

THE WASHINGTON COACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION





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Wrestling - Brett Lucas, Todd Beamer

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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

Summer 2026

Fellow WSCA Members,

Happy summer break to all our coaches!!

We made it through another school year. We made it through another season. We changed the lives of countless student/athletes who were under our care and under our watch during our respective seasons. We need to pause for a moment and remember why we are in the profession we have chosen to be in. Whether we know it or not, whether we see it or not, we have made a positive impact this past year on our student/athletes.

As you read this edition of *The Washington Coach* magazine state tournaments are over, end-of-the-year celebrations are continuing, summer camps are up and running, sports calendars are already set, next year's schedules are set.....and it begins anew!! It really never ends.

I do hope you can get away and enjoy everything our Pacific Northwest summers offer. Be it boating, fishing, golfing, tennis, hiking, walking, wine tasting, micro-brew sampling, jogging, softball, or sitting at the beach.....whatever it may be, relax, take a deep breath, and realize how blessed you are to be in such a great profession working with our youth. In your travels this summer take *The Washington Coach* magazine with you on trips, hikes, or camping and take a 'selfie' with the magazine and send it to Mike Schick, our magazine editor. He likes tracking all the places the magazine is taken and read.

For all of us in the coaching/education profession, this is the "decompression time" of our year. Time to reflect on the past school year and our athletic seasons, be it a successful one or a not-as-successful-as-we-would-have-liked year, either way it's time to let it go.

For some of our coaches, summer is a great time to get those continuing education clock hours through clinics, workshops, or summer classes. Check with the ISA representing your sport to find out what 'networking' opportunities are there for your sport.

The WIAA Amendment process is over, voting has taken place, and there are changes coming in some sports. If you have not done so, talk to your AD or Principal or get on the WIAA website and become informed on the changes that will be in effect this coming school year. It is vital that head coaches get involved in this process each year and become educated on issues in your sport that may be in the amendment proposal stage. I don't know of any coach that likes surprises when it comes to the WIAA amendment process. **Get involved and be informed.** If you or a group of you have been thinking about proposing changes to your sport, now is the time to get active and draw up the necessary language for an amendment proposal. It is a time-consuming process, but a process that has to be followed by the WIAA. I would encourage you to get on this as soon as possible.

June 1, 2026, marks the start of the new membership year for the WSCA. Membership applications for 2026-'27 are on our website, washcoach.net and ready for online registration. You will notice some new features on our website and the registration process. Get on this early and renew your membership. If you are part of a school district that covers the membership cost, then all you have to do is register through your district. If you are not part of a school district that covers membership costs, then you need to register independently through our website.

Enjoy the summer, be thankful, be appreciative and show gratitude to those that have helped you.

Keep the head down

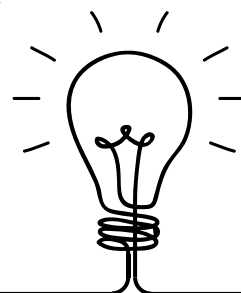
Darrell Olson
President





Executive Director/ Treasurer Report

Rob Friese, Executive Director/Treasurer
robfriese@gmail.com



Information for the 2026-2027 Membership Year

Be in the Know

This has been a whirlwind year for the WSCA. With the change in requirements for receiving a pass to state events, learning how to deal with those members who were “flagged” for lack of compliance, and creating a database tied to the information we received from the WIAA, it has been a daunting task.

The good news is that we have learned how to smooth this process significantly. Data will be pulled by the WIAA from Final Forms reports and will be done much sooner after the school year has ended. We anticipate that many more members will get their GoFan code immediately upon registration.

One of our biggest challenges has been with retired coaches. If a retired coach is still in a district’s Final Forms database, it will show that they are not compliant with the WIAA requirements. If those coaches can get out of the system, they should not be flagged next year.

One of our goals is to launch a “Mobile Friendly” membership system this next year. This is significant for keeping up with current technology.

Please note that even though your membership expires on May 31st, your insurance is honored until the end of July 2026.

In this next year, we are looking to gather information

from Lifetime Members such as their contact information. Currently we do not have a database of lifetime members. We would like the ability to communicate with these esteemed coaches. If you are a current lifetime member, contact us and we can give you a coupon code to sign up for the WSCA at no cost.

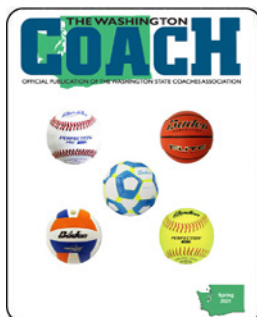
A question we often get: “Why doesn’t the membership year coincide with the school year?” The answer is twofold.

1. Nearly 70 percent of our membership is paid by a school district. When a school district group is set up, coaches sign up with that group. They will not get their card until the district group administrator chooses the coaches to be included and then creates an invoice. Once an invoice is created the coaches get their cards. Often it takes some time to have all the coaches sign up with the group and if it starts in September, it could be a while before coaches get their cards. This could mean coaches wouldn’t have it for much of the Fall sports season.
2. We need some membership revenue to pay for the insurance costs, scholarships, etc. before September.

I hope this information is valuable. The WSCA will continue to work for the membership the best we can. Coaches are the most valuable educators in the state! ■



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
- Half Page (7”x4.5”) \$320
- Quarter Page (3.5”x4.5”) \$200

Contact Michael H. Schick, Editor
“The Washington Coach”

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Washington State Coaches Association

- Eligible to coach in sanctioned WSCA all-state games. WIAA will only authorize WSCA sanctioned All-State events.
- Receive reduced fees 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 Lifetime Achievement programs.
- Provide reimbursement to each Individual Sport Association for enrollment in the WSCA.

For registration information please visit:
washcoach.net

Why Should I Become A Member?

This \$50 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.***

- Professional education and training, to earn clock hours and coaching education hours.
- **Liability Insurance coverage of \$2 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 Representatives into the WSCA.
- By becoming a member of the WSCA, you are taking a proactive approach to working on issues facing our coaching profession.

SCAN HERE



Position Statement Promotes Tremendous Value of State High School Athletic/Activity Associations

BY NFHS ON MAY 6, 2026 | NFHS NEWS, NFHS VOICE, PRESS RELEASE

The NFHS Voice



Earlier this week, the NFHS released a Position Statement on “The Case for State High School Athletic/Activity Associations,” which was adopted by the NFHS Board of Directors as a sign of support for the 51 NFHS-member associations that have been successfully promoting, regulating and directing interscholastic athletic/activity programs for 100 years in many states.

The [Position Statement](#) is the latest action on the part of the NFHS to demonstrate the value of these education-based associations in leading the more than 12 million students involved in high school athletics and other activity programs.

Unfortunately, the work of these education-based associations has been called into question by outside groups, which often begins with individuals upset with rulings by state associations.

The enforcement of rules established by schools in the membership often receives the lion’s share of attention; however, NFHS-member state associations are more about service than governance. And in some states, we are pleased that after a thorough review of these associations, external pressures have lessened.

Certainly, these associations are better suited to prioritize education-based athletic programs over competing external and commercial interests. NFHS-member associations are governed by boards and committees composed of individuals within member schools – superintendents, principals, athletic directors, coaches and others – who have an educational focus to enforcing eligibility, playing and academic rules.

State high school associations exist to serve the member schools in their states so high school students can participate in sports and other activity programs.

These associations provide structure for regular-season competition between schools, including establishing transfer rules that focus on fair play and do not lead to displacement of players at the existing schools. They also establish academic requirements to make sure students prioritize education, and establish length-of-season requirements so that schools have equal seasons and to limit overuse injuries and promote multiple sport participation.

Other services include:

- promotion of student safety/risk minimization programs
- sportsmanship initiatives
- mental wellness programs
- conducting state championships
- establishing consistent playing rules in concert with the NFHS
- coaches education programs
- recognition and community service programs advocacy on key issues.

As we noted in “The Value of State High School Associations,” the focus of high school sports is unique and must remain unique. It is education-based and must remain with education as the guiding principle.

From a governance standpoint, the best possible scenario exists across the country when it comes to high school sports. Education-based sports programs are connected to classroom learning every day. And the 51 athletic/activity associations that govern activity programs have adopted eligibility, participation, transfer and academic rules consistent with their member schools and their needs.

State high school associations are essential for maintaining a structured, equitable and enriching environment for student-athletes. Their focus on safety, fairness, education and community impact ensures that high school sports and other activities remain a valuable and positive part of the educational experience. Without these organizations, schools would struggle to provide consistent and high-quality athletic programs, leaving students without the benefits of organized sports and other activity programs.

The NFHS believes that state high school associations that are education-focused and have been successfully directing high school sports for more than 100 years should continue to direct and operate these programs. The NFHS believes these programs should remain independent of state government involvement, so that the outcomes are not influenced by independent districts apart from the educational objectives of high school sports. Education-based sports programs are connected to classroom learning every day, and the 51 athletic/activity associations that govern activity programs have adopted eligibility, participation, transfer and academic rules consistent with their member schools that apply statewide. These are the only organizations capable of maintaining the educational focus on high school athletics and activity programs. ■

2026 WIBCA ALL STAR WEEKEND PRESENTED BY ZAK DESIGNS

2026 WIBCA All-Star Weekend Recap

The 2026 WIBCA All-Star Weekend, presented by Baden, GameFace, and Zak! Smiles delivered a memorable celebration of Washington high school basketball, bringing together many of the state's top players for a full day of competition, camaraderie, and high-level play.

The event began with the Unified Game, setting the tone for the weekend with energy and enthusiasm. In a competitive and spirited matchup, the Navy Team came away with a 29-23 victory over the White Team. The game highlighted the inclusive nature of the sport and showcased the joy and passion that basketball brings to all participants. Following that was the highly anticipated Futures Game, which proved to be one of the most exciting contests of the day with twenty of the top underclassmen in the state participating. Team George Raveling and Team Jack DeKubber battled back and forth in a fast-paced, high-scoring matchup that kept fans on the edge of their seats. In the closing moments,

Lincoln High School's Davion Shareef-Dulaney made the play of the game, scoring a go-ahead layup with just 4 seconds remaining to lift Team Raveling to a thrilling 94-91 victory. The 1B/2B Game featured another strong performance from Team White, who pulled away for an 88-72 win over Team Navy. Team White was led by Aiden Andringa of Sunnyside Christian, who paced the offense with 19 points and played a key role in establishing control of the game. In the 1A vs. 2A Game, Team 2A put together an impressive offensive performance, defeating Team 1A by a score of 99-71. Josh Crane of RA Long High School led the way with 18 points, helping power Team 2A with consistent scoring and strong execution throughout the game. The weekend concluded with an anticipated matchup of the 3A vs. 4A Finale. In a



high-level showcase of talent, Team 3A earned a 107-91 victory over Team 4A. O'Dea's Brian Webster led all scorers with 20 points, capping off the event with an outstanding individual performance. The game featured fast-paced action, highlight plays, and a fitting end to an exciting day of basketball. Overall, the 2026 WIBCA All-Star Weekend once again demonstrated the depth of talent across the state, while also celebrating the sportsmanship, community, and tradition that make Washington high school basketball so special. From the Unified Game to the final buzzer of the 3A/4A matchup, the event provided unforgettable moments for players, coaches, and fans alike. ■



Hearing their final whistle...



Coach Reece Jenkin

Reece Jenkin, longtime Colfax High School boys' basketball coach, died Friday, February 27, 2026 at his home following a battle with pancreatic cancer. He was 45. Reece had learned of his cancer diagnosis on December 11th. He fought hard until the end. Reece was leading the Bulldog boys this year to an undefeated 24-0 record and holding the No. 1 seed in the state 2B tournament. Coach Jenkin recently gathered the team at his home to encourage them, show his love and support for them, and let them know it would be alright as they went forward without him. He is remembered by many in the coaching community as "one of the best".

Reece was born August 28, 1980 in Spokane to Rick and Nancy Jenkin. He grew up in Nine-Mile Falls with his older brother Josh. Reece attended school in Reardan where he excelled in football, basketball and track. He graduated from Reardan High School in 1999. He went on to play basketball at Big Bend Community College and Whitworth University. Reece earned his Bachelor's Degree in Accounting from Whitworth. During his senior year there; he met Breanne Rugo through mutual friends. They married August 27, 2005 and after a few months moved to Colfax, Washington where Reece was hired as the Business Manager for the Colfax School District.

He coached middle school football for one year before becoming the head coach of the Colfax Bulldogs boys' basketball team. In his 18 years as head coach; he has led his teams to more than 300 wins, eight consecutive state tournament appearances and state titles in 2012 and 2024. He is a beloved member of the Inland Northwest coaching community. Reece also coached for the Hooptown Elite AAU program in Spokane for many years. They played in games all over the United States during those summers. Reece truly had a passion for basketball. His family was also very important to him. A loving father to his three children; he was

very proud of all of them.

Reece is survived by his wife Breanne and their children; Adrik (18), Allie (15) and Ryker (13) at their home in Colfax; by his parents, Rick and Nancy Jenkin in Reardan, Washington; by his brother Josh in Reardan and by his extended family and a whole host of players, coaches and friends all over the Northwest.

