Another Record Year for Membership

see page 6

WSCA

Thank You WSCA Members for your support!
Date ___________________________________________

Name ___________________________________________________________________________

Home Address ___________________________________________________  □ Address Change

City, State, Zip ___________________________________________________________________

Home Phone _____________________________________________________________________

Email Address ___________________________________________________________________

Please help us communicate more efficiently by including your email address

School Where Coaching ____________________________________________________________

School Address ___________________________________________________________________

City, State, Zip ___________________________________________________________________

School Phone ____________________________________________________________________

School Email Address ____________________________________________________________

Please help us communicate more efficiently by including your email address

Which sport group should receive credit for your membership? ____________________________

Send completed application with $35.00 to:  
Jerry Parrish, Exec. Secretary  
18468 8th Ave NE, Poulsbo, WA 98370

Benefits effective upon receipt of application and $35.00.  
Membership is from September 1, 2002 through August 31, 2003.

Benefits Include:
- State Tournament Pass accompanied by picture ID.
- National Federation Coaches Association membership includes $1,000,000 General Liability Insurance, $10,000 Accident Medical Expense limit per injury ($2,500 deductible per injury), and $25,000 Accidental Death and Dismemberment Benefits. Note this insurance coverage is excess of any other valid and collectible insurance.
- Please contact a Bollinger Inc. Sports Accident Claims representative for more information regarding coverage at 1-800-526-1379. Membership in the NFCA affords non-insurance benefits such as the Coaches Quarterly magazine and the opportunity for participation in the National Awards Program.
- Your senior son or daughter would be eligible to receive scholarships being offered by WSCA.
- Hall of Fame eligibility.
- Eligibility for “Coach of the Year” honors State-Regional-National.
- Makes you eligible to be selected as All-Star Coach.
- Enhanced professional growth and opportunity to contribute to your profession.
- Provides a line of communication and a forum for the exchange of ideas and information.
- Window decal upon request.
- Coaching clinics.
- Opportunity to express your opinion or write an article for your magazine THE WASHINGTON COACH.

Or, see our application on our new website:  
www.washcoach.com
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Check out our website at www.washcoach.com
From The President

January 2003

WSCA Members,

The fall and winter sports seasons of 2002 are nearly complete. We have tournament winners, league champs, state runner-ups and many other titles for our sports teams. The question is: Do we have better individuals who have competed for these titles?

These titles and trophies are really insignificant if we haven’t helped our athletes become better people. Have they learned that winning is the only thing? That being second is only the top loser? Statements like these develop adults who are obsessive compulsive about everything they do. Are we developing adults who will ONLY be satisfied if their child gets a college scholarship? As we emphasize the importance of competition, goal setting and hard work, let’s make sure that we also emphasize that there is only one winner on the field but there are many winners in life. Teach them, also, that goal setting is one technique for maintaining focus, but being obsessive compulsive about a goal is a sickness.

Student athletes need to have fun! Coaches of these athletes need to have fun. Coaching for 11 months in a year to attain the league championship only to lose the first two games by two points and then have everyone “start planning for next year” is not healthy. High school sports need to maintain a sense of mystery. What’s going to happen this season? How good can we really be? Those are the dreams memories are made of.

The Lynden Christian football team lost a game in the semi-finals—a “heart breaker”. But the comments by Coach Kaemingk in the newspaper were character building. He was concerned about his kids’ feelings, he talked about the growth and improvement they had made throughout the year, and how they measured success by getting better each practice not by winning league championships. He fixed no blame on a player, his staff or himself. He truly showed class. I know the person I would want my kid to play for!!

Teach that winning isn’t everything! It is only one of the many things we teach through high school athletics. Have a great 2003!!

Jim DeBord
President
Orchids are beautiful and pleasing to the eyes, Onions sometimes bring tears to the eyes. I believe we can get our message across better by stating desired outcomes. If you were the Profile of the Ideal Parent, how would your rate yourself - Orchid or Onion?

