



Executive Board

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Wrestling -Craig Hanson East Valley (Spokane)	

For more information contact one of the following:

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360-598-8475 (O), 800-441-7776 (H-WSCA)
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435 Main Ave. S.
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425-687-8585

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Check out our website at www.washcoach.com

From The President

Fall 2003

Welcome to another school year and another full year of the challenges and rewards that our profession provides. I am excited, enthused and pleased to be serving each of you as president of WSCA. This fall will be my thirty-fourth year as a teacher and thirty-fifth year as a coach. I spent seventeen years teaching and coaching in Idaho and have been in Washington since 1986. I have coached football, basketball, baseball and golf in my career and have been involved with both boys' and girls' programs. I have had a variety of experiences and have seen many changes in the roles we play as coaches. The two constants over the years have been that as coaches we have generally worked with the best students in our schools and we have great coaching colleagues.

Your association has been active and our membership has grown to well over three thousand in the past few years. Your executive board finalized a new insurance package for our membership. We now have much better coverage at a less expensive rate. I want to thank and recognize our association secretary, Jerry Parrish, who has been the driving force in improving our insurance package. He has put in countless hours researching and negotiating a greatly improved benefit for all of us.



Because of the savings on insurance we have been able to keep membership dues the same. We have also been able to expand our scholarship program from ten to a potential fifteen scholarships for this year. The scholarship applicants have grown in number and quality and we are excited to be able to award more scholarships to sons and daughters of our membership.

As we go through this school year, your executive board will be working to represent the interest of not only our members, but all interscholastic coaches in Washington. If at any time you have questions, concerns, or suggestions please feel free to contact any of us.

Sincerely,

Jerry Koester
President WSCA

FROM THE SIDELINES

by Jerry Parrish



ORCHIDS AND ONIONS

ORCHIDS

- TO THE SCHOOL ADMINISTRATORS WHO GIVE STRONG CONSIDERATION TO THE HIRING OF NEW TEACHERS WHO ALSO WILL BE GREAT COACHES.
- HERE IS AN ORCHID AS A RESPONSE FROM A COACH WHO WISHED TO ACKNOWLEDGE THE "COACHES HUSBAND". YOU ARE ALSO TO BE COMMENDED FOR YOUR EXCELLENT COMMITMENT TO THE COACHES OF WSCA
- TO THE ALL-STAR CONTESTS THAT FOLLOW THE WSCA GUIDELINES
- TO THE NEW ISA REPS FOR THEIR TIME AND EFFORT TO MAKE WSCA BETTER
- TO THE WSCA EXECUTIVE BOARD FOR USING THE MONEY SAVED ON INSURANCE TO INCREASE THE SCHOLARSHIPS GIVEN EACH YEAR.
- TO THE COMMUNITIES OF YAKIMA AND EVERETT FOR THEIR SUPPORT OF THE ANNUAL ALL-STAR CLASSIC FOOTBALL GAMES
- TO A TREMENDOUS FOOTBALL COACH FOR HIS MAGNIFICENT EFFORT IN OVERCOMING PERSONAL ILLNESS.

ONIONS

- TO THOSE IN CHARGE OF ALL-STAR GAMES AND DO NOT MAKE SURE THAT THE CHOSEN COACHES ARE CURRENT WSCA MEMBERS.
- TO THOSE WHO ALLOW OTHER PEOPLE TO USE THEIR WSCA MEMBERSHIP CARDS TO ENTER WIAA TOURNAMENTS. THE CARD IS FOR THE CARD HOLDER ONLY, NOT YOUR FAMILY OR FRIENDS.
- TO THE USE OF UNDERCLASSMEN/ WOMEN IN ALL-STAR CONTESTS
- TO THE ORGANIZATION OF ALL-STAR CONTESTS IN WASHINGTON THAT ARE NOT SANCTIONED AND APPROVED BY WSCA.
- TO ADMINISTRATORS WHO ALLOW THEIR COACHES TO BE INVOLVED IN NON-INSURED, NON-SANCTIONED ATHLETIC CONTESTS AND USE THE NAMES OF THEIR SCHOOLS DURING THEIR PARTICIPATION.
- TO THE NON-MEMBERS OF THE WSCA THAT CONTINUE TO REPRESENT THEMSELVES AS REPRESENTATIVES OF THE COACHES OF OUR GREAT STATE. WSCA MEMBERSHIP AT 3,000+.

From The Sidelines

WSCA Executive Board

Past President
Jim DeBord

President
Jerry Koester

1st Vice-President
Norm Lowery

2nd Vice-President
Vacant

Three Year Board Member
Sue Doering

Three Year Board Member
Mike Schick

Three Year Board Member
(2nd Year of term)
Rick Giampietri

Three Year Board Member
(2nd Year of term)
Pat Fitteret

Three Year Board Member
(1st year of term)
Chuck Bowden

Three Year Board Member
(1st year of term)
Jan Kirk

Appointed Officials

Secretary-Treasurer- Jerry Parrish

WIAA Executive Board Rep – Ed Laulainen

Magazine Editor- Terry Ennis

Athletic Director Liaison (West)
 (East) **Bill Alexander**

Middle School Reps— **Mike Schick (West)**
Kyle Rydell (East)

YOUR TICKET

Acceleration	Quickness	Speed	Agility	Power	Strength	Biomechanics	Sport Specific
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KIRKLAND

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DEADLINE: April 20, 2004

Burnett-Ennis Scholarship

By completing the information required in this application, you will enable us to determine your eligibility to receive funds provided specifically to help students whose parent/parents are members of the WSCA. This application becomes valid only when the following has been submitted. This scholarship is open to any member's son or daughter planning on attending an institution of higher learning.

To be eligible for the scholarship:

- ◆ Your mother or father must be a member of the Washington State Coaches Association.
- ◆ Submit the below application.
- ◆ Submit a letter of recommendation from your principal, counselor or teacher.
- ◆ Submit your High School transcript.
- ◆ Submit a statement on what the scholarship would mean to you.

Name _____
Last First M.I. Social Security Number

Permanent Address _____
Street City Zip Code

Date of Birth _____ Telephone Number _____
Month/Day/Year

Parent/Guardian _____ Years Member of Association _____

Address of Parent/Guardian if different from applicant

High School Attended _____ Graduation Date _____

Address _____
Street City Zip Code

Principal _____ College Planning to Attend _____

Check List

- Letter of recommendation
- Transcript
- Statement from applicant

Your application must be received before April 20, 2004
Mail to: Susan Doering, 708 South Lake, Colfax, WA 99111

Selected winners must submit a picture of themselves with their member parent to the WSCA by June 30, 2004.

TEAM ESSENTIALS

The Seven Essentials of Great Teams - Part One

Bruce E. Brown

Excerpts from books: The Call to Coaching- Teaching Character Through Sport

1001 Motivational Messages – Character Themes That Build Strong Teams

Another 1001 Motivational Messages – The Seven Essentials of Great Teams

Available at: www.proactivecoaching.info
Bbrown8164@aol.com

The steps to building great teams are consistent and predictable and are an exercise of passion for coaches who love the profession. The essentials for great teams are applicable for sport, business, schools, coaching staffs, and family. Many coaches look at team spirit as an intangible thing that some teams have and others automatically do not. But the truth is one of the jobs of leadership is to teach, promote and build a team-first attitude. Coaches need to use every bit of their creative energy to develop team spirit within their players. By understanding and correctly applying all the essentials for team building, a coach can enhance the worth of the team many times over the total sum of its parts.

This article will focus on the first three essentials: Leadership, Guiding Principles and Pride.

Essential #1

Leadership

“An army of deer led by a lion can defeat an army of lions led by a deer.”

Unknown

True leaders need to understand and apply all the essentials of teamwork

to be effective in their role. They need to live the values for which the team stands. Leadership involves establishing and clearly communicating the vision of the team. Strong, unselfish, leadership produces more strong leaders.

Leadership on great teams requires:

- Being positive and demanding - Great teams get everything out of themselves. Leaders are demanding without being demeaning. They focus positively and aggressively on factors that they can influence. Successful leaders are confidence builders.
- A willingness to take action - Leaders cannot be afraid to lead or change when it is needed. They can not shy away from challenges or responsibilities.
- Having personal character and values, so leadership is ethical - Leaders who are ethically grounded have a huge advantage when it comes to building teams. They are consistent and steadfast and can be counted

on in every situation to do what is right.

- Setting and achieving goals - Provide a target where meaningful work will lead.
- Developing a focus - A clear laser focus enables teams to eliminate all unnecessary distractions and attend to necessary details.
- Giving and receiving loyalty - Leaders are chosen to serve others and there is always trouble when leaders forget this.

Essential #2

Guiding Principles

“Moral principle is a compass forever fixed and true.”

Edward R. Lyman

Great teams have guiding principles that are reflected in word and action. They are the character and integrity of the team. These guiding principles should be the foundation for all team related decisions. They will become your identity. Guiding principles on great teams are more than a promise, and are best described as core covenants. A “covenant” is a binding agreement made where action will be

physically visible. Covenants are made out of love and respect. The best teams know what they stand for and their actions describe it perfectly. Their beliefs and their actions are in alignment.

"It is not hard to make decisions when you know what your values are."

Roy Disney

Essential #3

Pride

When it comes to teams, there is a good kind of pride and a bad kind of

pride. The wrong kind of pride is demonstrated by arrogance and a sense of entitlement and is always harmful to teams. The good kind of pride is essential. This good kind of pride comes from responsibility, discipline, trust, mutual respect and competence. Good pride is a feeling of "shared joy" by all team members and coaches who have completely committed to the guiding principles of the team. It is determination, discipline and trust that are visible in preparation. Being a responsible and accountable team member develops this kind of pride. On great teams, each athlete senses

and acts with a collective spirit, which far exceeds their personal desires and goals.

"Responsibility walks hand in hand with capacity and power."

Josiah Gilbert Holland

Essentials for Great Teams – Part 2

- Communication
- Motivation
- Persistence
- Positive Team-First Attitude

MEMBERS

We are looking for Coaches that would like to be actively involved in the organization of each sport. Please contact jerryparrish@silverlink.net to get involved in your sports All-Star Games, clinics and activities. . .

WE ARE LOOKING FOR YOUR HELP!

New Athletic Supply Ad

COACH: Are you a Candidate for the WSCA Career Recognition Program

The WSCA Executive Board has a recognition program for the coaches in our state association.

A criteria has been developed for head coaches at the high school level in the following sports:

- Football
- Volleyball
- Girls Basketball
- Boys Basketball
- Girls Soccer
- Boys Soccer
- Baseball
- Softball

Criteria for assistant coaches and for the remaining sports will be established later this year after consulting with I.S.A. representatives.

Coaches in the mentioned sports will be honored for reaching career milestones. It will take 100 wins in those sports (50 in football) to achieve Level I. To reach Level II it takes 200 wins (100 in football). Accumulating 300 wins (150 in football) allows you to attain Level III. Those coaches who have 400 career wins (200 in football) will be honored at Level IV. Awards ranging from certificates to plaques will be given to deserving coaches by the WSCA.

To be recognized by the WSCA, you must apply for this award and be a WSCA member. An application is located below.

Congratulations in advance for our coaches who meet the milestone criteria.

HAVE YOU APPLIED?

CAREER MILESTONE RECOGNITION APPLICATION

Name _____ School _____

Home Address _____ City/Zip _____

Sport _____ Membership # _____ Years Coached _____

SCHOOL/YEAR	VICTORIES

TOTAL VICTORIES _____

Forms need to be complete and accurate before being returned to: Terry Ennis, 1415 Madrona Ave., Everett, WA 98203

DEADLINE FOR 2003/2004 RECOGNITION – MARCH 14th

Forms are also available on the WSCA web site.

CONGRATULATIONS!

WSCA Career Milestone Award 2002-2003 Recipients

<u>Name</u>	<u>Sport</u>	<u>School</u>	<u>Level(s)</u>
Zatkovich, Dick	Football	Lincoln HS	Level 1
Otton, Sid	Football	Tumwater HS	Level 1, Level 2, Level 3, Level 4
Ennis, Terry	Football	Archbishop Murphy HS	Level 1, Level 2, Level 3, Level 4
Parrish, Jerry	Football	North Kitsap HS	Level 1, Level 2, Level 3, Level 4
Hatch, Gary	Baseball	Sehome HS	Level 1, Level 2, Level 3
Stowell, Brian	Baseball	Kalama HS	Level 1, Level 2, Level 3
Paulter, Ed	Baseball	Seattle Prep	Level 1, Level 2
Clem, Jim	Baseball	Burlington-Edison HS	Level 1, Level 2, Level 3, Level 4
Ochoa, Rudy	Softball	Othello HS	Level 1
Welling, Bruce	Softball	Central Kitsap HS	Level 1, Level 2
Berg, Steve (G)	Basketball	Lake Stevens HS	Level 1, Level 2, Level 3
Fitterer, Pat (B)	Basketball	Sehome HS	Level 1, Level 2, Level 3, Level 4
Oliver, Tom	Basketball	Lakeside HS	Level 1, Level 2
Carlquist, Mike (B)	Basketball	Goldendale HS	Level 1, Level 2
Betrozoff, Tom (G)	Basketball	Willapa Valley HS	Level 1, Level 2, Level 3
Poffenroth, Dale (G)	Basketball	Central Valley HS	Level 1, Level 2, Level 3
Van Lierop, Don (B)	Basketball	Ferris High School	Level 1
Downs, Mike (B)	Basketball	Bellevue Christian HS	Level 1, Level 2, Level 3
McCormick, Perry (B)	Basketball	Selah HS	Level 1, Level 2
McHenry, Calvin (G)	Basketball	Mt Tahoma HS	Level 1
Raney, Pat	Soccer	O'Dea HS	Level 1, Level 2, Level 3
Arthur, Rollie	Soccer	Eatonville HS	Level 1
Peterson, Christie	Volleyball	Burlington-Edison HS	Level 1, Level 2
Marshall, Ken	Volleyball	Bellingham HS	Level 1
Brandon, Sharon	Volleyball	Kiona-Benton HS	Level 1, Level 2, Level 3, Level 4

HAWKIE

by Dee Hawkes
Retired

Go figure this. At a time when others want to lie down in green pastures, this retired coach still wants to do some squawking. There are a few things that still need to be said. So we're off to the races again.