He was buried in the Colfax Cemetery in a private family ceremony. A Celebration of Life service was held Saturday, March 14th, at 10:00 am at the Colfax High School Gymnasium. Memorial gifts are suggested to the [American Cancer Society](#) fund for pancreatic cancer. ■



Do you have a coaching tip to share with the readers of "The Washington Coach"?

Send your tip or tidbit to wsca-editor@comcast.net



2026 NOCAD Conference

This past January, I had the honor of representing our state association at the annual National Organization of Coaches Association Directors (NOCAD) conference, Jan. 15-19, in San Antonio, TX. This four-day conference brings together state coaches association executive directors, presidents, and individual sport association directors from 42 states and 37 associations, representing over 150,000 coaches from across the country. It is an opportunity to collaborate, network, socialize, and exchange best practices with like-minded colleagues, all current or former high school coaches. There are representatives from a number of national brands that support NOCAD's mission and come to share with us the year that was and what's to come for them in 2026. Vendors included: BSN Sports, The Jason Foundation, Team Slidez, 2-Words Inc., MyCoachingTree, KB3, Ekker Sports, and Loomis-LaPann. Attendees have sessions where they share current issues facing high school athletics in their individual state and their regions of the country. A lot of commonalities exist between states and regions. Exchanging ideas of how-to best address social issues affecting communities and schools, what has worked and not worked, sharing desired outcomes, and what 'next steps' may look like when problems are solved collaboratively.



NOCAD is the umbrella organization that the WSCA purchases our insurance liability coverage. The company that provides that insurance to coaches' associations is Loomis-LaPann, Inc. The representative from Loomis-LaPann that manages our liability insurance is Greg Joly, Senior Vice President of their Sports Division. Greg was in attendance and spoke to our group. As you might guess, insurance claims are not cheap. Statistics Greg provided the group, reviewing 2017-2025, showed a total of 47 claims had been filed, 39 are closed, 8 remain open. Total settlements that have been paid out is \$4.8 million with a loss ratio of 17%. We are very fortunate that the WSCA has aligned itself with Loomis-LaPann and NOCAD to provide coaches in our state outstanding liability insurance if there is ever a need for it.

I appreciate our Washington State Coaches Association's commitment to partner with the NOCAD family. Through these annual conferences we have forged relationships with other state associations and have worked collaboratively with them as we all face issues that will shape our high school athletic competitions and platforms into the future. We are a stronger coaches association because of our involvement with NOCAD.

Darrell Olson, President
WSCA ■



What better do you have to do with your time on Saturday June 20, 2026??? How about taking the trek to Earl Barden Stadium at East Valley High School in Yakima?!?! On that day the BEST OF THE BEST from the small schools in the state of Washington will lock horns in the Earl Barden 2A-1A-B All Star Classic. Eric Berg from East Valley High School and Devin Snyder from Cascade Christian High School will head up the squads. East assistants are as follows: Kenny Hails- East Valley High School, Mark Marro- retired from Sunnyside High School and was a mentor of coach Berg and also Andy Bush- White Swan High School. The West assistants are: Michael Gurr- Cascade Christian, Cade Sando- Cascade Christian and Aaron Cochran- Adna High School. We have a great lineup of players from all over the state with some schools such as Chief Sealth High School and Clover Park High School sending players for the first time.

While we are happy to include some of our new friends from schools who are not traditionally with us, we miss participation from some of our schools who are the cream of the crop of Washington high school football. Of the schools that reached the semifinals last fall, 12 of the 16 are sending players, coaches and/or gofers to our game. Our goal is for that to be 100% of those teams to find the value in sending their deserving athletes to us. This year our work has landed us only 29 players on the West team while their East counterparts are sporting a roster of 36 players. Each year we seek to select 40 players for each team. Coaches, at your respective All League meetings next fall, please submit an extensive list of deserving players to be considered for our event. It is not just a game, but a week-long event full of competitions, community assistance in Yakima and activities galore to make another lifelong football memory.

Each year we host an amazing week of football and activities- this summer we expect nothing less! For the 2nd year in a row our game will air live on SWX (local NBC affiliate), on their App SWX Local Sports and their website www.swxlocalsports.com. You can follow us at earlbardenclassic.com, @earlbardenclassic on IG, Earl Barden 2A-1A-B All Star Classic on Face Book and @EarlBarden on X. Again, we are proud of what we do and feel our event is the premier All-Star event in Washington. Join us this summer for the 32nd edition of the Earl Barden Classic!

Mark Mochel- Chairman/East Coordinator
Dom Coffin- East Coordinator

Mazen Saade- West Coordinator
Craig Bartl- West Coordinator

EARL BARDEN EAST TEAM

FIRST	LAST	POSITION	NUMBER	HEIGHT	WEIGHT	SCHOOL	COACH
Braden	Albrecht	RB/LB	1	5' 10"	185	East Valley	Eric Berg
Karter	Gadish	LB	1	6' 1"	190	TC Prep	Kyle Cairnes
Ronan	Stewart	RB/LB	1	6' 0"	150	Kittitas	Dusty Hutchinson
Isaac	Zavala	Util	1	5' 8"	140	Cashmere	Bryan Bremer
Jaxon	Berg	QB	2	5' 11"	155	East Valley	Eric Berg
Rjay	Garza	WR/DB	2	6' 1"	170	Othello	Roger Hoell
Jason	Guest	WR/DB	3	5' 9"	145	DeSales	Josh Richard
Jett	Winger	WR/DB	3	5' 11"	145	Lakeside	Devin Bauer
Jayden	Buckalew	DB	6	6' 3"	180	East Valley	Eric Berg
Logan	Schultz	QB	6	6' 1"	190	Freeman	Mike McKeown
Joshua	Bucsko	RB/LB	7	5' 10"	190	Omak	Nick Sackman
Brayden	Meyer	WR/DB	7	6' 1"	170	Okanogan	Erick Judd
Sebastian	Sanchez	LB/RB	9	5' 11"	170	Entiat	Brian Bailey
Rylan	Hatmaker	QB	10	5' 11"	170	Cashmere	Bryan Bremer
Jacob	Proctor	TE/DE	10	6' 4"	205	Rogers	Ryan Cole
Max	Anderson	WR	11	5' 11"	170	Connell	Scott Forsyth
Calvin	Lybbert	TE	11	6' 0"	200	Ephrata	Patrick Mitchell
Logan	Spies	WR	11	6' 2"	195	Cashmere	Bryan Bremer
Shea	Stevenson	WR/DB	23	6' 0"	180	Royal	Wiley Allred
Dominic	Verduzco	WR/DB	24	5' 8"	160	East Valley	Eric Berg
Blake	Heryford	RB/LB/G	26	5' 9"	190	Tumwater	Willy Garrow
Jake	Sherfy	RB/LB	33	6' 1"	215	TC Prep	Kyle Cairnes
Theodore	Engle	OL/LB	55	6' 1"	220	Pullman	Kevin Agnew
Kaine	Geddes	OL/DL	55	6' 1"	210	Connell	Scott Forsyth
Miguel	Zuniga	OL/DL	55	5' 11"	220	Othello	Roger Hoell
DeVaughn	Tumbaga	OL/DL	57	6' 0"	235	Columbia River	DeWayne Patterson
Seth	Wilder	OL/DL	59	6' 5"	260	Goldendale	TJ Wilder
Ryan	Powell	OL/Edge	64	6' 1"	205	Liberty Christian	Craig Lukins
Jediah	Carson	OL/DL	67	6' 2"	250	Columbia River	DeWayne Patterson
Rolando	Cedillo	OL	68	6' 0"	285	Royal	Wiley Allred
Jovanni	Torres	OL/NG	68	6' 0"	285	Okanogan	Erick Judd
Maximus	Gerstenberger	OL	71	5' 8"	250	La Salle	Cody Lamb
Josiah	West	OL/DL	71	6' 6"	270	Prosser	Corey Ingvalson
Austin	Jenkinson	OL/DT	77	6' 2"	300	Riverside	Buddy Wood
Preston	Stingley	OL/DL	77	6' 0"	190	Kittitas	Dusty Hutchinson
Landan	Bagby	OL/DL	79	6' 4"	300	Omak	Nick Sackman

Head Coach: Eric Berg- East Valley High School

Assistants: Kenny Hails- East Valley HS, Mark Marro- Retired, Andy Bush- White Swan HS

EARL BARDEN WEST TEAM

FIRST	LAST	POSITION	NUMBER	HEIGHT	WEIGHT	SCHOOL	COACH
Cooper	Anderson	WR	0	6' 0"	165	North Kitsap	Jeff Weible
Lyal	Viers	WR/DB	1	6' 1"	185	Cedar Park Christian	Kurt Roy
Grady	Wilson	QB/LB	1	5' 10"	175	Napavine	Josh Fay
Chase	Anderson	RB	3	5' 11"	180	Coupeville	Bennett Richter
Brice	Cooper	DB	3	5' 11"	170	Mt. Baker	Ron Lepper
Daniel	Larsen	TE	3	6' 5"	215	Meridian	Patrick Ames
Zach	Timmons	RB/DB	4	5' 9"	170	Montesano	Terry Jensen
Toren	Crites	WR/DB	5	6' 2"	185	Montesano	Terry Jensen
Carson	McCall	TE	5	6' 1"	230	Orting	Cody Baskett
Jet	Ross	DB	5	6' 2"	205	Mt. Baker	Ron Lepper
Gino	Howard	DB	7	5' 5"	140	Granite Falls	Brandon Davis
Boyce	Robertson	WR	7	6' 2"	190	Lynden Christian	Greg Terpstra
Mason	Fry	TE/DE	8	6' 4"	190	Montesano	Terry Jensen
Andy	Penrod	WR	9	6' 3"	190	Cedar Park Christian	Kurt Roy
Mason	Filitaula	QB	12	6' 1"	205	Chief Sealth	Daron Camacho
Ansen	Asbjornsen	WR/DB	14	5' 11"	165	Squalicum	Nick Lucey
Jaxon	Hester	WR/LB	16	6' 2"	175	Nooksack Valley	Craig Bartl
Kole	Kjesbu	LB	24	6' 1"	165	Montesano	Terry Jensen
Chris	Banker	LB	32	5' 11"	185	Raymond/South Bend	Luke Abbott
Steven	O'Dell	LB	33	6' 0"	175	Adna	Aaron Cochran
Rufan	Li	OL/DL	51	6' 2"	260	Cascade Christian	Devin Snyder
Camren	Mendez	OL/DL	54	5' 11"	250	Wahkiakum	Ryan Lorenzo
Mason	Klein	LB	55	6' 0"	210	LaCenter	John Lambert
Giovanni	Eddinger	OL	56	6' 0"	300	Orting	Cody Baskett
Josiah	Edge	OL/DL	60	6' 3"	200	Annie Wright	Mike Finch
Kisan	Rufes	OL/DL	66	6' 2"	275	Clover Park	Jason Nikolao
Jackson	Knittle	OL	76	6' 5"	285	Adna	Aaron Cochran
Angelo	Gasparetti	OL/DL	77	6' 0"	255	King's	Jim Shapiro
Noah	Hellem	OL	77	6' 3"	320	Adna	Aaron Cochran

Head Coach: Devin Snyder- Cascade Christian High School

Assistants: Cade Sando- Cascade Christian HS, Michael Gurr- Cascade Christian HS, Aaron Cochran- Adna HS





WASHINGTON STATE FOOTBALL COACHES ASSOCIATION

2025 WSFCA COACH OF THE YEAR

Head, Assistant, and Frosh/Junior High/Middle Level Coach of the Year Winners Released

The Washington State Football Coaches Association is pleased to recognize the recipients of our 2025 'Coach of the Year' awards. The winners were selected by their coaching peers and confirmed by the WSFCA Executive Board.

Each of the winners will be recognized at a ceremony to be held during the WSFCA/Glazier Coaching Clinic on Friday, February 20, 2026 at the Hyatt Regency Hotel in Renton, WA.

Please join us in congratulating these Coaches for their tremendous accomplishments on the gridiron during the 2025 season, and for their years of service to both football and the student-athletes of our state.

2025 WSFCA Head Coach of the Year:

Monte Kohler - O'Dea High School

2025 WSFCA Broyles Asst Coaches of the Year:

Rick McGrath / Tony Prentice - Tumwater High School

2025 - WSFCA DISTRICT COACHES OF THE YEAR

DIST	Head Coach	Assistant Coach	FR/JH/MS Coach
1	Ron Lepper (Mount Baker)	Johnny Lee (Sedro-Woolley)	Earnest Randell (Snohomish) Aaron Messenger (Blaine)
2	Peyton Pelluer (Skyline)	Andy Hall (Liberty - Issaquah)	Cam Williams (Juanita)
3	Cody Baskett (Orting)	Muckie Foreman (Graham-Kapowsin)	
4	Mike Christensen (Toledo)	Fred Sunday (Kelso)	
5	Eric Berg (East Valley Yakima)	Kenneth Hails (East Valley Yakima)	Rod Robertson (Cashmere)
6	John Graham (Cheney)	Ty Graham (Cheney)	Brennan Hill (Deer Park)

www.washcoach.net/football

wsfca1@gmail.com



The Washington Coach Magazine DEADLINES

A huge thank you to all those who have contributed to our magazine by submitting articles, sending pictures or offering suggestions. Our magazine is a work by and for our membership and we are committed to creating a publication which serves the best interests of the WSCA.