Parent expectations
1. Support your child and attend as many games as possible.
2. Avoid speaking negatively about the coach in front of your child. It may create a major barrier in the child’s hope for improvement in the sport.
3. Understand the ultimate purpose of athletics. It exists as an integral part of the total educational mission of the school, and participation in athletics is a privilege and not a right.
4. Serve as good role models for the students, athletes and other fans.
5. Appreciate the educational opportunity that your child is receiving in our athletic program. This includes the enormous time and effort provided by the coach.
6. Attend the pre-season parents’ meeting.
7. Serve as beacons of good sportsmanship.
8. Understand that the goals of the team and athletic program are more important than the hopes and dreams you have for your child.
9. Avoid constant and chronic complaining.

WSCA WEB PAGE
WSCA now has one of the best web sites for your use. www.washcoach.com is available for use. Contact your individual sports representative (all individual sports reps are listed in the front of the Washington Coach) for ways to add entries to the web site. There are many links available and we are attempting to make our web page as comprehensive as possible. One of the most viewed and used pages are the WSCA application for membership. This is just one of the services provided by WSCA.

CURRENT HAPPENINGS
At the recent WSCA Executive and Individual Sports rep meeting Jim Meyerhoff, Assistant WIAA Executive Director gave a very comprehensive report. There was discussion held on the amendment pertaining to the out of season coaching having a three week dead period at the beginning and end of all sports seasons. There are two classification amendments on the list - the classifications could be based on percentages. And another interesting discussion was centered about Just Play Fair contests. Take some time, find out about the amendments and join up and join in to find out how these amendments might have an effect on you.

One of the significant decisions to be made by the WSCA Executive Board is the continuation of our present liability insurance program. The insurance has been one of the significant reasons for growth of our membership. (At this writing our current membership number is 2516. Our total membership at the end of last year was around 2550.) Research will continue and the WSCA secretary will report and make a recommendation to the Executive Board concerning the insurance package.

Mike Schick, junior high representative from Puyallup, introduced a plan for recognition of career coaches. The fall issue of Washington Coach published a list of guidelines for recognition and we are looking for additional candidates. A special workday with selected individual sport reps will be held in February to carefully define guidelines for use in this fine project.
HELP

The following schools signed up to play foreign tour teams in boys and girls’ basketball and have not paid their USA Basketball/WIAA sanctioning fees. These schools have been contacted several times and still no response. If you know someone at these schools who could motivate them to pay their fees we would be very grateful. Thank you.

1999
Seattle Lutheran played Adelaide (B & G) owe $75
CleElum played Southern Suns (G) NSW Jackaroos (B) owe $150
Sammamish played John Paul College (B) owe $75
Tyee played Adelaide Heat (B & G) owe $75
Cedarcrest played Southern Suns (G) owe $75
Eastlake played Southern Suns (G) owe $75
Orting played Southern Suns (G) owe $75
Eatonville played Southern Suns (G) owe $75
Mount Si played Southern Suns (G) owe $75

2000
Lindbergh played Western Suburbs (B) owe $75
Lake Washington played Tasmania (B & G) owe $75
Lakeside 9 Mile played Tasmania (B & G) owe $75
Saint George played Tasmania (B & G) owe $75
Deer Park played Tasmania (B & G) owe $75
Kentwood played Tasmania (B & G) owe $75
Kentridge played Tasmania (B & G) owe $75
Richland played Box Hill Secondary (B & G) owe $75
Kent Meridian played Box Hill Secondary (B & G) owe $75
Foss played Box Hill Secondary (B & G) owe $75

Please send payment to:

Ed Pepple
5734 91st Ave. S.E.
Mercer Island, WA 98040

Ed’s phone: 206-232-1747

Thank you.
DEADLINE: April 20, 2003
Burnett-Ennis Scholarship

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

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

Name ____________________________________________________________________________________________
Last First M.I. Social Security Number

Permanent Address _______________________________________________________________________________
Street City Zip Code

Date of Birth__________________________________ Telephone Number _______________________________
Month/Day/Year

Parent/Guardian __________________________________ Years Member of Association_________________