IT'S SOONER THAN YOU THINK

It was bound to happen in prep sports. This year there will be more random drug testing. Support for mandatory programs is starting to flourish across the country. For example, many school districts in Alabama are planning to contract testing companies to conduct 8-12 tests on kids in athletics and activities during the school year. Across this country, it is thought testing is an opportunity to shake up the situation and put an end to drugs. However, there is resentment among many parents and coaches that participation in a school sport should not cause athletes to be subjected to any form of drug testing. The driving force behind this testing procedure is rooted in health issues and the belief that all schools should be drug free. Athletes have been chosen from within the school population to be the first at bat. It is my guess that students taking advanced math will bat in the ninth slot.

SOMETHING HAS GONE SERIOUSLY WRONG

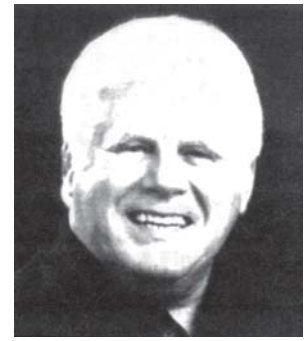
Especially galling to this squawker is the fact that some coaches use the summer to exploit their kids. To this writer, nothing about the wide open summer makes any sense. There is

disturbing news about coaches who never let up and ask everyone to make a full commitment to a variety of summer activities. Some coaches from the get-go have no intention of letting the athletes off from their sport to take a break and do other things. Oh, some say, "Lighten up. Get a grip. It's the way we conduct business." But, no matter how it is explained, to ask high school students to spend their entire summer getting ready to play a school sport is wrong. Another issue is whether athletes should risk serious injury while attending the different college full contact camps. Sometimes it's easy to forget that out of season contact doesn't really make sense. Ideally, there should be no full contact out of season. It is time for concerned coaches to change course, get off the merry-go-round, and take a good look at what is happening with summer workouts.

My guess is that many won't pass this acid test. They buy into a sense of urgency to stay up with the pack. Unless fully evaluated by coaches, the magnitude of this problem will become a crisis in future summers.

HIS NAME IS COACH BOITANO

There's a little coach in everyone. There's a lot of coach in John Boitano, who ended his days of "pushing the envelope" many years ago. The popular coach graduated from Ballard High School and spent his entire career coaching all sports in the Seattle City League. Despite having serious health problems, John serves as an inspiration for those who really care



about high school sports. In early August, Ballard alumni gathered together to raise money by playing in the John Boitano Golf Tournament. They came from all over, including a large contingent from Texas. Last May, the Pacific Northwest Athletic Roundtable (PNART) also honored the Italian coach with the first ever Bardahl Award for Courage. It is important to put our heroes into our hearts. Their importance depends largely on the people who admire them. This old time high school coach, who is in his twilight years, doesn't need to blow his own whistle. There are so many others who will do it for him. John's sons, John and Jay, carry on the family tradition and are coaching football at Arlington High.

AN AX TO GRIND

Football Coach Ron Schroeder from Westlake High School in Austin, Texas finally ran out of patience. They say winning is supposed to solve a multitude of problems, but that is not the case for Coach Ron Schroeder. This popular Westlake High football coach finally ran out of patience just one day before the opening of practice. His 16 year record stands at 187-26-3. The fact that he won 12 straight district championships, which was highlighted by winning 67 consecutive games, indicates his skill as a coach. Ron's decision to resign just hours before the season started was fueled by budgetary cuts from a school board that didn't

value the importance of athletics. Eyebrows were raised throughout the community when he stepped down. Coach Schroeder's message was simple and to the point: He told them to keep the successful program in tact, or go find another coach. It is true that there is something about high school football in Texas that captures the essence of what the sport is all about. It's about pride; it's about entire communities coming together for a common cause. Coach Schroeder had a legitimate beef with management and chose to step down. Put yourself in his shoes, what would you have done? All eyes will be on his old team to see if they recover and have another winning season.

SQUAWK CHITTER CHATTER

Everything has its price. Most school districts are ready to obligate, but become frustrated over the federal law called "No Child Left Behind." It is almost certain that these test scores do not accurately reflect what's happening in the classroom. If you are bothered by this federal mandate that all kids must pass a test to advance, then we're talking the same language. Coaches know that the best recipe for failure is an unrealistically high goal. We just have to check in with reality. The makers of this law haven't a clue as to what really goes on within the schools. At least, playing sports teaches that you don't always have to pass a test to learn.

Here's an interesting quote from the executive director of Little League Baseball. He stated, "These kids today grew up on Sports Center and the internet. No one puts baseball cards in their bicycle spokes anymore to hear the flagging sound."... It's tiresome to read story after story about college and professional athletes who just can't seem to get their personal

lives together. But when it comes to a coach making wrong choices with his team or program, then give them the pink slip. Coaches within the ranks have the right to be outraged over this kind of behavior.

BUILDING A BETTER MOUSE TRAP

This fall, several Virginia Tech players will wear high tech football helmets equipped with sensors to monitor head injuries. The system, all in the name of safety, can quantify data and measure head acceleration... Do you know what the fastest growing fitness movement in the country is? The Pilates exercise method combined with special equipment is used big time in studios, health clubs, and gyms. Many professional athletes swear by it. It involves a wood or metal bed with sliding carriage, which is spring loaded to enhance muscle tension. The bed is rigged with pulleys, handles and a stationary bar. Exercises are done by pushing or pulling against resistance while lying, sitting or kneeling. The no-pain, no-gain approach has been replaced by the kinder, gentler, holistic aspect of Pilates. This method first started with ballet dancers in New York City over 75 years ago. Believers swear it gets the blood flowing through every inch of their muscles. You might take a good look at what it can do for your athletes.

ANSWER A FEW QUESTIONS

- Given the situation, would you rather hold a good team to a very low score, or outscore them by a wide margin? This question identifies your philosophy relative to whether defense or offense wins games.
- What is more likely to happen: losing a game through mistakes,

or winning the game through skillful play? This question reveals whether you have a conservative or aggressive approach to the game. Is it your style to wait for an opponent to make a mistake, or is it to attack aggressively in order to exploit weaknesses?

- How important is big-play capability to your team's success? This question touches on the use of a power or finesse approach to the game. Of course, the big-play, quick-strike call often depends on the score and on the time remaining.

As a coach, how willing are you to take risks at any given point in the game? The "thrill of victory or the agony of defeat" usually follows these decisions.

Once again, please e-mail if you want to throw in your nickel's worth.

hawkes32@comcast.net

See you around, I hope.

**SUPPORT
YOUR
ASSOCIATION -**

**JOIN
TODAY!**

Senior Fastpitch Classic

Next to post season play, this event is one of the most enjoyable events I am fortunate enough to be involved in. For the fourth consecutive year, players, coaches, and parents, came together in Wenatchee for 20 plus seniors to put an enjoyable, and competitive finish to careers in a sport they all show an envious passion for. Eleven different schools, and four different classifications were represented. This marks the first time we have had this cross section of our WIAA member schools involved. I would like to add, that as usual the brand of play, sportsmanship, and camaraderie were all top notch. As last year the double dip was played at Wenatchee Valley Community College. Once again Coach Pflugrath and the crew were fantastic hosts, and had the grounds groomed in a way as to make the best of groundskeepers jealous, giving both players and coaches the feel of a big time ball park. With the weather in the upper 80"s the stagewas set for another hot day, full of line drives, great plays, tough pitches, dust covered players, and tons of smiles.

GAME 1

The 2002 East squad had a definite feel of Othello to it, featuring 6 players from their 2A state title team. The West squad in this years 2003 event, had a similar feel with 7 members of off Nooksack Valleys 2A fifth place team. As the Huskies did in the previous year, these Pioneers played a big part in the success of their team. The game started with both pitchers controlling the tempo. Blaine's Krista Walter kept the East squad from finding home plate by mixing her locations and speeds. Jacee Ramsey from Klickitat did the same for her squad. Both pitchers enjoyed success in the early innings, with Ramsey striking out six and not giving up a hit through 4 innings. Walter was equally as stingy striking out 4 and allowing only 2 hits. The fifth inning however, proved to be the awakening of the West bats. Catcher Hillary Steiner from Nooksack led the inning off with a single, the next two hitters did the same, thus loading the bases. Ramsey then recorded a strikeout, but a walk to Pioneer Kelsey Robbin sent the first West runner across home plate, Malorie Bolin another Pioneer drove in two more with a single to right. The West was far from done and neither were the Nooksack players. Second baseman Lori Solem added an RBI with a single, and shortstop Devin Dykstra plated two with a double to the gap. All in all the West tallied 7 in the inning to take a commanding lead. Nooksacks Gail

Handy came in to relieve Walter in 5th and picked up where her predecessor left off, facing only four hitters in the inning. The West was quiet in the sixth going out 1-2-3. Ester Campos of Othello led off the East's sixth with a base hit and advanced around to third on two wild pitches. She then scored on Cascade' Ashley Jefferis single through the infield. This put the tally at 7-1 for the West. The West showing they were not finished, and in the 7th made use of 2 walks and 3 base hits to bring five more runs to their total. The big blast of the inning, a bases loaded double by Steiner that knocked in three runs. The East also made a decision they needed more offense and used a variety of ways to find their way home in the bottom of the final frame, scoring 3. Nickole Offutt of Cascade, Leann Larkin a Wenatchee Panther, and Amaris Tronson from Cashmere all crossed the plate for the East squad. This proved to fall short however as the West finished with a 12-4 victory in Game 1.

GAME 1

	1	2	3	4	5	6	7	R	H	E
WEST	0	0	0	0	7	0	5	12	9	3
EAST	0	0	0	0	0	0	3	4	5	3

GAME 2

The night cap started with Walter facing Tracey Smith of Okanogan. The Blaine pitcher picked up where she left off in the earlier contest, retiring the East batters in order in the opening frame. Lori Solem wasted little time for the West. Taking the first two pitches, she then sliced a 2-0 pitch down the right field line for a triple, and scored two pitches later on a wild pitch. With one out, Devin Dykstra singled up the middle, stealing second on the next pitch. Hillary Steiner then drilled a shot to the left center gap, easily scoring Dykstra. The West led after one, 2-0. Coaches Ocha and Jensen from Othello rallied their squad manufacturing a run using the bunt game, scoring Naomi Vitale of Klickitat who had reached first on an error. The score now stood at 2-1. It would stay this way for several more innings as both Walter and Smith showed why hitting a moving object squarely, can be the toughest task in sports. The West did mount a two out rally in the bottom of the third with 3 consecutive base hits by Handy,

Walter, and Robbin, but Smith worked out of the bases loaded dilemma getting the next hitter to pop out to first base. In the 6th with one out, Hillary Steiner collected her third hit of the game and third extra base hit of the day with a triple down the left field line. She then scored on the next on a grounder to the shortstop. Gail Handy added one more in the inning as he scored Columbia-Burbanks Ashley Fuchs, with single to left field. As she did in game one, Handy relieved Walter midway through the game to finish the final three innings for the West, shutting out the East without allowing a hit. Both Walter and Handy combined to one hit the East in the game. So after scoring two in their first at bat and two in their final one, the West took the second contest as well with a 4-1 victory. Offensive MVP honors went to Steiner, as she was the recipient of an Easton Connexion. Krista Walter took home the Defensive MVP, and Pickard Glove that goes with it. Lori Solem won the Ringor Shoes for most total bases and runs scored. All Stars for the East were Ramsey and Campbell, while Handy and Dykstra were their Western counterparts. The Washington State Fastpitch High School Coaches Association would like to thank the following, for their efforts in making this a special event for these young ladies. ProStock of Bellingham for outfitting both squads with uniform tops, All Star sweatshirts, and a Connexion bat for the Offensive MVP.

As mentioned above, both Ringor shoes, and Pickard Gloves. Shelly Pflugrath and the players of WVCC for field prep and their emcee work announcing during the game. Northwest Sports Photography for the team photos each player and coach received. To all the coaches on both teams who put in spare time organizing rosters, and setting up the logistics for this event to run as smooth as it did. From the East, Rudy Ocha, Mike Jensen (both Othello), and Bill Yousey (Cashmere), from the West, Pete Robbin, (Nooksack) and Rob Adams (Blaine).

Last, but not least, by any means, thanks to all the players and their parents for taking the time to participate, providing the excitement and great entertainment these games bring. To all the coaches around the state and senior class of 2004, please plan to be part of this next June, you won't regret the effort.