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

**Fall Issue
September 14**

**Winter Issue
January 14**

**Spring Issue
May 14**

Hearing their final whistle...



Coach Victor Randall

Published by Legacy on May 13, 2026.

Vic Randall, born September 9, 1949, in [Mount Vernon, Washington](#), passed away May 10, 2026 and became his best self again in heaven.

Vic was one of 3 sons of Elwood and Pearl Randall, his older brother Sunny preceded him in death. Vic grew up alongside his younger brother Gary and their childhood friends in Bayview, WA, where there were many adventures and good memories. He attended Burlington-Edison High School, where his love for athletics shined through in football, basketball, and baseball. It was during these years that his passion for football started, thanks to his mentor, Coach Rickert.

Vic furthered his education and athletic career at Western Washington University where he continued to excel in football and earned his teaching degree.

Vic's professional career, however, spanned beyond football; he coached a variety of sports and made

an impact at Ferndale High School. Over his 43-year tenure at Ferndale, Vic taught PE, Drivers Ed, and served as the Athletic Director. His dedication to the Ferndale community, its students, staff and families, were a point of great pride. During his time as Ferndale's Athletic Director, he was honored for his contributions to the NW Conference.

During Vic's first marriage, he and Debby had three children that he was so proud of: Aimee, Scott, and Kyler, instilling in them his competitive spirit and zest for life. Later Vic became the loving husband to Janine and together they enjoyed many adventures. Vic enjoyed his time with his stepchildren, Orin and Brittany and was so proud of his grandchildren, Baylor, Maya, Brayden, Bailee, Simone, Myles, Avery and Weston and cherished the time he spent with them.

Throughout his life, Vic maintained lifelong friendships and so many great memories from his days growing up in Bayview to BEHS, WWU, and Ferndale,

forming deep connections through football, softball, coaching, teaching, and his role as an athletic director. He lived his life with unwavering determination, fairness, and a competitive edge that inspired those around him. His competitive spirit and determination were infectious, and he was always ready for a challenge-whether it was on the field, in the classroom, or during a golf game (especially if bragging rights were on the line!). Competitive with a capital "C".

In his final years, Vic was extremely blessed to have Mary Wilson, Tanya and Gary Marks, Bob Anderson, Angie Quinn, Barry Tonkin, Curt Dehaan, Dean Russell, Old Friends Club, the Staff at North Bellingham Golf Course and many other family and friends, who provided unwavering support and companionship. Heartfelt gratitude is also extended to the compassionate staff at Hospice House. Special thanks to all who stood by Vic, making his final chapter filled with care and love.

Vic's legacy is one of per-

severance, integrity, and relentless spirit. He will be deeply missed by all who had the privilege of knowing him. Vic was preceded in death by his parents and brother Sunny. He is survived by his loving family, wife Janine, children: Aimee & Matt Galley, Scott & Sharae Randall, Kyler & Natalie Randall, Orin Paul, Brittany & Mike Hawkins, his grandchildren, his brother Gary & Julie Randall, brother in law, Gary & Nicky Poole and his former wife Debby Dahl Randall and numerous nieces and nephews.

A memorial service was held on June 6, 2026 at 2pm at the Ferndale High School Football Field. Friends and family were invited to celebrate Vic's life and enduring impact.

In lieu of flowers, donations may be made to support Ferndale High School's Activities and Athletics through the Ferndale Golden Eagle Booster Club. Please make payments to: FGEBC, PO Box 575 [Ferndale, WA](#) 98248 or through their website in Vic's honor. ■



Danny M. O'Dell, Explosivelyfit
Strength Training

To My Fellow Coaches

For well over 56 years of my adult life I have been involved with fitness, specifically focusing on strength training in one shape or another. During the most recent years twenty-one of these years, I was a member of the National Strength and Conditioning Association (NSCA) as a Certified Strength and Conditioning Specialist with distinction (CSCS*)

I've been fortunate enough to have competitive trainees being awarded record holding certificates and trophies in World, National, and State competitions in powerlifting. I have had the privilege of coaching a division one athlete, junior high and high school students, as well as clients aged eleven through eighty-eight in our, my wife is my business partner, strength focused gym.

All the articles were based on information gained from fitness, strength conferences, classes, studying fitness related information, maintaining the required CEUs for my NSCA, CSCS certification and then applying that knowledge to training people

In 2006, I was given the opportunity to write fitness related articles for our magazine. During these years I endeavored to present articles that

combined science backed, validated, sports based, research and practical, firsthand training in the real world of practice and competitive sports training.

In 2018 I retired from my strength training position in one of our school districts and in 2021 retired from the NSCA thereby cutting all professional ties with my background in training.

Since I no longer possess the latest fitness training information, I decided it was best that I stopped authoring these articles.

The couple now taking my place will be Chris Berger, an ex-US Army trained fitness instructor and his wife Jessica^[1], a registered nutritionist. These two experts have helped me with my trainees over the years and there is no doubt in my mind they will continue helping the coaches in this fine association with their vast range of combined knowledge.

^[1] <https://www.bls.gov/ooh/health-care/dietitians-and-nutritionists.htm#:~:text=The%20RD/RDN%20designation%20requires,with%20food%20and%20nutrition%20research.>

Danny M. O'Dell, M.A.,
1 509 991 6833 ■

Editor's Note:

On the behalf of the membership of the Washington State Coaches Association, I wish to thank you Danny O'Dell for the many years of your contributions to our magazine. Sharing your expertise in the field of strength training, fitness, nutrition, and all aspects of how we can improve the athletic participation of our student-athletes has been a welcomed constant in our magazine. Thank you for your work, thank you for your commitment to the WSCA and thank you for your friendship. All the best Danny.

Mike Schick, Editor

THANK YOU
Thank You

Where Have All the Athletes Gone?

A Coaching With Confidence Reflection

by Suzanne Marble

There was a time when high school athletes were easy to find—playing multiple sports, representing their schools, and building identity through athletics.

Today, that picture looks different.

So, the question is often asked: ***Where have all the athletes gone?***

The truth is, they haven't disappeared. They've been redistributed into a year-round, highly specialized athletic system shaped by club sports, travel teams, social media, recruiting pressure, and constant competition.

High school sports—once the center of an athlete's experience—are now often just one part of a much larger pathway.

As specialization has increased, multi-sport participation has declined. Many coaches say they want three-sport athletes, yet also expect them to never miss practices, training sessions, or offseason commitments. The result is that athletes face more pressure, less recovery time, and, in

many cases, less joy. For some, sports no longer feel like play—they feel like performance.

Many young athletes lose their passion for sports because they feel they cannot live up to the expectations placed on them by parents, coaches, and the growing pressure to constantly succeed. As the focus shifts more toward winning, rankings, and exposure, enjoyment often takes a back seat. When sports stop being fun, many kids simply walk away.

Yet kids still want to compete. They still want to belong, grow, and be part of something meaningful.

That is where coaching matters most.

In my book *Coaching With Confidence*, I share that coaching is about far more than wins and losses. It is about building environments where athletes feel valued, connected, challenged, and supported. Today's athletes are not just looking for competition—they are looking for

purpose, confidence, and belonging.

The challenge for coaches and schools is not simply getting athletes to participate. It is creating environments that athletes want to stay connected to.

High school athletics cannot compete with club sports on volume or exposure. But it can provide something unique:

- ☐ Community
- ☐ School identity
- ☐ Belonging
- ☐ Leadership
- ☐ Education-based development
- ☐ Relationships built on trust and growth

As I share in *Coaching With Confidence*, culture is not what we say—it is what athletes experience every day. Athletes thrive in environments where progress matters more than perfection, where relationships are valued, and where coaches lead with consistency, energy, and purpose.

The athletes are still here.

Maybe the better question is not, ***“Where have all the athletes gone?”***

Maybe it is:

What kind of experience are we creating for them when they arrive?

Because our responsibility as coaches is not just to develop athletes—it is to develop people through athletics.

And when athletes feel connected, valued, and confident in who they are becoming, they stay. ■



Volleyball Coaches Clinic 2026

 **Burlington-Edison High School**

 **Saturday, June 27th, 2026, 9:00 a.m.- 4:30 p.m. Lunch provided.**

 **Free Clock Hours Available**

Collaborate, connect, and prepare for your 2026 season with some top volleyball coaching minds as you gear up for the 2026 season! This clinic offers expert insights, strategy discussions, and on-court demonstrations to take your program to the next level.



Featured Presenters:

 **Mario Andaya:** Retired head Coach at **CWU** for 31 years, multiple-time GNAC Coach of the Year, Regional Coach of the Year, and led the team to 16 NCAA appearances, including 14 straight berths.

 **Diane Flick Williams:** Just finished 26th season as head coach at **WWU**, multiple GNAC Coach of the Year honors. 11-time GNAC Champs, 2 National Runner Up, and has produced 35 All-Americans.

 **Kimberly Grycel** – 25 years as a head coach and teacher at Lynden Christian High School. Three-time State Champions, NFHS Coach of the Year, WSVCA Coach's Hall of Fame – 2017.

 **Suzanne Marble:** Author: **Coaching With Confidence**. 30 years as a head coach and teacher at La Conner High. Certified Mental Game Coach and a dedicated Leadership Coach, helping coaches and teams reach their full potential.

Why Attend?

- ☒ Learn from experienced coaches
- ☒ Gain new strategies for on-court and off-court success
- ☒ Network with fellow volleyball professionals
- ☒ Earn clock hours for professional development

 **Register Now!**

[Registration Link](#)

Questions, please contact Suzanne Marble smarblevb@msn.com

SPORTS

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!

ATHLETIC TRAINERS

Ciara Ashworth
Kamiakin
president@wsata.org

BASEBALL

Brian Jackson
Graham-Kapowsin
bjackson@bethelsd.org

BASKETBALL - BOYS

Nalin Sood
Mountlake Terrace
wibca2010@gmail.com

BASKETBALL - GIRLS

Dan Taylor
King's
knights.in.gods.armor@gmail.com

CROSS COUNTRY

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DANCE AND DRILL

Arianna Schultz
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wsddca@gmail.com
Lori Stephens
Meridian-Mattson MS
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FOOTBALL

Craig Bartl
Nooksack Valley
Craig.Bartl@nv.k12.wa.us

GOLF

Darrell Olson
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GYMNASTICS

Ryan Fleisher
Issaquah
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SOCCER

Jens Jensen
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SOFTBALL

Corey Davis
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TENNIS

Harrison Lee
Curtis
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TRACK & FIELD

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wstfcaprez@gmail.com

VOLLEYBALL

Suzanne Marble
LaConner
suzannemarblevb@gmail.com

WRESTLING

Brett Lucas
Todd Beamer
blucas@fwps.org ■



SUE DOERING

COACH

Colfax HS & Deer Park HS - Volleyball

Sue Doering stands among the most accomplished and respected figures in Washington high school athletics, leaving behind a legacy defined not only by extraordinary success on the volleyball court but by an unwavering commitment to her athletes, her community, and the sport itself. Her induction into the WIAA Hall of Fame is a fitting recognition of a career that has shaped generations of young women and elevated volleyball across the state.

Over the course of her remarkable coaching career, Doering amassed more than 900 victories, finishing as the winningest volleyball coach in Washington state history. Her tenure began at Deer Park High School, where she quickly established a competitive program, leading her teams to three state tournament appearances, including impressive finishes of fourth and second place in the 3A classification. However, it was at Colfax High School where Doering built one of the most dominant dynasties in Washington sports history.

At Colfax, Doering transformed the volleyball program into a perennial powerhouse. Her teams captured an extraordinary 14 state championships, along with five runner-up finishes, and achieved an astonishing 25 consecutive state tournament appearances. Over her career, her teams reached the State Tournament 32 times, a testament to her consistency, preparation, and competitive excellence. Her leadership earned her 24 Coach of the Year honors, further solidifying her reputation as one of the elite coaches in the nation.

Beyond the accolades, Doering's influence extended far deeper than wins and championships. She was a pioneer



and leader within the volleyball community, becoming the first female elected President of the Washington State Volleyball Association. Her contributions were recognized nationally when she was named National Coach of the Year. She was also inducted into the Washington State Volleyball Coaches Hall of Fame and the Inland Empire Hall of Fame, honoring both her success and her impact on the sport.

Doering's passion for volleyball extended year-round. She dedicated countless hours to developing young athletes, organizing summer open gyms, and building strong junior high programs to ensure the future

success of her teams and the sport. She generously shared her knowledge with fellow coaches and players, always prioritizing growth and development over competition. Her leadership in coordinating state rankings reflected her fairness, integrity, and commitment to the game.

What truly set Doering apart, however, was her ability to connect with her athletes. She built a culture rooted in respect, accountability, and care. Whether helping a player balance academic or extracurricular commitments, opening her home to support athletes, or mentoring young women through life's challenges, Doering consistently puts people first. Her players not only succeeded on the court but carried forward the values she instilled—discipline, teamwork, perseverance, and leadership.