Address of Parent/Guardian if different from applicant
_________________________________________________________________________________________________

High School Attended ___________________________________________ Graduation Date________________________

Address _____________________________________________________________________________________________
Street City Zip Code

Principal ______________________________ College Planning to Attend _______________________________

Check List
☐ Letter of recommendation
☐ Transcript
☐ Statement from applicant

Your application must be received before April 20, 2003
Mail to: Susan Doering, 708 South Lake, Colfax, WA 99111

Selected winners must submit a picture of themselves with their member parent to the WSCA by June 30, 2003.
Another WSCA Membership Record Set

During the 2001-2002 school membership year the Washington State High School Coaches Association set a new membership record of 2514. This surpassed the 2000-2001 record year of 2456. At the present time our membership is 2649 and growing.

This continued growth can be contributed to the outstanding leadership of the Officers, WSCA Board of Directors, individual sport representatives, and the many positive benefits offered to the membership. Leading this movement is the outstanding insurance program for individual member coaches, passes for all state level events, the Washington Coach (published quarterly), coaching clinics, awards luncheons, scholarships for sons and daughters of the membership, and eligibility for Coach of the Year honors.

Explanation of these benefits is available at our office and on our website. If you know of a coach that is not a current member, please contact our office at 1-800-441-7776, so a membership application can be mailed. Note: a membership application is available for downloading on our web page. Web page address is www.washcoach.com

WSCA Membership Preferences
as of January 30, 2003

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<td>Wrestling</td>
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JOIN YOUR ASSOCIATION TODAY!
**WSCA Salutes its 2002-2003 Record Setting Membership**

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**Blue Thunder Extreme**

**All-Stars**

- Marcia Clarkson
- Shermin Peredo

**Bethell**

- Tom Baintier
- Robert Eichelsdoerfer
- Dee Hawkes

**Bremerton**

- Jeff Barton
- Alexys Haun

**Brower**

- Edward Ashworth
- Cass Gebbers
- Bill Haley
- Randy J Phillips
- Brooks Smith

**Bridgeport**

- Dan Cavadini

**Burlington-Edison**

- William R Calkins
- Jim Clem
- Jeff Collins
- Laura D Fead
- Kevin Gudgel
- Kirk Hamilton
- Herb Lehman
- Susie Perry
- Christie Peterson
- Ryan Tesarik

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Stephanie J Steadman
Elisabeth Siles
Randy Taylor
Michelle Thompson

Kennewick-Park MS
Teresa Bissell
Heather Bjorge
G Dwight Brett
Neena Fouts
Brenda Koole-Sigar
Lois Merguer
Tim L Moon
Mel Nance
Natividad C Noyola
Ron Pasma
Leo Ramirez
Ron L Schuh
Dwane A Sitler

Kent-Cedar Heights
Stephanie J Steadman
Michelle Thompson

Kent-Mattson JH
Richard T McCurdy
Natividad C Noyola

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Michael W Overbay
Yvette Schultz
La CENTER
John Lambert
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Rob Williamson
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Mike Compton
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Lake Quinault
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Bradley E Wilson
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Cliff Chaffee
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Dan Fenner
Ernie Goshorn
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Dave Chambers
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Lake Washington-Hill JH
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LAKES-MF
Bob Cameron
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Vincent A Epelianio
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LIBERTY BELL
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Gunnar Johnson
Tyler Moe
Greg Port

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Newport
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Helene Hatch
Karla Hawes

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Jon Knight
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Kelly Walters
Jay Webber