GAME 2

	1	2	3	4	5	6	7	R	H	E
EAST	0	1	0	0	0	0	0	1	1	0
WEST	2	0	0	0	0	2	0	4	12	0

TEAM ROSTERS

WEST

DEVIN DYKSTRA	NOOKSACK	INF
HILLARY STEINER	NOOKSACK	C
ANGIE REGIER	NOOKSACK	INF
LORI SOLEM	NOOKSACK	INF
GAIL HANDY	NOOKSACK	INF/P
KELSEY ROBBIN	NOOKSACK	OF
MALORIE BOLIN	NOOKSACK	INF
KRISTA WALTER	BLAINE	P/INF
LEXIE SCHEIKHARDT	RIDGEFIELD	INF

COACHES

MIKE CHANDLER	STANWOOD
PETE ROBBIN	NOOKSACK
TOM HARMON	NOOKSACK

EAST

ESTER CAMPOS	OTHELLO	INF
NATALIE NUNAMAKER	QUINCY	INF/OF
MARISTELLA RUBIO	QUINCY	INF
NIKOLE OFFUTT	CASCADE	INF/OF
ASHLEY JEFFRIS	CASCADE	OF
ASHLEY FUCHS	COLUMBIA/ BURBANK	OF
JACEE RAMSAY	KLICKITAT	INF/P
NAOMI VITALE	KLICKITAT	INF
ROCHELLE OVERBAY	KLICKITAT	INF
AMARIS TRONSON	CASHMERE	INF
JOCELYN FRAZIER	CASHMERE	INF
TRACEY SMITH	OKANOGAN	INF
SHEENA MCCORMACK	OKANOGAN	INF
LEANN LARKIN	WENATCHEE	C

COACHES

RUDY OCHOA	OTHELLO
MIKE JENSEN	OTHELLO
BILL YOUSEY	CASHMERE
EVETTE SCHOLTZ	KLICKITAT
GARYEBY	COLUMBIA/BURBANK

Recent Inductees in the Washington State Baseball Hall of Fame



Rex Easley – Kamiakin

Rex has coached baseball for twenty-seven years at various levels. He has been the head varsity coach at Kamiakin High School in Kennewick since 1989. During that time he has a record of 234 wins with 92 losses, which is a winning percentage of .717. His teams have won 7 league titles, made four Final Four appearances, with Kamiakin winning the 1994 state championship. Rex has been selected 5 times as the Big Nine Coach of the Year. The 1994 team was ranked #5 in the nation with a 25-1 record. That is the highest nationally ranked Washington high school team ever. At the conclusion of the season, he was named State Coach of the Year. Rex has had 10 players drafted.

Before assuming the head coaching position at Kamiakin, Rex served as the Kamiakin JV coach from 1978-1984. His teams won 111 and lost 40, a winning percentage of .717. He then became an assistant coach at Columbia Basin College from 1985-1988. At CBC, Rex served as the pitching coach.

Rex has been involved in all aspects of baseball from Little League to Babe Ruth to American Legion. He also has served as an associated scout with the New York Yankees and the Anaheim Angels. In 1991, the Kennewick Dusters, under Rex's guidance, were American Legion National Runners-Up playing the Championship Game on ESPN.

Rex is a dedicated coach who has the respect of his players, parents and peers.

He is a graduate of R.A. Long High School in Longview playing shortstop and pitcher. After graduating from high school, Rex attended Lower Columbia J.C. pitching for Jack Riley and Ed Cheff. He then transferred to Central Washington University and was an All-League pitcher for two years.

A highly respected individual and baseball man, Rex is a credit to coaching, baseball, and education.

Great job, Rex! Congratulations on your selection to the Hall of Fame.

Jim Harryman – Shoreline

Jim coached baseball and taught at Shoreline High School from 1958-1968. His teams twice finished second in the Metro League. After 1968, Jim moved on to coach at Bellevue Community College. He served as baseball coach and athletic director from 1969-1974. After 1974, Jim gave up coaching but remained as Athletic Director until his retirement in 1988.

As head coach at Bellevue Community College, the Helmsmen won the division title four times and tied for another division title. In 1973, Jim's Bellevue team won the State Championship with a 30-7 record. His 1974 team placed second. The 1971 and 1972 teams placed fourth in state.

Jim currently serves as President of the All Sports School.

Jim is highly respected at all levels of athletics for his knowledge and commitment to players and coaches.

Jim's teams were known for their sound fundamentals, execution of fundamentals, and attention to detail.

Coach Harryman was born in Buffalo, Missouri. He graduated from West Seattle High School. He played for the City Champion baseball team in 1954. Jim then attended the University of Washington playing baseball from 1955-1957. After graduation, he started his teaching and coaching career at Shoreline High School.

Jim is a true gentleman and is a friend to high school baseball in Washington State.

Congratulations, Jim! Thank you for your dedication.

Ben Jacobs – Richland

Ben has just completed his 29th year of employment in the Richland School District (17 years as a teacher and 12 years as a counselor). Ben came to Carmichael Junior High School in the fall of 1973. While at Carmichael, Ben coached football, wrestling, and baseball for varying lengths of time. Ben also served as freshmen baseball coach at Richland High School for 17 years compiling a record of 133 wins with 15 losses.

In the fall of 1988, Ben was hired as the head baseball coach at Richland High School. He has posted a record of 229 wins and 101 losses as head coach of the Bombers. Under Ben's leadership the Bombers have won 3 Big Nine league titles with 5 second place finishes. Richland has been district champions 5 times with 3 regional championships. Ben guided Richland to the 1999 State Championship and they finished second in 1996. In 2002, the Bombers finished third in state. In 14 years as head coach, Ben's teams have made it to the district tournament all 14 years. 1996 was a special year for the Bombers as they finished 6th in league, won a playoff game to advance to the district tournament, then ended up winning 15 out of their last 16 games to finish second in state.

At Richland, the players are known for being fundamentally sound and playing hard with good discipline. Under Ben's coaching the Bombers are known as a team that plays its best baseball at tournament time.

Ben has had 18 players selected to play in the All-State Series. In 1997, he was selected to coach in the All-State Series. Ben has been selected as Big 9 Coach of the Year 3 times and has been the Tri-Herald Coach of the Year 4 times. In 2000, he coached in the Washington/Oregon Series. In 2001, Ben was selected as the Washington State Coach of the Year.

Ben is a Richland High School graduate. He graduated from Washington State University and later earned his Master's degree from W.S.U.

Ben is married to Chris and they have a son Brett (11) and a daughter Madeline (10). Ben would like to thank his family and his assistants for their support throughout the years.

Great job, Ben! Thanks for your dedication to America's national pastime.

Jim Tevis – Rogers (Puyallup)

Jim coached high school baseball in Washington State on and off from 1959 to 1995. He served as both an assistant and head coach. He began his teaching and coaching career at Boistfort High School in Curtis, Washington. Jim taught Social Studies and Physical Education along with being Head Football and Baseball coach. In 1961, he moved to Yelm High School teaching Social Studies, Physical Education and Traffic Safety, along with being Head Basketball and Baseball coach and assistant football coach.

In 1964, Jim moved onto Puyallup High School, teaching and coaching basketball and baseball. From 1968 to 1989, Jim taught Social Studies and Physical Education at John R. Rogers High School in Puyallup. He also was Head Coach for Baseball, Girls' Basketball, Cross Country and Assistant Coach for Basketball. In June 1989, Jim left Rogers to move to Tacoma Community College as Head Baseball Coach where he remained until 1979. He then moved on to Fort Steilacoom C.C. as Head Men's Basketball Coach. Jim stayed there until 1986. From 1986-1989, Jim was an assistant basketball coach at Highline C.C. In 1991, Jim was Head Boys' Basketball and Girls' Volleyball, and Assistant Baseball Coach at Manson High School.

Jim made his mark as a Past President of the Washington State Baseball Coaches Association from 1972-1973. He also was an Executive Board member from 1972-1976. Jim served on the W.I.A.A. State-Wide Baseball Committee from 1973-1976. Coach Tevis also was Class "A" Baseball Tournament Manager in 1975 and 1976 along with editing the State Baseball Program.

Jim attended the University of Puget Sound, Oregon State University, Pacific Lutheran University, Westmar College (LeMar, IA) and the University of Washington Graduate School.

Jim's teams were always well-coached and disciplined. They were sound fundamentally, and rarely made mistakes; either mental or physical. He had the respect of his players, parents, and peers for his work ethic and dedication to the game.

Jim had an overall record of 129-112 with one league championship.

Congratulations, Jim! You are a welcome addition to the Hall of Fame.

Note: 2003 inductees will be inducted at the November Best-in-West Clinic.

A SMALL CHANGE FOR THE FALL SEASON

by Diane F. Taniguchi, USAV CAP II Candidate

National High School Coach Rep to American Volleyball Coaches Association

4th year coach, The Bush School (Emerald City League), 5th year coach, Whitman Middle School (Seattle Public Schools)

As voted this past winter, the High School Federation Rules Committee for volleyball has passed a major change which affects the game, the athlete, the coach, the official, and even the Washington State Championships. It will definitely change playing strategies and will highly affect the individual player, vertically challenged or not.

The rule deals with how a game is scored. All schools should be going to the “fast” scoring game, also called “rally scoring”. A few leagues used it as an experimental rule in fall ’02, and some coaches liked it. Some did not. It seems to favor a good server, as each point is more dependent on a good, strong arm/upper body and accurate aim/focus.

It will require more time at the rules clinics this year for all coaches to train and understand its usage and some time for the athlete to learn how one can control the game on serves. The main disappointment of rally scoring is when a game or match is won on a side out – how anticlimactic!

Another rule connected to the serve is a moderation of a rule used almost 40 years ago in girls’ physical education. That rule is when the ball hits the net and goes over. Beginning with 2003, that ball – a “let” serve – is playable; 40 years ago, it was a replay. In the modern game of volleyball, this type of serve ended up as a side out. Now, front row players on the receiving team need to speed up on their reaction time to play volleyballs that trickle down their side of the net on a serve.

Last but not least is the use of the “libero”. To my understanding, the use of this defensive specialist will be determined by the league. Coaches who have strong feelings one way or the other should contact their league leaders to voice their opinions in a professional manner. The libero seems to be here to stay. One caution if you are using libero is that your stats person needs to concentrate only on that player and do nothing else (i.e., you will need a second stats person for the typical media information and a third to do the scoring). Keeping

track of who the libero trades places for is a very quick exchange and there is no time to blink (almost); it can be very confusing if not watched constantly and cautiously during the entire game.

These changes bring the Federation Rules closer and closer to the college rules and the USAV club rules. Yes, volleyball has about five different sets of rules we use in a lifetime of volleyball in this country (other countries use FIVB, the international rules). In any one year, a senior needs to know three sets: Federation, USAV club and NCAA (college). How tough are our volleyball athletes!?

So, once we all get used to coaching with these new rules, playing them and reacting to them, we will be able to look back on this season as another learning cycle all for the love of the sport and/or for the love of coaching.

By the way, please consult your AD or AD Rep in regards to postseason play. This new way of scoring has changed the configuration of the state championship as well as some locations and the number of teams, etc. So, PLAN AHEAD! GOOD LUCK. Have a great season.

ATTENTION: High School Volleyball Coaches looking for new skills and drills. Check out the bi-monthly publication, Dynamic Power Tips, Official Drill Bulletin of the American Volleyball Coaches Association. Every issue prints at least two drills from other high school coaches as well as college coaches from around the country, and also includes educational articles on various topics. Find out about this publication and others by contacting the AVCA at (719) 576-7777 or via members@avca.org.

Sportsmanship - Cheerleaders Need to Lead the Way

by Pam Headridge

President, Washington State Cheerleading Coaches Association, www.wscca.com

Sportsmanship is one of the primary focuses for all cheerleading squads. Cheerleaders are role models and represent their school at many functions. Have you, as the coach, explained how your cheerleaders should display and promote sportsmanship at school events?

Good sportsmanship is good citizenship in action: courteous, friendly behavior, acceptance of results, and positive actions. Sportsmanship is one of the strongest educational lessons and lifetime values taught by interscholastic athletics. Role play the following situations so that your cheerleader has a better understanding of what to do.

At games cheerleaders must

- ◆ Always cheer for your team and never against the other team.
- ◆ Cheer as the team enters the field or onto the court.
- ◆ Cheer during the introduction of players.
- ◆ Cheer when a substitution is made for your team.
- ◆ Cheer when your team makes a great play.
- ◆ Cheer as an encouragement for your team to make a score or defend their goal.
- ◆ Cheer as a means to discourage negative remarks or booing from the fans.
- ◆ Respect the integrity and judgment of sports officials. Graciously accept their decisions.
- ◆ Meet and greet opposing team cheerleaders.
- ◆ Show respect to players, fans, coaches, and other cheerleaders.

General guidelines on what NOT to do.

- ◆ Never cheer when a player is injured. Most squads bend down on one knee during the injury and stand up and applaud courteously when the player leaves the field.
- ◆ Never disparage the other team, officials, or cheerleaders.
- ◆ Do not use noisemakers at indoor games.
- ◆ Never cheer when the ball is being served in volleyball.
- ◆ Do not cheer when the quarterback is calling signals at the line of scrimmage.
- ◆ Never cheer when a basketball player is attempting a free throw. Many squad still use “M I S S, Miss It” chant. This is an unsportsmanlike chant because it is directed against the other team. Delete from

your repertoire.

- ◆ Never cheer when an opposing player makes a mistake.
- ◆ Never cheer when an unsportsmanlike act has occurred.
- ◆ Never use cheers and chants with suggestive moves or words.
- ◆ Never argue with fellow cheerleaders in public.
- ◆ Do not talk during the National Anthem.

Now that many cheerleading teams are also competing. They need to be taught what is appropriate and inappropriate behavior at their meets. Sportsmanship is more than just a word; it is an action.

Examples of proper conduct are

- ◆ Cheer for all teams. They have worked just as hard as your squad.
- ◆ Do not make fun of any team.
- ◆ Respect the judges and accept their decisions graciously. Be a polite winner and loser.
- ◆ If your team wins first place do not stand up and cheer as they announce second place. Let every team celebrate their own placing. Do not steal their limelight.
- ◆ Always congratulate the winning team.
- ◆ Thank the host school for putting on the competition.
- ◆ Thank your fellow teammates for their hard work.
- ◆ Thank your parents and fans for their support.

Sportsmanship must be taught, modeled and expected from your cheerleaders. Lastly, remember you too must follow these same rules. You are the role model for your cheerleaders. Behave accordingly.

The Washington State Cheerleading Coaches Association wants to promote these positive traits by rewarding a cheerleading squad each month that shows perspective, maintain poise, and does what is right under any circumstance. So if you know a cheer squad that is a good role model, let us know. Contact Dani at daniksc72@hotmail.com or Lynn at l.fallows@comcast.net.