Her legacy is deeply embedded in the Colfax community, where the volleyball program stands as a symbol of excellence and character. The trophies lining the halls tell only part of the story; the lasting relationships, the lives shaped, and the standards set define the true measure of her success. ■



The Coaches' Guide to Supporting High School Athlete Mental Health



A Guide to Support Your Players

Teens are facing an escalating crisis in mental health. According to the Centers for Disease Control and Prevention, more than one in three high school students experienced persistent feelings of sadness or hopelessness in 2019. Nearly 20% of all high school students had serious thoughts of suicide in the past year, a statistic that rises significantly for LGBTQ students and students of color. Sports teams offer unique opportunities to create spaces where teens feel safe, seen, heard, and valued. A trusted, caring adult can be a game changer for young people, and coaches are ideally positioned to provide that support. You can be the first to notice when an athlete is struggling emotionally, and the first person an athlete trusts enough to reach out to.

The Jed Foundation (JED) and Positive Coaching Alliance (PCA) created this quick, easy-to-use guide to increase your knowledge and comfort in navigating these situations and conversations. **We want to help you feel prepared, and we want you to know:**

- You do not have to be a mental health professional to support an athlete with their mental health.
- You are never alone when you support athletes.
- You don't have to provide care. You can be the bridge that connects them to it.

This guide will walk you through straightforward—but significant—steps you can take to:

- Support mental health on your team.
- Recognize and reach out to a struggling athlete.
- Connect athletes to professional help, if and when it is needed.

DOWNLOAD



[CLICK HERE](#) TO LEARN ABOUT PCA'S "DEVELOPING COMPETITORS AND MENTAL WELLNESS THROUGH POSITIVE COACHING" WORKSHOP

NATIONAL WRESTLING HALL OF FAME

Lifetime Service to Wrestling

Edward Brunz



Ed Brunz graduated from Burlington-Edison High School in 1964, where he was a standout multi-sport athlete. He placed eighth at the 1963 State Wrestling Tournament, finished third in the state track meet in the 440-yard dash, and earned All-Northwest defensive back honors in football. He trained under Hall of Fame coaches Bo Campbell (NWHOF-2005) and Gary Knutzen (NWHOF-2011), who helped shape his early wrestling career. Ed continued his education at Washington State University, competing in both wrestling and track and graduating in 1968. He earned distinction as the Pac-12 Freshman Tournament Champion in 1964.

Brunz began his coaching career at Ephrata High School as an assistant to Hall of Fame coach Chuck Panerio (NWHOF-2010). He then returned to Burlington-Edison High School,

serving two years as an assistant before taking over as head wrestling coach, a position he held for 17 seasons. Under his leadership, Burlington-Edison compiled a 143-55-22 dual-meet record, won four sub-regional titles (1981, 1985, 1986, 1987), a regional championship (1987), and the 1982 State Championship, with a 3rd-place finish in 1986. From 1977 through 1987, the Tigers placed in the top ten at the state tournament each year, producing seven individual state champions, including three-time state champion Tony Breckenridge.

Brunz was central to one of the state's great wrestling rivalries with Sedro-Woolley High School and Hall of Fame coach Spud Walley (NWHOF-2017). Their dual meets regularly drew 1,500+ spectators, filling gyms across the Skagit Valley as Brunz took his place in his trademark gold jacket opposite Walley's blue blazer. Beyond coaching, Ed officiated for two years and founded the Burlington youth wrestling program, helping to build a lasting feeder system for the community.

In recognition of his coaching accomplishments, Brunz was named State AA Wrestling Coach of the Year in 1987 and was inducted into the Washington State Wrestling Coaches Hall of Fame in 2011.

In addition to his contributions to wrestling, Brunz has been deeply involved in civic service. He has been a 38-year member of the Eagles Club and is the last remaining charter member of the Burlington Lions Club, founded in 1977. His commitment to community leadership culminated in his service as Mayor of Burlington from 2008-2012.

Ed and his wife Jean reside in Burlington, where he continues to be a respected figure in both the wrestling and civic community.

Lifetime Service to Wrestling

Kevin Corbett



Kamaikin MS: 2023-present, Juanita HS: 2019-present, Inglemoor HS: 2002-2011, Kamiakin JH: 1997, Everett HS: 1989-1996, Blanchet HS: 1985-1988, Meadowdale HS: 1982-1985, Meadowdale JH: 1980-1981

Kevin Corbett wrestled for Meadowdale High School where he was coached by Hall of Famer Bruce Cook

(NWHOF -2009) graduating in 1977. Kevin was a State Freestyle and Greco-Roman Champion in 1976 and 1977. He won the Outstanding Wrestler award in both styles in 1977 and was a National Greco Placer (5th place) in 1977. Corbett was recruited by Les Anderson (NWHOF 2004) to wrestle at the University of Washington, where he wrestled his freshman year and graduated in 1984.

Corbett started his extensive 45-year coaching career in 1980. He served as an assistant coach then as a head coach for five different high schools. During this time, he worked with Hall of fame coaches Bruce Cook (NWHOF-2009), Bill Herber (NWHOF-2015), Ron Bessemer (NWHOF-2007), and Tom Sewell (NWHOF-2017).

Coach Corbett has coached 14 state champions and 33 state placers. His teams have won four league championships with one undefeated season. At Everett High School, his team placed in the top ten at state in 1996. He has also served as a regional representative for the Washington State Wrestling Coaches Association and was named Regional Coach of the year three times by his peers.

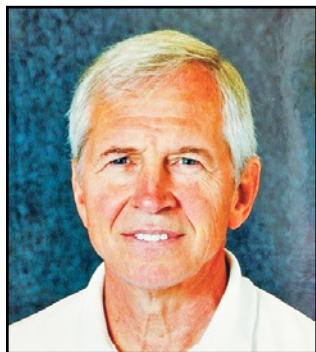
Kevin has been very active beyond high school wrestling. He obtained his USA Bronze Coaching Certification in 2010 and stays active as a club wrestling

coach. He was a Washington State Coach at the USA Fargo Nationals in 2023. Corbett also served as one of the WIAA Mat Classic State Championship staff, directing Mat Classic Ceremonies and Awards for 4 years.

Kevin retired from teaching after 37 years in the classroom in 2023. He currently resides in Kirkland, Washington, with his wife Peggy. They have 3 adult children, Justin, Laurissa and Britney. They are proud grandparents to 10 grandchildren: Allan, Andrew, Anderson, Carter, Sloane, Blaire, Luke, Rhett, Rylee and Greyson.

Lifetime Service to Wrestling

Peter Janda



Official, Western Washington Wrestling Officials Association: 2019-present, Official, South Sound Wrestling Officials Association: 1969-2019, Official, Pacific Northwest Wrestling Officials Association: 1967-1968, Coach, Shelton MS: 1976-1986

Janda attended Renton High School, where he competed in both cross country and wrestling, graduating in 1963. He was a member of the league-championship

cross country team and excelled on the mat as the West Central District Regional Champion in wrestling. His leadership and work ethic earned him the role of team captain, and he received his team's Inspirational Award, reflecting the respect of his teammates and coaches.

Janda continued his athletic career at Western Washington University, wrestling for the Vikings and graduating in 1967. Immediately following his college graduation, he transitioned into officiating — beginning with the Pacific Northwest Wrestling Officials Association in Seattle in 1967. In 1969, he joined the South Sound Wrestling Officials Association, where he has served continuously for 50 years, becoming one of the most enduring and respected officials in Washington wrestling history. Later in 2019, he joined the Western Washington Wrestling Officials Association and is still an active official.

Janda's officiating resume includes assignments at state championships in the 1980s and selection to work the first five Mat Classic WIAA State Championships beginning in 1989, a testament to his consistency and professional standard. Throughout his career, he earned repeated recognition from peers, being named Black Hills League Official of the Year multiple times during the 1980s. For his long-term commitment and excellence, he was honored as the WIAA Official of the Year in 2019 and received the Washington Officials Association President's Award in 2024. In 2025, the Pierce County Athletic Commission

named Janda the Wrestling Official of the Year.

In addition to wrestling, Janda made significant contributions to cross country and track & field as a coach and official. He guided athletes and teams to state championship competition, including coaching a Cross-Country State Champion and a girls 4×200 relay team that set a state meet record. His impact earned him Black Hills Cross Country Coach of the Year honors. He continues to support high-school athletics as an official at the 4A/3A/2A State Track & Field Championships, serving as Clerk of the Course and a member of the Jury of Appeals.

Janda retired from coaching in 1999 and currently works as part of the security staff for the Washington State Senate. He and his wife Janet reside in Shelton, Washington. They have two adult children, Jason and Robyn, and are proud grandparents to Brittany, Nicolaus, and Henry, and great-grandparents to Briggs.

Lifetime Service to Wrestling

Vard Jenks



Chief Moses Junior High School: 1972-1974, Connell High School: 1979-1997

Vard Jenks has dedicated his life to athletics, education, and community service, leaving a lasting legacy in Washington wrestling through decades of coaching, mentorship, and leadership.

Jenks was a standout athlete at Connell High School, where he served as team captain in both football and wrestling and captured a state wrestling championship as a senior in 1968. He continued his athletic career at Ricks College, competing in both sports before transferring to Eastern Washington University. At EWU, Jenks became an NAIA All-American, placing 4th at the 1972 National Tournament at 177 pounds.

After graduating, Jenks began his teaching and coaching career at Chief Moses Junior High School in Moses Lake before returning to Connell High School as a substitute teacher and wrestling coach. Over 18 seasons, he built one of the region's most respected programs, coaching 55 state placers including 14 individual state champions.

Coaching was deeply intertwined with family for Jenks. Two of his sons, Brandon and Tony, earned state medals, finishing 2nd and 3rd respectively. His youngest son, Kameron, was famously born at the University of Washington Hospital while Vard stepped away briefly to coach two state champions at the state tournament across the street in Hec Edmundson Pavilion.

After stepping down as Connell's head coach following the 1997 season, Jenks

continued on page 22

NATIONAL WRESTLING HALL OF FAME

continued from page 21

served as a wrestling official from 1998 to 2005, contributing another decade of service to the sport. His dedication was recognized with induction into the Washington State Wrestling Coaches Association Hall of Fame in 2011 and the School Community Service Award from the North Franklin School District in 1999.

Vard and his wife Verdene, married since 1968, have raised seven children—Shannon, Allyson, Jodi, Brandon, Tony, Kameron, and Ashley—and proudly celebrate 32 grandchildren and 9 great-grandchildren. The couple has lived for 50 years on their farm west of Basin City, where they have grown apples and sweet cherries. From 2008 to 2009, they served an LDS mission in Chicago, further extending their legacy of service.

Through competitive excellence, decades of coaching achievement, and unwavering commitment to community and family, Vard Jenks has made a profound and lasting impact on Washington wrestling.

Lifetime Service to Wrestling

David Jones



Official, Peninsula Wrestling Officials Association: 1995-present, Official, Pacific Northwest Officials Association: 2016-2018, Coach, Head or Assistant Coach: Montana State University: 1986, Cut Bank High School and Middle School: 1987-1989, North Kitsap High School: 1989-1992; 1998-2000; 2004-2008, Poulsbo Junior High: 1995-2001, Poulsbo Thunder Wrestling Club: 1989-1999

David Jones was an outstanding wrestler at Ronan High School in Montana under Hall of Fame coach Dave Eddington (AAU-2001). He was a 2-time Montana State Champion with a won/loss record of 62-2. David was a 8-time Montana Freestyle Champion and 7-time National Freestyle champion. Jones continued his wrestling success at Montana State University where he was a 2-time Big Sky Cham-

pion and a 3-time NCAA Division 1 participant graduating in 1987 with a total won/loss record of 81-12.

Moving to Washington State, Jones began his officiating and coaching career. He coached in the North Kitsap School District both at the high school and middle school levels. Jones coached numerous district, regional and state championship participants. 6 of his wrestlers from his 1992 North Kitsap High School team went on to coach wrestling at the club and school levels.

In 1995 Jones began officiating for the Peninsula Wrestling officials Association (PWOA). David served as Vice President for the PWOA from 2005-2015, then as the President of the PWOA from 2017-2023. Jones has Officiated at Mat Classic, the WIAA State Wrestling Championships from 2009-2024.

In recognition of his outstanding officiating, Jones has been selected by his fellow officials as the Peninsula Wrestling officials Association Outstanding Official 11 times. He was awarded the Washington Officials Association Official of the Year in 2010 and the PWOA Meritorious Service Award in 2025. Jones also served on the Washington Officials Association Wrestling Committee for 6 years.

David married his wife Ann, a wrestling cheerlead-

er on a wrestling mat in 1983. They currently reside in Poulsbo, Washington where David continues to work Sales for Ferguson Enterprise. They are proud parents of 3 adult children: John, Jenne and Jeff. They are Grandparents and Great Grandparents to Evan, Owen, Carter, Nathan, Nolan, Jack, Luke and Molly.

Lifetime Service to Wrestling

Kevin Judkins



Woodway HS: 1982-1983; 1985-1987, Ferndale HS: 1983-1985, Alderwood MS: 1985-1987, Lynnwood HS: 1987-2002, Snohomish HS: 2002-2008, 2014-2015, Valley View MS: 2010-2017

For more than four decades, Kevin Judkins has been a committed coach, leader, and ambassador for Washington wrestling, shaping programs, athletes, and international exchange opportunities across the state.

Judkins wrestled at

Woodway High School under Hall of Fame coach Bryce Cook (NWHOF 2009), and immediately returned after graduation to begin his coaching career. He later earned his degree from Western Washington University in 1983. His first teaching and coaching position was at Ferndale High School, where he assisted Hall of Fame coach Lee Andersen (NWHOF 2007).