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North Thurston
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North Thurston
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Rory Rickard
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Michael W Mills
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Wendy White-Redesand
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Gary Larson
Phil Lomberg
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Brent Monroe
Bradley A Nave
Cassie Smith
Richard Wika
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Bill Peterson
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Bob Wallen
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Rogers-Puyallup
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Heather Hoskins
Rod Iverson
David Johnston
Tammy Kelly
Adam Kulaas
Amy Looker
Ben Muenlenbruch
Heather Renner
Sedlacek
Dan Thompson
Kebra Thompson
Bob Wendl
William Alan Wernofsky
Rogers-Spokane
Shawn Carney
Chris Caviness
Herman L Caviness
Gregory J Forsyth
Kathy Harrison
Rick Harrison
Dave Hughes
Gail Ortega
Dave Pompante
Ben Venema
Roosevelt
Terri Galloway
Garrison
James Neff
Bill Resler
Lila Silverstein
Rosalia
Barry K Buth
Diane Koppel
Doug LaMunyan
Royal
Wiley Allred
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Ben A Pratz
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Saint George's
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Sammamish
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Jamie Fisher
Jennifer Genoway
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Karen Summers
Seattle Christian
Roger DeBoer
Seattle Prep
Chris Miller
Gaylene Page
Ed Paultter
Seattle PS Athletics
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Ammon McWashington
Sedro Woolley
Bryan Alexander
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Rick Garcia
David Grenier
Jack Hurd
Sandy Metzger
Ron Shanander
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Jennifer Willis
Sehome
Pat Fitterer
Gary E Hatch
Mark Kerr
James M Plenkovich
Selah
Gayle Adams
Jim Durand
Art Green
Jeff Jamieson
Perry McCormick
Ken Mozingo
Gene Ramos
Carl L Torkelson
Selah JH
Dave St Lawrence
Zach St Lawrence
Sequim
John H Gopper
Mark Fisher
Brian Roper
Sequim Cheer
Kim Kwach
Shadle Park
Tim Gaebe
Mark Hester
Robert D Isitt
James T Johnson
Amy L Stinson
Shelton
Steven R Beck
Bryan M Brickert
A Roy Dunn
Matt Hinkle
Mark Jensen
Jacki Strache
John Vernon
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Perry Winkle
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Bob Levitin
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Paul Ringstad
Skyview
Pattie Jo Allinger
Dave Armstrong
Bob Benson
Dennis Ben Binkowsk
Megan Boten
James Hellyer
Carolynn Lindeman
Kasey Powers
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David L Ballinger
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Andrea M Cahan
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Honoring America's Elite High School Athletes Since 1985

FOR IMMEDIATE RELEASE

Contact: Mike Bulthaus
312-751-4191

WASHINGTON’S TOP HIGH SCHOOL VOLLEYBALL PLAYER TO RECEIVE PRESTIGIOUS HONOR

CHICAGO (January 14, 2003) — Honoring the nation’s best high school athletes for 18 years, Gatorade® Thirst Quencher, in partnership with Scholastic Coach & Athletic Director magazine, today announced its State High School Volleyball Player of the Year award winners. The athletes, representing 49 states (Vermont does not have a formal volleyball program) and the District of Columbia, are the latest inductees into the Gatorade Circle of Champions and are finalists for the prestigious Gatorade National High School Volleyball Player of the Year award to be announced January 28.

Gatorade has awarded the Washington High School Volleyball Player of the Year award to Stevie Mussie of Puyallup High School in Puyallup, Wash.

Stevie finished the season with 280 kills, 33 blocks, 100 digs and 27 service aces. “Stevie has been an outstanding talent over the past three seasons and a consistent player for the highlight films every season,” said coach Tony Batinovich.

“Stevie maintains a B- grade average. She volunteers at a nursing home.

The 50 winners from across the nation, selected by a panel of sport-specific experts as well as a National Media Advisory Board, were chosen based on their outstanding accomplishments on and off the field of play. In addition to athletic performance, the award’s criteria include the athlete’s achievements in the classroom and overall character.

Stevie joins recent Washington High School Volleyball Players of the Year Jennifer Barcus and Diane Halverson in the Gatorade Circle of Champions.

The Gatorade High School Player of the Year program recognizes one winner in each of the 50 states and the District of Columbia and then awards one National Player of the Year in football, volleyball, baseball, softball and boys and girls basketball, soccer, and track & field. For more information on the Gatorade Player of the Year program, including nomination information and a list of past winners, visit www.gatorade.com.
One of the basic skills for cheerleading is jumping. An often asked question by cheer coaches is “How do you develop hyper-extended jumps?” The 3 key components is stretching, strengthening and practicing. Stretching exercises enhance a cheerleader’s level of flexibility and strengthening drills increase her vertical jumping ability. Daily practice of each type of jump will help the cheerleader obtain these powerful, super-high jumps.

