches through an awards program since 1982, honors coaches in the top 10 girls sports and top 10 boys sports (by participation numbers), and in two “other” sports – one for boys and one for girls – that are not included in the top 10 listings. The NFHS also recognizes a spirit coach as a separate award category. Winners of NFHS awards must be active coaches during the year for which they receive their award. This year’s awards recognize coaches for the 2019-20 school year.

Recipients of this year’s national awards for boys sports are: Ron Murphy, baseball, Rio Rancho (New Mexico) High School; Jerry Petitgoue, basketball, Cuba City (Wisconsin) High School; Kevin Ryan, cross country, Bellingham (Washington) Sehome High School; Gerry Pannoni, football, Lorton (Virginia) South County High School; Steve Kanner, golf, Chandler (Arizona) Hamilton High School; David Halligan, soccer, Falmouth (Maine) High School; Douglas Krecklow, swimming and diving, Omaha (Nebraska) Westside High School; Douglas Chapman, tennis, Somerset (Massachusetts) Berkley Regional High School; Robert Palazzo, track and field, Providence (Rhode Island) Classical High School; Douglas Hislop, wrestling, Imbler (Oregon) High School.

The recipients of the 2020 NFHS national awards for girls sports are: Michael Rose, swimming and diving, Brookfield (Wisconsin) East High School; Judith Hehs, tennis, Wixom (Michigan) St. Catherine of Siena Academy; Willie Smith, track and field, Beachwood (Ohio) High School; Kevin Bordewick, volleyball, Topeka (Kansas) Washburn Rural High School; Donna Moir, basketball,

Louisville (Kentucky) Sacred Heart Academy; William Clifton, cross country, Middletown (New Jersey) South High School; Carol Fromuth, golf, St. Louis (Missouri) St. Joseph’s Academy; Tim Carey, lacrosse, Fresno (California) Hoover High School; Stephen Estelle, soccer, Huntington (Massachusetts) Gateway Regional High School; Mary Truesdale, softball, Sacramento (California) Sheldon High School.

The recipient of the National Coach of the Year Award for spirit is Anne Ellett of Gresham (Oregon) Centennial High School. Michael Bowler, a lacrosse coach at Rocky Point (New York) High School, was chosen in the “other” category for boys sports, and Mary Beth Bourgoin, a field hockey coach at Winslow (Maine) High School, was chosen in the “other” category for girls sports.

The NFHS has a contact in each state who is responsible for selecting deserving coach award recipients. This person often works with the state coaches’ association in his or her respective state. He or she contacts the potential state award recipients to complete a coach profile form that requests information regarding the coach’s record, membership in and affiliation with coaching and other professional organizations, involvement with other school and community activities and programs, and coaching philosophy. To be approved as an award recipient and considered for sectional and national coach of the year consideration, this profile form must be completed by the coach or designee and then approved by the executive director (or designee) of the state athletic/activities association.

The next award level after state coach of the year is sectional coach of the year. The NFHS is divided into eight geographical sections. They are as follows: Section 1 – Northeast (CT, ME, MA, NH, NJ, NY, RI, VT); Section 2 – Mideast (DE, DC, KY, MD, OH, PA, VA, WV); Section 3 – South (AL, FL, GA, LA, MS, NC, SC, TN); Section 4 –

Central (IL, IN, IA, MI, WI); Section 5 – Midwest (KS, MN, MO, NE, ND, SD); Section 6 – Southwest (AR, CO, NM, OK, TX); Section 7 – West (AZ, CA, HI, NV, UT); and Section 8 – Northwest (AK, ID, MT, OR, WA, WY).

The NFHS Coaches Association has an advisory committee composed of a chair and eight sectional representatives. The sectional committee representatives evaluate the state award recipients from the states in their respective sections and select the best candidates for the sectional award in each sport category. The NFHS Coaches Association Advisory Committee then considers the sectional candidates in each sport, ranks them according to a point system, and determines a national winner for each of the 20 sport categories, the spirit category and two “other” categories.

A total of 707 coaches will be recognized this year with state, sectional and national awards.

Online link to article: <https://www.nfhs.org/articles/2019-20-national-coaches-of-the-year-selected-by-nfhs-coaches-association/>

This press release was written by Abby Toppe, Coordinator of Educational Services with the NFHS who works with the NFHS Coaches Association and the NFHS Coach Education Program.

