

THE WASHINGTON GOACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



WASHINGTON STATE COACHES ASSOCIATION



2010-2011 Membership Application

See our website at
www.washcoach.org

Please **PRINT** All
 information **LEGIBLY**

Mark Sports Coached with a 1, 2 or 3 for
 Preference and check the H or A column for
 Head or Assistant Coach

Date _____

Name _____

Mailing Address _____

City, State, Zip _____

Home Phone _____

School Where Coaching _____

Name of the School District _____

School Phone _____

Preferred Email address(es) _____
 (Please help us communicate more effectively by including this)

Preference	H A		Years Coached
	H	A	
Baseball			_____
Basketball (B) (G)			_____
Bowling			_____
Certified Trainer			_____
Cheer			_____
Cross Country (B) (G) (Both)			_____
Dance			_____
Drill			_____
Football			_____
Golf (B) (G) (Both)			_____
Gymnastics			_____
Soccer (B) (G)			_____
Softball			_____
Swim & Dive (B) (G) (Both)			_____
Tennis (B) (G) (Both)			_____
Track & Field (B) (G) (Both)			_____
Volleyball			_____
Wrestling			_____
Other Sport-Please Specify			_____

Which Sport Group should receive credit _____

Benefits Include:

- *State Tournament Pass for All WIAA Tournaments and Selected WIAA District Tournaments
- *Liability Insurance Coverage of \$1,000,000 to cover members while working a scheduled, sanctioned and supervised WIAA sport or event. Contact 1-800-257-4860 X757.
- *Your senior sons or daughters are eligible to receive WSCA scholarships.
- *Hall of Fame eligibility.
- *Eligibility for Coach of the Year awards.
- *Eligibility to coach in WSCA All Star games.
- *Enhanced professional growth to continue in the coaching field.
- *Window decal upon request.
- *Eligibility for publication in your magazine THE WASHINGTON COACH.
- *Coaching Clinics.

Send completed form with \$35.00 to:

Jerry Parrish, Executive Secretary 18468 8th Avenue NE Poulsbo, Wa 98370	1-360-271-1377 jparrish@donobi.net
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Benefits effective upon receipt of application and \$35.00.
 Membership is from 8/1/10 through 7/31/11.

- _____ Non Teacher
- _____ Retired from teaching but still coaching
- _____ Retired from coaching but still teaching
- _____ Totally Retired from both

We want to know more about our coaches.

Could you please tell us:

1. High School and College attended;
2. Other sports coached at this school;
3. Other schools where you have coached;
4. Sports you coached while there;
5. How long you coached each sport;
6. The school years you were there;
7. Notable W/L or playoff records, awards received;
8. Total years in coaching.

USE BACK OR EXTRA IF NECESSARY



Executive Board

Past President Mike Schick	President Pat Fitterer
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2nd Year Position Rob Friese	2nd Year Position Jan Kirk
1st Year Position Darrell Olson	1st Year Position Open
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	Bob Bourgette
	East
	Bill Alexander
MS Liaison	West
	Mike Schick
	East
	Open
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Cheerleading - Pam Headridge	Oak Harbor
Cross Country - Joe Clark	Lakes
Fastpitch - Tom Harmon	Nooksack Valley
	Kyle Peacocke
	Everett
Football - Bob Bourgette	Kennedy
Golf - Darrell Olson	Everett
Gymnastics - Karen McQuiston	Capital
Swimming -Jeff Lowell	Mercer Island
Tennis -Nathaniel Whitley	Rogers Puyallup
Track & Field - Daunte Gouge	Kings
Volleyball - Tony Batinovich	Puyallup
Wrestling -Craig Hanson	East Valley (Spokane)
	Brett Lucas
	Todd Beamer

For more information contact the below:

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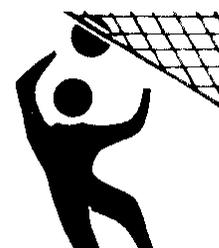
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Track photos on cover taken by:
Harry Brink, www.quincyphoto.com

Do you have an article you would like to have published in the **Washington Coach**?

Email Mike Schick at
WSCA-EDITOR@comcast.net or mail to
2110 Richardson Drive
Puyallup, WA 98371

Fall deadline is August 14.



From The President

June 2010

Dear WSCA Members,

This is my last President's message. I want to thank everyone for the opportunity to be part of this great Coaches association. Being part of this association has opened my eyes to all the passionate and dedicated people in all athletic and activities around the state. I feel I do a much better job of seeing the big picture instead of being quite so tunnel vision in just my own sport. I especially want to give the legendary Jerry Parrish a big hug for all his help.

I do want to address one issue before I change chairs. What is your feelings of the timing and lack of input of the new State Basketball tournament format? I just attended a meeting with WIAA representatives from School Boards, Superintendents, Principals, Athletic Directors and Coaches. Not one of these people felt they were asked their input and this decision was just handed to us. Every governing body felt the communication from the WIAA and Executive Board was poor. A decision this big needs to have proper input and communication to and from all stakeholders. What was the big rush? I feel sorry for the athletic directors who have to adjust or redo schedules in this short time frame. The Big 9 and Spokane already have a great Regional tournament that is a huge part of their current revenue. Is the WIAA just going to take that as their regional? If they say no we are going to have teams travel to different regions then their goes the loss of class time and increase of costs for that travel. The Eastern side of the state football coaches has fought (to deaf ears) for years to get a different format so more of their teams have a chance to advance in the play-offs. The WIAA has decided that only 6 teams from each classification will bring home a state trophy. The idea of saving money must mean that now 24 schools and communities will not have a chance to bring home a state trophy. When this decision was announced the coaches association was flooded with negative comments. When we asked the WIAA office for comment they said, "We have heard nothing but positive comments on this change". If this is how isolated they have become from their member schools then we need to let them know not everybody agrees this is a positive step. We are not be communicated with or heard. The WIAA's job is to assist their member schools that they represent. If you do not feel heard please send a letter to one of or all of the following:



WIAA Office: Mike Colbrese colbrese@wiaa.com
Andy Barnes abarnes@wiaa.com
Cindy Adsit cadsit@wiaa.com

Executive Board Members:

Rich Rouleau	rrouleau@naches.wednet.edu
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Al Falkner	afalkner@gprep.com
Ken Lindgren	krlindgren@gonighthawks.net
Chris Bigelow	cbigelow@nsd.org
Wendy Malich	wmalich@fpschools.org

By the time you read this article this issue is a done deal. We still need to let these people know the their job is to ASSIST the member schools not to tell us what we are doing. We need to make this work. Let's go ahead and vent your frustration to the above people and then get to work to make this a great 8 team state tournament. Let's keep making the State of Washington a great place to be a kid.

YOU GOTTA LOVE IT!!!!

FROM THE SIDELINES

by Jerry Parrish

GOOD NEWS DEPARTMENT

The Sports Medicine Competition was held recently in Grand Mound, Washington. 554 students (323 Varsity and 231 JV) took part in various Athletic Training and leadership activities. Congratulations to Student Athletic Trainers.

THE PARENT MEETING

Roster Selection (Tryouts:) Tell exactly what the process is for roster selection. Stress the fairness. Tell how the candidates will receive an equal opportunity to make the team.

Calendar of Events: Layout all planned activities and potential activities.

Philosophy of Program: Set policy on playing time for the freshman and JV level. There should be no question on the varsity level. They must be left to their own best judgment.

Playing Time: The mother of all issues, problems and conflicts between parent and coach. The pre-season meeting communication with the parents point out the obvious limitations of playing time.

Rules and Regulations: In the calendar section of your presentation, list all the possible events that a player might be required to attend. Also, carefully explain the eligibility expectations for all levels.

Parent and Player Contract: Have a review of everything you have told the parents in your pre-season meeting.

How roster selection will be conducted

The Calendar of Events—Explain exactly what the commitments of the player are.

Philosophy—what are the policies of the school administration

Playing Time – Explain that only so many players can participate at a time

Rules and Regulations – What your punishments are for a player missing a team event or being late or having trouble in the classroom

The contract is a protection for the coach and administration.



Insist that every player and parent sign the contract.

If you have dress codes, academic requirements, or rules on proper and appropriate language, include that too.

Leave Nothing Undone.

ORCHIDS

- To the “die hard” fans of track and field that help put on track meets through good and bad weather without even a thought of compensation.
- To the WIAA web site where one can easily read the WIAA Executive Board minutes and other important announcements for coaches and their athletes.
- To coaches who have strategies for dealing with a major issue. Like people who have expectations far out of control.

ONIONS

- To the coaches who do not get their membership in on time—does not make sense for a fall sport coach to renew membership in the spring. You lose good benefits.
- A DOUBLE “O” - WSCA sanctioned all star games require all star coaches to be current WSCA members. Thanks to those who keep membership current and Onions to those who do not.

WSCA MEMBERSHIP

Please make sure that you carefully read the article on page 4 regarding renewing your membership. Each current 2009-2010 member will receive an email message to renew. If your district pays your membership, then please make sure they go to www.washcoach.org to do so. ■

From The Sidelines

THE NEW WSCA MEMBERSHIP APPLICATION PROCESS

The Washington State Coaches Association **WILL NOT** be sending out renewal notices via regular mail after 1 Aug 2010.

All renewals will be done via email. If you are a current member, you will receive an EMAIL REMINDER for renewal. You will be asked to fill out 2010-2011 renewal for membership. You will send your membership electronically to Jerry Parrish, the WSCA secretary, when you submit your application. You will receive your 2010-11 membership card after you have sent your dues by regular mail. When dues are received and your card is sent, your membership will be activated.

WSCA is attempting to go on line with more of our association business and you will have access to your page on line. You will have the **RESPONSIBILITY** to update your information on line using this new program.

As I understand, the software program is to be installed within the next 30 to 45 days and then WSCA will start a new chapter in gathering membership information.

You will be notified when our new system is ready for your enrollment through an email message and by information posted on the WSCA website, www.washcoach.org. With this new format in place, we envision being able to better serve our membership.

Jerry Parrish
WSCA Secretary ■

DO NOT LET STRESS AND ANXIETY AFFECT YOUR COACHING

by Stan Popovich

Sometimes, stress and anxiety can become a problem for coaches. The key is to know how to manage that stress and anxiety. As a result, here is a brief list of techniques that a coach can use to help manage their stresses and anxieties as they do their job.

Occasionally, you may become stressed when we have to coach in an important game. When this happens, visualize yourself doing the task in your mind. For instance, you have to coach in the championship game in front of a large group of people in the next few days. Before the big day comes, imagine yourself coaching the game in your mind. By doing this, you will be better prepared to perform for real when the time comes. Self-Visualization is a great way to reduce the fear and stress of a coming situation.

Sometimes we get stressed out when everything happens all at once during a game. When this happens, a person should take a deep breath and try to take things step by step. Do not get overwhelmed by the stress and focus on the present situation.

Another technique that is very helpful is to have a small notebook of positive statements that you can carry around with you. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry around with you. Whenever you feel stressed, open up your small notebook and read those statements at half time or at the next break. This will help to manage your negative thinking.

In every anxiety-related situation you experience, begin to learn what works, what doesn't work, and what you need to improve on in managing your fears and stresses in coaching. For instance, you have a lot of anxiety and you decide to take a small walk before your game to help you feel better. The next time you feel anxious you can remind yourself that you got through it the last time by taking a walk. This will give you the confidence to manage your anxiety the next time around.

Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your fears and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future. Remember that it never hurts to ask for help.

Remember that patience, persistence, and education will go a long way in preventing fear from becoming a factor in your coaching.

BIOGRAPHY:

Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods" – an easy to read book that presents a general overview of techniques which is located at www.managingfear.com ■

LOST YOUR MAGAZINE?

Have you misplaced your copy of *The Washington Coach* and want to refer to an article you recently read? Good news. The WSCA has downloaded *The Washington Coach* magazine to members services on the WSCA website.

All you have to do is log on to the WSCA Home page at www.washcoach.org, and click on Magazine Archives at the top. Magazines are listed by quarterly publications since 2002.