Below are stretches that are targeted for cheerleading. Partner stretching: A person lies on the floor on her back with legs extended in the air in a straddle position. Partner kneels on the floor facing that person and places her hands on that person’s thighs and applies gentle pressure downward. Hold that position for a count of 30. Relax and repeat the drill again. This stretch increases the flexibility in the adductors that will help obtain that hyper-extended straddle toe touch position.

Splits: Hold the split position for 30 seconds. Perform this exercise in both the right and left splits position.

Another key element for good jumps is strengthening the legs for an explosive lift. Here are some great power exercises.

Sitting Toe Touches: Start by sitting on the floor in a tuck position. Balance so that your feet are slightly off the floor. Next, quickly lift your legs and arms to a straddle position and return rapidly to the tuck position. Focus on good technique, keeping your toes pointed, your legs straight and your back upright. In addition to building strength, this exercise helps you to practice the proper technique of ‘sitting back’ in your jumps. Start with 5 and work up to 20 in a row. Then repeat the set.

Tuck jumps: Start with feet together and arms overhead in a “touchdown” position. Jump off the floor pulling the knees up to the chest level as the arms slap down to the side. Land on the floor to the beginning position absorbing the landing in the balls of your feet. Immediately jump again into the tucked position. Be sure to keep the chest up while jumping. Perform 30 tuck jumps in a row. This helps develops the calf muscles.

Leg tosses: Two people are needed for this drill. One lies on her back on the floor and the other one stands by her head. The cheerleader on the floor grabs the ankles of the standing person for stability. The cheerleader on the floor lifts her legs, keeping them straight and together. The other person “tosses” ther legs toward the floor as the other person resist the move trying to not let them touch the floor. This is a great exercise for the abdominals and quadriceps.

Finally and always the best way to develop awesome jumps is through repetition. A fun way to practice jumps is with music. Put your cheerleaders in 3 or 4 lines. Start some music and every time a cheerleader gets to the front of the line, she must execute a jump in time with the music. It helps to have counts such as “clasp on count 1, 2; high-V on count 3, 4; bend on count 5; execute jump on count 6; land on count 7, 8.

Use these three techniques in your practices and you will see a vast improvement of your cheerleaders’ jumps in 4 weeks. For more cheerleading information check out the Washington State Cheerleading Coaches Association’s website, www.wscca.com
**FIFTY YEARS OF WASHINGTON WRESTLING’S FINEST**
**THE 3 AND 4 TIME STATE WRESTLING CHAMPIONS**

41 Three Time State Champions - 3 Four Time State Champions

<table>
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<tr>
<th>YEARS</th>
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<td>Owen, Tommy</td>
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<td></td>
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<td>Barnes, Burke</td>
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DAYS GONE BY

Ahh, the good old days, when school sports ruled the roost. For me, the way school and athletics have changed over the years is worth writing about. Nobody is more aware of how things have changed than those who coached in the ‘50s. Coaches then were always teachers. Players needed a coach’s authorization to buy a letterman’s jacket, parents were simply fans, the entire student body cheered on their teams, and Title IX wasn’t even an issue. Off-season training involved playing all sports, skiing, swimming, or going to “Y” camp.

By now, its no secret that none of the above exists. Coaches come from every career, parents cross over the line anytime they want, and students pick and choose who they want to watch play. Now, the definition of off-season is to play the same sport year round.

In 1972, the decision to pass Title IX gave girls the chance to be athletes. This landmark decision was the best thing to ever happen in prep sports. Judging from its huge success, a record number of girls are finding school sports to be fun and competitive. It is this writer’s belief that this legislation has been the best thing that could happen in school athletics.

SOMEBODY’S GOTA DO IT!