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Coach FRANK MATTSON

Hearing their final whistle...



We lost a great man Saturday December 12, 2020. A long battle with Parkinson’s and Covid ended Frank Mattson’s life. Frank was born in Port Angeles in 1940 and developed a love of the ocean at an early age. He loved boats and was very happy behind the wheel or just floating along with a fishing pole in his hand. This love led to a side business, Mattson Marine, many years later as one of the only fiberglass repair shops in Eastern Washington. He lived up to his creed: Give the customer more than they expect. The Mattson family moved to the Kittitas Valley and Frank became a country boy at heart. He developed a love of basketball and helped Thorp high school earn an 8th place trophy at the state tournament. He was a fierce rebounder that led him to become one of the best rebounding coaches in the state. Frank considered a vocation instead of a job and he served students K-12 for 39 years in the Everett, Yakima, Highland and Naches Valley school districts. His primary goal was to prove to each young person in his care that he genuinely loved them through his words and actions. Frank taught students the love of woodworking. Frank was a visionary who would see a masterpiece in raw material. Frank shared this knowledge and passion with his students. He also backed it up by building a home on a rock butte in Cowiche, Washington. He also created countless other works for many. Frank would travel down the hall and into the gym to share his love of rebounding. Frank created his

own rebounding ball and created many drills to make Highland, and later Eisenhower, the best rebounding teams in the state. His motto was WIN THE WAR ON THE BOARDS AND WIN THE GAME. Frank’s leadership helped Highland to be named the team of the century in the 1980’s. Frank was honored by the Washington State Basketball Coaches Association (WIBCA), by being inducted into the WIBCA Hall of Fame. Frank continued to coach countless youth teams and you could always hear him preaching the importance of rebounding. A MAN ON THE BOARDS IS AGILE, MOBILE and HOSTILE. I had the great honor of working with Frank. I was always amazed of how multi talented he was with his parenting skills, boating business, craftsmanship, teaching skills, especially his basketball coaching skills, but his devotion to God first and foremost. Frank always had his rosary with him and many times on those long, cold and dark bus trips I witnessed him praying for all. Since Frank’s passing I have heard from hundreds of former students and team members and they are returning those prayers to the Mattson family. Frank is survived by his wife of 52 years, Patti, three outstanding sons, and nine grandchildren.

Mattson family obituary and Pat Fitterer ■

Mental Toughness Personified - ALEX SMITH

by Lane Dowell
*Correspondent for The Washington Coach
 Ass't Football West High Bremerton
 Ass't Football Olympic High
 Lifetime Member WSCA & WSTFCA HOF*



Lane Dowell

In my mind, **'Mental Toughness'** is the athlete that will run through so-called brick walls. I believe this is a competitor who so loves the contest that she or he will make sacrifices coming from within the heart and mind to prevail over matter.

Perhaps this term identifying excellent athletic performance is best illustrated by some of my limited examples:

Our former Olympic High Strength Coach, John Freeman, gave his students mental toughness tests. Competitive students would hold two 10-lb dumbbells at arm's length for a given amount of time - the student's arms could not fall or waver. The test moved on to the last competition featuring the top two as the entire class gathered around stomping and cheering encouragement until one competitor fell. There was that one day when the class literally blew the roof off the gym as a girl beat a boy. She had Mental Toughness.

One former West High Wildcat, Jim Spencer - the only one to ever start as a Sophomore at Bremerton's West High - had a heart and mind of mental toughness. I remember the game when this defensive back came off the field after a bone-rattling tackle of a Bellarmine RB ever so slightly shaken up with his face mask completely caved in. He would not be denied that tackle. He had Mental Toughness.

Chuck Semancik, my coaching mentor, was over-



ly obsessed with mental and physical toughness. If you wore the Blue and Gold you were expected to play tough, no

matter what the numbers were on the board. Four days before he passed, he continued to say to me, "We were really tough....We were really tough, weren't we!" It was not a question; it was a statement of fact. That is Mental Toughness.

But, in all my years of football, I cannot remember a display of mental toughness like Bremerton-born, Utah grad, Team Washington Quarterback, Alex Smith.