In 1985, Judkins earned his first head coaching position at Alderwood Middle School, and by 1989 he had already been recognized nationally, receiving the High School Assistant Coach of the Year award from *Wrestling USA Magazine* for his work at Lynnwood High School. The following year, he became Lynnwood's head coach. In 2002, he moved to Snohomish High School, where he served seven seasons as head coach. Beyond wrestling, Judkins was deeply involved in student leadership and activities, earning induction into the Washington Activities Coordinators Hall of Fame in 2007.

As a head coach, Judkins compiled an impressive 226–85–1 dual meet record, coached 11 state champions and 49 state placers, and guided three High School All-Americans, including a collegiate national champion. His programs were known for discipline, consistency, and strong character development.

Judkins also made significant contributions beyond his own teams. For thirteen years, he served as the WSWCA Cultural Exchange Director, hosting teams from Japan and helping send Washington athletes to Japan, China, and Poland. He played key roles on the wrestling planning teams for the 1990 Goodwill Games and the 1999 World Team Trials in Seattle. Kevin was a fixture at major events across the state, directing invitational, district, and regional tournaments, and serving as a Mat Classic floor manager for the WIAA State Championships.

Judkins earned widespread recognition for his leadership and sportsmanship, including seven WESCO Coach of the Year awards, three Regional Coach of the Year honors, the 4A State Coach of the Year award in 2008, and the Darrell Whitmore Sportsmanship Award from the Pacific Northwest Officials Association. He was twice named Snohomish County Coaches Association Coach of the Year and was inducted into the Washington State Wrestling Coaches Hall of Fame in 2012.

Kevin and his wife Wendy now live in Kalispell, Montana, where he tutors 3rd grade math at the local elementary. They are the proud parents of two adult children, Kaitlyn and Joey.

Lifetime Service to Wrestling

Mark Kondo



Whitworth College: 1974–1976, Ferris High School: 1976–1985, Othello High School: 1993–2012, Quincy High School: 2017–2019; 2023–present

Mark Kondo has spent more than five decades contributing to the sport of wrestling in Washington through exceptional achievements as an athlete, coach, mentor, and athletic administrator.

Kondo began his wrestling career at Rogers High School in Spokane, competing under Hall of Fame coach Ken Pelo (NWHOF 1998). He became the school's first-ever state champion as a junior in 1967 and returned to the finals as the state runner-up in 1968. He continued his academic and athletic career at the University of Washington, lettering for three seasons under Hall of Fame coach Jim Smith (NWHOF 2019) and graduating in 1972.

Kondo entered coaching at Whitworth College from 1974–1976, where he also served as assistant athletic director. He then spent ten years at Ferris High School, first as an assistant coach

and later as head coach. In 1993, he joined the staff at Othello High School, dedicating 20 years to the program and contributing to one of the most successful eras in school history.

In 2017, Kondo became athletic director at Quincy High School, where he also supported the emerging girls' wrestling program. He served as the assistant girls coach in 2017–2018, then as head coach in 2018–2019 and again from 2023 to the present.

Kondo's coaching résumé includes remarkable success. At Othello, he helped guide the Huskies to 10 league titles, 16 individual state champions, and 93 state medalists. The program captured two state team championships and earned three additional top-four finishes. Kondo has helped coach 4 girls state champions at 3 different high schools, contributing significantly to the growth of the sport for female athletes.

His contributions have been widely recognized. Kondo was named the 2025 CWAC Girls Coach of the Year and the 2A Washington State Girls Coach of the Year. He is an inductee of the John Rogers High School Walk of Fame and Wrestling Hall of Fame, and he entered the Washington State Wrestling Coaches Hall of Fame in 2011.

Beyond wrestling, Kondo enjoyed a highly successful softball coaching career. His Othello Junior High softball teams compiled a remarkable 105–3 record over eleven years. Although retired

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from teaching, he continues to coach wrestling at Quincy High School.

Mark and his wife Katie live in Quincy, Washington. They are the parents of Mikelanne and Mark (Ross) III, and proud grandparents of Emiko, Kimiko, Makaya, Johnni, and Mark IV.

Medal of Courage

Riley McNeal



Bellarmino Prep High School: 1997-2001, Assistant Coach: Moscow High School: 2003-2004, U.S. Marine Corps: 2005-2006, University of Idaho: 2006-2008, Head Coach: Sammamish High School: 2008-2010, Cowlitz County Sheriff's Department 2010-present

Medal of Courage recipients embody resilience, sacrifice, and the strength to face extraordinary adversity. Few exemplify these qualities more profoundly than Riley McNeal.

McNeal wrestled four years for Bellarmine Preparatory School in Tacoma, graduating in 2001. A team captain and two-time MVP, he placed at the 2001 Mat Classic State Championships at 189 pounds and completed his high school career with a 99-39 record, earning the respect of teammates and opponents alike.

After enrolling at the University of Idaho, Riley made a life-changing decision: he paused his education to enlist in the United States Marine Corps. As a Lance Corporal, he deployed to Iraq during combat operations in the Al Anbar province. During one mission, his military vehicle was struck by an explosive device. Despite sustaining injuries, McNeal returned immediately to active duty, demonstrating courage and resolve in the face of immense danger. For his actions and sacrifice, he was awarded the Purple Heart in 2006.

Following his service, Riley returned to the University of Idaho to complete his degree and, in 2008, became the Head Wrestling Coach at Sammamish High School, reflecting his continued dedication to youth and the sport that shaped him.

In 2010, McNeal joined the Cowlitz County Sheriff's Office, where he has built a record of exceptional service. On October 24, 2023, he received the Cowlitz

County Excellence in Service Award for solving a cold-case homicide and tenaciously pursuing the prosecution of a dangerous child predator. As a Detective Sergeant, he is recognized for extraordinary performance both in handling emergency response and in mentoring new deputies. His colleagues describe him as an active problem solver who consistently improves operations, supports his team, and serves his community with integrity and compassion.

Riley and his wife Molly live in Longview, Washington, where they are the proud parents of four children: Brody, Ella, Jake, and Sloane.

Through military sacrifice, public service, and unwavering strength in the face of adversity, Riley McNeal represents the true spirit of the Medal of Courage.

Lifetime Service to Wrestling

Barbra Morgan

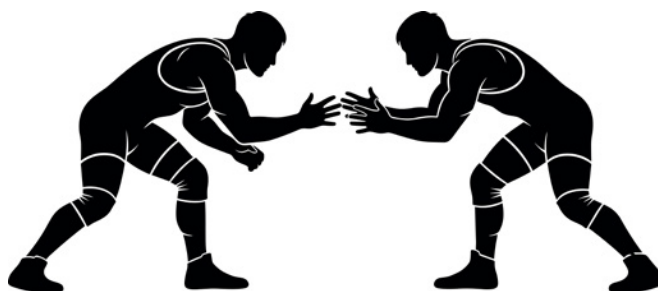


Sedro Woolley High School: 2004-present

Barbra Morgan was a 1983 graduate of Sedro Woolley High School and then attended Whatcom Community College graduating in 1985.

With 28 years of coaching experience, Barb Morgan has been a trailblazer and leader in Washington wrestling. Beginning with seven years at the club level

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GENERAL LIABILITY INSURANCE PROGRAM

As a membership benefit, coverage is provided by the Commercial General Liability Policy issued to the National Organization of Coaches Association Directors. This policy will provide general liability coverage to Washington State Coaches Association and its members.

CARRIER

HDI Global Specialty (A Rated)

POLICY PERIOD

August 1, 2025 – August 1, 2026

LIMITS OF INSURANCE

\$1,000,000	Each Occurrence
\$2,000,000	General Aggregate (per Member)
\$1,000,000	Products/Completed Operations
\$1,000,000	Personal & Advertising Injury
\$ 300,000	Fire Damage
\$ 50,000	Sexual Abuse (per Member)
Excluded	Medical Payments

COVERAGES

- ❖ Educator Professional Liability
- ❖ Participant Legal Liability for insured members
- ❖ Liability assumed under insured written contract
- ❖ Defense Cost outside limits

EXCLUSIONS

- ❖ The use of automobiles, buses, watercraft and aircraft
- ❖ Property of others in the care, custody, and control of the insured.
- ❖ This insurance does not apply to members that coach at an All-Star game that is not approved by your state coaches association.
- ❖ This insurance does not apply to any loss, cost or expense arising out of infectious or communicable disease.

CAMP INSURANCE

Today, most Coaches are involved in some type of sports camp. Please note that our General Liability Program follows insured members while working at camps and/or conducting their own personal camp.

In addition, Participant/Accident Coverage is required for coaches and/or participants. Should an accident occur during a camp, clinic or event, this secondary coverage helps offset the loss suffered by families affected by such accidents.

PROCEDURE FOR CAMP INSURANCE

As a member benefit of your state coaches association, all members in good standing have a \$1,000,000 per occurrence General Liability policy limit that provides coverage for their coaching activities. In order to protect the General Liability policy from potential claims, the insurance company has mandated that all coaches must obtain signed waivers and provide Participant/Accident insurance for their participants.

In order to obtain a certificate of insurance showing proof of insurance or naming an additional insured, the following must be in place:

- ❖ **Waivers:** Signed waivers showing indemnification language
- ❖ **Participant/Accident Insurance:** You must have Participant/Accident coverage in place for all participants attending sports camps.

PURCHASE INSURANCE

- ❖ Camp Insurance Request form is available on our website: <https://www.loomislapann.com/page/camp-insurance-2.html>

INSURANCE ADMINISTRATOR



www.loomislapann.com

(P) 800-566-6479 | (F) 518-792-3426

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Disclaimer: This is an insurance overview for summary purposes only; for complete policy terms and conditions please refer to the NOCAD Master Policy.

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with Sedro Woolley Steel Claw and continuing with 21 seasons at Sedro Woolley High School, Morgan has guided athletes to success on and off the mat. Her high school teams compiled a 132-45 dual meet record, won four state team championships, and earned eight top 20 state finishes. She has coached 39 state placers, including six state champions, while also leading her teams to two Academic State Championships.

Morgan's influence extends well beyond the mat. She founded and still directs the longest-running girls-only wrestling tournament in Washington, helping to create opportunities for female athletes long before the sport gained statewide recognition. Under her leadership, eight former wrestlers have continued wrestling at the collegiate level, including an NAIA National Champion and an NAIA All-American. Morgan has served on the WSWCA Executive Board as the Girls' Wrestling representative, and she is a member of the 12-person NFHS National Rules Committee for wrestling.

Her peers and the wrestling community have recognized her contributions with multiple honors, including two Washington Wrestling Coach of the Year awards and the prestigious NWCA National Coach of the Year award. In November of 2025, she was inducted into the Washington State Wrestling Coaches Hall of Fame.

As the first female coach inducted into both the WSWCA Hall of Fame and the Washington Chapter of the National Wrestling Hall of Fame, Morgan's career represents perseverance, excellence, and a commitment to expanding opportunities for young women in wrestling. Beyond the accolades, she is known for her compassion, mentorship, and advocacy for her athletes—caring for and supporting them as if they were her own.

Barbra and her spouse Landy reside in Sedro Woolley, where Morgan serves as a Supervisor in the Sedro Woolley School District Food Service in addition to her continued coaching of the Sedro Woolley Girls Wrestling Program. They have three grown children, Seth, Dustin and Trent and three grandchildren, Everlie, Beau and Vallie.

Oustanding American

Sally Roberts



Years in the Army: 8 years,
Years of Competition: 2003-2008, 2014-2016, Wrestle Like A Girl: 2016 to Present

Sally Roberts is a pioneering champion in women's wrestling, a decorated elite athlete, a combat veteran, and the Founder and CEO of Wrestle Like A Girl®, a mission driven organization to empower girls and women using the sport of wrestling to become leaders in life.

Raised in Federal Way, Washington. Roberts graduated from Federal Way High School in 1999--the first in her family to earn a high school diploma. Her early experiences instilled in her a belief that opportunity, not circumstance, shapes potential. Despite winning only one match during her high school wrestling career, she exemplified resilience, grit, and the life-changing

power of sport, ultimately rising to become one of the most accomplished athletes in U.S. women's wrestling.

Roberts trained for eight years at the U.S. Olympic Training Center in Colorado Springs, earning distinction as a three-time U.S. National Champion, World Cup Champion, two-time World Bronze Medalist, and Olympic Alternate. Alongside her athletic career, she served eight years in the U.S. Army Special Operations, including a voluntary deployment to Afghanistan. As part of the Army's World Class Athlete Program, she represented both Team USA and the U.S. Army in elite international competition.

In 2016, Roberts founded Wrestle Like A Girl®, leading national advocacy and policy efforts that were instrumental in supporting 41 additional states in sanctioning girls high school wrestling as an official sport, securing NCAA Championship status for women's wrestling, leading diplomatic sports envoys on behalf of the U.S. Department of State, and accelerating the sport's explosive growth across the United States and globally. Roberts has played a central role in shaping national policy related to equitable access to wrestling, advising state associations, national governing bodies, and fed-

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eral agencies on expanding opportunities for girls and women in sport.

Her contributions to sport and service have been recognized globally. Roberts received the 2016 Women in Sport Award from United World Wrestling and the International Olympic Committee, and she was named USA Wrestling Woman of the Year in 2018. Beyond sport, she is a U.S. State Department Sports Diplomat and Americans for Ibogaine Ambassador, contributing to merging national conversations on veterans' health, trauma recovery and the responsible legalization of plant medicine.