If you have questions or concerns, please contact Mike Schick at wsca-editor@comcast.net

Washington State Golf Coaches Association summer coaches clinic:

4th Annual 2010 High School Golf Coaches Clinic

sponsored by the Washington State Golf Coaches Association

**Canyon Lakes Golf Course
Kennewick, WA
July 12-13, 2010**

Cost is \$295, based on double occupancy and this includes the hotel room on Monday night and a meal each day.

Any questions, please call Canyon Lakes at (509) 582-3736 or Matt Mandell, PGA Golf Professional, at (509) 942-4653.

Deadlines for the *WASHINGTON COACH* Magazine

Next Issue - Fall: August 14

Fall Issue: August 14, Winter Issue: December 1, Spring Issue: February 14, Summer Issue: May 14

SUBMISSION PROCESS

Submit via email as an attachment to Mike Schick at WSCA-EDITOR@comcast.net

If you do not have access to email, mail to:

Mike Schick, 2110 Richardson Drive, Puyallup, WA 98371

WASHINGTON STATE FB COACHES ALL-STAR GAME
EAST-WEST EARL BARDEN CLASSIC

WHEN: SATURDAY, JUNE 26, 1PM
WHERE: ZAEPFEL STADIUM, YAKIMA, WASHINGTON

The 2010 Earl Barden All-Star Classic will be held for the 16th straight year on June 26th at 1pm at Zaepfel Stadium in Yakima. The teams are selected from the nominations of the coaches from each league in our state. The selection process took place in early January and the players that have accepted their nomination and elected to play are included on these rosters.

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

We have always embraced any football coaches who would wish to become part of this game. If you are interested in becoming a "gopher" for the Classic please contact me and I will get you "on the team!"

LET'S ALL MEET IN YAKIMA ON JUNE 26th
FOR SUMMER FOOTBALL.....

Earl Barden Classic Chairman: Bill "Alex" Alexander, Quincy HS
201 C St. SE
Quincy, WA 98848
509-237-1590 (c) 787-3501 (w) Quincy HS
Alexfb1@msn.com (h) walexand@qsd.wednet.edu (QHS)

East Game Coordinator Selection Chair:
Mike Lynch, lynchm@ritzcom.net
Greg McMillan, mcmillan.greg@yakimaschools.com

West Game Co-Chairs:
Rob Friese: robfi@willapa.wednet.edu
Tom Bate ■

East-West Earl Barden Football Classic
West AA/A/B All-State Football Game Roster

#	Name	Ht.	Wt.	Positons	School	Coach
1	Brett Kirschner	5' 10"	207	RB/LB	Interlaket	Sheldon Cross
2	Anthony Tatum	6' 0"	165	RB/DB/R	Adna	KC Johnson
3	Kyle Grosshans	6' 3"	200	QB/DB/P	Adna	KC Johnson
3	Tanner Sturm	5' 9"	160	RB/DB	Aberdeen	Ron Clark
4	Alex Martinez	5' 11"	191	RB/DB	Archbishop Murphy	Dave Ward
4	Jordan Hastings	6' 1"	190	QB/DB	Lynden	Curt Kramme
4	Bo Norris	6' 0"	205	RB/LB	Meridian	Bob Ames
5	Tyler Nigretto	5' 8"	140	R/DB	Orcas	Dennis Dahl
6	Caleb Statham	5' 9"	175	RB/DB	Blaine	Jay Dodd
6	Ben Ternan	6' 0"	170	QB	Chehalis	Bob Wollan
9	Trevor Hurn	6' 1"	175	QB	Woodland	Mark Greenleaf
10	Braden Cordes	5' 10"	180	RB	Orting	Marty Parkhurst
16	Cory Barrett	6' 2"	190	WR/DB	Charles Wright	Michael Finch
18	Nick Fairhart	6' 1"	200	QB/DB	Eatonville	George Fairhart
21	Chris Tinney	5' 9"	175	RB/DB	Castle Rock	Art Walsh
23	DJ Herbert	5' 7"	165	RB/WR/DB	Toledo	Perry Herbst
25	Travis Decker	5' 8"	170	RB/LB	Sequim	Erik Wiker
28	Micah Brown	6' 2"	175	RB/DB	Napavine	Josh Fay
32	Nick Swanson	6' 0"	180	WR/DB	Kings	Jim Shapiro
35	Allen Erickson	5' 11"	195	RB/LB	Naselle	Jeff Eaton
45	Ryan Campbell	5' 11"	185	RB/LB	Montesano	Terry Jensen
50	Zach Jones	6' 1"	215	OL/LB	Granite Falls	Tracey Bechtholdt
54	Jake McCoy	6' 3"	215	LB	Mark Morris	Shawn Perkins
54	Marshall Green	6' 5"	295	OL/DL	Black Hills	Jack Zilla
55	Preston Tomes	6' 1"	210	OL/LB	Toledo	Perry Herbst
55	Taylor Beck	6' 0"	265	C/OL	Mark Morris	Shawn Perkins
55	Jon Charroin	6' 0"	210	OL/DL	Nooksack	Robb Myhre
63	Jesse Salmonson	6' 3"	220	OL/DL	Nooksack	Ron Myhre
65	Damon Garnas	6' 2"	300	OL/DL	Napavine	Josh Fay
66	Ty Bain	5' 11"	230	OL/LB	Wahkiakum	Eric Hansen
73	Ben Westrum	6' 8"	290	OL/DL	Black Hills	Jack Zilla
75	Garrett Kirschman	6' 1"	305	C/DL	Squalicum	Reed Richardson
75	Will Rockett	6' 3"	235	OL/DE	Willapa Valley	Rob Friese
77	John Fullington	6' 6"	275	OL/DL	North Mason	Phil Pugh
78	Parker Lawson	6' 4"	250	OL/DL	Friday Harbor	Darrin Scheffer
90	Ryan Seto	6' 5"	230	TE/DE	Lynden	Curt Kramme

Head Coach: KC Johnson, Adna
Assistants: Jason Dunnagan, Adna
 Jack Zilla, Black Hills
 Perry Herbst, Toledo

East-West Earl Barden Football Classic
East AA/A/B All-State Football Game Roster

#	Name	Ht.	Wt.	Position	School	Coach
1	Blaze Affholter	6'3"	225	DT/TE	Ellensburg	Randy Affholter
2	Alex Wolf	5'10"	185	QB/WR/DB	Deer Park	Keith Stamps
6	Will Hatley	5'7"	145	WR/DB	Colfax	Mike Morgan
7	Sam Fisk	6'	180	QB/DB/WR	Chewelah	Jim Fisk
8	Quincy Davis	6'1"	180	DB/WR	Selah	Jeff Jamieson
10	Mike McGee	6'3"	195	QB/S	LaSalle	Jack McMillan
10	Brendan Hoch	6'1"	180	WR/DB	Riverview	Brett Jay
10	Pat Richard	6'	165	QB/DB/K	Desales	Pat Graham
21	Tevin Heins	6'1"	195	RB/DB	Deer Park	Keith Stamps
21	Connor Hamilton	5'10"	200	DL	Othello	Roger Hoell
21	Jake Lunceford	6'4"	230	DE/OT	Selah	Jeff Jamieson
22	Cameron Bounds	6'	205	RB/LB	Zillah	Rock Winters
25	C J Lockwood	5'10"	175	RB/DB/K	Omak	Nick Sackman
28	Roberto Mendoza	6'	195	DE/LB	CCLW	Elia Alailima Daley
28	Devon Lind	5'9"	170	DB/WR/KR	Othello	Roger Hoell
34	Nic Lukehart	6'	165	RB/DB	Naches	Ty Kime
34	Calvin Odell	6'	190	RB/LB	Pullman	Craig McCormick
34	Dyrel Whitby	6'	200	RB/LB	Connell	Wayne Riner
37	Christian O'Neal	5'11"	198	RB/LB	Cashmere	Phil Zukowski
43	Jack Redding	6'2"	185	RB/WR/DB	Kettle Falls	Curtis Corvino
44	Kane Koerner	6'1"	190	DE/TE	Zillah	Rock Winters
44	Sam Schoesler	6'	210	TE/LB	West Valley	Craig Whitney
50	Ernie Garza	5'10"	260	OL/DL	Royal	Wiley Allred
50	Will Lohman	5'11"	220	OL/LB	Chewelah	Jim Fisk
55	James Lehr	5'11"	220	OL/LB	Waits/Pres	Jeff Bartlow
58	Skylar Hatch	6'3"	210	OL/DL	Pullman	Craig McCormick
61	Cruze Thompson	6'2"	230	OL/DL	Colville	Randy Cornwell
62	Ryan Conrad	6'3"	210	OL/DL	Colfax	Mike Morgan
64	Cameron Coy	6'	220	C/DE	Chewelah	Jim Fisk
66	Justin Lamson	6'2"	220	OL/DL/C	Selah	Jeff Jamieson
66	Sam Mellor	6'1"	225	OL/DL	Colfax	Mike Morgan
70	Zach Hatch	6'5"	255	OL/DL	Lakeside	Brian Dunn
73	Doug Ramsey	6'4"	300	DL/DL	Chelan	Darren Talley
75	Nick Brown	6'2"	237	OL/DL	West Valley	Craig Whitney
76	Josh Bartlett	5'10"	230	OL/DL	LaSalle	Jack McMillan
82	Shane Didier	6'	165	WR/DB	Connell	Wayne Riner
99	Jesse Davis	6'6"	255	DE/TE	Asotin	Sal Lopez

Head Coach: Craig Whitley, WV Spokane
Assistants: Geoff Hensley, West Valley
 Craig McCormick, Pullman
 Jason Williams, Cheney

25TH ALL STATE VOLLEYBALL SERIES

By Tanya Campbell, Co-Cordinator

1B/2B series

Wow- It was a great day to be at the all-state volleyball series. The 25th annual event kicked off with the 1B/2B match and the Red team pulled off an amazing series of rallies to push past the Black team. The final scores were 25-21; 25-23; 23-25; 27-25. Besides great volleyball, the Kittitas coach, Brandon Ambrose, put on quite the display. His energy was the most intense that the all-state series has ever seen and his team used his enthusiasm and love of the game to win the series. One other

unique attribute was both the Red and the Black team subbed their entire team in and out of the match at 13 points. It was the first time in the series this had ever been done—all 4 sets!

Red team highlights—Daynah Harris 7 kills; Gladys Martinez 11 assists; Ali Kilgore 5 kills; Louisa Hanson 6 kills.

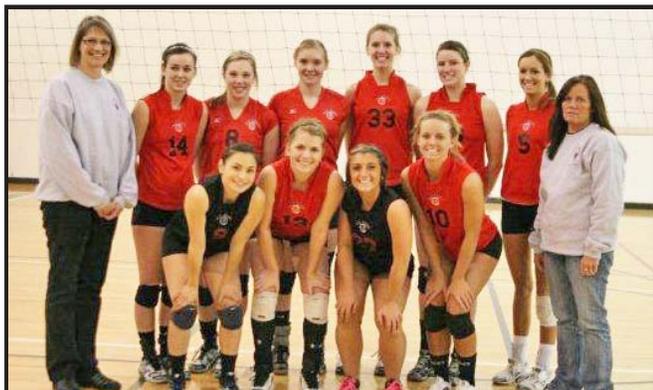
Black team highlights—Kelly Van Lith 5 kills; Mariah Dombrowsky 17 assists; Anne Marie Visser 6 aces, 10 kills and 14 assists; Lydia Treischel 5 kills



1A/2A series

In the 1A/2A series, the Red team dominated the Black team with scores of 25-19; 25-19; 25-18; and 25-15. The coaches agreed on playing a 4th game if one team wins

in 3 sets, all 4 were won by the Red. There were some big bangers on the black team, but the serve receive for the red was what won the ball game for them. Louisa Hanson was a force with great setting and ball control



from the front row to the back row. She was truly on her game.

Red team Highlights—Candice Whipple 6 kills; Joni Nagy 8 kills; Kayla Johnson 6 kills; Sam Gordon 12 as-

sists; Rachel Johnson 19 assists; Erin Smith 11 kills; 3 blocks, Cara Olden 8 kills and 8 blocks.