Alex Smith was born in Bremerton, Washington on May 7, 1984 to the family of Doug and Pam Smith. He was the third child of four. Doug had been hired as the second Olympic High Football Coach in 1981 (Olympic High was built in 1979). The caliber of play at Olympic improved markedly with Coach Smith due to his knowledge of the game, organization, and communication skills. From 1983-86, Olympic was 35-1 in league play and had won four league titles. I was lucky to be his Defensive Coordinator during the '81-'83 seasons.

You can enjoy the style of play and the four D-1 athletes who were on the 1983 team on youtube.com "1983 Olympic vs Enumclaw High School Football". It was Channel 7 KIRO's High School Game of the Week with Sports Analyst, Sonny Sixkiller. (PS - You will also be able to enjoy the Halftime interview with young North Kitsap Coach, Jerry Parrish.)

The family left Washington in 1987, and they finally settled in the San Diego area where Alex graduated from Helix High School with Reggie Bush as his running mate for the High-



#1 Draft Smith with Family / Courtesy of Smith Family photos

graduated from the University of Utah where he led his 2003 team to the Liberty Bowl Championship against Southern Miss and his 2005 team beat the Pittsburgh Panthers in the Fiesta Bowl. Alex earned a bachelor's degree in Economics in just 2 years with a 3.74 GPA and was already working on his Masters before being drafted.

Smith was chosen #1 in the 2005 NFL Draft by the San



Andy Reid & Alex / Courtesy of Smith Family photos

Francisco 49ers. He went through countless coaches from 2005 until an injury allowed Colin Kaepernick to take the reins in 2012. He was picked up by the Kansas City Chiefs in 2013 leading the league in passer

ratings until 2017 when Patrick Mahomes came into the scene. To this day, Mahomes counts Smith as his number one quarterback mentor.

In 2018 Smith settled into the heart of the Washington Redskins, now known as Team Washington. Things were going well. Then, on November 18, 2018, Houston's J.J. Watt and Kareem Jackson crashed through 36-year-old Smith's Offensive Line shattering his right leg, breaking both the fibula and tibia. Former Washington Quarterback, Joe Theismann, looked away from the game - he had broken his leg in a game 33 years to the day in 1985 and retired shortly thereafter.

Smith hit emotional and mental lows over the next two years with 17+ surgeries including the strong recommendation to remove his leg. Smith and his family were concerned that he might not ever walk again much less play football.

And that's where the real Mental Toughness continued.

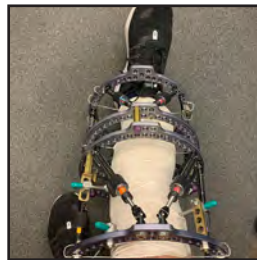


Centerfold of People Magazine / Courtesy of People Magazine, December 7, 2020

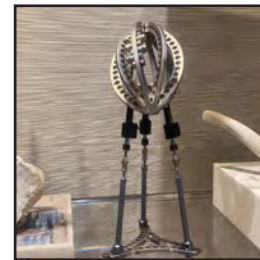
After he recovered from necrotizing fasciitis and stage-two sepsis, a potentially life-threatening reaction to an infection in his leg (flesh-eating disease), Smith embarked on thousands of hours of physical therapy and grueling workouts to regain his strength and functionality.

He was fitted with a large metal circular device from

his knee to his foot with metal screws to hold the bones in place for eight months. Alex credits the device with giving him a chance to continue his football career. His wife, Elizabeth, later transformed the symbol of hard times to a trophy of triumph in a similar shape of a Lombardi trophy for their home.



Leg in metal device / Courtesy of Elizabeth Smith photo collection



Metal Device Trophy / Courtesy of Elizabeth Smith photo collection

Beginning in May 2020 he received special permission from the Pentagon to work with the Center for the Intrepid and have Dr. Alderete and other staff members consult on his comeback. They surprised and delighted Alex by throwing a football to him one day. Dr. Alderete calls Smith his "capstone patient," and says of the 1,000 or so military patients he's seen who have attempted to salvage a severely damaged limb, "less than a dozen" have been able to return to the level of functionality that Smith attained.