A respected national voice for veterans, women's empowerment, and innovative veteran-focused healing solutions, Roberts has appeared on the cover of VFW Magazine, in a national VFW Campaign film, and on Megyn Kelly's Today Show. She has spoken at the United Nations Global Good Summit, the U. S. State Department, military programs, colleges and universities across the United States, continuing to advocate for a stronger, healthier America.

Through her military service, athletic excellence, public advocacy, and transformative leadership, Sally Roberts has reshaped the landscape of women's wrestling and expanded opportunity for thousands. Her

legacy continues to open doors for future generations of girls, women and veterans seeking purpose, strength and possibility.

Lifetime Service to Wrestling

Darryl Smith



Sweet Home, Oregon: 1972-1974, Central Kitsap Junior High School: 1974-1976, Fairview Junior High School: 1976-1979; 1994-1996, Olympic High School: 1979-2004

From the very beginning of organized wrestling at Central Kitsap High School, Darryl Smith has been part of the sport's growth and legacy in Washington. A member of Central Kitsap's first-ever varsity wrestling team in 1967, Smith graduated the following year and continued his athletic career at Olympic Junior College before transferring to Central Washington University, where he earned his degree in 1972.

Smith began coaching at

Sweet Home High School in Oregon, then returned to the Olympic Peninsula to devote more than three decades to building and sustaining wrestling programs in Kitsap County. He coached at Central Kitsap Junior High, established the wrestling program at Fairview Junior High, and later founded the Olympic High School wrestling program, serving as head coach there for the next 24 years.

During his tenure at Olympic High School, Smith's teams achieved a 263-191 dual-meet record, captured 11 league titles, two regional championships, and posted 29 winning seasons. His wrestlers earned 6 state championships, 36 state medals, and 3 academic state titles. Beyond high school, 12 of his athletes became college All-Americans, including a national champion, and 14 former wrestlers went on to become coaches, extending his influence across generations.

Smith's impact reached beyond his own program. He co-founded three youth wrestling clubs—the Chief Kitsap, Noble Firs, and Kitsap Ironman—and served as Vice President of the Washington State Wrestling Coaches Association (WSWCA) from 1996 to 1999. His peers recognized his excellence repeatedly, naming him WSWCA "AAA" Coach of the Year and the Kitsap Sun Coach of the Year in 1993. The Washington State Coaches Association honored him with its Lifetime Service Award, and he was inducted into both the WSWCA Hall of Fame (2009) and the Kitsap County Sports Hall of Fame (2010).

Darryl and his wife Jody live in Bremerton, Washington, where they enjoy time with their three children—Erik(Dezera), Holly (Sean), and Ty (Jamie)—and grand-girls Hannah, Addison, and Ella. Through dedication, mentorship, and decades of leadership, Darryl Smith has helped shape wrestling in Kitsap County and across Washington State. ■





*Cade Perkins
and
dad Roger*

*Addison Henton
and
mom Erika
Varrelman*



*Kaitlin Bell
and
mom Kari*

*Amelia Ediger
and
dad Brent*



*Leiana Riveira
and
mom Rachael*

*Hannah Roche
and
dad Steve*



*Addison Keller
and
mom Pamela*

*Riley Angelo
and
dad Nate*

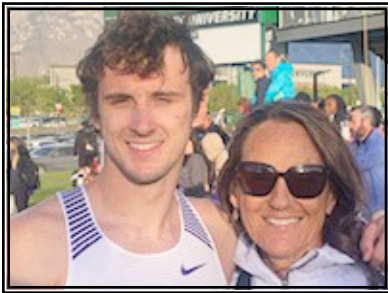




*Sadie Mettler
and
mom Katie*



*Katelyn Taylor
and
dad Jeremy*



*Bode Brewer
and
mom Tawnya*



*Taryn Blankers
and
dad Benjamin*



*Payton Bartl
and
dad Craig*



*Annalise Wesley
and
dad Andrew*



*Chelsey Ahlstrom
and
dad Kenneth*



*Ellie Marble
and
mom Suzanne*



*Deidra Phillips
and
dad Corey*

Bravo!



WIAA Transfer Rule Update: Progress, Impact, and What Athletic Directors Need to Know

By the WIAA Transfer Committee

Contributors: Jeff Lowell, District Athletic Director, Bellevue School District, and Committee Members

A Year of Progress: Streamlining Student-Athlete Transfers

The 2023-2024 and 2024-2025 school years marked a pivotal period for the Washington Interscholastic Activities Association (WIAA). At the 2024 Winter Coalition, the Representative Assembly voted to create a Transfer Committee (the committee) and tasked the committee with addressing the complexities and disputes surrounding student-athlete transfers. The committee undertook a comprehensive review of transfer data, legal costs, and eligibility appeals resulting in a streamlined, more equitable transfer rule that aims to reduce disputes, clarify eligibility, empower athletic directors, and provide families with clear guidance. Rather than disband the committee at the end of the 2024-2025 school year, twenty-two dedicated members volunteered to share their time and expertise through monthly meetings during the 2025-2026 school year.

The committee focus for the 2025-2026 school year is to continue to: regularly review transfer data, determine whether the rule is having its intended effects, and consider multiple means to educate athletic directors, school administrators, coaches, families, and athletes regarding the WIAA's athletic eligibility rules.

Why the Change?

For years, the transfer process resulted in inconsistent outcomes, leading to a substantial number of appeals, many of which escalated to the state level, culminating at times in legal action. It is important to understand that the committee was established in part to ensure that the WIAA retains control over its eligibility rules while balancing the interests of student athletes and schools. By analyzing data and incorporating feedback from athletic directors statewide, the committee worked to create a rule that upholds program integrity and expands student-athlete opportunity in a rapidly evolving educational landscape.

Additionally, recent legislative developments brought renewed focus to the WIAA's eligibility rules, most notably through Senate Bill 5189 (SB5189), which was considered during the 2025 legislative session. This bill directly addressed competency-based educational programs and explicitly referenced the WIAA's rule-making authority. The focus on bills, such as SB5189 underscored the importance of updating educational opportunities for Washington student athletes within the WIAA's eligibility processes, to ensure that eligibility rules reflect the contemporary needs of member student athletes and families.

The New Transfer Rule (18.12.2.9):

Key Features

Scope:

- ☐ Applies to high school student athletes transferring ***without*** a bona fide change of residence.
- ☐ Allows a one-time transfer during the WIAA summer window.
- ☐ Imposes a 40% varsity season sit-out for sports played the previous year.
- ☐ Provides a clear distinction between the "window of transfer" and the hardship appeal process.

Beginning June 1, 2025, the WIAA implemented the new rule, passed by the 2025 Representative Assembly, a transformative approach to student-athlete transfers. However, the committee continues to hear that there may be confusion about which student athletes have access to this rule. To be clear, the updated rule specifically targets high school athletes who wish to transfer schools ***without a bona fide change of residence***. What has not changed is that "There must be no reason to believe that the decision and/or the execution of the decision concerning the student's transfer was for athletic purposes." (WIAA rule 18.27.1.2)

It is important to note that the new transfer rule **does not apply** to student athletes who change schools due to a bona fide family move. These student athletes are not subject to the 40% period of varsity ineligibility, provided all other conditions of eligibility are met.

The new rule allows student athletes to transfer once during the designated summer window established by the WIAA, providing families with a clear and predictable opportunity for change. The summer window begins at the end of the school year at a student athlete's current school and ends at earliest date that a fall sport begins. Again, this new rule comes with an important stipulation: any student athlete who transfers under this provision will be required to sit out the first 40% of the maximum allowable varsity contests in any sport in which they participated during the previous school year. Additionally, when a student athlete is ineligible for 40% of varsity contests, it also means they are ineligible for jamborees in the sport. This ineligibility period is strictly enforced, ensuring consistent application and fairness across the board.

The revised rule also brings much-needed clarity by distinguishing between the standard "window of transfer" process and the separate hardship appeal route. Student athletes who do not qualify for the window, or who wish to contest their ineligibility, must instead pursue a hardship hearing. This structure provides athletic directors, student athletes, and families with straightforward guidance on their available options and the consequences of each pathway.

Two Pathways for Transfers **Window of Transfer:**

Student athletes may transfer once during the designated summer window without a bona fide family

move, as defined by WIAA rules. In this case, even without a full family change of residence, the student athlete is permitted to transfer but must sit out the first 40% of the maximum allowable varsity contests in any sport played during the previous school year. This ineligibility period is mandatory and cannot be appealed. However, if a student athlete's entire family unit relocates to a new residence that meets WIAA's bona fide move requirements, the student athlete may transfer at any time and become immediately eligible for varsity competition provided all other conditions of eligibility are met, with no sit-out period required.

It is essential for student athletes, families, coaches, and athletic directors to understand that if a student athlete transfers schools during a school year without a bona fide family move, the student athlete is considered a full transfer student, subject to a period of varsity ineligibility for one calendar year.

Hardship Appeal:

Student athletes who either do not meet the bona fide family move requirement, are ineligible for varsity competition under the transfer window, or wish to contest their varsity ineligibility must forgo the summer transfer window and instead pursue a hardship hearing. If a hardship appeal is denied, the student-athlete is rendered ineligible for varsity competition for one calendar year. Only those who can clearly demonstrate, according to WIAA guidelines, that a full family move has occurred (such as a complete change in address and household for the entire family unit) may be exempt from these restrictions and become eligible without penalty.

What Counts as 40%?

The sit-out period is calculated as 40% of the maximum allowable contests for each sport. For example, in basketball (20 contests), the sit-out is 8 games; in football (10 contests), it is 4 games.

A full chart is available for all sports (WIAA 18.12.2.10).

Impact: Fewer Appeals, Greater Clarity

The new rule has already demonstrated a significant reduction in eligibility hearings and appeals:

- **Fall 2024:** 190 hearings statewide
- **Fall 2025:** 76 hearings statewide
- **State-level appeals:** Down from 102 (full year 2024–2025) to just 13 in Fall 2025.

This dramatic decrease reflects the rule's effectiveness in resolving most cases at the WIAA District level and reducing the administrative burden on schools and the WIAA.

Tools for Athletic Directors **Decision-Making Flowchart**

In an effort to assist athletic directors and streamline the eligibility assessment process, the committee created a comprehensive decision-making flowchart. This step-by-step guide leads athletic directors through a series of essential considerations, beginning with confirming whether the student-athlete is enrolled at the school. It then prompts ADs to examine if the student athlete's transfer took place during the designated WIAA window, followed by checking for any participation in the sport during the previous year. The flowchart also encourages athletic directors to identify any gaps in the student-athlete's enrollment history. By providing clear pathways and outcomes, this tool enables athletic directors to make consistent and informed decisions regarding athlete eligibility, while also ensuring transparent communication with student athletes and their families.

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Flowchart: AD Guide – Athlete Eligibility Assessment

Start → Student-athlete Requests Participation

1. Is the student-athlete enrolled in the school?

○ **No** → Student-athlete is **ineligible**. Stop.

○ **Yes** → Go to step 2.

2. Is the student-athlete within WIAA age and grade eligibility limits?

○ **No** → Student-athlete is **ineligible**. Stop.

○ **Yes** → Go to step 3.

3. Has the student-athlete met academic eligibility requirements?

○ **No** → Student-athlete is **ineligible**. Stop.

○ **Yes** → Go to step 4.

4. Did the student-athlete participate in the sport at the school, club, or community level last year?

○ **No** → Full varsity eligibility possible (if other criteria are met). Go to step 10.

○ **Yes** → JV restriction may apply if student-athlete is considered a transfer. Go to the next step.

5. Did the student-athlete transfer from another school?

○ **No** → Student-athlete is **eligible**. Go to step 10.

○ **Yes** → Go to step 6.

6. Did the student-athlete transfer follow a coach (rules 18.12.5.1, 18.12.5.2)?

○ **No** → Student-athlete is **eligible**. Go to step 10.

○ **Yes** → Student-athlete is **ineligible**. Stop.

7. Is the student-athlete moving between parents (divorce/legally separated)?

○ **No** → move does not meet criteria → Subject to **transfer restrictions**. Go to step 8.

○ **Yes** → Apply WIAA Rule 18.12.2.3: If move is legitimate and court-approved (or qualifying conditions are met), **full eligibility may apply**. Go to step 10.

8. Did the transfer occur due to a bona fide change of residence for the full family unit?

○ **No** → Student-athlete is **ineligible**. Go to step 9.

○ **Yes** → Student-athlete may have **full varsity eligibility** if other criteria are met. Go to step 10.

9. Did the transfer occur within the WIAA window of transfer?

○ **No** → Student-athlete is **subject to one-year JV restriction** in sports played at previous school or at club/community level the previous year. Go to step 9.

○ **Yes** → Student-athlete may have **varsity eligibility** if other criteria are met. Go to step 10.

10. Check continuous enrollment

○ **Review all documentation to ensure there are no gaps in residency, delays in enrollment or completion of eligibility paperwork, or other eligibility questions (provisions included in rule 18).** → Student-athlete may retain eligibility.

1. If there are gaps/delays after moving / other eligibility questions → WIAA transfer or other eligibility rules must be applied, possible JV limitation.