This quote sums it up

“I can’t hear you because your actions are speaking too loud.” Make those actions positive!

Reaching For The Top

In the coaching profession, continual growth and achievement depends on setting goals. A veteran coach outlines steps for success.

by Lem Elway

Lem Elway is the Head Baseball Coach at Anacortes (Wash.) High School and a member of the Washington State Coaches Hall of Fame.

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Coaching Management, 11.1, February 2003, <http://www.momentummedia.com/articles/cm/cm1101/reachfortop.htm>

Coaching can be an immensely satisfying profession, particularly today. With more extracurricular options for students, increased academic demands, and a greater need to channel energy in a positive direction, the importance of coaches in shaping young people increases with each passing year.

But coaching, like a lot of things, is an activity of love and, over time, the luster that drew us to it can wear off. Coaching is like a marriage: It can be the most beautiful experience in the world, or it can sour and create a lot of heartache and hurt. Like a marriage, coaching requires continual hard work and the desire to improve while maintaining flexibility and adaptability.

This is especially true when things beyond our control build to create a negative situation and force us to ask ourselves why we do it. How do we maintain the enthusiasm and motivation to keep coaching?

No matter how long you've been coaching, the best way to maintain your motivation is to have goals. Enjoying coaching—and doing it effectively—requires always striving to improve.

This means making a serious, critical, and introspective analysis of your objectives. What areas need to im-

prove, and what is a plan of action to strengthen those areas? You must know where you're going, where you want to be, and how you are going to get there.

The Big Picture

At the center of this self-inventory process are your goals. Goals are like the rudder on a boat in that they keep you moving in the right direction. Even if your athletic director does not require you to submit yearly goals, you should develop them yourself.

It is imperative that the goals are written down on paper, expressed in positive terms, and can be measured. They can involve your professional or personal goals as a coach, or both. For example, does your coaching style need to be adjusted? Does the content of your tryouts need to be revised?

It's also imperative to come up with a plan to ensure you evaluate whether you are reaching your goals. For some coaches, this means asking a mentor or administrator to sit down at specified dates to review the goals. Others do this as a solitary activity, by closing the door to their office and taking the afternoon to reflect.

To start the evaluation process, ask yourself the following four basic questions:

Why do I coach?

To keep ourselves motivated, we need to keep reminding ourselves why we are in coaching. The answer to "why do I coach?" will be a very individual one, of course, but it's important to know what parts of the job give us satisfaction. Some thoughts:

- To give back to the game that gave you so much.
- There are not too many experiences in life where you can spend time with so many people focused on a competitive goal.
- Camaraderie with people you might not otherwise get to know.
- The emotions of competition.
- Getting to know kids out of class and watching them grow and mature.
- Being able to make a difference in people's lives—seeing your players turn into productive members of society when they leave.
- Success of a program through hard work.

How do I define success?

Success is a relative term depending on your situation and expectations. And it can mean different things to different people.

For some, success can mean tak-

ing a group of diverse students and teaching them how to be a team. For others, it's winning the league championship every year.

For most coaches, though, success is a blend of teaching the lessons of sport and winning on the field. The key is figuring out what is most important to you. One way to think about this is to ask yourself, "When I'm gone from the game, how do I want to be remembered?"

What is my coaching philosophy?

It may seem easy, but one of the hardest things to establish and revise on a regular basis is your coaching philosophy. The depth of your investigation can go as far as you want it to. But it must take you beyond coaching "in the moment" and identify those long-range benefits you expect your players to take with them into the world.

Start by looking at how you answered the above two questions. Your philosophy needs to be personal to you, and it must be an honest and true reflection of why you coach and how you define success. As an example, my philosophy goes something like this: I want to be able to take our players where they would not be able to take themselves while at the same time teaching them successful attitudes, team chemistry, character values, how to deal with adversity, goal setting, and the value of a work ethic.

Your philosophy can (and probably should) change as you grow and change—I know mine certainly has. As I have become more experienced, my philosophy has become more about teaching long-term lessons. I still love to win (and I still hate to lose!), but I've found that the bigger lessons and values need to be paramount as you make that journey to the end goal.

What is my commitment?

From the outside, coaching looks like an easy thing to do. And for those who don't do a very good job, that is correct. But the commitment to doing this job the right way can be overwhelming at times. It's a commitment of time, energy, and emotions—all at the same time. In addition, there is the continual development in the areas of coaching techniques and knowledge of the game that are endless.

In a lot of cases, coaching the "game"—teaching the sport and managing a team during competition—is the most refreshing part of the job, because the peripheral issues such as logistics and players' personal issues are so time-consuming. But these aspects of coaching will help define your success and can't be thought of as asides. It's critical to think about your commitment to the energy and time it takes to cover all the bases of coaching when you evaluate yourself and your future.

After answering these four questions, take some time to figure out if your answers mesh with where you are and where you are going in your career. For example, if you define success differently than the student-athletes on your team, you may be heading down the wrong road. At the high school level, most boys and girls say the reasons they go out for sports are: 1) for fun; 2) to improve skills; and 3) to stay in shape. Is that something you can accept and can incorporate into your objectives? If you're working at a college or university, do your ideas about athletics mesh with the institution's objectives for its sports programs?

Another example: does your time commitment match the expectations of the athletes and parents? If you don't have time to chat with a parent on the phone because of family com-

mitments and grading papers, maybe you shouldn't be a head coach. Maybe being an assistant coach is best until you have more time. Or maybe coaching at a school with lesser expectations is the right choice.

The Smaller Picture

If you find that, overall, you are heading in the right direction—you can define your big-picture goals and they fit your current situation—the next step is to think about evaluating yourself more specifically. What are the small things you need to work on? Here are some areas to think about:

Organizational Skills: This is a critical area that leads to success or failure, and it requires maximum effort. The key to organizational success is planning and scheduling. All possible tasks involved with the program must be written down and put into a timeline.

In- and out-of-season activities associated with the program must be planned and communicated. This includes practices being organized for skill development and a schedule that allows players' improvement to occur in a logical, positive direction.

The little things—bus schedules, academic concerns, ordering equipment—must also receive the necessary attention. You will develop trust and a following much more quickly if your athletes, their parents, and administrators have the perception that all the details are taken care of.

Instructional Skills: This is a multifaceted task that requires learning the complexities of the game you coach, keeping abreast of new ideas within the game, taking a look at new and different teaching techniques, and perfecting your motivational skills. You need to continually analyze whether your athletes are learning the skills of the game in the most effective and efficient way possible.

Continued on page 20

Continued from page 19

Leadership: In general, being a leader means having self confidence, demanding goals, good habits, and a positive outlook. It also entails making decisions that are best for everyone rather than just a few. More thoughts:

- Do whatever it takes to do things right.
- Always strive to improve.
- You need to give respect to get it.
- Stress the positive and eliminate the negative.
- Be optimistic.
- Understand the feelings of others.
- Have emotional control in all situations.

Being a leader also means being open to a changing culture. You need to realize players come to your program with different attitudes, goals, and objectives than they did five or 10 years ago. The ability to listen, to be understanding and caring, and to change with the times is imperative when dealing with the young people of today.

I believe that rules must be made and expectations spelled out, but each situation that arises with a student-athlete needs to be resolved on its own facts. One point to remember: being compassionate doesn't mean you lower your expectations of players. It just means the lines of communication are open and you are approachable.

Gametime Skills: As simple as it sounds, the key to success in competition is planning. In sports, if anything good is going to happen, preparation must come first. It's amazing how "lucky" a team is when it is prepared.

A good coach will focus on skill and mental development during practices, then at gametime will let the athletes perform. This involves mak-

ing sure your team isn't surprised by anything the other team might do, which allows your athletes to play relaxed and to the best of their ability.

And you should prepare yourself for the game in the same way. In your mind, put each player in every possible game situation and anticipate what you are going to do—then you are mentally ready to make the best decision because you've anticipated that situation. Your ability to make these quick decisions will be the difference in the outcome of big games.

The most important role of the coach on game day, though, is to be the leader and make sure everything stays under control. The coach reflects the right state of mind and must remain under control in negative and positive conditions.

A Role Model: Every day you must make decisions that may not be popular, but are the right thing to do. These decisions can make a mark on everyone for years to come, so they need to be done with the utmost professionalism and deliberation. A lot of players might not figure out the importance of these decisions until five or six years later, but that doesn't mean you stop teaching the lessons.

Communication Skills: Have you ever thought about why we were given two ears and only one mouth? We need to use the ears more than the mouth. As a coach, the ability to know when to talk and when to listen can be critical. It isn't easy sometimes to be a good listener, but it's a skill that needs to be developed. Some valuable lessons to become an effective listener:

Give eye contact to the person who is talking.

- Don't interrupt.
- Don't change the subject.
- Ask questions.
- Be responsive verbally and nonverbally.

Why Set Goals?

All successful coaches need to evaluate themselves and their programs, but sometimes that isn't such an easy thing to do. Remember these positives if goal-setting seems overwhelming:

- When goals are achieved, they give us personal satisfaction.
- They give direction and purpose and help us grow.
- They help us win at things we can control.
- Goals give us the courage to try new things.
- They allow us a mechanism to be open to criticism and help us see our shortcomings.
- They help us realize it is okay to fail because we learn from the experience.

People Skills: From public relations to communication with parents to fund-raising activities, more and more of coaching involves the interaction with people other than players. People skills can be a big asset when trying to incorporate many different opportunities into your program.

These skills will be seen as leadership ability by others. Thus, it is important to understand people, possess program creativity, not waver on tough decisions that need to be made, and realize you need to continue to change and improve.

Getting There

After thinking about your organizational, instructional, leadership, gametime, communication, and people

skills, you'll need to formulate goals and develop a plan for achieving them. To start the process, sometimes it helps to get the feedback of others involved in the program. Ideally, your athletic director will be giving you an annual review, but you can go further. Some coaches ask their assistant or j.v. coach and senior athletes to fill out a questionnaire about the head coach's performance.

To formulate goals, have a game plan. Be aggressive in your thinking and never strive to stay the same, but don't try to take on too much at once. Just as you wouldn't ask a pitcher to learn three new pitches in three weeks of preseason practice, don't try to perfect all your people skills in one season.

It often works well to have long-term goals and short-term goals. For example, maybe you want to develop better communication skills with parents. Because this is a leadership goal, it cannot happen overnight. (Changing one's style is a slower process than changing an organizational skill.) You might want to break down that long-term goal into smaller targets, such as:

- Revamping your preseason parents' meeting to make it more communicative.
- Working harder on being a patient listener to parents.
- Taking the time to send an e-mail to all parents about the team once a week.

Other ways to achieve your goals include learning about coaching and teaching techniques, becoming more knowledgeable about your sport, and developing yourself personally to be more effective during practice and games. It also helps to research what other successful people have done.

Developing our coaching goals is not a simple or easy process, but I

believe it is critical to staying motivated and giving our students the best experience possible. So, before the next season starts, take the time to think about how you define long-term suc-

cess and analyze what you need to do to get there. Coaching is a time-consuming endeavor, but its rewards are matched by few other professions.

The Basics

The following is my checklist of the basic duties of being a good coach:

Responsibilities:

- Provide leadership, guidance, and supervision to players.
- Attend activities to improve coaching knowledge and coaching performance.
- Be diligent in the purchase, issue, collection, storage, and inventory of equipment and budget preparation.
- Cooperate with others using your facilities.
- Understand and follow rules and regulations set forth by state, athletic, league, school board, and school agencies.
- Participate and encourage parent nights, award banquets, and pep assemblies. Write letters for interested college-bound players.
- Set up lines of communication between parents throughout the year.
- Form a partnership with the athletic director.
- Make sure your facilities are maintained.

Performance:

- Develop respect by example—appearance, manners and behavior, on and off the field.
- Provide adequate supervision at all times.
- Maintain team discipline and control.
- Be knowledgeable about the sport.
- Develop lines of communication between sports and solicit other coaches' input.
- Be compassionate, patient, and understanding with players.
- Provide leadership skills and motivation for players and program.
- Improve knowledge of first aid and injury policies with medical personnel servicing the community.
- Teach decision-making skills and the value of athletics.
- Be accountable for your team's performance.

Relationships:

- Be cooperative with other schools and their coaches.
- Exhibit enthusiasm about coaching.
- Cooperate with groups related to athletic programs.
- Encourage athletes to participate in other sports.
- Develop good relations with other coaches, teachers, and administrators.
- Be receptive to suggestions.

TO COACH OR NOT TO COACH

by Diane F. Taniguchi, USAV CAP II Candidate

National High School Coach Rep to American Volleyball Coaches Association

4th year coach, The Bush School (Emerald City League), 5th year coach, Whitman Middle School (Seattle Public Schools)

As the fall is just around the corner, coaches are preparing for the upcoming season, several are entering the season prepared but with one glaring question that has yet to be resolved. That question has plagued many coaches for years and is not unique to any one sport.

In my research for the answer to my own sport volleyball, I have talked to Cindy Adsit at the WIAA office (volleyball rep) and to other coaches who do and who do not abide by this rule of coaching their own players and/or players from “feeder” schools during the off season.

One coach, who retired from coaching, was not in compliance with the WIAA interpretation in the past. As I talked to him in regards to this violation, his definition and interpretation was that he was coaching high school volleyball in its season (fall) and junior high school in its season (spring), therefore not in violation of the “No Contact Rule.” The outcome was very obvious.

As I understand the history of the “No Contact Rule”, it was to circumvent dynasties of any school in any sport. It was also the intent that high school coaches NOT coach any student-athlete from 7th to 9th grades which fed into her/his high school program. Now, with middle schools and the 6th grade-9th grade change, there might be a slight variance on age or grade, but the basic concept of not coaching students from your own team or from “feeder” schools is still the main emphasis of this rule.