Alex worked hard - harder than you can possibly imagine. Finally, on September 8, 2020, Alex landed on the team's initial depth chart as the 3rd string quarterback behind starters, Dwayne Haskins and Kyle Allen. In Week Five, Smith was given a chance with the LA Rams and was sacked six times, jumping back up on each. Former President Obama congratulated Alex on the Rams game via tweet posting, "And congratulations to my friend Alex Smith, for fighting back from a life-threatening injury to start as quarterback again for the Washington Football Team. It's a testament to his strength, determination and the love and support of his family."

Then, on November 8th, Week 10, Smith became Washington's #1 Quarterback. They won four out of the next five games including the unbeaten Steelers with Smith at the helm.



Alex smiling on TV during game / Courtesy of NFL Sunday Ticket Gameday

Alex's quote during a January interview was, "Once you are out there and the whistle blows, this is a result-oriented game and you really have to be accountable to

continued on page 22

Continued from page 21

your teammates, to the coaches, to everybody in this building that's depending on you. At the end of the day once you step on that field, you better be able to hold up your end."

Alex has steered all three of his NFL teams to championship playoffs.

The Nov 18th hit has been documented in detail in ESPN's "Project Eleven" – you can find it on youtube.com as "Alex Smith: Project 11". It's a bit squeamish but it tells the whole story. ESPN is currently doing a "Project 11, Part 2" as we write.

Alex Smith isn't just an NFL Quarterback. He was notably mentored by his parents to be his Brother's Keeper. They are a wonderful caring family. A reporter once asked Alex what style music he listens to on the way to the game – his answer was ...no music, only Public Radio. Smith actually flew back to California in 2008 to vote as his absentee ballot had not been received.

He is very involved with aiding kids who age out of foster care. Shortly after being selected as the first-round draft pick in 2005, Alex created the Alex Smith Foundation due to his mom asking him to visit a residential school for foster teens. For those who are unaware, at age 18, foster

kids are expected to move out and start their lives on their own without any further guidance. He and his foundation provide the tools and resources needed to transition foster kids to successful adulthood by developing and promoting education, advocacy, mentoring, housing, internship, and job programs.

His scholarship program grants up to five years of tuition, year-round housing, living expenses, books, career guidance, and health services. He is always involved with these kids – We know, as we met a number of those kids at an Eagles game in San Francisco that we enjoyed with his family. His website is alexsmithfoundation.org

Smith also is giving back to San Antonio's Center for the Intrepid by creating an "Attitude is Free" clothing line with his wife, Elizabeth. 100% of the proceeds are donated to Intrepid. The website is attitudeisfree.com. The gear is enlightening.

Alex Smith was announced as the 2020 NFL Comeback Player of the Year by the Associated Press. He is signed through 2022 to Washington with \$40 million owed to him over the next two seasons. Currently, he has a lot of good options. Perhaps, by the time this article is read, he will have decided on where his next step will be.

Bremerton-born Alex Smith is Mental Toughness. ■

STAY
determined,
STAY STRONG



Hearing their final whistle...

The Lakewood School District Loses Three of their Best...

In late December 2020 and early January 2021, the Lakewood School District lost three iconic educators and coaches. Ron Thorvilson, Dick Cardinal and Dan Hutchinson left lasting legacies in the 106-year-old district of 2,500 students northwest of Marysville.

Ron "Thor" Thorvilson, who coached boys and girls basketball, as well as tennis, and even football back in the day, but retired from teaching a year and a half ago was diagnosed with cancer a few months ago and passed over the winter break. Ron was the head boys basketball coach for

many years at LHS and still helped as an assistant tennis and assistant girls basketball coach even after retiring from teaching.

Dick Cardinal, the man for whom the district stadium is named, died over the holidays. He was 93 years old.

Dan "Hutch" Hutchinson coached football with head coach Dan Teeter since 2012. He helped coach baseball for a couple of years, then moved over to softball. He has coached middle school and high school wrestling and was the head coach for the LHS girls wrestling program for a couple years.