By now, most of you have heard my soapbox sequel about the ongoing problems between school and non-school sports. Here is another dose of squawks about this serious issue. Crisis headwinds are threatening to undermine the existence of prep sports. It’s not as though this controversy can’t be solved.

As things stand now, kids get a double whammy. Those who play school sports must follow a strictly regulated seasonal calendar as to when they can practice and compete. The numbers of practices are counted; a restricted number of games are played, and they don’t compete on Sundays. Community sports have been able to affect change, because what they have to offer often doesn’t conform to regulated rules. They have an open season year around to recruit, practice, and to play. Most often the organizers don’t care what’s happening in the school programs that follow a nine month academic schedule vs. a sports calendar that has little regard for honoring school programs.

THE PRESSURE IS ON

The second whammy finds an athlete actively involved in a school program being influenced to trade off his/her time with a community sport. For some, it may mean playing on two teams, or doing two different sports at the same time. Make no mistake, participation in two sports at the same time often brings about injury, fatigue, and certainly stress. Don’t be fooled that this type of full time physical activity doesn’t affect the athlete in the long run. An injury can cost the chance for an athlete to play at a big-time program. Recruiters are apt to look for healthy kids who have just as much talent.

The complaints from coaches about this overplay can’t be dismissed. Recently, school coaches have managed to roll with the punches, but they aren’t sure what can be done to improve the situation. There’s ample evidences that certain school sports are losing their grip. In a recent survey, given the choice between high school and club volleyball, over two-thirds of the athletes preferred club sports. Check the sports page, and you’ll find every conceivable non-school team recruiting and holding turnouts, which is totally opposite to school policy.

Parents are loath to use their best leverage when it comes to their kids. They don’t want to stop attending or watching games in which their kid plays whether it is WIAA sanctioned or club affiliated. Parents, especially those fueled by the scholarship myth, are reluctant advocates. The merry-go-round just keeps on spinning, and nothing happens.

THERE WILL BE AFTERSHOCKS

Perhaps what is needed is an outside organization that could act as advocates for student athletes who are caught in this battle over sports. For the sake of an argument, maybe it’s time for schools to impose a rule that an athlete can play only one sport in season. Give them the choice to stay or play elsewhere. This could open the doors for more kids to play school sports. The day or reckoning will one day come.

TOO MANY CONCUSSIONS

Now that we are armed with the latest medical research, more should be done to stop head injuries or concussions in sports. The usual suspects are head to head contact in football and...
soccer, especially stopping and positioning the ball by use of the head. It is not uncommon for a soccer player to deliver between six to eight "headers" in a game. We ask baseball players to wear batting helmets and wrestlers to wear protective headgear, why not soccer players?!?

No one really knows how many players suffer mild traumatic brain injuries (MTBIs) by taking repeated hits to the head. Regardless of the sport, it is important for coaches to get a medical evaluation if there is a head injury, and they should keep the player out of practice until cleared by a doctor. The bottom line is playing rough with the head can only run the risk of long-term brain damage. The problem will only worsen if this is not made a point of emphasis. Please put up a giant caution sign now!

CALL IT ANYTHING, BUT DON'T CALL IT FAIR

At one time, the WIAA allocated state berths to football leagues, not district. Now, since the districts determine the playoff allotments, more teams can become eligible by playing an extra game. However, this brings about a season ending problem in regard to the playoffs. Schools can play three games in a none-day stretch through the first round of state. Regrettably, this may mean a team plays on Thursday in order to advance in the playoffs. The second weekend in September. One thing certain, unless a change is made, then don’t try to sell the message it’s in the kids best interest.

LANDMARK DECISION

To establish a new way of thinking, you have to move beyond the old one. That is precisely what the school athletic coaches in Marysville did when they signed a three year agreement with the school district. After a month of mediation, the contract calls for a cost-of-living increase over the next two years. Even a bigger win for coaches comes in the written language regarding job security and arbitration. No doubt about it, in order to renew friendly relationships, to avoid a coaches’ strike, and avoid the use of replacement coaches, the school board turned an about face.