With sports having out-of-season clubs and opportunities such as swimming, pee wee football, AAU basketball, USAV club and others, it becomes difficult to find quality coaches with similar mission statements, basic philosophies and work ethics as the high school coach to keep up this group activity without tapping into the high school resource of their own coaches; coaches who are trusted, skilled and well-liked. Therefore, this causes

coaches to take alternate routes and creative means to keep training athletes at her/his level of expertise if they have that luxury. If not, then the coaches find themselves in a bind and usually end up coaching.

It seems difficult to find quality volleyball coaches due to the mastery of skills, playing philosophies and years it takes them to get there. It is still a “young” sport in Washington but is coming into its own right with players finally being consistently recruited to play in CA or TX, the Midwest or the East Coast, where the flow for most colleges

was almost 100% in the other direction. This along with the new influx of transplanted residents from out-of-state and coaches trained elsewhere who come into the Greater Seattle area wanting to continue their love of coaching and love of the sport, volleyball is now getting the staff that is needed and becoming more and more popular.

Rules are made for a reason. If you can find an alternate route and still be in compliance or offer a compromise, then you are better off for

it; the rule does not need to change. But for those who need to coach without constantly looking over their back, the change needs to occur. We will have to live with the current rule, until a change occurs. One way is to take a look at other states and see what works for them. This change could possibly allow no more than two players from any high school program training with their high school coach, which I believe is done in Oregon, or something similar. We need a creative mind to offer that solution.

In the meantime to stay within the rules, I searched for a junior/middle high school that does not feed into any high school program where I might be coaching. This was especially critical during my years at Garfield and Franklin High Schools. So, I chose Whitman Middle School and have been there for the past five years. At that time, Whitman fed into Ballard High School which was a 3A

Rules are made for a reason. If you can find an alternate route and still be in compliance or offer a compromise, then you are better off for it; the rule does not need to change.

school. Now Ballard is 4A but far enough away from Garfield or Franklin that the middle school athlete is not affected by my coaching there.

My basic philosophy of coaching is that ALL coaches can contribute to an athlete's knowledge and growth, and that our confidence in other coaches who have the same desires for their athletes will make that athlete a better person and more mature athlete. We need to learn to share our athletes. No one coach has all the answers and education to make that athlete a star; it is a combination of coaches and their ideologies that make that athlete who s/he is in the future. Coaching can truly be our ticket to immortality!

To be an elite, one-sport athlete I think is great. On the other hand, I am also for multi-sport athleticism as well, but as coaches we need to be sure we advise and counsel our athletes to do as much as their health/body and academics allow: to be healthy is such a wonderful self-achievement. This would make a win-win situation for both athlete and coach.

Another solution is to seek out a coach with a similar philosophy who will be coaching off season and can be recommended for your athlete. It should be someone who is not in direct competition with you during the regular season, but can be across school population boundaries, such as 4A to B and across the league spectrum from Kingo to SPSL to Metro.

At any rate, there are just a few suggestions on how to keep your athlete working out in your sport while working on staying in compliance with WIAA rules. Many coaches are torn by their professional ethics and their personal desires to guide their athletes to be their very best. So, whatever you choose, keep a balance in mind of professional ethics versus personal gain and let the athlete choose: you should come out okay. There is no policing of this rule as I have seen, and it is up to us (as coaches) to maintain the standards for ourselves rather than blowing the whistle on a colleague. Good luck in your decision, coach, and have a great season: you are in this job for a reason!

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Spring Issue: February 14, Summer Issue: May 14

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Submit via email as an attachment to Terry Ennis at terry_ennis@msn.com

Please submit on-line photos in black and white

If you do not have access to email you may submit via one of the following:

Fax: 425-385-2875

or Mail: 1415 Madrona Avenue, Everett, WA 98203



Cris Wilmarth

Cris is the head girls' basketball coach at Rainier. He has been the head coach the past 3 years after being an assistant coach the previous 5 years. Cris received his degree from Eastern Oregon University in '92. He was selected the Southwest 1A coach of the year in 2000/2001. His basketball teams had state tournament appearances in 2000 and 2002 and set a 1A state tournament record for free-throw percentage. They were league

Rainier High School

champions in 2000 and academic state champions in 2001. Cris enjoys teaching and views coaching as an extension of the teaching day by helping student-athletes improve on the court and in the classroom. His proudest moments came from watching his teams compete in the state tournament and appreciating all the hard work the girls had done together. His favorite saying is, "Hey! That kangaroo stole my ball!" Cris has been a WSCA for 5 years.

Mickey Fowler

Mickey is the varsity head football coach at Kanim. Although his school has one of the smallest enrollments in their league, opposing teams know his 8th graders will be ready to play. Mickey has coached football for over 15 years. His family includes his wife, Leisa, and two daughters, Kendra (14) and Celine (6). Mickey graduated from CWU ('80) with a degree in elementary education and a minor in physical education. He enjoys being involved with a sport he loves and

Chief Kanim Middle School

working with great kids who want to develop skills in football and life. With direction and help of the head football coach at Mt. Si, Mickey started a full contact summer football camp for middle school players which has helped Kanim develop in to one of the most competitive teams in their league. His favorite saying is, "We have to set the tone." Mickey has been a member of the WSCA for 6 years.



Ivor Heglund

W.F. West (Chehalis) High School

Currently coaching football at W. F. West, Ivor has coached for 30 years. He coached previously at Toledo and Onalaska high schools. A graduate of WWU ('72), Ivor chose to coach for the excitement of the competition. He was selected league coach of the year 3 times and has been the South Sound/Olympia area coach of the year. His family includes his wife Viann, son McArthur, who is

an Air Force pilot, daughter MaryJill, an elementary school teacher and daughter Mandee, a junior at WSU. His '92 team played its' way in to a playoff tie-breaker with the most unselfish team play of any team he has ever coached. They were the definition of "team". "Right is always right. It never changes so take care of business." Ivor has been in the WSCA for 25 years.



ON THE SIDELINE

Pete Schweiger

Davenport High School

Pete has been a volleyball coach for 19 years, with 16 at Davenport. A graduate of WSU ('75), Pete coached the East A/B team in the 1993 All State Volleyball Series and his teams made state appearances from '91 to 2000 finishing first three

times, third three times, and sixth twice. His family includes his wife Leslie, Kathleen (15) and Kevin (13). Pete finds pleasure each year in taking a new team and watching them grow having each player improve her basic skills, play hard and fair, and

above all have fun. Pete states, "In coaching volleyball, I believe you need to take care of your side of the net and let your team play their game." Pete has been a WSCA member for 15 years.

Ruben Martinez

Othello High School

As the wrestling coach at OHS, Ruben has had five "top 10" team state placings and has coached over 65 state placers. He was the 2003 district, region and state coach of the year. He has coached wrestling for 20 years and has coached football for

12. His family includes Ruben Jr.(23), Davie(20), Melinda (15), and a granddaughter, Chyler (2). Ruben believes coaches can make a difference in student-athletes and he enjoys that challenge. His proudest coaching moment was a dream come true as he coached

alongside his high school coach, Wayne Schutte for 3 years. The EWU ('86) grad states, "The time you make yourself work on your own is what will make you a champion."

ON THE SIDELINE

NOMINATION FORM

The WSCA needs your help! If you feel that there is a current member of the WSCA who deserves recognition for his/her contributions to coaching please fill out this form and send it to Mike Schick. The nominated person will then be contacted to fill out a complete nomination form.

Nominee's name _____

Address _____

Currently Teaching at _____ Phone # _____

Please send your information to:

Michael H. Schick, Edgemont J.H. 10909 24th St. E., Edgewood, WA 98372

Please nominate WSCA members only!

I need your help in contacting deserving members who contribute to the success of your athletic programs.

Where are we as an association?

A recent experience dealing with a coach who was complaining caused me to stop and reflect on just what it is that we do in the track & field coaches association. I thought that I would share what came to mind. Since our reorganization began in 1996, we have accomplished the following:

1. Built a state wide (WIAA Districts) communication tree through e-mail to contact coaches in our sport
2. Organized a winter Convention, including a clinic, for coaches of all levels in the sport of Track & Field
3. Founded the Washington vs Oregon Meet of Champions (Washington is 2-1 in this dual in our 1st 3 years)
4. Established an Academic All-State Award to recognize student achievement in our sport
5. Organized a proposal process for issues in our sport
6. Expanded recognition of coaching excellence to all classification levels
7. Started an Awards Luncheon at the winter convention to better recognize award winning coaches and inductees into the coaches Hall of Fame
8. Presented proposed issues directly to the WIAA Executive Board
9. Increased membership and involved more coaches in the decision making process for the association
10. Found a corporate sponsor willing to back our association and the various events where we need backing

There is actually more that I can list but for the coach that was complaining, none of this really mattered because personal agendas tend to cause blindness. It is a given that no matter how much our association does it will never be enough (our election of association officers last spring is an example of this). That alone is enough to sour most efforts and cause one to think that nothing has been accomplished. I have a different take. When you stop to think of all that has been done, you realize that we have come a long ways from where we were and you recognize a potential to go even further. Come on! This is not talk. This is what we say and do for kids each day

as teachers and coaches. It's true. We have made huge strides as an association. Now, as Mark Ward (Central Kitsap) takes over as president, we need to come together and continue forward. There will still be those coaches who complain but they are but a side note to the real progress that is being made.

5th Annual WSTFCA Convention to be held in Wenatchee

The Washington State Track and Field Coaches Association will host its 2004 Convention for all coaches in the state on Friday February 20 and Saturday February 21. The cost will be \$55.00 for WSCA members, \$70.00 for non-members and \$85.00 regardless after February 13. Once again, there will be a number of outstanding clinic sessions by experienced high school and middle school coaches who will not talk over your head. The annual Awards Luncheon is included with your registration and coaches will have numerous opportunities to sit down and actually talk to other coaches, share ideas, talk technique or debate and discuss issues within our sport. **ANY COACH WHO WANTS TO MAKE A PROPOSAL FOR THE ASSOCIATION TO VOTE ON MUST SUBMIT THE PROPOSAL TO THE WSTFCA EXECUTIVE BOARD BY SEPTEMBER 26!** This is the time to speak up and participate. Any coaches that want to register early or get involved in the planning of this convention or help host it can volunteer by contacting Chuck Bowden (cebowden28@mac.com / cbowden@cvsd.org) or Scott Ditter of Olympia High School (sditter@osd.wednet.edu).

New Executive Officers – New Election Process

The first election I attended was at a Pemco clinic where Bryan Hoddle was elected President and Tuck Gionet was elected Vice President. It wasn't even an election because Tuck said he was willing to be VP and thus avoid a popularity contest at that particular Pemco clinic. It was established that the vice president would automatically become president after serving two years. This was done so experience would be guaranteed once a VP became president. That back room election helped

us realize that there was no official format so that resulted in Tuck coming up with a constitution that provided guidelines for the election of officers. I was elected at a different Pemco clinic at a lunch time meeting that 99% of the state's coaches did not attend. Mark Ward and I were put in the awkward position of having to say where we stood on certain issues. Neither of us were very competitive at the time and it seemed like yet another popularity contest. A coin flip would have saved time. It was cause for change.

When the WSTFCA Convention was established, it was designated as the place to conduct association business and hold association elections. This upset the Pemco faithful and caused a fight. It was at this time when we began to organize the electronic vote via the coaches website (Thank you Doug Fulton at South Whidbey HS). Despite the change from Pemco, the convention produced a larger number of voters. Mark Ward was elected and the proposal process was added. The idea was not to change from Pemco to the Convention but to use the Convention as the forum for candidates to come forward, present and be questioned while the voting would be held through the website or via FAX. The question was when to vote. Eventually, the idea of using the state meet came to mind. Yet another change.

Last spring, a ballot was included in every State Meet Coaches Packet. John Crawford had his organizing committee put the ballots in the 3A-4A packets and I put them in the 2A-1A-B packets. Each Ballot included voting instructions that provided coaches with the option of voting on-line, via fax, via direct e-mail to me, by regular U.S. Mail or by placing the ballot in their coaches packet in a box at the state meet. Due to my mistake, the on-line ballot was posted late which caused many coaches to complain. (Why they could not vote at the meet, FAX, e-mail, regular mail it to me or call me and ask what was going on will never make sense to me) If you did not qualify an athlete for state, voting was available on-line. If you were a member of the WSCA your vote was counted. We need to keep working on this process but we need coaches to participate.

2003 – 2005 WSTFCA Executive Officers

President – Mark Ward
Central Kitsap High School 4A

Vice President – Jeff Page
Lake Stevens High School 4A

Secretary – Dawn Geiser
Skyline High School 4A

Treasurer – Tuck Gionet
Snohomish High School 4A

Executive Representative at Large – Rob Phillips
Seattle Academy B

Executive Representative at Large – Scott Ditter
Olympia High School 4A

Award Nominations and Recognitions

Nominations for District coach of the Year and Official of the Year must be sent to Chuck Bowden by the end of September. Make sure you include the necessary biographical information with each nomination. As voted on by the coaches, each WIAA district will nominate coaches for Coach of the Year. From those nominations will come the State Coach of the Year (one boys coach and one girls coach for each of the five classifications). Criteria for coach of the year is not based only on "winning a state title" as many have come to believe. Take time to think about this one because there are many coaches who deserve this honor but never get the recognition. Nominations can be made via the coaches website (Thank you Doug Fulton-South Whidbey HS) wafxc.com until the deadline. Nominations for Hall of Fame need to be sent to Hall of Fame Director Tim Irvin (Squalicum HS) by the same September deadline. Tim can be reached at tmirvin@nas.com (make sure to include a full coaching biography for each nominee). Nominees are put on a master list for five years. Inductees are then chosen by the executive board based on this list. Talk to Tim if you have further questions.