Remembering Dan "Hutch" Hutchinson from Facebook

Anna Boortz

I know I'm not the only one that has text messages like this left on their phone, I know because I've seen some of them you shared with me. Hutch was so good at making sure we all knew how much he loved and cared about us. This text thread is long and is one I will never delete. What I've decided to do with my grief is to live more like this man we all miss so terribly. As Punchy said, what would Hutch do? I'm going to text and call people with



Dan "Hutch" Hutchinson

intention. Make sure people know how I feel about them so they never have to wonder. Go out of my way to help a stranger or do something thoughtful for someone that would least expect it. Hutch, I'm grateful for everything you taught us. I hope you know that you were weren't just teaching kids, but adults too. You were and will continue to be a light for so many of us. You would be going crazy if you knew how broken we all feel with you gone. Thank you for taking my kids under your wing and being a loyal and trusted friend to my husband for all these years. He loved coaching with you, he loved your chats, the bus rides, the after game dinners and conversations. You were the steady hand, the calming voice and always knew how to tackle a difficult situation, and my most favorite- could make him belly laugh like no other. You are irreplaceable and will be forever in our hearts.

Todd Wells

This breaks my heart. Hutch was a good guy with a heart of gold and he absolutely loved teaching and coaching. It was his calling he said. You don't realize the way someone can affect your life until they're gone but Dan was always a positive person with a positive influence on everyone he came in touch with. He will be missed. Heaven has a great man!!!

Tammy Price Haugstad

Hearts in Lakewood are so very heavy for our entire community!! You had such an impact on so many!! My own kids included! I am forever thankful for all you have brought to their lives as a coach, friend, mentor, teacher, & friend!!

As for me you weren't just my co-worker you were my friend! You weren't just there for my kids you were there for me!! We were just reminiscing the other day about all of our bus trips, how much fun we had on thousands of sports trips over the years. Then I moved into the office and got "Hutch and Office Lady Time" every day! We got to do Leadership together chaperone field trips etc. Your positive attitude smile and laughter was definitely the highlight of the day especially this year!! Can't even fathom the thought of you not being here!!

You touched so many kids lives not just athletes but every student in your classroom! YOU MADE A DIFFERENCE!! My heart hurts for your family as well! Rest In Peace Dan "Hutch" Hutchinson!!! Forever in our hearts!!!

Jesse Peak

I'm honestly not sure where to start with my feelings here, other than to say this is a hurt that I expect to endure for a long time. Dan was a great friend. And I wouldn't be where I am today without having had him in my life. He and I had so much common ground in our background and our general thoughts on life that no matter how far apart we got, we always stayed in touch. Dan and I were the same age, our birthdays were one day apart to the year, so we'd always end up chatting at least once a year in October. I knew Dan from 7th grade.

What I will cherish and forever miss... is just the talks. Every time I ran into Hutch, or called on the phone,

we'd end up talking for hours. The number of times that guy and I would just stand somewhere talking while time passed us by... Sometimes after we grabbed a bite, sometimes because I was passing through his city or he was passing through mine. Plenty of times, just because we ran into each other. We would lose hours, we'd catch each other up on our lives and the people we knew in common. Inevitably we'd end up laughing (both of us being pretty sarcastic) about where life takes you. I was proud of him for becoming a teacher and coach and told him so whenever we talked. He told me he was proud of me for "just doing something".

Our last conversations were filled with amorphous plans for hanging out again "soon" but he knew his scheduling priority was always going to be focused on taking care of "his kids". I can honestly say, I feel bad for the kids who won't get him as teacher, coach or mentor and I feel bad for the folks who won't get to enjoy his goofy humor and uplifting attitude. But, I'm proud of him. He made a point to do some good and he did good and he showed kindness while he was here. His like won't pass this way again.

Kirk Roberts

Dan was an amazing person, close friend, and co-worker dating back over 20 years. I'll never forget the great times and all the humor, laughter, and joy Dan brought into our lives. I still remember the sound in his voice when he told me he wanted to follow his dreams and become a teacher and coach. He started down a new road and made a predominant and lasting impact on many young people's lives. Dan and I did not have a great deal of contact over the last 5 years, but I thought of him often. He leaves a void in many people's lives, as well as years of good memories, laughter, and friendship. His laugh was infectious, his passion and love for others was great. Dan was a great man, a great friend, he will be missed. Love you Hutch. ■

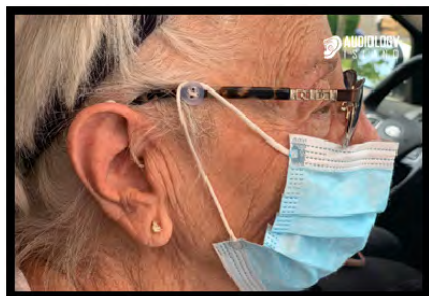


Wearing glasses, hearing aids, and Covid-19 masks

Little did I know when I started searching for a way of wearing my glasses, my hearing aids, and Covid-19 masks all together that it would end up in the Washington State Coaches Association magazine. But here it is.