Black team highlights—Julie Hulbert 9 kills; Taylor Aschenbrenner 19 assists; Kailah Lenz 5 blocks

3A/4A series

The 3A/4A series again was handled by the Red team. They had the most amazing defensive plays that frustrated the hitters on the black team. It usually comes down to ball control and the Red team took it to the Black team. They too played 4 games and all 4 were won by the Red. Brooke Bray ended her high school career with 11 kills, 3 aces, and 4 blocks. Kayla Reno had a team high 16

kills and Allie Riggin posted 6 kills. Robyn Schirmer who sang the national anthem (beautifully) for the match—had 24 assists. Kayla Gower added 6 kills and Nikki Conley had 13 assists.

For the Red team—Lynette Owusu had 9 kills; Lexi Morton 6 kills and 4 blocks; Tori Fisher had 9 kills; Leigh Fishback had 8 assists; Kailey Smith had 15 assists; Taylor Ottomano had 10 kills; Deedra Foss posted 13 assists and Emily Cotter had 11 kills.



All in all it was a great event with a superior coaching staff. This was definitely a great 25th anniversary for the longest running womens event in the state of Washington! Many memories were made and the players and coaches alike will keep them all close to their hearts..

Thank you to all of you who helped volunteer to make this event special.

PLAYERS

Alyssa	Andring	Ocosta	Tori	Foss	Lakes
Taylor	Aschenbrenner	Black Hills	Deedra	Foss	Lakes
Lacey	Bailey	Fife	Jewel	Gamboa	Wilbur-Creston
Jessika	Barlow	Lynnwood	Samantha	Gordon	Onalaska
Sydney	Behrendt	Fife	Kayla	Gower	Emerald Ridge
Brooke	Bray	AubRiverside	Kenzie	Graber	Davenport
Alyssa	Castilleja	Kiona-Benton	Louisa	Hanson	Morton
Danyelle	Cavadini	Bridgeport	Daynah	Harris	Ocosta
Desiree	Chappell	Tekoa-Oakesdale	Abi	Hedlund	LaConner
Nikki	Conley	Woodinville	Korin	Hedlund	Kentwood
Emily	Cotter	Curtis	Julie	Hulbert	LaConner
Myriah	Dombrowsky	Three Rivers Chr	Sam	Hutchinson	Curtis
Leigh	Fishback	EdmondsWood	Staci	Jacobson	Mossyrock
Victoria	Fisher	Bellarmine Prep	Rachel	Johnson	Colfax
Tori	Fisher	Eisenhower			
Della	Fleming	Lac-Wash			

Continued on page 12

Continued from page 11

Kayla	Johnson	Colfax
Rodina	Jones	Mossyrock
Ali	Kilgore	Kittitas
Kailah	Lenz	Black Hills
Samantha	Littrell	Waterville
Trisha	Luft	St John Endicott
Hilary	Lutz	Black Hills
Gladys	Martinez	Lac-Wash
Katrina	McClaflin	Tumwater
MacKenzie	McEvoy	Montesano
Chelsea	McKay	Lac-Wash
Sara	Meath	Cascade Christian
Lexi	Morton	AubMtnView
Joni	Nagy	Riverside
Cara	Olden	Tumwater
Taylor	Ottomano	North Kitsap
Lynette	Owusu	Highline
Ally	Patterson	Kentwood
Caty	Poetter	Evr Luth

Kayla	Reno	Graham Kapowsin
Shailah	Ricketts	Heritage
Allie	Riggin	East Valley
Veronica	Sanchez	Selah
Robyn	Schirmer	Mt Si
Erin	Smith	Selah
Kailey	Smith	Sumner
Tori	Speck	NS Christian
Kelsey	Staats	South Bend
Taylor	Stoeckle	North Thurston
Lydia	Treischel	Cusick
Kelly	Van Lith	St John Endicott
Katie	Vesneske	Davenport
Anne Marie	Visser	Shoreline Chr
Rachel	Warick	Black Hills
Candice	Whipple	Cedar Pk Chr
Bailey	Wold	West Valley
Page	Woodward	Royal
Chelsea	Yarbro	Moses Lakes Chir

Coaching Staff

1B/2B: Megan Doering, St. John Endicott, Chris Poetter, Evergreen Luthern, Brandon Ambrose, Kittitas, Marla Tappero, North South Christian.

1A/2A: Sue Gordon, Onalaska, Kara Peterson, Black Hills, Debbie Spray, Riverside, Ashley Roberts, Royal

3A/4A: Loni Parks, Graham Kapowsin, Patti Hoeks, Lakes, Momi Bowles, Auburn-Mountainview, Mike Mills, Woodinville. ■

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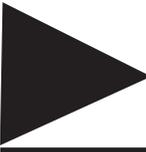
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Coach Cathy Schick's Guide for Student-Athletes

“HOW TO BE A STUDENT-ATHLETE”

by Cathy Schick

The life of a student-athlete is a balancing act. You may feel like a juggler with lots of balls up in the air: school, family, friends, sports and work. Having to manage all of these balls in the air can make you feel a lot of pressure and sometimes be overwhelming. No matter whether you are in high school, junior high or middle school, in order to be a student-athlete, you are expected to meet your school's academic requirements. In fact, many schools enforce a strict rule: “no pass, no play.”

With so many items in your basket, you will need to prioritize, not just your academic and athletic schedules, but your social life as well. To play sports while you are in school, you need to learn the basic concepts of time management: prioritizing your schedules and developing strong routines and habits, setting realistic goals, keeping a balanced lifestyle, and staying in communication with your teachers and coaches.

Prioritizing Schedules. You have to go to class and you have to go to practice. Now you have to identify those open slots of time when you are not in class or at practice. For example, you will find that the time that you may have between the end of the school day and the beginning of practice is the *golden hour* when you can get a lot done. It may not be a full hour and only 45 minutes, but it is amazing how much you can get done in that amount of time. You can do your homework, talk to your teacher, get help on assignments, talk to your coach, or plan your schedule for the week.

Developing Strong Routines and Habits. If you plan your schedule, you will be able to develop strong routines and habits. Write things down. Keep separate color-coded notebooks for different subjects, including sports, your work and even your social life. Prepare yourself well before taking your exams and plan out your study schedule a week in advance. When you plan those times to study, make sure you pick a location where you can actually work without loud noise or distraction. Trying to study in a room around friends may not be the best scenario. Try to pick the same location so you are comfortable and feel automatically like it is your “time” to study. This will help you to develop a strong study “habit.”

Setting Realistic Goals. Set realistic goals for your studies as well as your athletics. Break down your schedule into small, workable tasks. Schedule when you study and what you study.

Get one small assignment done in 45 minutes or plan

your work over the course of two or three days. When you prioritize and create a plan of attack, then follow it to the best of your abilities. You can't plan for every little thing, but the more you have laid out in front of you, the easier it will be for you to juggle and keep all of those balls up in the air.

Keeping a balanced lifestyle. Rest and good nutritional habits are essential to your overall well being. What you eat and getting enough sleep at night not only impacts your athletic performance, but it also affects your moods, feelings and your energy level. You have to eat well, with plenty of lean meat and fish, fruits and vegetables. Even if you are a vegan, you still need a steady source of protein. Some carbs are good too, especially pasta, rice and bread, but don't overdo it! Try to keep a balanced life style. Get plenty of sleep at night. Staying up late at nights and consuming energy drinks or drinks full of sugar or caffeine is not the answer.

Staying in Communication. You need to stay in touch with your teachers and your coaches to let them know in advance of any potential schedule conflicts. This way you will get the help and support you need to work it out. Teachers are usually more willing to work with students who let them know well ahead of time of any possible conflicts than with those who wait to the last minute. The same is true for your coach. If you are feeling overwhelmed and stressed-out about a big test, tell your coach or your teachers before you get your head so far under water it feels impossible to come up for air! Take a look at your schedule, plan in advance, and communicate your needs or your feelings to the right people!

Teachers, coaches, friends and family can all provide an amazing support network for you to thrive. Let those around you know your goals so they can help you to achieve them. You might want to seek out the help of your coach. Your coach can be a wealth of resources and help you to stay motivated and monitor your progress so that you stay on track with juggling all of those balls. Your coach can hold you accountable for your academic as well as your athletic performance and provide you with the positive feedback that is the cause for celebration!! Remember help is there if you need it!! All you have to do is ask. When you are a student-athlete, you are learning more than the basic concepts of time management, you are really learning to manage your life! ■

MOOBERRY RELAYS

Birthplace of Spokane's Distance Running Boom

by Steve K. Bertrand

If you are a prep distance runner, Spokane's Mooberry Relays has something for you! There are all kinds of distance races – the mile, 3200, 4 x 800 meter relay, 4 x 1600 meter relay, sprint medley (200, 200, 400, 800) & distance medley (1200, 400, 800, 1600). Rogers High School, birthplace of the distance running boom in Spokane four decades ago, hosts the track & field meet. The featured event is the Lindgren Mile, named for the legendary Pirates distance runner Gerry Lindgren.

Held Saturday, April 9th, the 47th Annual Mooberry Relays involved 47 teams & 1400 athletes. It is Spokane's largest prep track & field meet. "It's a gathering place for the top distance runners," said meet director Lori Shauvin. The meet included perennial distance running powers North Central, Ferris & Mead.

Due to remodeling at Rogers High School, this year's meet was held at Gonzaga Prep. Gonzaga Prep has an exceptional track & field facility. The day's events kicked off at 10:00 a.m. with the boys' 4 x 1600 meter relay. Lewis & Clark, fifth in the 2009 4A State Cross-Country Championships, nudged North Central. The Tiger's Derek Alcorn, Baxter Arguinchona, Kenji Bierig & Chris Ennis were clocked in 18:27.10. North Central ran 18:29.70.

Past History

This event harkens back to the first Mooberry Relays held at Rogers High School in 1964. Coach Tracy Walters started the Mooberry Relays. "Part of the reason for the meet was to take advantage of the intense interest in Gerry Lindgren," said Bob Payne, sports writer for the Spokesman Review during those days. "Walters wanted to showcase Lindgren. He also wanted to honor Jack Mooberry." "I just loved the man," said Walters, who followed Mooberry as coach at Rogers High School. "He was my hero."

Coach Tracy Walters added the 4 x 1600 Meter Relay to the meet schedule with the hopes his Pirate harriers might break the national record. The race was scheduled as the last event of the meet. "We

needed to average 4:25 mile pace," said Len Long. Long, Verne Deahl, Ted Waldo & Gerry Lindgren made a gallant attempt that day; but poor weather conditions hampered the outcome. "They won the race, but, it was pretty cold & rainy," said Walters. Still, Gerry Lindgren ran 4:12. For his efforts, he was named "Outstanding Male Athlete".

2009 Distance Highlights

North Central wasted little time in the Distance Medley. The squad of Ben Johnston, J.T. Mellgren, Jon Balch & Alex Avila claimed the title. They ran 10:15.00. The 3A State Cross-Country champions were a second off the meet record. Mead's Yukon Degenhart, Warren Cavanaugh, Ty Hansen & Chris Lewis set the record in 1989. The Panthers ran 10:13.9.

Missed Opportunity

Legendary North Central coach Len Long spoke to the Indians attempt to break the distance medley record. "We needed to go after it a bit harder," he said. "You don't get this chance every day." Rounding out the top three was Ferris (2nd – 10:36.30) & Mead (3rd – 10:40.50). In a very tight race, Gonzaga Prep claimed the girls' title. Caitlin Padon, Alicia Doohan, Audrey Hiatt & Katherine McCanna clocked 12:55.20. Lewis & Clark was second (12:55.60).

Lindgren Mile

The Lindgren Mile was run at noon. The event, named after Gerry Lindgren, garnered a team double points (ten). "This has helped turn the Lindgren Mile into a very prestigious event," said Long. Held to honor one of Rogers most famous alums & Spokane's greatest distance runner, the Lindgren Mile was introduced in 2005. Since then, the event continues to draw the top distance running talent.

Having just run the Distance Medley, North Central's Johnston opened the race with a conservative first lap. This bunched the field. At the 400-meter mark, he picked up the pace. Shadle Park's Nathan Weitz was right on his heels. Johnston held him off. His time was 4:19.06.