WSTFCA Presents to WIAA Executive Board

The WSTFCA will give a presentation to the WIAA Executive Board at their Fall meeting in Renton focusing on one proposal to add a distance medley relay at both state meets as a exhibition event for 2004. This proposal passed in an association vote with 139 coaches in favor and 41 against. But it represents the division between big schools and small schools. The vote amongst 3A-4A coaches was 107 to 20 (out of the 20 who voted against, most would have voted in favor on the condition that the 4 x 200m relay be removed as an event) The vote amongst

Continued on page 28

Continued from page 27

2A-1A-B coaches was 30 in favor and 20 against. The first time this proposal was made, the WIAA Board found many more small school coaches and administrators who did not vote that were against adding this event (most of these non-voting coaches thought that the addition of the DMR was tied to the 4x200m Relay being taken away). As a result, the board voted against it. Many 2A-1A-B coaches who voiced their opposition to the WSTFCA Executive Board have now said that they would be in favor of the exhibition status as long as the 4 x 200m Relay is not on the table. The Board will be asked to consider the issue of Big schools (4A-3A) and Small Schools (2A-1A-B) having different considerations thus not being required to be identical in event offerings, state meet administration, etc..... A voters pamphlet will be provided for all WIAA Board Members explaining the reasoning for the above proposals.

THANK YOU AND GOOD BYE!

I have honestly enjoyed serving as president of the WSTFCA. Mark Ward officially took over as your president at the Washington vs Oregon Meet of Champions in Vancouver, WA on Saturday June 8. As I think back over the last four years, here is what comes to mind:

1. It is up to each one of us to **make the WSTFCA work!** We now have a process in place that should remove the emphasis from being on one or two vocal coaches that talk the talk and places the emphasis on ALL COACHES being heard. Gone are the days of hearing about some issue or decision and complaining to fellow coaches or making a single call to WIAA. What we have now is a proposal process that allows a specific issue to be introduced, discussed and voted on.

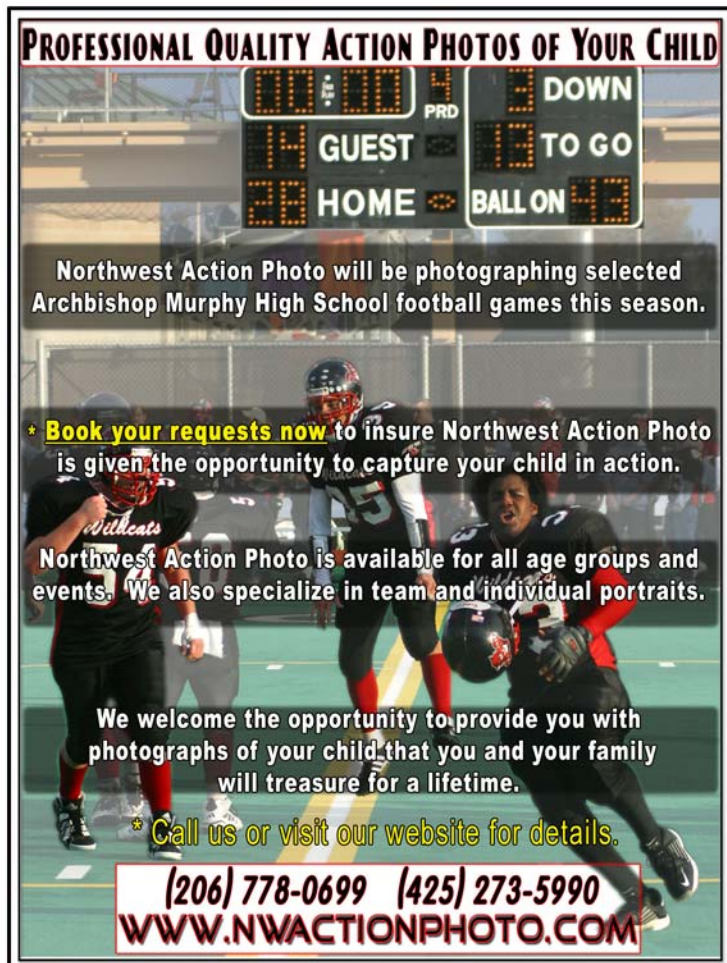
2. As a coach, you have the opportunity to participate in this process or be quiet – **IT IS UP TO YOU!** Yes, that sounds harsh and as a politician I probably should not say that due to the fact that some coaches may be offended. But, that is when I remember that I am a teacher and a coach and not a politician. I'm a **volunteer** just like the rest of the WSTFCA Executive Board. Trying to please everyone only

means that you won't get anything done!

If we want Athletic Directors, Principals, Superintendants or the WIAA Executive Board or Executive Staff to listen to us, then we need to show that we spent actual quality time looking into and discussing each issue that we bring forward. That is why we have a proposal process. It will give us more credibility as an association. **The point is not to get "our way" as much as it is to DO OUR JOB!** The time is right and we have the collective creativity and common sense to maximize our association's full potential. Join the WSCA as a Track & Field coach and participate in the WSTFCA.

Washington vs Oregon Meet of Champions

Tuck Gionet has really done wonders with this event. Contact him if you would like to be involved. You must be a member of the WSCA to participate in this event.



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Gatorade



by Mark Ward, WSTFCA President, Central Kitsap High School

Hello to all of my fellow track and field enthusiasts! I hope you have had a relaxing summer and are as excited about the upcoming year as I am – although, I don't know if what I have could be called excitement or fear.

As Star Track wrapped up this past spring, I took over the post of President. I've known for two years that this was going to happen, but I can't say that I really embraced the idea. I often wondered why we change leadership when we do, and now I think I know. It was nice taking over and having a restful summer to ease my (and my family's) way in. I've had a couple of e-mails letting me know the great job I'm doing (?) and only a couple more that wanted to blame me for something. As my predecessors know, it is only getting started.

Before I get too deep into this article, I want to mention those presidents that went before me. Twelve years ago, when I first grabbed a stopwatch to coach the greatest sport in the world, I was bright eyed and bushy tailed, and didn't know a thing about how the state meet or the association worked. I was fortunate to know Tim Irvin, president at the time, from a trip I had made to China upon graduating from high school. Tim was one of the coaches on the trip, so I felt comfortable asking him some questions about how things were done in the association. I was grateful for the Thursday before State coach's meeting. My eyes were opened to the political end of Track & Field. Tim did a great job making sure that the Star Track schedule was useable. While not everyone loved it, it worked, and Star Track became the greatest high school athletic show of every year!

Following Tim was Bryan Hoddle. I'm grateful to Bryan for getting me, as well as so many of you, involved in the association. During the two years that Bryan was president, numbers grew by leaps and bounds. Voices were being heard. An executive board, with regional representatives was born. Many of the people I look to for advice in leading and coaching came from that executive board.

Tuck Gionet followed Bryan, and opened the door to many additions and changes. The Track & Field Convention was born. We changed the way relays are run in the state. The executive board grew and included

more voices from all classifications. The Washington vs. Oregon Meet of Champions took its first steps.

Chuck Bowden followed Tuck, and was the president that I served under as VP. Chuck took the reigns and ran. With some of the things he had to deal with in his presidency, it was a wonder he didn't run and hide, but he didn't. With rules interpretations like the "bun-hugger" rule coming just prior to Districts, many coaches demanded that Chuck do something. When the new Pole Vault rules came out, Chuck had to hear praise and condemnation. "Star Track moving to Pasco had to be a plot by a president from Eastern Washington." Please, WIAA made a decision and it worked. Chuck stood in there and took the hits, as well as deflected much of the credit to colleagues.

I know that these four presidents are only the tip of the iceberg in terms of WSTFCA Presidents, but these are the ones I have known during my 12 years of coaching. I hope to take something from each of them and make the next two years successful. Thank you gentlemen. You have paved the way for many of us!

MY VISION

I see our association, not at a crossroads, but at a fork in the road. Which way do we go? To the left is the move toward squabbling and backbiting. To the right is the road toward communication and trust. In my two years as VP, the complaints I heard were numerous. Most of it centered on a lack of communication and a question of what was being done by the "people at the top that only have the AAA and 4A schools in mind."

I believe that **communication** is our TOP priority. Last year Scott Ditter used countless hours compiling a communication tree, listing all of the schools, coaches, and their e-mail or phone # as a point of contact. I hope to get that list shortly so that I can communicate with all of you. One thing I learned, as a joint member of the Cross Country Association, was how important e-mail can be for communicating. Quarterly newsletters are sent to each member of the WSCCCA. This is a great tool for veteran and rookie coaches alike.

Your voice is important. John Crawford and Doug

Fulton were kind enough to place a survey on their web pages for me last spring. The number one thing I heard was that the smaller schools feel left out. The communication tree will allow us to get in touch with EVERY coach in the state. What the coach does with this communication is their choice, but at least we can say we kept them informed. I want to hear what you think! Please, let me know. I can't go to the WIAA or the WSCA Board with my own opinions. I need to hear the people I represent. Look for another survey this year.

The Convention is a good thing. I attended my first WSTFCA convention this past year in Spokane, and had a great time! Hats off to the convention committee and to the event workers. I look forward to another great show in Wenatchee this winter. The convention is a great opportunity for all of us to rub elbows, get something off our chests, and enjoy the sport of Track and Field with other T&F lovers. The convention has become the association's centerpiece for business.

This being said, I also look forward to the other chances I get to hear and meet with all of you. In October, we'll have our Executive Board meeting, where I look forward to meeting my Vice President, as well as the other members of the Executive Board. If you have any concerns you would like addressed at the October meeting, drop me a line. At the Pemco clinic, we'll hold an information meeting for those that were unable to attend the convention. If the desire is there, I'd like to hold a meeting Thursday, before the state meet. While I don't plan on beating myself, or my family, over the head with meetings, I do think that we need them to clear the air and get information to the people.

My second priority is **Coach's Education**. We lose 1 in 3 track coaches every year in the state of Washington. This is a staggering figure and one we cannot ignore! With this many new coaches joining our ranks every year, we need to get them some help. The WIAA Coach's School, the WSTFCA Convention, Pemco Clinic, Kimmel Clinic, Hood River Learn by Doing Clinic, USATF Level I and II Schools are just a few of the great opportunities presented to all of us, but they are not enough. Go out of your way to introduce yourself to a new coach. Ask a junior high coach if they need any help or if you can answer questions they may have. Our

sport needs to quit keeping secrets and share the information. We need to read about what others may be doing, question what we have done all along, and go in search of answers that best fit our situation and programs. As soon as I know it all, I'm going to quit, because it will have all passed me by.

My third priority is to keep the sport of Track & Field in our state as the number one sport in the state! Many of you questioned adding a 3rd day to the B, A, AA meet. I think the jury is still out on its need or success.

More of you questioned the move of Star Track to Pasco. Yes, I heard complaints, but no more than I had heard for 11 years in Tacoma. I congratulate the Pasco group for putting on a great show. I'm looking forward to another great one this year! We jumped into the three-turn stagger and some believe it is killing the relays, while others

believe it has helped. We continue to hear groups push for their "pet projects." Some type of distance relay is brought up every year. The hammer has had plenty of support. Even myself, a sprint coach, love the steeplechase. Are paid officials in our future? Nobody knows what the next change will be, but at present, I see little to fix. I will be your voice, but not at the destruction of our sport. There will be issues that we may need to look at from a size standpoint. I don't have a problem with that, I grew up in a single A school, attended a AA high school, and coach at a 4A school. We all have different needs, but what is best for one may not be best for all. I am a fan, as well as a coach, and I don't want to see the greatest sport in the world ruined, just for the sake of change.

In closing, I want to say that I'm looking forward to the next two years. Orchids and Onions will come my way, but I plan on doing what is best for the sport. Keep in touch, and make sure you let me know about some positive things going on in your area, as well as the negative things I'm going to have to deal with.

Respectfully,

Mark Ward, President WSTFCA
Central Kitsap High School
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We Must Teach Our Players To Lose

by Charles Stout, Retired Coach

Many football coaches will say that losing is not beneficial in any way, and the society we live in often echoes the words of those coaches. However, a losing game can help us teach our players lessons they need to know that they cannot learn anywhere else. Many of today's children have not suffered the setbacks (losses) of past generations. As a consequence, when a setback occurs, they do not know how to deal with it. This is one of the reasons that we see headlines such as:

Estranged Husband Kills Family or Fired Worker Gets Gun, Kills Boss and Co-workers.

The people who make these headlines have not learned to deal with a setback, and when something bad happens, they go off the deep end. They do things they would not ordinarily do. Psychologist Peter Sheras ("Student Gun Violence Creeps into Small Community Schools" USA Today 12/3/97, p.2) says, "The things adolescents dread most in life are: 1) being humiliated, and 2) being ignored." These headlines show that they considered the situations as humiliations, so they lash out at the people whom they feel are responsible for their embarrassment. They have lost proper perspective.

We have to teach our players to keep a loss in the proper perspective. They must know that there is no disgrace in losing if they have done all they know how to do to try to win. Obviously, there can be only one state champion. Should this make the rest of the teams that have lost feel disgrace or humiliation? NO! Like the gunfighters of the old west, there is always a faster gun. It is true, however, that many of our students are so insecure that a loss of any kind or a setback will humiliate them; thus they strike out in self-defense. Recently an NBA player attacked his coach rather than accept the coach's evaluation that the player's performance was less than perfect. The player needed to realize that the correction was of

the performance, not an attack on the individual.

Another thing we can teach our players when they lose is that they must accept the responsibility for their actions. If they are to correct their mistakes, they must acknowledge that they have erred and are responsible for those errors. The first step in solving a problem is admitting a problem exists.

Players must learn to lose because setbacks are a part of life. All people have or will have things go wrong in their lives. If they have not learned to keep losses or setbacks in proper perspective, they will find life very difficult. In a boxing match, it doesn't matter how many times

you get knocked down. What matters is that you get up one more time than your opponent.

Another reason we must teach our players to lose is that to achieve great things they must be willing to accept the possibility that things might go wrong. Columbus had to be willing to accept that he might fall off the edge of the world in his search for a new trade route to Asia. Neil Armstrong had to be willing to accept the consequence of ONE SMALL STEP.