During the search, I ran across an article by Dr. Stella Fulman¹, an audiologist working at the Audiology Island Hearing Center on Staten Island². Her article³ was "How to use a facemask with hearing aids". She graciously allowed me to put her article up on my <https://activelyfitseniors.blog/>

Here's the picture showing the elderly lady, who adapted her glasses and a button to hold her mask on while wearing a hearing aid. Such an ingenious idea that works!



In my case of trying her idea, I was able to put the little hair tie rubber bands my granddaughter uses through the holes of two buttons. Nevertheless, when I tried to slide the buttons onto my glass frames, I was unable to do it because I couldn't see it well enough to get it on properly.

So, my wife slid them on for me. This worked quite well, however, the button continued to slip forward. So, after one or two nights of thinking about what could be done to rectify the problem, I figured I'd try something on my own.

Originally, I started with paperclips but couldn't figure out a way of fastening them to my frame arms without damaging the frames.

Next, I used a couple of bobby pins that I cut them up and bent a hook on the protected end which I slid in between the frame arms and into a piece of quarter-inch elastic tubing⁴ (OD) the inside hole approximately 1/8 of an inch. These seemed to work well but I thought I could do better, so out in my shop, I found some 12/2 Solid Romex.

I sliced the covering back and pulled a small piece of the ground wire out of it. I bent that and slid it between frame arms and the tubing. That worked even better because it was easier to bend to the shape I wanted.

But I didn't like the copper look. So, I modified the bobby pins once again by reversing their direction in the elastic tubing and they work even better.

Tools needed for this device are:

- Needle nose pliers
- Bobby pins
- Small surgical tubing of about ¼ of an inch on the outside and about 1/8 of an inch hole on the inside
- Water
- Dishwashing detergent

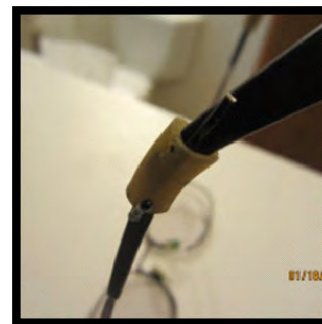


by Danny M. O'Dell,
Explosivelyfit Strength Training,
LLC



Here is how the bobby pin looked when I bent it the first time. The idea was to have the mask elastic hook onto the raised portion of the bobby pin. Notice also where the mask attaches there is that little blob of plastic material on its end. I suspect this is to keep it from hurting when it goes in between somebody's hair and accidentally hits the skin instead.

This is something I don't have to worry about because I'm bald. I did find, as I was bending these bobby pins, that where you see the crinkle in them, that is a weak area, and it doesn't take much to break it right in half. Both of the broken ends are sharp.



Since this was my prototype, I simply slid it in the tubing, and as you can see a lot of the pin end is sticking out. I might mention at this point that sliding the tubing up on the glass frame arms was not that difficult, I simply got it wet and added a drop of dishwashing detergent on it. After which it slid right on, of course, my finger grip slipped a lot but it went on anyway.



An added benefit to these mask holders is when you are not wearing your mask, the bobby pins can be turned downward so they no longer stick out to the sides.

And this what they look like in use. This would have been a much better picture if my wife had been the one wearing the setup. These are without the hearing aids.



12/2 Solid Romex ground wire bent into this configuration.

I must admit it wasn't very pretty, but it sure worked well. It was extremely easy to bend and do what needed to be done with it.

Ultimately, I settled back to the bobby pins where I modified them and tweaked them just a little bit more until they looked like this on the glasses. I think because my glass frames are a dark color, probably for aesthetic reasons a dark-colored tubing would be better to use. But anybody that knows me knows that I'm not a clothes horse, so I am going to leave like they are, in their original tan color.