○ **Was there any influence by a coach or anyone affiliated with the school (rule 27) or any indication that a move was made for athletic purposes (rule 18.14.3).**

2. No → Student-athlete is **eligible if all conditions have been met**.

3. Yes → Student-athlete is **ineligible even if all other conditions have been met**. Stop.

End → AD collects all required eligibility documents, including their eligibility decision and informs student-athlete/coach.

Ongoing Training and Communication

The WIAA continues to offer training through WIAA Wednesdays, league presentations, and district workshops. Athletic directors are encouraged

to utilize these resources and the updated eligibility paperwork to ensure compliance and understanding at all levels.

Looking Ahead

The committee remains committed to transparency, fairness, and continuous improvement. By clarifying the rules and providing practical tools, the committee aims to empower athletic directors and support student-athlete-athletes in making informed decisions about their eligibility and participation. The committee wants to emphasize that the eligibility process is successful only when athletic directors are fully engaged in the process, whether sending or receiving a student athlete. It is important to note that WIAA rule 3.3.7.5 requires athletic directors to engage in the transfer process by sharing “complete and accurate information to the WIAA, the WIAA Eligibility Committee” when asked for a previous school statement when a student-athlete transfers. While these conversations may be uncomfortable, not providing detailed information leads to uninformed decisions being made by the receiving school Athletic Director or the WIAA District eligibility committees, which ultimately harms student athletes, and the eligibility process as a whole.

For questions or further guidance, athletic directors are encouraged to consult the WIAA Transfer Tracker Playbook and reach out to a committee member.

For more resources, including the eligibility flowchart and sport-specific sit-out charts, visit the WIAA AD Center or send a message to eligibility@wiaa.com. ■



Washington State Coaches Association

Membership Benefit

GENERAL LIABILITY INSURANCE

Who is covered?

- Member scholastic school coaches.

What is covered?

- Claims made by negligent acts, accidentally committed resulting in bodily injury, personal and advertising injury or property damage to others.

When are you covered?

- During your coaching activities and in the classroom.

What are the limits of liability?

- 1M per occurrence.
- 2M general aggregate per coach.

Additional policy coverages

- Participant Legal Liability.
- Defense costs outside of the limits of liability.

Exclusions

- The transportation of athletes.
- All Star games that are not approved by your state coaches association.
- The loss, cost or expense arising out of infectious or communicable disease.
- Assault & Battery



WASHINGTON STATE

FOOTBALL COACHES ASSOCIATION

FOR IMMEDIATE RELEASE: APRIL 2026

Washington State Football Coaches Association Executive Board

<https://www.washcoach.net/football/>

WSFCA Announces Hall of Fame Inductees & Gold/Silver Helmet Awards

The Washington State Football Coaches Association is pleased to announce and recognize the [WSFCA Hall of Fame](#) Inductees for the class of 2025-26.

Congratulations to Coach Eric Kurle (Graham-Kapowsin, Bethel, Clover Park), Coach Mike Morgan (Colfax) Coach KC Johnson (Ilwaco, Shorecrest, Adna) and Coach Dave McKenna (Gonzaga Prep).

In partnership with the Seattle Seahawks, the Hall of Fame Induction Ceremony took place at the Virginia Mason Athletic Center on Sunday, May 17, 2025 at the Hall of Fame & Awards Luncheon, as part of the WSFCA Head Coach Mentorship Summit.

Additionally, the WSFCA is proud to recognize the 2025-26 recipients of the [Gold and Silver Helmet Awards](#). David Wright (Adrenaline Fundraising) will receive the Gold Helmet Award, and Tyler Anderson (Whatcom Preps) will receive the Silver Helmet Award.

The Gold Helmet award is presented to a person(s) who have made a significant contribution to high school football over a meaningful time period, whilst not being an active head coach.

The Silver Helmet award is presented to member(s) of the media for their coverage of high school football in a consistent and exceptional manner over a meaningful time period.

ERIC KURLE

Clover Park HS - Bethel HS - Graham Kapowsin HS

As a player, Eric began his football journey at Puyallup High School. There he had the privilege of playing quarterback and linebacker under Hall of Fame Coach Mike Huard. During his senior year, he was selected to play in the East vs. West All-Star Game and was honored to be named the game's MVP—an achievement he credited to the outstanding teammates who surrounded him. His playing career continued at Pacific Lutheran University,



ty, where he played under another Hall of Fame coach, Frosty Westering. Here Kurle was fortunate to participate in 2 National Championship games. As a backup quarterback, who earned a few starts along the way, his college experience helped him recognize that his true passion was in coaching and teaching. This realization was the springboard for his decades of inspiring young athletes to grow both on and off the field.

Following college, Kurle began his coaching career at Franklin Pierce High School. For two years, Eric served as the quarterback and wide receiver coach under Howard Lutton. Kurle, just 26 years old, earned his first head coaching opportunity at Clover Park High School in the fall of 1994. The team won their opening game of the season but lost the next eight. This was a humbling start that ultimately laid the foundation for growth. Over the next four years, the program steadily improved—doubling their win total each season and culminating in a

playoff appearance in Kurle's final year with Clover Park.

Coach Kurle then accepted the head coaching position at Bethel High School, located in the community where he and his wife Erika were living. With the support of outstanding assistant coaches and dedicated players, a highly competitive program was built, compiling a 73-12 record over seven seasons, including three semifinal appearances and one state runner-up finish.

As Eric and Erika's own family grew, and they were looking to build a home to raise their family, an opportunity arose within the boundaries of the newly established Graham-Kapowsin High School. Coach Kurle transitioned to GK embracing the challenge of building a program from the ground up. With a committed coaching staff and exceptional student-athletes, they developed something truly special. Over 17 seasons, the program achieved a 148-40 record and earned playoff appearances every year after

the inaugural season. The 2021 season stands out as a defining moment, as the team captured a state championship and went on to win a National Bowl game in Las Vegas. That group embodied the strength of the program—talented players supported by a dedicated coaching staff. The 2021 team, depending upon the publication, was ranked 5th to 11th in the nation. Many individuals from this successful coaching staff continue to contribute to Graham-Kapowsin's football legacy today.

Coach Kurle was championed by his family for the entirety of his coaching career. At the end of every game, win or lose, rain or shine, you would find his wife and children on the field in support. Eric and his wife Erika, of 33 years, are proud parents of three incredible sons. They are grateful to have welcomed three wonderful daughters-in-law into their family and been blessed with two granddaughters. Their oldest son, Tyler, is a Dentist and is married to Cadelyn; they are the proud parents of Saylor and Layken. Their middle son, Ian, serves as an Assistant Superintendent and is married to Meghan. Their youngest son, Colby, works as a Commercial Insurance Broker and is married to Ashlyn.

MIKE MORGAN

Colfax HS

Mike Morgan has been in education for the past 39 years. He has spent his career teaching instrumental music for grades 5-12 in the Colfax School District.

Mike served as the head football coach in Colfax for 26 years, and has served as the athletic director, vice prin-



icipal and interim principal during his tenure. He has spent his entire career working with young people.

Mike started his coaching career while in high school, coaching Junior High football. In the summers, he coached the local swim team to two County Swimming Championships. He became the Head Football Coach of the Colfax Bulldogs in 1997 and compiled a 172-95 record, winning the 1A title in 2001, taking two 2nd place trophies in 2009 and 2010 and taking three 3rd place trophies in 2000, 2008 and 2011 and is the winningest football coach in Colfax history. During his 40 years of coaching, he has coached youth to collegiate sports, coaching football, basketball, baseball, volleyball, swimming and track and field.

Mike was inducted into the Washington Music Educators Association Hall of Fame in 2016. His junior high and high school concert bands have over 50 Superior ratings at festivals and his jazz band has over 45 "Top 3" finishes throughout the Pacific Northwest and his Pep Bands are known throughout the state. He has been published nationally in the Music Educators Journal and his articles have also appeared in the Washington Music Education Association magazine as well as various Washington coaching magazines. Mike has won numerous Football Coach of the Year awards, an Athletic Director of the Year award and an Outstanding Music Educator of the Year award.

Mike married his high school sweetheart Evanna in 1985. She is also a teacher, teaching 1st grade in Colfax. Together, they have 3 grown children and 6 grandchildren. Both Mike and Evanna will retire in June where they will continue chasing grandchildren and enjoying the outdoors.

KC JOHNSON

Ilwaco HS - Shorecrest HS - Adna HS

My love for the game of football all started as a young kid growing up in Raymond, Washington. My dad (Gary

Johnson) was the offensive coordinator for HOF Coach Jon Wahl and I was lucky enough to be around those great teams. In total, Raymond won two mythical state titles and the first three State Playoff Championships in 1973, 1974, and 1975. Witnessing this as a young kid, I knew my path would involve teaching and coaching football.

In 1979, my parents moved to Toledo, Washington where I would graduate in 1984. I went to play football at West-



ern Washington and eventually transferred to Central Washington where I would receive my BA in Education. I then began my career in teaching and coaching, while spending summers at the University of Oregon to obtain my Master's Degree in 1993.

My football career began at Toutle Lake High School in 1990 when HOF Coach Scott Grabenhorst gave me the opportunity to join his staff and promoted me to the role of defensive coordinator. I spent four years learning everything I could about building a football program from him and will always be in debt to him for the opportunity.

I then spent the next three years as a defensive coordinator at three different schools. I spent the 1994 season at Zillah with Coach Rock Winters, the '95 season at Wapato with Coach Mike White, and the '96 season at Ilwaco with Coach Bruce Grambo. I learned a lot from all of these coaches and, after seven years as a defensive coordinator, I decided it was time to take a shot at being a head coach. The next 25 years were some of the best years of my life.

continued on page 36

Serving as the head coach and athletic director at Ilwaco High School for the next three years, I had the privilege to put together a great staff and we made the state play-offs for only the second time in school history. I then moved with my young family to Shoreline to coach at Shorecrest High School for the 2000 season. I didn't stay long at Shorecrest as my wife and I learned that the city life was harder than expected with 2 young kids, but I enjoyed my time there.

Early in 2001, Adna High School reached out and little did I know at the time that I would spend the next 21 years as the Head Football Coach of the Adna Pirates. It was truly the most rewarding decision I have ever made. I will always love the community, school district, players, and families of the young men I was fortunate enough to coach as a part of The Pirate Nation. We built an amazing coaching staff and though it changed a few times over my two decades in Adna, it was a pleasure to work with so many talented coaches. The last two years were cut short due to Covid, but we went 150-75 during my 21 years with 15 state play-off appearances, 10 quarter finals, four semi-finals and one state championship in 2009.

Over my career, I was lucky enough to be named League Coach of the Year a few times, District 4 Coach of the Year in 2007, and State Coach of the Year twice at our level. I was also fortunate enough to get involved with the Earl Barden Classic thanks to my close friend and HOF Coach, Tom Sanchez. This summer all-star game for 2A, 1A, 2B and 1B players was an amazing experience. I was privileged to be Tom Sanchez's assistant coach with the Westside team in 2005 and I was the head coach in 2010. Being able to spend the week in Yakima every year with HOF coaches like Bill Alexander, Mike Lynch, Jack McMillan, Rob Friese and Ron Rood, to name a few, was an amazing experience. Throughout my career, I had the good fortune to call

over 40 HOF coaches my friend. The WSFCA gave me a lot of opportunities to grow as a football coach.

I owe most of my success to my amazing wife, Kristeen, and my two incredible children Lizzie and A.J. My wife was an incredible coach's wife and they all kept me focused on family first.

DAVE MCKENNA

Gonzaga Prep HS

David McKenna is a lifelong member of the Gonzaga Prep community whose legacy has been defined by commitment, relationships, and excellence both on and off the field. A 1988 graduate of Gonzaga Prep, McKenna was a member of the school's 1986 state championship football team, an experience that helped shape his passion for athletics, education, and mentorship.

Following high school, McKenna continued his education at Gonzaga University, where he remained closely connected to his alma mater by coaching summer baseball for Gonzaga



Prep. His football coaching career officially began in 1990 when he took over as the freshman defensive coordinator for

the Bullpups football program. Over the next five years, he built a strong foundation developing young athletes and preparing them for the varsity level.

In 1995, McKenna was promoted to the varsity coaching staff, working under the mentorship of Hall of Fame coach Don Anderson. This period proved formative as he refined his coaching philosophy and leadership style. By 1998, he was named varsity defensive coordinator under head

coach Dave Carson. Over the next decade, McKenna led consistently strong defensive units, including two teams that advanced to the state semifinals.

In 2008, McKenna became just the fourth head football coach in Gonzaga Prep history. Over a remarkable 16-year tenure, he established one of the most successful eras in program history. His teams captured 10 Greater Spokane League (GSL) titles and won the state championship in 2015. McKenna compiled an outstanding 98-18 league record and an overall record of 131-36. His success and leadership were recognized in 2015 when he was named the Seattle Seahawks/NFL Washington High School Coach of the Year.

In addition to his impact in the football program, McKenna has coached girls golf, JV girls basketball, track, and JV baseball, demonstrating a broad commitment to student-athletes across multiple sports. He also served as the Catholic grade school athletic coordinator, helping to make athletics fun and accessible to youth throughout the Spokane community.