Many football coaches have gone into the first scrimmage of the year

feeling quite confident in their team, confident of the kind of practices they have been having, confident of the new offense or defense, only to have an opponent soundly defeat them. Many times this defeat leads to corrections that prove successful in succeeding games. Improvement comes only out of someone pointing out the errors. I am sure that each of you has an opponent who is very good at finding your team's weaknesses. I was in a district that played Schulenburg. They did a good job of finding our soft spots, as they have done for many other schools over the years. As the old saw says, "It's not what you don't know that hurts you; it's what you know that just ain't so."

Another reason we must teach our players to lose is that to achieve great things they must be willing to accept the possibility that things might go wrong.

When you put our teams in competitive situations, we stress winning, but we should never allow less than the best effort to win. To paraphrase Coach Lombardi's wise comment, we are not responsible for the outcome of the game, only that we try our best. We teach players to lose; we develop as much competition as possible in the off-season; we reward the winners; but we try to do nothing that discourages losers. Instead, we help them recognize the reasons for the loss, and we help them chart a course that will prevent future losses.

Secondly, when we lose, we must teach players to analyze the cause of the defeat, as the Schulenburgs of their lives have so graphically demonstrated. We must insist that they take their share of the responsibility and their share of the correction to prevent another such loss. We

need to remember that leadership is somewhat like moving a chain. One can get behind it and push it, scold it, embarrass it, but one will not get forward motion. If you want the chain to move, you have to get in front and pull it.

It is vital that we football coaches teach more than X's and O's to our players. If they are to be successful in playing the game or living their lives, they must learn to lose. They don't have to like it, but they must keep it in perspective.

I had some great high school coaches who taught me a lot about football and even more about life. I feel confident that today's coaches will continue to meet the needs of their players, because I see them do it every day. Don't underestimate your importance in these kid's lives.

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WIAA 2002-03 Scholastic Cup Results

The WIAA Scholastic Cup recognizes performance in the classroom as well as on the playing surface. Schools that finish at the top of their respective classifications in state athletic competition receive points, as do schools that finish at the top in team academic performance. Sportsmanship is also a factor, with substantial points deducted for ejections from contests. At the end of the year, the school with the most points in their classification will be awarded the prestigious Scholastic Cup!

4A Totals:

Capital: 1065	Federal Way: 390	Bethel: 245	Tahoma: 110
Mead: 970	Battle Ground: 380	East Valley (Spokane): 245	Olympic: 105
Ferris, Joel E.: 830	Eastlake: 375	Decatur: 240	Roosevelt: 95
Richland: 725	Mt Spokane: 375	Gonzaga Prep: 225	Monroe: 90
Olympia: 610	Puyallup: 375	Kamiakin: 225	Central Kitsap: 75
University: 605	Curtis: 365	Southridge: 190	Stadium: 70
Kentwood: 565	Auburn-Riverside: 350	Stanwood: 180	Kent Meridian: 65
Inglemoor: 560	Wilson, Woodrow: 345	Juanita: 165	Arlington: 60
Lewis and Clark: 470	Spanaway Lake: 340	Lake Stevens: 165	Everett: 60
Snohomish: 460	Garfield: 320	Mountlake Terrace: 165	Ballard: 55
Wenatchee: 460	Eastmont: 310	Hudson's Bay: 160	Rogers (Spokane): 55
Bellarmine Prep.: 445	Thomas Jefferson: 310	Shadle Park: 155	Franklin: 50
Shorewood: 445	Kamiak: 305	Emerald Ridge: 145	Redmond: 50
South Kitsap: 445	Eisenhower: 295	Pasco: 145	Wilson: 50
Prairie: 440	Skyview: 295	Woodinville: 145	Kennewick: 45
Kentridge: 430	Auburn: 290	Mountain View: 135	Lincoln: 45
Summer: 425	Walla Walla: 280	Shelton: 135	Jackson: 30
Rogers (Puyallup): 420	Cascade (Everett): 265	Bothell: 125	Mt Tahoma: 30
Central Valley: 415	Heritage: 255	Edmonds-Woodway: 125	Clover Park: 25
	Port Angeles: 255	Evergreen (Vancouver): 125	Moses Lake: 15
	Gig Harbor: 250	Marysville-Pilchuck: 110	

3A Totals:

Seattle Preparatory: 1130	Hanford: 445	Yelm: 255	Selah: 130
Newport (Bellevue): 985	Issaquah: 440	Bishop Blanchet: 245	Eastside Catholic: 110
Bellevue: 970	Sammamish: 430	North Mason: 245	Highline: 100
West Valley (Yakima): 925	White River: 410	W F West: 245	Lakes: 100
Mercer Island: 910	Columbia River: 400	Ellensburg: 240	Squalicum: 100
Mark Morris: 865	Camas: 390	Lynden: 240	Clarkston: 95
Lakeside (Seattle): 830	Anacortes: 370	Nathan Hale: 225	North Thurston: 90
Bellingham: 695	Liberty (Issaquah): 340	Cedarcrest: 210	Sunnyside: 85
Kelso: 650	Holy Names: 335	Centralia: 200	Mount Rainier: 80
O'Dea: 640	Sequim: 315	Tumwater: 190	Clover Park: 70
Skyline: 560	Sedro-Woolley: 305	Rainier Beach: 180	Grandview: 60
Sehome: 495	Meadowdale: 290	West Valley (Spokane): 180	Hazen: 55
Shorecrest: 470	Black Hills: 285	River Ridge: 175	Washougal: 50
Bainbridge: 455	Mt Rainier: 280	R A Long: 170	Fife: 40
Ferndale: 445	Cheney: 275	Evergreen (Seattle): 165	Lynnwood: 40
	Prosser: 270	Burlington-Edison: 155	Franklin Pierce: 30
		Peninsula: 145	Mount Si: 25

2A Totals:

Connell: 1435	Mount Baker: 480	Cascade (Leavenworth): 335	Deer Park: 150
Pullman: 1040	Meridian: 465	Eatonville: 285	Forks: 135
Chelan: 945	Montesano: 465	Colville: 265	Toppenish: 125
Ephrata: 810	Nooksack Valley: 435	Steilacoom: 250	Naches Valley: 120
Chewelah: 805	Lakeside (Nine Mile Falls): 410	Kiona-Benton: 245	Foster: 90
South Whidbey: 805	East Valley (Yakima): 405	Castle Rock: 225	Klahowya: 80
Othello: 665	Hoquiam: 380	LaCenter: 210	Tenino: 80
Omak: 595	Ilwaco: 375	Elma: 195	Columbia (White Salmon): 45
Vashon: 575	Quincy: 375	Newport: 185	Port Townsend: 35
Lynden Christian: 555	Ridgefield: 375	Lakewood: 175	Wahluke: 20
Cashmere: 545	Sultan: 370	Woodland: 175	
	Blaine: 340	Riverside: 170	
	Chimacum: 340	Rochester: 170	

1A Totals:

Bellevue Christian: 975
 Rainier: 875
 Cascade Christian: 800
 Friday Harbor: 770
 King's: 770
 Freeman: 745
 Colfax: 720
 Liberty Bell: 685
 Overlake: 685
 Cedar Park Christian: 605
 Royal: 525
 Seattle Christian: 515

Bear Creek School: 485
 Tonasket: 475
 Northwest: 440
 Zillah: 405
 Onalaska: 385
 Cle Elum/Roslyn: 370
 Charles Wright Acad.: 360
 Archbishop Murphy: 355
 Dayton: 335
 Univ. Preparatory: 335
 Warden: 330
 Life Christian Academy: 325
 Highland: 265
 NW Christian (Colbert): 250

Forest Ridge: 245
 Kalama: 195
 Toledo: 180
 Orcas Island: 175
 Okanogan: 170
 Toutle Lake: 155
 Adna: 145
 Napavine: 145
 White Pass: 145
 Liberty (Spangle): 140
 Kettle Falls: 135
 Bush: 125
 Lake Roosevelt: 120
 Goldendale: 115

River View: 115
 LaConner: 110
 Tacoma Baptist: 105
 Winlock: 105
 Annie Wright: 85
 Coupeville: 85
 Columbia (Burbank): 80
 Seattle Academy: 50
 Concrete: 45
 North Beach: 35
 Oroville: 35
 White Swan: 35
 Lind-Ritzville: 25
 Republic: 20

B Totals:

Evergreen Lutheran: 915
 Davenport: 650
 Almira/Coulee-Hartline: 580
 Wahkiakum: 515
 St. George's: 495
 St. John/Endicott: 475
 Pateros: 405
 Willapa Valley: 380
 Touchet: 365
 Wilbur-Creston: 365
 Lind-Ritzville: 360
 DeSales: 340
 Darrington: 335
 Snohomish Co Chrstn: 325
 Pomeroy: 305
 Shoreline Christian: 295

St. Michael's: 280
 Trout Lake: 255
 Mt Vernon Christian: 245
 Valley Christian: 245
 Mary Walker: 235
 Riverside Christian: 230
 LaCrosse-Washtucna: 225
 Reardan: 225
 Garfield-Palouse: 215
 Morton: 205
 Odessa: 205
 Christian Faith: 185
 Wilson Creek: 185
 Kent View Christian: 165
 Republic: 160
 Asotin: 155
 South Bend: 155

Waterville: 150
 Tekoa-Oakesdale: 145
 NW Christian (Olympia): 135
 Kittitas: 130
 Christian Heritage: 125
 Liberty Christian: 125
 Selkirk: 120
 Lake Quinalt: 95
 Thorp: 95
 Clallam Bay: 90
 Curlew: 90
 Sunnyside Christian: 90
 Klickitat: 85
 Mansfield: 85
 Mossyrock: 80
 Columbia (Hunters): 75
 Lyle: 75

Prescott: 75
 Wellpinit: 75
 Colton: 65
 Crescent: 65
 La Salle: 65
 Naselle: 65
 Sprague-Harrington: 60
 Taholah: 60
 Tri-Cities Prep: 60
 Sunrise Beach School: 55
 Bridgeport: 45
 Glenwood: 45
 King's West: 45
 Manson: 45
 Oakville: 45
 Pe Ell: 30
 LaConner: 25
 NW Christian (Colbert): 25

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EARL BARDEN CLASSIC - East Chases Down Win

Overcoming eight turnovers, East rallies for victory in fourth quarter

By Scott Spruill, Yakima Herald-Republic

Who's got the ball, we've got the ball, let's give the ball back!

That was the unfortunate chorus Saturday afternoon for the East All-Stars in most of the Earl Barden Classic at a sweltering Zaepfel Stadium.

Most of it, mind you.

As bizarre as a football game with 12 turnovers might sound, even more crazy was that the team responsible for eight of them still won.

East Valley's Chris DeVries threw a pair of touchdown passes in the fourth quarter and rallied the seemingly cursed East squad to a thrilling 22-16 victory in the ninth meeting of the Class 2A-1A-B All-Star summer contest.

Eight of the East's first 11 possessions ended with a numbing array of turnovers – five fumbles and three interceptions – and the eastsiders entered the fourth quarter exactly where it belonged – trailing 16-7.

But the East team was convinced on a day when the temperature soared to 95 that it would prevail through attrition in the second half. Once the ball stayed where it was supposed to, that's just what happened.

DeVries pitched fourth-quarter scoring strikes to a pair of Lakeside receivers – a 16-yarder to Geoff Penrod with 9:27 left and a rally capping 38-yard hook-up with Greg Smith with 5:06 to play.

After Smith's score, DeVries punched in a two-point conversion run for the final margin.

"We hoped the second half would be ours since we're used to the heat," DeVries said. "We had so many turnovers in the first half that we just couldn't get into any flow at all. But it was different in the second half. We were able to put drives together and keep them going."

The East then turned to its defense to finish off the victory and the West was stopped on downs at the East's 37 with two minutes left.

While it took over three quarters to

get the offense in gear, the East defense was tough the whole game. Not only did the defense hold the West to 139 total yards but Brewster's Mac Gebbers returned an interception 52 yards for a score in the third quarter.

Despite its possession issues, when the East actually held on to the ball it moved down the field for 320 yards.

DeVries contributed 150 yards to the cause through the air, and East Valley teammate Casey Dell snared seven passes for 88 yards. Dell also returned a punt 72 yards and was named the East's offensive MVP.

"We just couldn't hang on to the ball in the first half. We were probably a little too hyped up," Dell said. "The heat probably had something to do with it; we were more used to it. It was a great comeback for us."

The East had a nice complementary ground game as Connell's Steven Stoker rushed 15 times for a game-high 53 yards, part of a 126-yard team rushing effort.

Nate Siler, a 6-foot-4, 300-pound lineman from St. John-Endicott, was named the East's defensive MVP.

Lynden Christian's Kevin Kooy caught two touchdown passes and had all but one of his team's receptions and was tabbed the West's offensive MVP.

Cameron Jones of King's was the game's third best receiver with three catches – only he was a linebacker. Jones intercepted three East passes, two off Royal's Kevin Gilbert, and was picked as the West's defensive MVP.

Lynden Christian's Kevin Kooy caught two touchdown passes and had all but one of his team's receptions and was tabbed the West's offensive MVP.

Cameron Jones of King's was the game's third best receiver with three catches – only he was a linebacker. Jones intercepted three East passes, two off Royal's Kevin Gilbert, and was picked as the West's defensive MVP.

Gebbers, Siler and Tonasket's Patrick Mitchell recovered fumbles for the East, but nearly the entire West team got in on that act. Castle Rock's Scott Selby, Orting's Chase Reed, Steilacoom's Matt Anderson and a pair from Tacoma Baptist – Anthony Wilson and Andy Holden – all came up with fumble recoveries for the West.