Weitz, a sophomore, was second (4:20.26). Both harriers eclipsed the previous meet record of 4:20.5. Ferris's Adam set the previous record in 2009. After having his heel clipped, Cascade-Everett's Dylan Hopper ran more than half the race with one shoe. The Bruin senior still managed to finish third. His time was 4:28.67.

North Central's Kathryn Knight claimed the girls' mile. Knight, a freshman, broke the previous record. She clocked 5:01.70. Mead's Ryan Torpie set the previous record in 2006. She ran 5:18.8. Rounding out the top three was Shadle Park's Kendra Weitz (2nd – 5:04.50) & Ferris's Lauren Earthman (3rd – 5:30.00).

The 3200

Mead's Andrew Gardner claimed the 3200 Meters. The Panther freshman ran an impressive 9:42.70. North Central's Vince Hamilton (9:43.50) & Cascade-Everett's Aaron Campbell (9:58.90) finished 2nd & 3rd respectively. Shadle Park's Chelsea Chandler won the girls' race in 11:51.80. She held off Cheney's Sanne Holland (2nd – 11:56.00) & Ferris's Kara Walther (3rd – 11:57.90).

Team Titles

North Central's boys' claimed the team title with 98 points. On the girls' side, Central Valley (Spokane) walked

away with the trophy. The Bears totaled 78 points. As if a dozen distance races aren't enough, the oldest relay meet in the state is thinking about adding another one. "We're contemplating the steeplechase," said Shauvin.

Jack Mooberry

Jack Mooberry was raised in Wenatchee, Washington. He was a Washington Interscholastic High School sprint champion. In 1927, he enrolled at Washington State College where he was a national-class sprinter. He graduated in 1931 & took his first teaching/coaching position at Longview High School. In 1933, he moved to Spokane where he taught & coached for the next twelve years at Rogers High School.

In 1945, he returned to Washington State University where he served as head track & field coach for nearly thirty years (1945-1973). During his tenure, Mooberry led the Cougars to seven straight finishes in the top ten of the NCAA Track & Field Championships. Mooberry's athletes included fifty-three All-Americans & competitors in five different Olympic Games. In 1969, he was recognized as the NCAA "Coach of the Year". The track complex on the Washington State University campus is named in his honor. A USTFCCCA Hall of Fame coach, Jack Mooberry passed away in 1980. ■

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Marc Yonts myonts@charter.net

East 3A/4A All-Star Football Game Roster

No	Name	Ht	WT	Position	School	Coach
2	Greg Logan	5'10"	170	WR/DB	Graham-Kapowsin	Eric Kurle
3	Austin Dodge	6'3"	205	QB	Skyview	Steve Kizer
4	Jake Miller	6'4"	200	P/K	Central Valley	Rick Giampietri
7	Joe Fuerst	5'11"	185	RB/DB	Eisenhower	Dan Eyman
5	Levi Taylor	6'1"	205	RB/DB	Lewis & Clark	David Hughes
8	Bo Tully	6'1"	180	DB/WR	Mead	Sean Carty
9	Leon LaDeaux	6'2.5"	205	DB/WR	South Kitsap	DJ Sigurdson
10	Travis Ward	5'11"	175	QB/DB	Mt. Spokane	Mike McLaughlin
15	Michael Madden	5'11"	185	WR/DB	White River	Ken Fagan
18	Mitch Saylor	6'6"	205	WR/DB	Union	Cale Piland
20	Willis Wilson	5'9"	190	RB/DB	Lakes	Dave Miller
21	Coleton Williams	6'1"	185	WR/DB	Mt. Spokane	Mike McLaughlin
22	Anthony Meray	5'9"	185	RB/DB	Bethel	Gavin Kralik
25	Bennett Bontemps	5'11"	190	DB/RB	Rogers(Puyallup)	Gene Bowen
26	Darrian Creamer	6'1"	195	RB/LB	Peninsula	Ross Filkins
30	Jordan Radcliffe	5'7"	195	RB	Timberline	Nick Mullen
32	Darius Waters	6'2"	220	TE/LB	Lakes	Dave Miller
41	Dallin Shirley	6'3"	220	DE/TE	Skyview	Steve Kizer
42	Nathaniel Penaranda	5'11"	192	RB/DB	Union	Cale Piland
44	Austin Graves	6'3"	225	TE/DE	Southridge	Andy Troxell
49	Zach Chapman	6'4"	230	TE/DE	Mountain View	Adam Mathieson
54	Justin O'Neil	6'0"	237	OL/DL	Kelso	Pat Hymes
55	Sione Potoa'e	6'3"	280	DL/OL	Lakes	Dave Miller
56	Matt Turner	6'2"	212	LB/RB	Decatur	Leon Hatch
58	Ashton Boothroyd	6'3"	240	OL/DL	Mt. Spokane	Mike McLaughlin
60	Brent Anderson	6'2"	265	C/DL	Southridge	Andy Troxell
71	Drew Schultz	6'3"	245	OL/DL	Olympia	Bill Beattie
72	Trevor Poole	6'5"	250	OL/DL	Ferris	Jim Sharkey
74	Chris Edison	6'1"	272	OL/DL	Curtis	Clay Angle
78	Tim Davison	6'3"	245	OL/DL	Kelso	Pat Hymes
84	Christian Wesley	6'4"	205	WR/DB	Central Kitsap	Mark Keel
94	Taylor Nelson	6'3"	215	LB/TE	Union	Cale Piland
99	Kjelby Oiland	6'4"	265	OL/DL	Ferris	Jim Sharkey

Head Coach: Dave Miller (Lakes)

Assistant Coaches: Adam Fisher (East Valley-Spokane), Mark Keel (Central Kitsap),
Willis Freeman (Lakes), Jason Silbaugh (Lakes)

Everett Memorial Stadium

West 3A/4A All-Star Football Game Roster

No	Name	Ht	Wt	Position	School	Coach
1	Cole Graves	6'1"	195	DB/WR	Juanita	Shaun Tarantola
2	Marco Henry	6'1"	183	DB/WR	Nathan Hale	Hoover Hopkins
3	Sean Penberthy	6'0"	160	P/K	Skyline	Mat Taylor
4	Andy Smith	6'2"	175	QB/DB	Arlington	Greg Dailer
5	Joey DeRitis	6'0"	200	DB/RB	Seattle Prep	D.J. Clawson
6	Khayree Johnson	6'2"	210	WR/DB	Rainier Beach	Clay Angle
7	Trenton Pinson	5'11"	185	RB/DB	Federal Way	John Meagher
9	Naji Moore-Taylor	6'0"	195	RB/DB	Meadowdale	Mark Stewart
10	Conner Varnell	6'1"	180	WR/DB	Arlington	Greg Dailer
12	Ellison Tran	6'0"	170	QB/DB	West Seattle	Davis Lura
13	Taylor Mead	6'0"	175	DB/WR	Jackson	Joel Vincent
17	Mychael Tuiasosopo	6'1"	245	DL/TE	Mariner	John Ondrieze
21	Chris McGrath	6'2"	185	WR/DB	Cascade	Jake Hiuzinga
22	Larry Dixon	5'10"	215	RB/OLB	Olympic	Tim Allbee
28	Markeem Adams	6'1"	180	WR/DB	West Seattle	Davis Lura
32	Evan Hudson	6'5"	240	DE/TE	Bothell	Tom Bainter
34	Blake Johnson	5'11"	177	DB/WR	Olympic	Tim Allbee
44	Cameron Talley	6'0"	190	LB/WR	Liberty	Steve Valach
51	Anthony DeMatteo	6'0"	220	LB	Skyline	Mat Taylor
53	John Hampton	6'0"	250	C/DL	Rainier Beach	Mark Haley
54	Nick Rouser	6'4"	240	DL/OL	Oak Harbor	Jay Turner
56	Konner Knudtsen	6'2"	215	OL/LB	Tahoma	Tony Davis
59	Kyle Bossom	6'0"	205	OL/DE	Marysville Pilchuck	Brandon Carson
62	Aaron Moetului	6'3"	260	OL/DL	Mount Si	Charlie Kinnune
70	Loren Danielson	6'4	260	OL/DL	Sohomish	Mark Perry
71	Galen Rock	6'6"	255	OL/DL	Renton	Terry Metcalf
72	Coleton Langdon	6'3"	265	OL/DL	Liberty	Steve Valach
74	Nathan Herrick	6'3"	260	DL/C	Kentwood	Rex Norris
84	Conner Hamlett	6'7"	240	TEW/DE	Meadowdale	Mark Stewart
91	Chris Pitre	6'1"	225	DL/OL	Kennedy Catholic	Bob Bourgette
99	Dylan Zylstra	6'5"	223	LB	Kentridge	Marty Osborn

Head Coach: Mark Stewart (Meadowdale)

Assistant Coaches: Tony Davis (Tahoma), Curtis Bogan (Tahoma), Dean Wiley (Meadowdale),
Jim Ward (Meadowdale)

Saturday, June 26th at 1pm

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SOFTBALL STAFF: Deb Hartwig, Just Softball; Kelly Ford, Mt Sac CC; John Tschida, St Thomas University; Doug Gillis, International Softball Congress; Tom Harmon, Nooksack Valley HS; Chris Arnold, Crater HS

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BEST IN THE WEST

BASKETBALL CLINIC CONFIRMED SPEAKERS AND TOPICS

October 8,9,10, 2010 ■ Sea Tac Hilton Hotel at the Airport

Friday Morning

Glacier/Horizon (Demo Room - Basketball Court Setup)

- 8:30 - 9:30 Team Man to Man Defense
Ray Giacoletti, Gonzaga U
- 9:40 - 10:40 Man Presses Full Court, Under Basket & Sidelines
Ray Giacoletti, Gonzaga U
- 10:50 - 11:50 Big Man Development
Donnie Daniels, Gonzaga
- 12:00 - 1:00 Attacking the 2 - 3 Zone
Donnie Daniels, Gonzaga U

Friday Afternoon

Alpine Room (Classroom Setup)

- 2:00 - 3:00 Running a Program, Building a Team, Practice Planning, Player Development
Jim Hayford - Whitworth College
- 3:10 - 4:10 Transition Offense that Works
Jim Hayford - Whitworth College
- 4:20 - 5:20 Coaching Mentoring – For Both New and Experienced Coaches
Nalin Sood - Mt Lk Terrace HS
Pat Fitterer
- 6:30 - 7:30 Basketball Potpourri
Tim Gaebe - Shadle Park

Glacier/Horizon (Demo Room - Basketball Court Setup)

- 2:00 - 3:00 Individual Post & Guard Drills, Special Situations
Tim Gaebe, Shadle Park
- 3:10 - 4:10 The Princeton Continuity Offense
Jamie Angeli - Seattle U
- 4:20 - 5:20 The European Ball Screen Offense
Jamie Angeli - Seattle U
- 6:30 - 7:30 How to Run a Varsity Practice
Kevin Boyle - St Patrick's HS, NJ
- 7:40 - 8:40 Four Out, One In Offense
Kevin Boyle - St Patrick's HS, NJ
- 8:40 PM COACHES SOCIAL

Saturday Morning

Alpine Room (Classroom Setup)

- 8:00 - 8:50 Program Ideas that Develop TEAM Culture
Mike Petrino - Central Catholic HS
- 9:00 - 9:50 The Best Things I Have Seen from Everyday Coaches
Mike Petrino - Central Catholic HS

Glacier/Horizon (Demo Room - Basketball Court Setup)

- 8:00 - 8:50 Half Court Defense
Jim Hayford - Whitworth College
- 9:00 - 9:50 Four Out, One In Offense
Kevin Boyle - St Patrick's HS, NJ
- 10:00 - 11:00 Shell Defense and Breakdown Drills
Kevin Boyle - St Patrick's HS, NJ

11:00 - 2:00 Washington State Coaches Association Meeting 11:00 AM to 2:00 PM

Saturday Afternoon

Alpine Room (Classroom Setup)

- 2:00 - 3:00 Match Up Zone
Butch Estes - Shoreline CC
- 3:15 - 4:15 Special Plays and Situations
Butch Estes - Shoreline CC
- 4:30 - 5:30 Basketball Technology
Nalin Sood - Mount Lake Terrace