Beyond coaching, McKenna has dedicated 32 years to teaching at Gonzaga Prep and currently serves as the Dean of Students. At the root of everything he does are relationships. He is deeply committed to forming students, players, coaches, parents, and colleagues to reach their full potential. Guided by the Jesuit tradition, Coach McKenna lives the motto "AMDG" — Ad Majorem Dei Gloriam ("for the greater glory of God") — a principle reflected on the back of his players' helmets and at the center of his work.

Beyond the field and classroom, McKenna is deeply rooted in family. He has been married to his wife, April, since 1994, and together they have four children: Jordyn, Conor, Hunter, and Ryan. Jordyn and her husband, Josh Andrade, have two sons, Mac and Cal. Conor and his wife, Sarina, are expecting twins.

David McKenna's career reflects a deep dedication to faith, formation, and community, leaving a lasting impact on generations of Gonzaga Prep students and student-athletes.

DAVID WRIGHT

Adrenaline Fundraising

David Wright is entering his 23rd year in the fundraising industry, bringing more than two decades of proven leadership, innovation, and results to high school and youth football programs.



He began his career in 2003 as a representative with Varsity Gold, where he quickly distinguished himself by earning

Rookie of the Year honors in 2004 and finishing as runner-up in National Sales in the years that followed.

In 2008, David co-founded Adrenaline Fundraising, which has grown into the nation's leading athletics fundraising company. He continues to serve as an active board member, helping shape the company's vision and ongoing success.

David is known for his process-driven approach and unwavering commitment to customer care. Over the course of his career, he has helped teams raise millions of dollars by focusing on organization, execution, and attention to detail. More importantly, he views his role as more than just a service provider—he builds lasting relationships with coaches, athletes, and communities, many of which have turned into lifelong friendships.

Beyond his professional achievements, David is deeply committed to giving back. He played an integral role in establishing the Terry Ennis Scholarship alongside Ed Laulainen and Jerry Parrish. He has also been a longtime supporter of local athletics, serving as a key sponsor of the Lakewood Cougars Championship Passing Tournament for over a decade, as well as the Wesco 4A Media Day since its inception. Addi-

tionally, he is the Player-of-the-Game sponsor for STSPN, which streams high school football games.

Family is at the center of everything David does. He and his wife, Trish, are proud parents to Kylie, Laurence, and Drew, daughter-in-law Whitney, and they recently welcomed their first grandchild, Kennady Renee. The business itself is truly a family endeavor—his son Drew joined Adrenaline in 2018 and has quickly become a leader in the industry, continuing the legacy and future of the company.

For decades, David Wright has been a stalwart supporter of high school football in Washington State. His commitment to high school coaches, high school football programs, and the WSFCA has been exemplary, and for that he is being recognized by the WSFCA with the Gold Helmet Award.

TYLER ANDERSON

Whatcom Preps

Tyler graduated from Mount Baker High School in 1997 where he was a ball boy and team statistician before getting to high school, and then played for Doug Preston and Ron Lepper while in high school. After graduation he was the PA Announcer for the team, and at age 20 he began writing for the Bellingham Herald, which he did from 1999-2006 under editors Bob Carter and David Rasbach, who won the Silver Helmet Award in 2013.

In his spare time he would go to the Bellingham Public Library and research old newspapers, collect box scores and total local high school football stats going back to the mid 1970's. He kept keeping stats of every player going forward as well, and in 2014 he published the Whatcom County High School Football Top 500 list.

The next year he started obtaining old game film from all the coaches, so he could capture all the defensive and special teams stats from the past, because they weren't published in the newspaper. Soon after that, when local newspapers stopped covering local high school sports, Tyler started his

own business called Whatcom Preps.

He took it upon himself to fill the gap, go to practices, take head shots of each individual player, and cover every game that was played every week. All the local coaches gave him access to their HUDL accounts, and he would watch each game, write a story, do a box score, and keep every statistic for each team. After each season, he would publish his Top 100 list from the season, which started in 2017.

Soon, the Whatcom Preps Podcast began, with more in-depth detail of each matchup during the week, and a review of all the games from the Friday night before. Even during the fall of 2020, when no football was being played because of COVID-19, he created a virtual season with a video game that featured all of the Whatcom County teams playing each other.

Today, the podcast has reached over 400 episodes, and each athlete has their own webpage on Whatcom Preps, complete with stats as well as All-Conference awards.

Tyler is widely credited by the Football Coaches of the greater Whatcom County area for his incredible commitment and professionalism, and his work in raising the profile of high school football in the region. He is also praised by athletes and parents alike, for highlighting the student-athletes of the region through his website and podcasts.

For two decades, Tyler has been a driving force behind the scenes for football and all high school athletics in the Whatcom County region, and for that commitment to high school football, he is being recognized by the WSFCA with the Silver Helmet Award. ■



The Significance of Mental Health on the Injured Athlete



by Steve Bridge

Spending nearly 50 years of my life in the field of athletics, there have been several “hot topics or hot issues” that have been significant topics of discussion, and once they become a big enough issue, resources have been established to find either solutions or at minimum, address the concerns. For example, concussions became a serious issue several years ago and now every state has a concussion policy, equipment has improved, and contact sports have been modified to address the concern. Sport injuries have always been a concern and addressed with rules changes to physically protect players.

Recently, I began to notice the importance of Mental Health and the injured athlete. This became a personal concern this summer when my grandson suffered a non-athletic injury and broke a bone in his shoulder. This happened at the end of July and led to an early August surgery which ended his football season before it even began. Taking part in all the spring and early summer drills and even a team camp, as a junior in high school, he was very much looking forward to his fall season.

Shortly after his surgery and the realization that his football season was over, I began to notice some significant changes in some of his behaviors, and as a result, I began doing some reading on Mental Health issues suffered when athletes are no longer able to compete. My findings and observations were textbook signs, and eventually, concerns. For as far back as I can remember, the research on why kids play has always been to have fun and be with your friends. The one I noticed most was the loss of contact with his buddies. He began to spend more time alone, more time in his room, and really, little motivation regarding anything. He is not a great athlete, nor a star player, but his value to the team comes from his involvement—his peers like him, he is a great teammate, and he contributes greatly to the team’s culture. He is one of those kids you just like to have around. When that was taken away, he seemed lost. I know you can say, “But you

can still be a part of the team,” but it’s just not the same as being able to practice or compete every day with and against your teammates.

I began to do research on the topic and here are a few things I found. Mental Health has always been looked at with a certain stigma of weakness, especially with athletes, as well as being one of the leading reasons why kids don’t seek help. Who can those kids go to if they no longer feel a part of the team? According to the American Orthopedic Society for Sports Medicine, approximately 3.5 million schoolaged youth experience sportsrelated injuries each year. They say that when these injuries occur, the primary care providers need to be aware that the inability to participate in sports could affect their patient’s Mental Health. Any athlete who experiences a season-ending injury is likely to feel significant loss and grief and develop depression, anxiety, or traumatic stress.

Common Mental Health Issues:

- Depression: Loss of sport, routine, exercise, or practice, loss of teammates, loss of interest and changes in sleep/eating.
- Anxiety: Worry about recovery, future performance, re-injury, or letting others down- (including parents).
- Anger and Frustration: Disruption of goals and identity can cause significant anger.
- Fear: Fear of re-injury or not reaching previous levels of performance.
- Identity Crisis: Identity tied to sport can be profoundly shaken.
- Sleep Disturbance: Insomnia or oversleeping are frequent, especially with concussions.

Along with current symptoms, the following are some things others can do to assist a fallen teammate:

If you are a teammate, here are some ways you can support your friend (teammate) experiencing an injury:

- Check in on the person regularly.

- Ask them if they are okay
- Let them know they are missed
- Ask them if there is anything you can do
- Tell them how much they are missed
- Offer advice if you have experienced injuries relating to that suffered by your teammate.
- Offer to hang out with them socially (outside of school); engaging in activities that they enjoy (movie, video-gaming, etc.)
- Encourage them to undertake other physical exercise that won’t make the injury worse to get their mind back to physical exercise (working out).
- Encourage them to come to practice (though this might make things worse for some).
- Just remember, this person is your friend. Don’t forget about them. They need a friend, now maybe more than ever.

If you are a Coach - This is a really big deal!

- Don’t forget about them! That relationship you had with the injured player is huge. Just because they can no longer contribute physically does not mean they cannot help in other ways. Kids need to have people who care, and in many cases, no one in their life may be bigger than their Coach.
- Offer advice if you have endured injuries relating to their situations but avoid “I know how you feel...” because you don’t!
- Encourage re-habit and the importance of preparing for either next season’s sport or next year. Check on the player and ask them how their rehab is coming along.
- Don’t second guess the player’s rehab coordinator. The players need to have total confidence in his/her recovery.
 - Provide a timetable and action plan for when they can return

- with clear and realistic goals.
- Once the player gets a sign off from a medical professional and are able to adapt to physical exercise, provide encouragement on their progress and make positive comments regarding their recovery.
- Contact the family periodically to see how he/she is doing at home.
- Check with his/her teachers and see how they are doing in school - This helps the player realize you still care about them.
- As his/her coach, if you see some mental health issues, don't hesitate to recommend getting some help with a school counselor.

If you are an Athletic

Administrator:

- Several of the items mentioned for the coach can carry over.
- Check in to see how they are doing periodically. For example, take their temperature. Be a good listener. Bring the student in for a short discussion regarding their recovery (both physically and mentally).
- Communicate with the coach and staff to see if he/she is okay. Check for any changes in behavior or academics.
- Follow up with the parents to determine whether the school or you can offer any support, and to reaffirm that you care about their son or daughter.
- Avoid focusing your attention solely on the standout players; make sure every player feels valued and supported.

Coaches and AD's can play a huge part in student recovery. Just make sure the student knows you still care. A serious injury to a player can have tremendous impact on kids and possible lifelong effects. Don't disregard the impact Mental Health can have on our athletes as it may be hard to identify. Being an educator, we have all learned how to look and spot symptoms of potential drug use. I'm not sure many of those signs are similar to Mental Health issues. As professional educators, we are all concerned about the safety of all our students. As an Athletic Administrator or Coach, the relationships we develop with several of our players can last a lifetime. Be willing to provide valuable advice and assistance with our injured kids. You may never know how important that may be. ■

WSGBCA Senior All State Game Recap



4A State Player of the Year: Brooklyn Haywood, Union
3A State Player of the Year: Oliviyah Edwards, Lincoln
2A State Player of the Year: Payton Mills, Lynden
1A State Player of the Year: Ella Fritz, Lynden Christian
2B State Player of the Year: Hayden Kaut, Napavine
1B State Player of the Year: Ailina Rabang, Lummi Nation

Washington State Girls Basketball Coaches Association

Coach of the Year: Akil White, Davis

4A State Coach of the Year: Katie Hyppa, Sumner
3A State Coach of the Year: Darnelia Russell, Eastside Catholic
2A State Coach of the Year: Rob Adams, Lynden
1A State Coach of the Year: Joel Yellow Owl, Zillah
2B State Coach of the Year: Vince Glondo, Cle Elum
1B State Coach of the Year: Cherish Moss-Shaw, Neah Bay

John Wooden Legacy Award: Matt Strophy, Moses Lake

WSGBCA ALL STATE GAME COACH 4A: Gary Mills, Union
WSGBCA ALL STATE GAME COACH 3A: Ken Roberts, Snohomish
WSGBCA ALL STATE GAME COACH 2A: Mike Poindexter, Port Angeles
WSGBCA ALL STATE GAME COACH 1A: Brittany O'Malley, Cedar Park Christian
WSGBCA ALL STATE GAME COACH 2B: Daren Dean, Toutle Lake
WSGBCA ALL STATE GAME COACH 1B: Ken Jamison, Yakama Nation

WSGBCA Senior All State Game Most Valuable Player Award 3A vs 4A: Brooklynn Haywood, Union

WSGBCA Senior All State Game Most Valuable Player Award 2A vs 1A: Zia-Daye Anderson, Nathan Hale

WSGBCA Senior All State Game Most Valuable Player Award 2B vs 1B: Hayden Kaut, Napavine ■



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• Bainbridge High School	WASHINGTON	• Lake Washington High School	WASHINGTON
• Barlow High School	OREGON	• LaSalle High School	OREGON
• Bellarmine Prep High School	WASHINGTON	• Lehi High School	UTAH
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• Corner Canyon High School	UTAH	• Parkrose High School	OREGON
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• Grant High School	OREGON	• Royal City High School	WASHINGTON
• Gresham High School	OREGON	• Seattle Academy High School	WASHINGTON
• Jesuit High School	OREGON	• Seattle Christian High School	WASHINGTON
		• Seattle Prep High School	WASHINGTON
		• Shorewood High School	WASHINGTON
		• Skyridge High School	UTAH
		• Southridge High School	OREGON
		• Sunnyside High School	WASHINGTON
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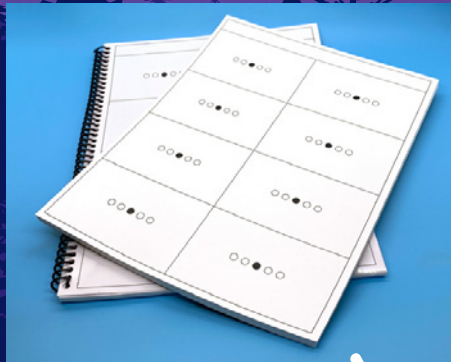
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