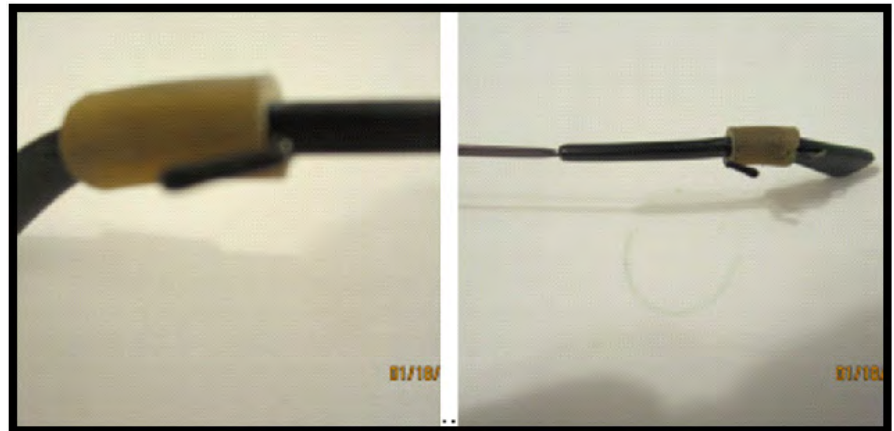
This is what it looked like after the first cut of the original bobby pin. The loop was a bit bigger than necessary.



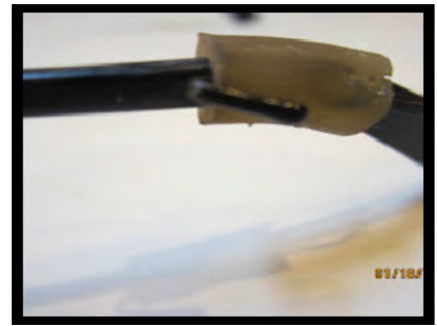
I am continuing to tweak the area of how far they stick out to the side. Right now, they are about 1/8 of an inch out and I can still put on and take off my stocking cap without pulling my glasses off with the hat.



Since I did not want my mask to come off while I was wearing it, I curved the long end of the pin, up a little bit, shown on the left of the picture, so would hold better in the tubing. However, after wearing one that was cut straight like the next one, I realized I didn't have to have that upturn on it at all.

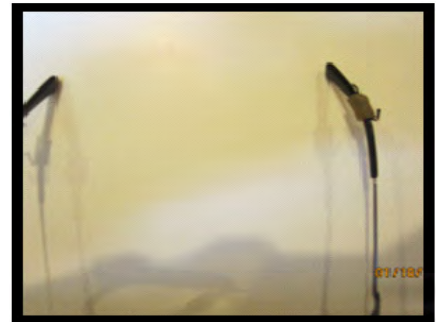


Continued on Page 26



The rest of the pictures just give you different viewpoints of what I tried to describe here.

After wearing these to town a few times I noticed the mask band pulled the glasses down a bit on my nose. In answer to this problem, I bought an eye glass band like this from a local grocery store:



And these are with the hearing aids.

These can be adjusted to hold the glasses on my nose without them slipping downward with the mask on.



¹About Dr. Stella Fulman

Dr. Stella Fulman, AU.D., CCC-A received her Bachelor's and Master's degrees in Audiology from Brooklyn College in 2004 and her Doctorate of Audiology from Salus University in 2008. [Learn More]

²11 Ralph Place, Suite 304, Staten Island, NY 10304

³ <https://audiologyisland.com/blog/tips-for-wearing-a-face-mask-and-glasses-with-hearing-aids/>

⁴ If you have an allergy to latex make certain tubing is not latex because it rests right on the side of your head. ■



YOUR SPORT

2020-2021 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	Brian Jackson	Graham-Kapowsin	bjackson@bethelsd.org
Basketball - Boys	Nalin Sood	Mountlake Terrace	Soodn@edmonds.wednet.edu
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Track & Field	Kevin Eager	Gig Harbor	wstfcaprez@gmail.com
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Wrestling	Brett Lucas	Todd Beamer	blucas@fwps.org ■



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.

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