Glacier/Horizon (Demo Room - Basketball Court Setup)

- 2:00 - 3:00 Quick Hitting Plays Versus Man-to Man & Zone
Colin Slingsby - Chief Sealth HS
- 3:15 - 4:15 2-2-1 Press & Breakdown Drills
Colin Slingsby - Chief Sealth HS
- 4:30 - 5:30 Quick Hitting Offensive Sets
Gary Wusterbarth - Ft Steilacoom HS
- 5:30 - 6:30 Full Team Drills
Gary Wusterbarth - Ft Steilacoom HS

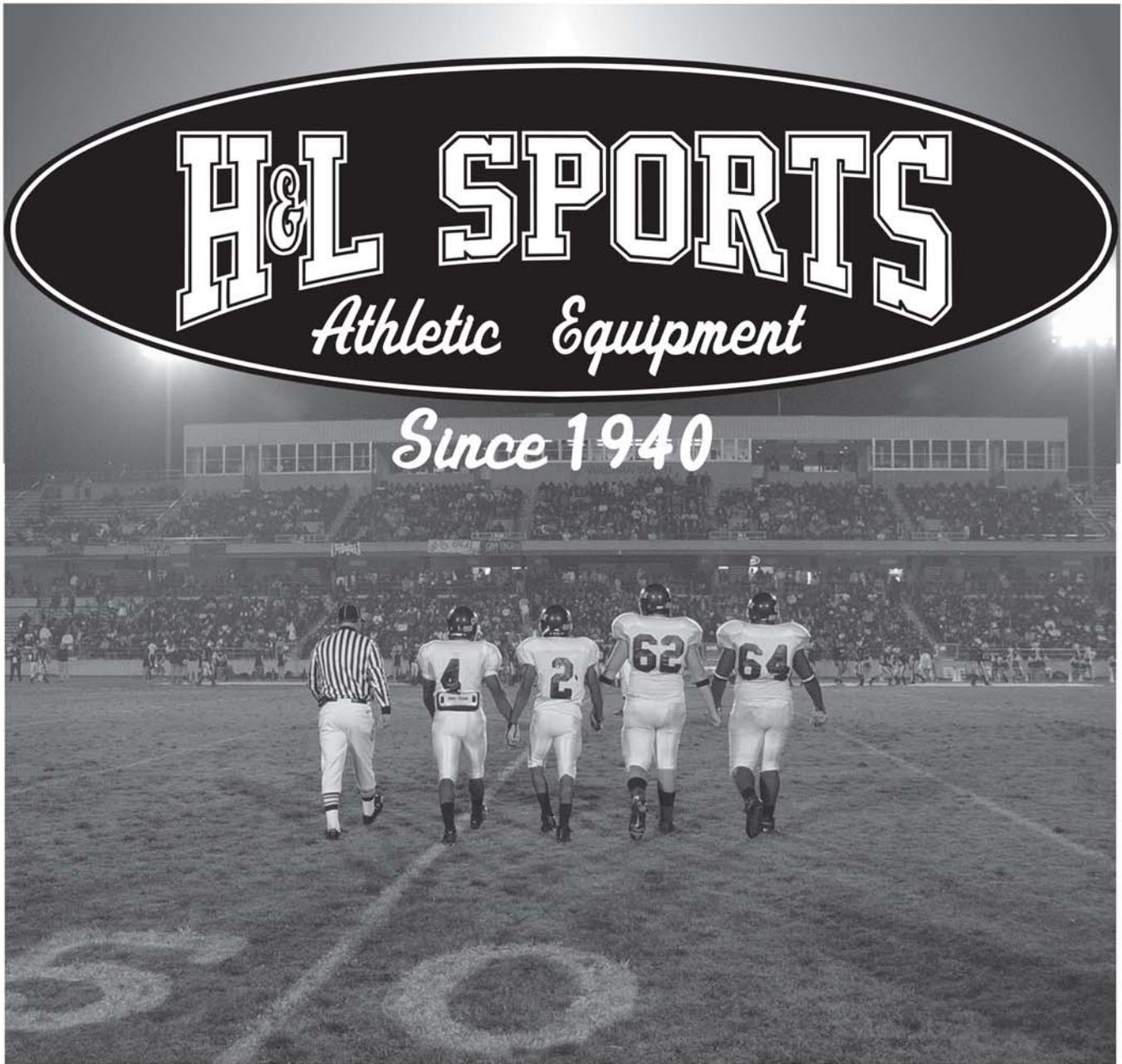
Sunday Morning

Alpine Room (Classroom Setup)

- 9:00 - 10:00 Continuity Offense to Control Tempo with a Specialized Play at the End
Gary Viggers - Centralia CC
- 10:10 - 11:10 Different Entries for Continuity Offense, from Free Throws, Fast Break, Continuity
Gary Viggers - Centralia CC

Glacier/Horizon (Demo Room - Basketball Court Setup)

- 9:00 - 10:00 Seattle U's Trapping Defense
Joan Bonvicini - Seattle U
- 10:10 - 11:10 Installing the Seattle U Motion Offense
Joan Bonvicini - Seattle U



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2010 WA STATE CHEERLEADING COACHES ASSOCIATION AWARDS

by Pam Headridge
President, WSCCA

WA State Cheer Coaches Association hosted their annual awards dinner on April 10th at their coach's conference at the Everett Holiday Inn. Six awards were given out to recognize members, administrators, contributors and coaches for their outstanding achievement.

The exceptional high school coaches for 2009-2010 were Tara McVay from Tahoma High School and assistant coach Elana Towers from Union High School. Written about Tara McVay by one of her cheerleaders, she states, "Tara creates the perfect atmosphere in the practice room; it's a great mix of hard work and dedication from all. She takes all of our opinions into consideration, and in turn we work hard to accomplish all of our goals as a team. This squad has brought new friendships and unforgettable times for all. Tara has an upbeat attitude and always keeps the team holding their heads high with not only school pride but self confidence. Finally, Tara also helps us outside of just athleticism. She instills the essentials that we will need for the rest of our lives. Tara has us cheerleaders doing an abundant amount of volunteer work for our community, such as working at the Maple Valley Food Bank for most major holidays. Personally I enjoy this work more than anything; it's a great feeling to give back."

Tiffany Webb, head coach from Union High school writes about Elana Towers, "After asking the cheerleaders to describe some of her characteristics, this is what they said. She is always encouraging, always positive, always smiling, always creative and approachable. She is demonstrating the important values and attributes of a valuable coach by her leadership. It is through her quiet and respectful ways that the cheerleaders, parents and coach have grown to love her..."

Two WSCCA members, Brian Antich and Stephania Lemeshko, were also acknowledged as 2010 Members of the Year for their superior service to WSCCA and the promotion of cheerleading here in the state. Brian is a quiet man that lets his actions speak. He inspired the creation of a need-based scholarship for cheerleaders. He also worked hard in the field of community cheer.

Stephania is a lady who does it all: WSCCA Board member for several years, WSCCA High School Director, WA State Cheer Judges Association President, and state champion coach. She isn't kidding when she says she bleeds for the kids she coaches. She demonstrates that the best way to help is to roll up your sleeves and be a part of the action.

WSCCA also appreciates all the backing that they receive from the schools and community. Brent Kawaguchi from Eastlake

High School was recognized as our Administrator of the Year for his support from the administrators' side. We know that the job as an athletic director is demanding and feel grateful when administrators treat cheerleading with the same respect as other athletic programs. In the community, Kiki Bittner, owner of Pac West Spirit Group received the Hall of Fame Contributor Award because she has been instrumental in the growth of cheerleading especially here in the northwest. She sits on the IEP Board of Directors, the USASF National Advisory Board, and the OSIP Board of Directors. She offers her expertise and ask for nothing in return. She has and continues to inspire!

Congratulations to all the award winners. Each year WSCCA recognizes outstanding coaches and members. Nominate a deserving someone by going online. <http://www.wsc.ca.com/2009-2010AwardWinners.html> ■



Photo: L to R: Elana Towers, Brian Antich, Kiki Bittner, Brent Kawaguchi, Stephania Lemeshko. Not pictured: Tara McVay

ON THE SIDELINE

by Michael Schick



BILL CARPENTER

Colville High School

Coach Carpenter, a graduate of Eastern Washington University ('85), was inspired to become a coach by WSFCA Hall of Fame member Larry Lunke who was his position coach at EWU. Bill has coached 26 seasons of track including 2 indoor seasons in

New York and 25 years of football and has been at Colville since '93. His family includes his wife Jody and their three sons Cory (21), Kramer (18) and Kevin (14). He was named Washington State girls coach of the year in '99 and the Great Northern League coach of the year for boys and girls in '98. Bill has coached over 100 state medalists and 17 individual state champions in track and his girls' teams were the 2A state champions in '98 and '99. His proudest moments came from coaching his two oldest sons in the sport he loves and his '06 girls' track team who finished second at state when "no one gave them a chance" but they refused to listen. "Attitude and Effort. If you believe in yourself, have dedication and pride and never quit, you'll be a winner. The price of victory is high, but so are the rewards." Bill has been a WSCA member for 15 years.



SHAWN GASPAIRE

Fife High School

Shawn has been coaching wrestling for the past 7 years and has also coached JV soccer for 4 years. A graduate of Yakima Valley Community College and Central Washington University, he earned his Masters degree in 2003. Shawn thrived off of the

family-like atmosphere he gained from wrestling at Lincoln High in 1995-96. He learned character, discipline, and to believe in himself against all odds. Coaching provides the avenue for him to return the favor to young athletes. His family includes his girlfriend Michelle and five kids, Nakia, Elijah, David, Lily-June, and Hazel. Fife earned Nisqually League Championships in 2007, 08 and 09. The girls' wrestling team won West Central District championships in 2008, 09 and 2010. Shawn's proudest moment in coaching came watching John Rhodes compete in the 2A finals knowing he was a complete product of Fife wrestling and a philosophy of hard work, determination and good character. Shawn has been a WSCA member for 7 years. ■

ON THE SIDELINE

NOMINATION FORM

The WSCA needs your help! If you know 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. Your nominee will then be contacted to obtain additional information.

Nominee's Name _____

Home/School Address _____

City _____ Zip _____

Current teaching/coaching location _____

Send this form to:

Mike Schick, 2110 Richardson Drive, Puyallup, WA 98371

Thank you for your efforts

SOFTBALL

McMahon and Fox Headline Luncheon

The Washington State Softball Coaches Association honored it's 2009 Hall of Fame inductions and Coaches of the Year at the 7th annual luncheon February 13, 2010.

The luncheon was part of the annual Coaches Choice clinic at the Sea Tac Doubletree Inn. Longtime members Don Fox (Kettle Falls), and Mike McMahon (Kelso) were formally inducted into the WSCA Softball Hall of Fame. Darcy Taylor (Burlington), Brad Nilson (Colton) and Mike McMahon were also celebrated as 2009 Coaches of the Year from their respective WIAA activity districts.

The event is in its' 7th season as a event, since the inaugural one organized by the late Mike Chandler (Stanwood) former WSCA SB president and 2005 hall inductee.

This years event was very well attended by family, fans, friends, and association members a like. The awards, specially designed Home Plate plaques for the coaches of the year, and solid oak plaques in the shape of Washington State for hall inductees, are done by Sea Wind awards out of Smokey Point.

The association honors it's coaches of the year as those members from each of the nine WIAA activity districts, who place the highest at the state tournament.

This years awards:

Darcy Taylor Burlington H.S. District 1

Coach Taylor is building one of the stronger programs in our state regardless of classification. The Tigers were last the 2009 2A state champions, and runner up in 2008 at the same event. Her group is the traditionally in the upper edge of the Northwest Conference and District 1. Darcy was also chosen by the WIAA andNFHS as the Washington State Coach of the Year. Well done coach!

Mike McMahon Kelso H.S. District 4

Coach McMahon added another state title to the Highlander trophy case in 2009, as the Kelso won the 4A state title. It was their second under Coach McMahon adding to the first one they captured in 1998. The time frame between 1998 and 2009 have seen numerous state appearances and trophies for this program. It is the second time Coach McMahon has won this award.