West 0 10 6 0 -16

East 0 0 7 15 -22

West – FG Travis Pollard 30

West – Kevin Kooy 33 pass from Mark Holleman (Pollard kick)

East – Mac Gebbers 52 interception return (Tommy Tribbett kick)

West – Kooy 8 pass from Danny Hill (kick blocked)

East – Geoff Penrod 16 pass from Chris DeVries (Tribbett kick)

East – Greg Smith 38 pass from DeVries (DeVries run)

INDIVIDUAL STATISTICS

RUSHING

West: Travis Kendon 6-36, Chase Buffington 15-24, Justin Laughery 3-7, Jesse Alderson 7-4, Mark Holleman 4-0, Danny Hill 3-minus 1.

East: Steven Stoker 15-53, Pete Cruickshank 10-34, Chris DeVries 6-23, Austin Moore 1-10, Kevin Gilbert 1-9, Logan Schultz 1-minus 3.

PASSING

West: Mark Holleman 3-7-0-53, Danny Hill 3-12-1-16

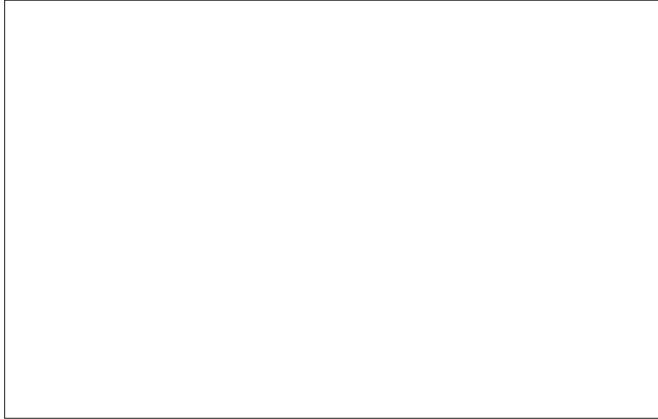
East: Chris DeVries 10-17-1-150, Kevin Gilbert 2-8-2-44

RECEIVING

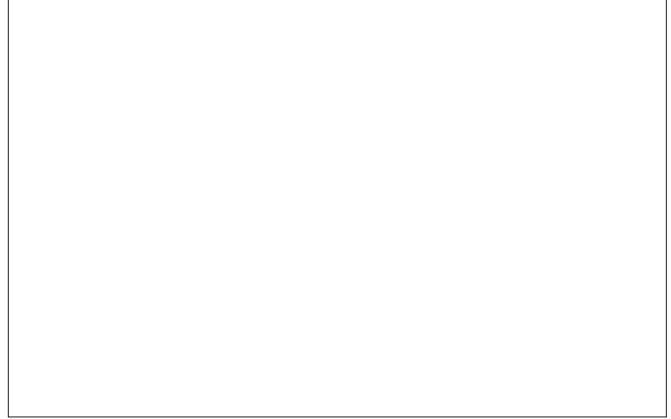
West: Kevin Kooy 5-58, Travis Kenson 1-11

East: Casey Dell 7-88, Greg Smith 2-76, Geoff Penrod 1-16, Camron Iverson 1-11, Logan Schultz 1-3

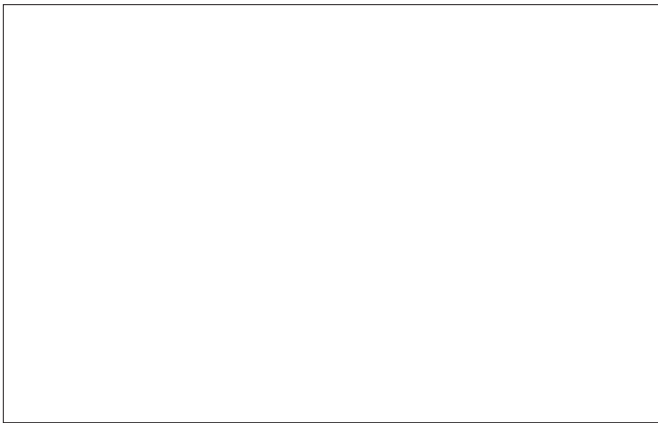
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Willapa Valley High School



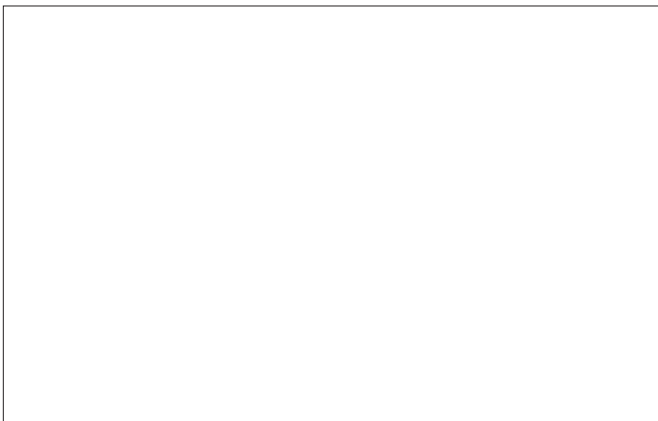
Venessa Tubbs and Dad Tim
Enumclaw High School



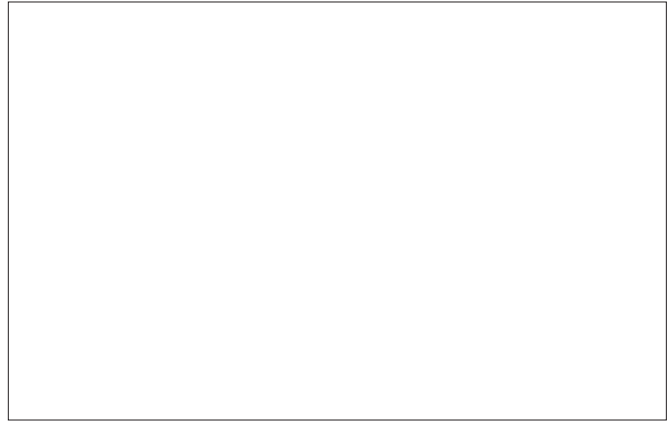
Scott Venn and Dad Mark
Nooksack Valley High School



Patrick Mitchell and Dad
Tonasket High School

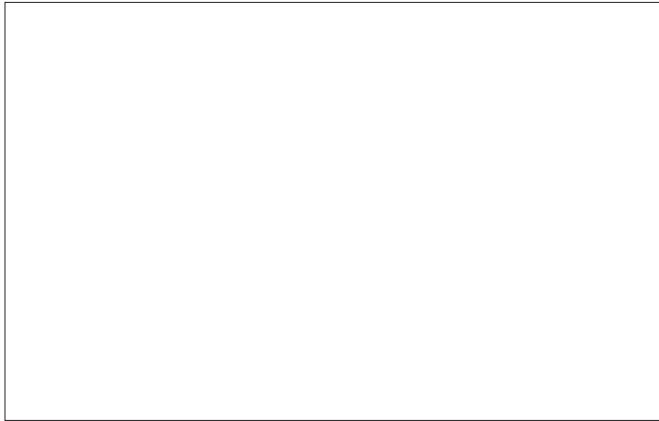


Holly Nilson and Dad Ron
Morton High School

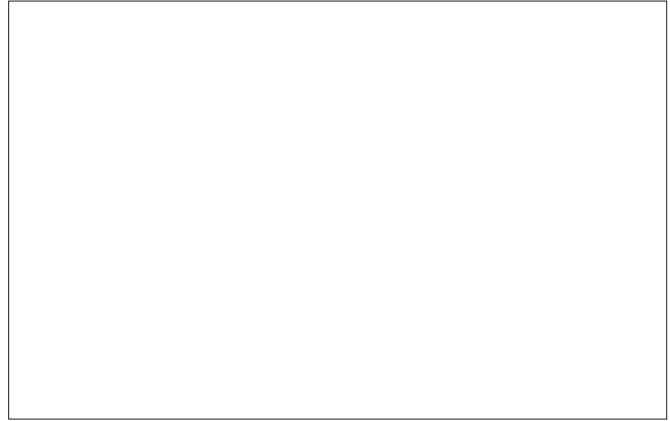


Molly OBrien and Dad John
Hazen High School

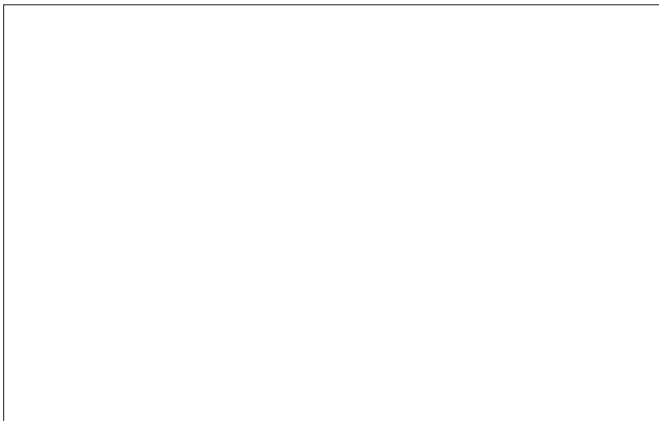
CONGRATULATIONS BURNETT- ENNIS SCHOLARSHIP WINNERS



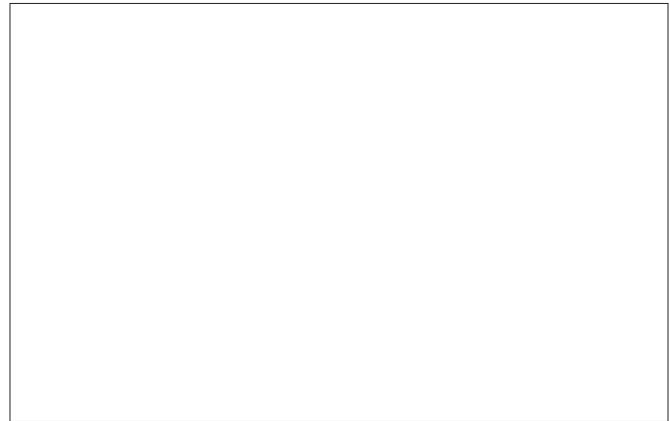
Karly Felton and Dad John
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Craig Kent and Dad Steve
Mead High School



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WIAA 2003-2004 STATE TOURNAMENTS

FALL

- Nov 8 **Boys' & Girls' Cross Country Meets**
Sun Willows Golf Course, Pasco
- Nov 14-15 **Girls' Swimming & Diving Championships**
King Co Aquatic Center, Federal Way
- Nov 14-15 **Girls' Volleyball Championships**
4A - Everett Reg. Special Events Ctr.
3A - Everett Reg. Special Events Ctr.
2A - Sun Dome, Yakima
1A - Sun Dome, Yakima
B - Sun Dome, Yakima
- Nov 21-22 **Girls' 4A, 3A, 2A Soccer Semi & Finals**
Lakewood Stadium, Tacoma
Boys' and Girls' 1A/B Soccer Semi & Finals
Curtis High School, Tacoma
- Nov 28or29 **Football Semi-Finals**
4A, 3A, 2A, 1A, B-11, B-8:
Westside and Eastside Sites TBD
- Dec 5-6 **2002 Gridiron Classic**
Tacoma Dome

WINTER

- Feb 6-7 **Girls' Bowling Championships**
Leilani Lanes, Seattle
- Feb 13-14 **Wrestling Regionals**
Various sites
- Feb 20-21 **Boys' Swimming & Diving Finals**
King Co Aquatic Center
- Feb 20-21 **Mat Classic XVI**
4A, 3A, 2A, 1A/B State Wrestling
Tacoma Dome Arena
Gymnastics
4A, 3A/2A State Meet-
Tacoma Dome Exhibition Hall
- Mar 3-6 **Boys' & Girls' B Basketball Championships**
Spokane Arena
Boys' & Girls' 1A Basketball Championships
SunDome, Yakima
Boys' & Girls' 3A Basketball Championships
Tacoma Dome
- March 6 **Individual Events (Forensics)**
University of Puget Sound
- March 10-13 **Boys' & Girls' 2A Basketball Championships**
Sun Dome, Yakima
Boys' & Girls' 4A Basketball Championships
Tacoma Dome
- March 12-13 **Debate Tournament**
University of Puget Sound

- March 19-20 **State Dance/Drill Championships**
Sun Dome, Yakima

SPRING

- April 23-24 **Drama Festival - Site TBD**
- April 23-24 **State Ensemble Contest & State Solo Contest**
Central Washington University
- May 15 **Baseball Regionals**
Various Sites
- May 24-25 **Boys' & Girls' Golf**
4A Boys Tournament - Course TBA
Tri-Cities/Yakima
4A Girls Tournament - Course TBA
Tri-Cities/Yakima
3A Boys/Girls - Course TBA
Tri-Cities/Yakima
2A Boys/Girls - Course TBA
Tri-Cities/Yakima
1A/B Boys - Course TBA
Tri-Cities/Yakima
1A/B Girls - Course TBA
Tri-Cities/Yakima
- May 28-29 **Baseball**
4A Tournament - Memorial Stadium, Everett
3A Tournament - Memorial Stadium, Everett
2A Tournament - Yakima Co. Stad. & YVCC
1A Tournament - Yakima Co. Stad. & YVCC
B Tournament - Yakima Co. Stad. & YVCC
Softball
4A Tournament - SERA, Tacoma
3A Tournament - SERA, Tacoma
2A Tournament - Walla Walla Point Park,
Wenatchee
1A Tournament - Larson Park, Moses Lake
B Tournament - Walla Walla Point Park,
Wenatchee
Soccer
4A, 3A, 2A Boys Tournament - Camas HS
Tennis
4A Tournament - TBD
3A Tournament - University of Washington
2A Tournament - Yakima Tennis Club
1A/B Tournament - Yakima Tennis Club
Track and Field
4A & 3A Boys' & Girls' Track & Field
Edgar Brown Stadium, Pasco
2A, 1A & B Boys' & Girls' Track & Field
Eastern Washington University, Cheney