Brad Nilson Colton H.S. District 9

Coach Nilson and his Wildcats made it a clean sweep for state titles with our coaches of the year, as they celebrated the 2009 2B championship. No easy task just to get there, as they must compete with rival and perennial softball power Touchet. Brad's group has taken home a title and runner up trophy in 2 of his 3 years at the helm in Colton. Good stuff.

The main event witnessed two long time members who have cultivated their respective programs to a top level statewide. In a day and age when coaches come and go according to talent and convenience, each of these men have been committed to the long haul developing not only diamond skills, but life skills which their athletes can carry with them for years to come. Both are highly respected, and very well liked by both players and peers. A quick conversation with each is all that is needed to understand why.

Don Fox Kettle Falls

After attaining an AA degree at Spokane Falls, and a BA at Eastern Washington University, Don has spent the past 30 years in education, all up in District 7. Seven years in the Colville school district, 5 in Inchelium, and the remainder in Kettle Falls. Don has coached football, basketball, track and softball during those years. He also served as athletic



Mike McMahan & Don Fox



Brad Nilson & Mike McMahan



Darcy Taylor & Don Fox

director for 14 years, and was NEA District 7 Athletic Director of the Year in 2008. For those who know Kettle Falls athletics, they also know that softball has a strong tradition and Don is the prominent factor. His long time assistant Jess Borders introduced him and spoke on his behalf. Listening to Coach Borders it was easy to envision the enjoyment and success the Bulldog program experienced during the Fox era. It was also the voice of a friend and the special bond that occurs in athletics and coaching, especially over two decades together.

Coach Fox has over 400 wins, an accomplishment few in our state can match. Bulldog softball has 11 League titles, 8 District, and 2 State. They have made 17 appearances in the state tournament.

His acceptance spoke of none of these, but rather his gratitude to those he worked with, and all the athletes that have been members on the his teams. Humility and the passion for coaching were the tone that echoed through his words. It is easy to understand the success and quality leadership Bulldog athletes and coaches experienced working with Don Fox.

Mike McMahon Kelso

Being a middle school teacher for 26 years alone could qualify a person for any hall of fame. Mike has earned it in several facets. After graduating from Lower Columbia and Central Washington University, Coach McMahon was in the banking business for nearly a decade before realizing his true calling of helping the youth in the Kelso area as an educator and coach. Mike has also coached freshman football and basketball (girls), each for 15 years. The Highlanders have been state champions twice with Coach McMahon, (1998, and 2009). They have brought home hardware 6 times in their various state trips. In addition his teams have celebrated several league and district championships.

Mike was introduced by two individuals. The first, Jim

VanFleet head softball coach at Castle Rock. Jim, a very successful coach in his own right, spoke of the respect the Kelso program has by others in the area. His message spoke more to the quality of character he has witnessed in Mike. Not only are his teams sound, but they demonstrate the value of quality practice and preparation. Coach VanFleet also touched on the friendly rivalry the two programs experience together, unique in that Kelso is a 4A school and Castle Rock 1A. Good teams seek good competition, and these two programs find that in each other.

The second presenter was very special in that it was 9 year old Mike McMahon Jr. Young Mike was very excited to talk about dad, and his experience around his father and those quality groups. His focus on speaking slowly, and clearly, delivering a very articulate tribute was the highlight of the luncheon. It is easy to see what a quality and positive view he will have on the value of athletics, after being around his father. Coach McMahon then made his acceptance speech, and his humility, and gratitude echoed his predecessor's speech minutes earlier. The support his family has given him is very evident in how he speaks of his passion for his work, demonstrating it is something they share together. Kelso has 285 victories under Mike and his staff. Anyone who has had the pleasure of watching the quality of play in District 4 knows that those 285 have been hard earned.

Both of the 2009 inductees emphasized never being satisfied with knowledge, and that it's quest is an ongoing continuum. Their longevity and success is a confirmation of such. There is another, and perhaps more telling fact the two share. When each was called, and informed of their induction, the silence and humility on the other end was striking. In discussing each with their school district personnel the response was the same, "*long over due*". Each means a great deal to their community, a fitting tribute to their coaching expertise and character. ■

WASHINGTON STATE HIGH SCHOOL SOFTBALL COACHES

HALL OF FAME CRITERIA

CRITERIA FOR INDUCTION CONSIDERATION: IF STILL AN ACTIVE COACH, THEY MUST HAVE COACHED SOFTBALL IN WASHINGTON STATE FOR A MINIMUM OF 15 YEARS, AND BE A MEMBER OF THE STATE COACHES ASSOCIATION. IF RETIRED, MUST HAVE COACHED IN WASHINGTON STATE FOR A MINIMUM OF 10 YEARS, AND BEEN A MEMBER OF THE STATE COACHES ASSOCIATION.

PREVIOUS INDUCTEES

2003	REG HEAD, MONROE HS BILL CAAS, SEDRO WOOLLEY HS	2006	TOM SWAPP, ANACORTES HS STEVE BARKER, LAKEWOOD HS BOB VANDERHAAK, LYNDEN CHRISTIAN HS
2004	MEREDITH ELKINS, SHELTON HS HARLAN OLSON, NORTH MASON HS	2007	JEFF SKELLY, INGLEMOOR HS BRUCE WELLING, CENTRAL KITSAP HS
2005	NANCY ZEHNDER, AUBURN HS MIKE CHANDLER, STANWOOD HS	2008	VINCE IVELIASNOHOMISH HS TOM HARMONNOOKSACK VALLEY HS

HAWKES SQUAWKS

by Dee Hawkes
Retired



When I write a column, I'm pulled in several directions at once. Do I focus on prep issues, highlight a coach or player, or just get something off my chest? I believe it is time, right now, to change direction and talk about the relationships and friendships between players and coaches. After a lifetime of coaching, I felt there are several things that need to be said. Through real life experiences, a coach learns what to say, how to say it, and when and where to speak. And always, the bottom line is the same as the player, the athlete, the competitor takes center stage.

There is no way to prepare for the early death of someone whom you have coached. Often, without any warning, a player dies before you have a chance to speak to him or her. In the worse case scenario, this may occur in a tragic accident. In its purest form, all you have left are memories. This moment came for me when George Perry, my former QB at Davis HS, and Clara, his wife, were killed in a rollover accident in California.

George always showed a champion's heart, and his early death shocked and stunned me. As time passed, our relationship had transferred from coach and player to that of friends. The sting of his sudden death brought to my attention how important it is to build and keep friendships. Coaching is all about relationships. However, it is not the scoreboard, the games, the win-loss record, nor how well an athlete performs that is really important in a relationship. George and I shared a

"heart" connection, which was based on similar core values.

In his book, "The Power of Who," author Bob Deaudine's unique approach speaks volumes on how to effectively build, grow, and sustain relationships. For coaches, this book is a must read, and in fact is a must keepsake for your personal library. Bob states that we all live in spheres of influence, and each coach has his own. Most of us haven't given much thought to the varying dynamics involved in our relationships. Leaving out family members, Deaudine breaks our relationships into six spheres or circles. The outside circle starts with the FAN group. These are the people who mostly think you are great, essentially because you are a coach. They may have read something about you or watched you perform publicly. Even in the prep world, we need them to survive. As you move inward, the next sphere involves various ACQUAINTANCES that enter your world from every walk of life. We all have and need them. Most friendships start here, but fade off as we move forward in our lives. Usually there is one common denominator that binds you together.

The next circle is composed of ADVOCATES. In coaching, whether you know them or not, these people speak or write in support or defense of what you do. Certainly, in your career, someone was impressed with what you did and came forward to recommend you. The clue is that advocates like to do nice things for you. Maintaining a booster club to support your program is one example.

Through your inner circle of friends, you are connected or touched by ALLIES. You are often invited into their inner circle, but are careful not to get too personal. These individuals could be members of the school faculty, other coaches, neighbors, and high school or college classmates. There is something about your personalities that bring you together, which may not have anything to do with sport.

Your closest friends are your INNER CIRCLE. You and each person in this circle have made a choice to be friends. They have a special place in your heart even though they may be miles away – you will always connect immediately when together! You may not communicate with them as often as you want, but there is a strong commitment level with each person. Regardless of gender, the people in the inner circle usually number around a dozen people. Finally, within this inner circle are usually three or four individuals with whom you have a deeper and more personal communication. If you look closely, you will already know who these people are. Perhaps one best is considered your best friend.

Now back to George, who was in my inner circle. We had a close and caring relationship that started on the playing field and blossomed over the years. It ended only with his tragic death. For this old coach, our friendship was very special and not to be forgotten.

SHORT SQUAWKS

Face it, the decision to put all the basketball tournament games into the same weekend was the right decision. Basketball junkies will have to pick and choose which tournament suits their fancy, and it may not be the higher classifications. There's nothing like a new stadium to fire up the burners. Bothell's Pop Keeney Field will sport a new covered visitor's stand this fall. This first class facility will feature two new locker rooms, restrooms, and a concession stand. With the new electronic scoreboard from last year, the new stands provide a full package for the fan base to enjoy. Please keep in mind that every student turning out for sports deserves respect, regardless of their talent. It is wrong to put them down in front of their peers. There is just no excuse for not giving them the respect they deserve. You would think we've seen everything! But, in Texas, school officials had to sort out if there was a case of mistaken identity. An athlete seeking eligibility said he was a teenager, but other witnesses stated clearly that he had used up his eligibility and was 22 yrs old. After the court became involved, the truth came out. This young man was too old. Evidently, he just wanted to play again.

PAST VS THE PRESENT

Talk about mixed messages! These days, the high school track meets are secondary to all the different weekend invitational packages that are featured around the state for the elite performer. In most cases, these athletes now compete on Saturdays and train during the week. They hold back from performing in events during school competition. A local track meet becomes more like intramurals when as many as seven flights are run for the 100 meters. Often, all entries are from the same school in the later

flights. Three hour track meets sure make it a long day for both the participant and fan! Also, finding volunteer timers and judges isn't like it used to be when members of the faculty or out of sport season coaches worked the finish line. However, it remains obvious that this is the way it is. The good old days of true duel or triangle meets, which featured competition from the best in each school, are long gone.

Certainly, the Southwest Athletic Complex across from Chief Sealth High School rates four stars, because there's plenty of parking and while under cover you can watch both track and field events from stadium seats.

AT A LOOSE END

Clearly it is of extreme importance for King and Kitsap football coaches to submit the names of their senior scholar athletes to the National Football Foundation early. Any coach who needs convincing must understand that both a back and a lineman could be awarded scholarships with values ranging from \$500 to \$2000. The best way is to nominate your two players now before the 2010 season starts. In this way, you've taken care of business by submitting their names. Address the information to the Seattle Chapter at www.seattlenff.org. This is a personal choice, but as a coach you know to strike a balance. When you get the letter, please make the

commitment and send your names. Then, you'll want to make plans to attend the Awards Banquet at Qwest Field in December. The NFF is counting on you to come through for your players.

LOOKING BACK, PEERING FORWARD

Coaching is one of those rare careers where you find yourself looking back on where you have been, but at the same time can look forward to the next season. Certainly, lots of heart-felt emotions will fade, but they will never disappear as you look back. Next year, new challenges and goals are up ahead. It seems a paradox to look backward and forward at the same time. A common complaint heard about is that coaching does not allow time off in the summer. Do yourself a favor, and leave the coaching on the shelf until it's the right time to start again. I'll do the same with the Squawks.

See you around, I hope. ■

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BASEBALL: Max Sinatro, Chicago Cubs; Don Freeman, Clark CC; Nate Trosky, Milwaukee Brewers; Lindsay Meggs, UW; Greg Moore, UW; Rich Hill, Univ of San Diego; Others to be added

VOLLEYBALL: Terry Liskevych, Oregon State; Momi Bowles, Auburn Mt View; Dede Bodnar, San Diego CC; Terry McLaughlin, Chemetketa CC; Dick Janzen, Fresno Pacific; Cecile Reynaud, Florida State; Bob Bertucci, Temple U

SOFTBALL: Deb Hartwig, Just Softball; Wes Worrell, Boise HS; Tom Harmon, Nooksack Valley HS; Leah Francis, Bellevue College; Doug Gillis, International Softball; Kim Wright, Venezuela National Team

BASKETBALL: Scott Rosberg, Granger HS; Greg Turcott, Arch Murphy HS; Duane Hodges, Edmonds Woodway

FITNESS: Steve Kenyon, Speed Strengthening; Jim Radcliffe, U of Oregon; Chris Wood, Pacific Lutheran

TRACK AND FIELD: Mike Waller, Pacific Lutheran; Tami English, Adaptive Sports; Megan Dahlman, Elite Training Systems; Adarian Barr, USATF Level II Coach; Duncan Atwood, 1980, 1984 USA Olympics; Martin Rudow, NW Runners Magazine; Linda Lanker, Spokane CC; Roosevelt Kent, Granite Bay HS; Tom Millbrooke, Canby HS; Dr Paul Salitsky, UC Davis; Mac Wilkins, Olympic Discus Champion; Tony Veney, USATF LEVEL 1, 2 & 3 Instructor; Courtney Jaworksi, UPS

SOCCER: Theresa Wagner, Stanford; Jim Thomas, UW; Joe Waters, Bellarmine HS; Tom Bunnell, Issaquah HS; Brandon Prideaux, UW; Dean Wurzberger, UW

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**WAY TO GO
Willapa Valley!**

Willapa Valley Cheers on Pe Ell Basketball Team

Budget cuts have challenged all of us to be more and more creative in meeting the needs of our student-athletes in our athletic programs. These difficult financial times have also offered us the opportunity to focus on what is most important message we wish to send to our teams, schools and communities. The following is a tremendous message given to all of us by the Willapa Valley High School cheerleaders, band, and student body.

The Pe Ell boys' basketball team was competing in the state basketball tournament as were the boys' team from Willapa Valley. Pe Ell could not afford to send their band or cheerleaders to the tournament due to budget restraints. When the team from Valley was eliminated, some fans from Valley asked if they could stay and cheer on Pe Ell. Donations were collected to pay for the Valley cheerleader's hotel room and the Valley band played for Pe Ell in the semi final game as well. Pe Ell went on to win the state championship with the Valley cheer squad on their sideline cheering them on.

Below is a copy of the letter of thanks sent to Willapa Valley High School principal, Rob Friese from Greg Feuchter the president of the Pe Ell Booster Club. Demonstrations of great sportsmanship require great hearts not great budgets.

The Pe Ell Trojan Booster Club on behalf of the Pe Ell Fans, School and especially the Pe Ell Basketball Team would like send out a huge THANK YOU to your cheerleaders for helping cheer our team on. Having the cheerleaders there meant so much to the fans and shows so much sportsmanship for Willapa Valley.

We would also thank your band for playing for us while they could. That was also an awesome thing to do.

Please let the cheerleaders and the band know how much they were appreciated.

Thanks and once again your school and fans are totally AWESOME in our book.

Greg Feuchter
President, Pe Ell Booster Club ■

NOTE the WSCA email address Jparrish21@comcast.net Drop us a line!

The WSCA web page address is: www.washcoach.org Our web site has been expanded to include a membership roster to be used as our membership grows and get more information. Help us keep this site current and also let us know of job openings and open dates and we will post them.

When you have filled a job or open date, let us know and we will remove it from the site.

RENEW YOUR MEMBERSHIP - TAKE ADVANTAGE OF BENEFITS AVAILABLE

BASKETBALL

BASKETBALL

BASKETBALL

BASKETBALL

WIBCA GIRLS ALL STATE GAME



The WICBA Girls All State Basketball Game was played in Sea-Tac this past weekend

The team photo is the 1B/2B

L-R: Melanie Shank, Aly Peone, Alicia Ashby, Melanie Laete, Kayleigh Maltone, Melissa Castor, Alysha Fox

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Washington State Football Coaches Association **TERRY ENNIS SCHOLARSHIP**

This scholarship is being offered by the Washington Football Coaches Association and Adrenaline in honor of Terry Ennis. It is intended for an outstanding senior football player who represents the finest qualities of integrity, academic excellence, intensity and leadership.



By completing the information in this application, you will enable us to determine your eligibility to qualify for this scholarship. It is intended for a graduating Washington State High School football player.

To be eligible for this scholarship:

- Submit this application.
- Submit a letter of recommendation from your head football coach and one teacher.
- Submit your high school transcript.
- Coach must have been a member of WSCA for at least five years. Only one recommendation is allowed per school.

Name _____
Last First Middle

Permanent address _____
Street City State Zip

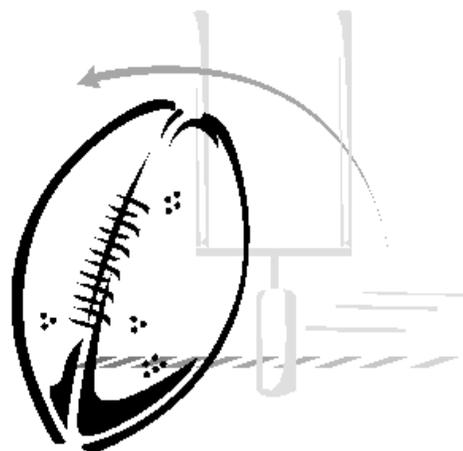
Date of Birth _____ Telephone number _____
Month/day/year Include area code

High School attended _____

Graduation date _____

School address _____
Street

_____ *City State Zip*



continued on next page

continued from previous page

Washington State Football Coaches Association TERRY ENNIS SCHOLARSHIP

Academic Information

Briefly describe any scholastic distinctions or honors you have received since entering the 9th grade.

Athletic or Extracurricular Participation (Sport, Years, Letters, Honors)

College Goals

In order to formulate a better concept of who and what you are; we would like you to respond to the following questions. Please keep it brief and to the point.

1) Describe your contribution to "athletics or activities" in your school.

2) Describe how athletics and coaches (or a coach) has affected your high school life and your future plans.

3) Describe your contributions to your community and school service

Your application must be received before November 1st.

Incomplete applications will not be considered.

Mail to:
Jerry Parrish, WSCA Secretary
18468-8th Ave NE
Poulsbo WA 98370

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September 25, 2010

3.1 Miles or 5k

90% grass with some asphalt and sand! *Fast!*

I-90, Exit 15, near the town of Issaquah.

Enter all runners via www.athletic.net by 9-22-2010. Entry fee is \$100! Boys only \$60! Girls only \$60!
Mail to Bellevue High School, c/o Coach John Hill, 10416 SE Wolverine Way, Bellevue, WA 98004-6698.
Please make check payable to Bellevue Cross Country.

09:00 am – Coaches Meeting

09:30 am – High School Open (all non-varsity/non-JV runners)

10:15 am – JV Girls (7 runners only)

11:00 am – JV Boys (7 runners only)

11:30 am – 7/8 Boys/Girls

12:00 noon – 5/6 Boys/Girls

12:30 pm – 3/4 Boys/Girls

1:00 pm – 1/2 Girls

1:30 pm – 1/2 Boys

2:00 pm – Community 5k (all non-high school runners)

2:30 pm – TEAM AWARDS! Individual Awards! In chute

Scoring:

JV: Top 5!

V: All 8 Count!

Please keep your area clean! Thank you!
The Rangers appreciate your effort!

Prepared by 'the old coach', Cliff Nixon



THE BASICS OF STRETCHING

by Danny M. O'Dell, MA. CSCS*D
co-owner of 'The WeightRoom' gym and Explosivelyfit.com, Nine Mile Falls, WA

So you're heading out for a run and like many others who think they are helping to prevent an injury from happening, you decide to get a few stretches in before starting out. The first thing you probably do is grab a foot, pull it up to your buttocks, and stand there for a few seconds in the stork position. Right? In the past, this was considered a good stretch but times have changed.

Now we know that this stretch, known as a static stretch, relaxes and loosens the joint, in effect, making it susceptible to an injury. You see, joints need to be somewhat tight to perform their best and relaxing them is contrary to this favorable condition.

Now would be a good time to take a brief look at some of the stretches available to the athlete and the recreational trainee. Before doing so, let us look at the two main reasons to be stretching in the first place.

A normal range of motion (ROM) in each joint makes our lives easier to live. A good ROM allows us to bend, twist, stand, and walk without feeling as though the joint is coming apart due to excessive muscular tension pulling on each side of it.

The definition of range of motion used here is this: range of motion is the degree of movement through which a joint is moved voluntarily in both extension and flexion, i.e., straightening and bending. It should be noted that range of motion is slightly but technically different from flexibility.

As commonly used flexibility means being able to move a limb without being hampered by tight muscles on either side of the joint. However, true flexibility, by definition, refers to the extreme ultimate limit of joint movement, achieved momentarily by use of a partner or some other apparatus.

The basic stretches are those we have all seen in the gym or on the track. Some are more productive than others are, so the best advice in this situation is to try each one and see which ones suit you the best. We'll start with the most common of them all, the static stretch.

The static stretch

The static stretch is the one most frequently used, prob-

ably because it's the easiest, and everyone, at one time or another, has seen it in action and then tried it out. As the name implies, this stretch is performed without movement. In this case, both the agonist and antagonist muscle groups are in a relaxed state.

To do this stretch, get into a position that places tension on your muscles and then hold that position for ten to twenty seconds. Next, move your body further into the stretch until you feel more tension. Now hold for another ten to twenty seconds. The muscles begin to lengthen out thereby increasing your ROM. You can repeat this for three to four times before moving to another area of your body.

One of the most regularly used static stretches targets the calf muscles and hamstrings, the ones at the bottom and top back of your leg, the modified hurlers stretch.

Here's how to do this one. Start by sitting on the floor with one foot next to the knee of its opposite outstretched leg, sort of like sitting cross-legged. Keep this knee comfortably close to the floor while doing this exercise. In addition, keep the toes of the outstretched leg pointing toward the ceiling during the stretch. Once here, lean forward from the lower back and reach for your toes until you feel the stretch in the calves and hamstrings. Do not round off the lower back while you do this exercise because it puts an excessive strain in the area and that can cause low back problems.

This stretch will be noticeable in your calves and hamstrings.

The static stretch is a safe and effective method of stretching. It is especially good for a beginner or a sedentary person.

Stretching makes us supple, allowing easy movement without restriction as we go about our daily lives. A few minutes of stretching each day will produce results in less than a week.

Another useful stretch is the passive stretch. When using this type of stretch, a second person or machine is used to help get into the stretch position. Because of this assistance, the passive stretch is more hazardous to per-

form. If you decide to use this style, make certain your partner knows when to stop applying pressure. This is not the time for them to experiment with how strong they are, or for you to find out how far your partner can pull you into the stretch position.

As example of a passive stretch is this one for the hamstrings, the large muscle at the top and back of your upper leg.

Begin on your back with one leg stretched straight out on the floor and the other one pointing toward the ceiling, also stretched out. Your partner will hold onto the foot in the air, which is kept pointed towards your head at all times, and begin gently pushing your leg farther back toward your upper torso creating the stretch in your hamstrings. Keep this leg straight and have your partner move you into a point of mild tension or discomfort. Hold for ten to twenty seconds and then move further into the position. Repeat for three to four times before moving on to another area of your body.

A passive stretch for the shoulders begins with outstretched arms pointing as far as possible to the rear at shoulder level. The partner holds onto both hands and gently, with an emphasis on gently and slowly, begins pulling the arms together. This can be a dangerous exercise to perform, especially if the pulling partner is not paying very close attention to the resistance on the arms. Too much pulling and it will be detrimental to the shoulder joints

Avoid any jerking or sudden bouncing movements because this style of stretching can readily cause an injury.

The best time to use static or passive stretches is after an exercise session during the cool down and in a rehab situation. The advantage of stretching after exercising is this: warm and pliable muscles are more efficient at increasing the range of motion.

In the previous paragraphs, both static and passive stretching were briefly discussed. Now, we are going to look at several other means of increasing your range of motion.

The first, active stretching, doesn't use any outside assistance to achieve the stretch. In this method, you use the strength of the opposing muscle group to stretch the targeted muscle. The contraction of the opposite muscle group helps to lengthen the targeted one. The most familiar style of this stretch is the standing version of the hamstring stretch.

To do this an individual starts out standing up straight. The next step is to point one outstretched straight leg, at least waist high, to the front. They then stand there for a predetermined time to achieve the benefit of the stretch.

This is a difficult stretch to hold for a long time. It is usually held for around ten to fifteen seconds.

Some authorities believe this is a good stretch to do before beginning any lower body dynamic stretches prior to an active sporting movement. Since this is similar in fashion to the static stretch, the results will be the same, i.e. a relaxed joint. This may create a potential injury situation within the joint when applying a rapid and powerful force of movement to the limb. In order to avoid this type of injury it is recommended that a dynamic stretch be used first to get the muscles ready for fast actions.

Dynamic stretching, as the name implies, uses movement, specifically a gentle bouncing or swinging motion to increase the range of motion (ROM) and ultimately greater flexibility at the joint. These are flowing movements, not forceful and harsh.

Upper body dynamic stretches can be as simple as swinging your arms in large circles forward and backward ten to twenty times each way. These are fast and easy to do prior to an upper torso exercise.

A quick lower body dynamic stretch involves swinging your legs forward and backward and then from side to side. Fifteen to twenty of each of these will get your body ready for action.

A quick reminder is now necessary. Dynamic stretches should not be confused with ballistic stretches. Ballistic stretching can be dangerous and should only be used with extreme caution and certainly not by an adolescent or by someone with previous joint injuries.

The main issue with ballistic stretching is the muscle does not have enough time to adapt to the new range of motion because the time spent in the extended range is insufficient to elicit changes in the tissues. Another problem with this method is that it triggers the stretch reflex response within the muscle. This response automatically stops the lengthening process in an effort to protect the joint from injury due to the excessive stretch being placed on it. In short, this may be a counterproductive practice that will not succeed in improving your ROM.

Isometric stretches

One of the most regularly used isometric stretches is for the calf muscles, the ones at the bottom back of your lower leg. Isometric, as the name implies means without movement. The muscles are contracting but neither lengthening nor shortening in the process, thus there isn't any externally visible motion.

Here's how to do a commonplace isometric stretch for your calves. Start by standing next to a wall or other support surface, put your hands on the wall to maintain your

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balance and back away about three feet or four feet from it. At this point, it is important to keep both feet, including the heels, entirely on the ground. Now, with a straight body, slowly lean forward toward the wall. You will feel the stretch in your calves. Hold for the ten to twenty seconds and then relax. Other methods have been identified; one of which is active isolated stretching.

Aaron L. Mattes developed a form of stretching which he named active isolated stretching. It works by first contracting the antagonist or opposing muscle groups of the ones being stretched. Contracting the antagonist muscles first automatically relaxes the muscles to be stretched.

For instance when stretching your hamstrings you would first tighten up your quads, the large muscles on the front of your upper leg. Next, move quickly but smoothly into the hamstring stretch mentioned earlier.

In this method of stretching, you hold the stretch for only one to two seconds before releasing and getting ready for the next stretch to begin. In actuality, the total time under tension is about the same as for a normal stretch, ten to twenty seconds, because you repeat the sequence up to ten times.

Another stretch, known as proprioceptive neuromuscular facilitation (PNF), is available. This is the most productive of them all and even more effective than the ones previously listed. The PNF method incorporates both stretching and contracting of the targeted muscle group. Originally used in the rehabilitation setting it has become a mainstay of many progressive stretching programs.

This method can increase your range of movement, i.e. flexibility, and at the same time increase the strength of the muscles being stretched.

The reason for its effectiveness lies in the fact that not only does it increase ROM but also improves strength at the same time. This stretch requires someone with knowledge of how to do it correctly. Doing it incorrectly will definitely cause an injury.

To begin with, the joint and muscle that are being stretched are first placed into a position of tension, once there, the person being stretched contracts the muscle for five to six seconds at a medium level of intensity. During this time, the partner holds the body part to prevent any movement. After the five to six seconds is up, the muscle contraction is relaxed and the partner gently applies about thirty seconds of pressure to the area going past the normal ROM, thereby increasing the ROM.

Rest thirty seconds between the contraction and applied pressure and then repeat the entire cycle three to four more times.

I want to emphasize the fact that this can be a dangerous stretch if the parties involved do not know what they are doing. The person being stretched out is in a vulnerable position and it only takes a moment of carelessness to cause an injury that could have been prevented.

Final note

Muscles should not be stretched before they are warmed up and they should not be stretched if there is a preexisting joint problem that has not been addressed by a medical professional. ■

In Retrospect

Looking back on my childhood,
I wonder if life
wouldn't have turned out differently
had a answered a more divergent call.

All those afternoons on the sandlot
rather than painting or playing guitar;
but, then again –
I'd have never hit a curveball.

Steve K. Bertrand

MOVING?

If you have any change of mailing address, telephone number or email address, please contact WSCA Office at jparrish@donobi.net or 360-271-1377.

We have had several examples where members have not been receiving their *Washington Coach* magazine and other WSCA mailings. Because of the cost, we mail third class and the Post Office **DOES NOT FORWARD** third class mail. Please notify us so we can get the mailings to you.

FEDERAL WAY PUBLIC SCHOOLS

ATHLETIC HALL OF FAME

“TO THOSE WHO PAVED THE WAY”

The Federal Way Public Schools Athletic Hall of Fame was established February 2008, to honor district employees who had a major impact on the district's athletic programs. The honorees represent the finest in athletic administration, coaching, program development and support.

The following criteria was adopted:

- Must have served the district for a minimum of 10 years.
- Must either have been retired for 5 years from full time teaching and major coaching responsibilities or deceased.
- Must have made a significant impact on the district's or a specific school's athletic program.

The common thread among the inaugural class of fifteen in 2009 and the five recipients in 2010, was a devotion to the students of the Federal Way Public Schools and leadership in the district's activity programs.

The Athletic Hall of Fame, Class of 2009

Joe Anderson

Coached football, track, and cross-country at Lakota, Federal Way, and Decatur. A popular coach and mentor, Joe also served as the district's Athletic Director.

Gary Brines

Coached basketball and Tennis at Federal Way starting the Eagle basketball tradition with a run of state tournament appearances. Gary also was district athletic director and president of the National Coaches Association.

Merlin Epp

A passionate teacher and Yankee fan, Merlin was the “Voice of the Eagles” for over 40 years. His booming voice was instantly recognizable giving the Eagles an extra home-court advantage. Accepting for Merlin will be his daughter Jill.

Chuck Gearhart

Coached football, basketball and baseball at Federal Way and Thomas Jefferson. During his reign at Jefferson he won two SPSL titles and participated in several district tournaments.

Duane Hammil

A Principal, athletic director, and assistant superintendent whose love and support of athletics and athletes enshrined him in the hearts of all whose lives he touched.

Bill Harris

The dean of HS track and cross-country in the state of Washington, Bill taught and coached at Federal Way for 33 years. He won 502 dual meets, 15 league titles, and 2 state championships.

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Kathy Harris

A pioneer in girls' sports, Kathy coached tennis and volleyball. An enthusiastic supporter of a "all things Eagle" Kathy is a behind the scenes whirlwind helping out all the programs and athletes.

Bud Hatley

The godfather of Federal Way sports, Bud coached football and shaped the district's athletic program. Bud's leadership extended statewide holding many offices and culminating as the State Athletic Director of the Year in 1974.

Al Hoppenrath

"Hoppy" guided the Federal Way swim teams for 24 seasons. His teams won four SPSL and six regional championships. In all, he was thrown in the pool 357 times. He was a driving force in developing the State Swimming and Diving championships in 1971.

Jim Judson

Coached the Thomas Jefferson soccer team for 18 years winning six state championships and ten SPSL titles. During this amazing run, the Raiders set a national record of 94 undefeated matches

Jan Kirk

Instrumental in developing girls' programs and a die hard WSU Cougar fan, Jan was a leader in athletics and physical education for 28 years at both the district and state level. Jan began coaching in 1971 in volleyball and track, and eventually also, coached gymnastics. She still coaches the perennial state contending Fife HS volleyball team.

Turner Kuhn

A teacher, coach, and counselor for forty years, Turner coached football, basketball, baseball, and track. He was an early architect of Federal Way athletic program.

Sam Mitchell

Sam is one of the last three sport letter winners at the UW where he tossed a 77 yard touchdown pass to Hugh McElhenny. After a fling at pro baseball, Sam settled in at Federal Way and later Thomas Jefferson for over 40 years.

Ron Nilson

Ron was the coaching staff at Kilo Junior High for 30 years. He developed a PE curriculum that became the model for the district. He ended his career as Kilo's athletic director.



Hall of Fame 2009: Tom Gilmer for John Sparks, Ron Nilson, Same Mitchell, Al Hoppenrath, Jim Judson, Donna Kuhn for husband Turner, Ed Plumlee, Kiwanis representative, Jan Kirk, Mayor Jack Dovey, Pat Hatley for husband, Bud, Bill Harris, Kathy Harris, Bonnie Hammil for husband, Duane, Chuck Gearhart, Jill Epp, daughter of Merlin Epp, Gary Brines, Jean Epp, for husband Merlin Epp, Joe Anderson.

Hall of Fame 2010

Lou Blaes, Wayne Lewis, Jim Gard, Joann Neil, Diana Stewart for husband, Bob.



John Sparks

Coach of the Eagles championship football team in 1953, Coach Sparks was well loved by his players as a motivator, disciplinarian, and gentleman. He was an inspiration to all.

The Athletic Hall of Fame, Class of 2010

Lou Blaes

28 year history of teaching physical education at Totem Junior High School and coaching football, track, baseball, and wrestling.

Jim Gard

24 year history of coaching football and baseball, and serving as Athletic Director at Thomas Jefferson High School.

Bob Stewart

Federal Way High School head baseball coach for 16 years or 28 years in the Federal Way Public Schools.

Joann Neil

Three state soccer championships at Federal Way High School during a 42 year career in education.

Wayne Lewis

The professional achievement award is given to a Federal Way Public School graduate who is continuing to model athletic excellence and leadership through a career in education and coaching. Wayne had an outstanding athletic career at Decatur HS and played football at Western Washington U. –gaining All American honors twice. Wayne is now in his 17th year of teaching and is presently at Mount Si HS, where he instructs history and is the defensive coordinator.

Do you have some great pictures?

We are always looking for pictures for the cover of *The Washington Coach*. If you have pictures of student-athletes, coaches or game action you are willing to share for publication, please send them to Mike Schick at wsca-editor@comcast.net.



Past Burnett-Ennis Scholarship Winners
"Where Are They Now"?



Travis Todd, son of Bruce Todd, received the Burnett-Ennis Scholarship in 2008. In the 2010-2011 school year Travis will begin his junior year

at Whitworth University where he is majoring in Elementary Education with minors in Math and PE. He is also a member of the Whitworth Pirates football team. He was a part-time starter his sophomore year and will likely be a full time starter as a junior.

Chelsi Friese, daughter of Rob & Lisa Friese, received the Burnett-Ennis Scholarship in 2007. Chelsi is currently attending Eastern Washington University. She is majoring in Elementary "Reading" Education with a Spanish minor. She also pole vaults for the EWU track team.

Laura Friese, daughter of Rob & Lisa Friese, is a WSU graduate with a Foreign Language and Cultures Degree (Spanish). She currently works for the Department of Natural Resources. Laura received the scholarship in 2005.

Shawn Friese, is the son of Rob & Lisa Friese. He graduated from Eastern Washington University with a BA in Secondary Education. He currently teaches English and Theatre Design. Shawn also coaches football and basketball. He received the Burnett-Ennis Scholarship in 2004.

The Washington State Coaches Association is seeking information on all past Burnett-Ennis Scholarship winners



"WHERE ARE THEY NOW?"

Please complete and mail to Jerry Parrish, 18468 8th Ave NE Poulsbo WA 98370 or email to jparrish@donobi.net

Name _____ Parent-Coach _____

Year Scholarship Awarded _____

Brief summary of scholarship recipient's status _____

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 PROGRAM

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:

Jerry Parrish, 18468 8th Ave. NE, Poulsbo WA 98370

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