The contractual agreement is significant because most districts do not have contracts with their coaches written in these terms. This is a dramatic departure from basing future employment on a win-loss ration or at the whims of pushy parents. There may be a time when all coaches sign contracts that are fair and equitable. In the early 50’s, Seattle City coaches were paid between $30-$50 to coach an entire season. They didn’t have a union to bargain, nor did they have parents signing petitions to remove them.

Judging from the unanimous vote by the coaches in Marysville, they know a good thing when they see it. Don’t expect other districts to follow suit immediately, but hopefully coaching contracts will be written differently down the line. While most coaches remain silent, a few are warning that in coaching you must deal with change.

Depending on your interest, my e-mail (hawkes32@attbi.com) is available to hear your positive or concerned issues about the prep world. Remember, little things that are ignored can become big rocks to be moved later. See you around, I hope.

SQUAWKS

Here are some squawk selections that you might find interesting:

√ John Wooden was never paid more than $25,000 a year by UCLA.
√ In many respects, sports writer Grantland Rice’s famous verse, “When the Great One comes to write your name, he marks not that you won or lost, but how you played the game,” has stood the test of time.
√ Coaches fill giant shoes. When asked who was the most influential person in their life, three out of four persons say it was their high school coach.
√ The average public school is 42 years old.
√ The SAT revolution has started with big changes to come for American education. Say good-bye to intelligence testing and hello to academic preparedness.
√ There are sports parents who take everything so seriously that their kids cannot breathe. Most of the spare time an athlete has under that kind of pressure comes in snippets. Certainly small amounts of time here and there are not enough.
√ If you were asked to name your most admired colleagues, who would be on your list? My personal list contains ten men and four women.
√ Jonas Salk once said, “The reward for work well done is the opportunity to do more.” Keep up the good work.
Motivate your players with the Gatorade Will To Win Athlete Award

It’s a way to reward your athletes’ leadership, performance and desire. And it gives your top competitors special recognition from you and The Gatorade Company. The Gatorade Will To Win Athlete Award Program is free, easy to execute, and open to head varsity high school coaches. To get signed up for the 2001/02 school year is easy. All you have to do is visit www.gatorade.com/w2wcoaches or call 1-877-WILL-2-WIN. Registration deadlines are: Fall sports June 14, 2001, Winter sports September 15, Spring sports December 8.

So take the initiative and recognize your leaders, your top performers and your most motivated players.

Register today at 1-877-WILL-2-WIN or www.gatorade.com/w2wcoaches
Another opportunity to learn beyond the X’s and O’s.

An annual conference for Washington Coaches presented by Washington Coaches and Athletic Administrators.

In an effort to better serve coaches and administrators statewide, the 2003 Coaches School will again feature a weekend format. Registration will open at 7:30 a.m. on Friday, August 1, 2003. The closing session will conclude Saturday afternoon, August 2, 2003. At the request of many coaches there will be a pre-conference, hands-on athletic taping workshop hosted by the Vocational Athletic Trainers Association and a workshop on “True Colors: Communicating with your Athletes” available to all coaches school participants on Thursday, July 31 at 6 p.m. The Sports Medicine First Aid and CPR training will also be offered July 31 at 12 p.m. at Davis High School. This course will cover first aid for coaches and will include an on-field assessment, ideas, rehab ideas, and some taping.

The WIAA Coaches School is an excellent opportunity for coaches, advisors and administrators for all activities and athletics to interact, to learn, and to share experiences that contribute to the professionalism of interscholastic coaching.


Enjoy a power-packed conference that will inspire, motivate and prepare you for the upcoming school year.

If you need Coaches Education hours for WIAA Coaches Certification, don’t miss this clinic…

Note: WIAA will provide one (1) additional complimentary registration for every ten (10) paid registrations from a school district.

Registration materials and the 2003 Coaches School schedule and speakers will be mailed to all member schools and posted on the WIAA Web site (wiaa.com) in the spring of 2003.
2002-2003 WIAA Scholastic Cup Point System

Here is a reference chart of the 2002-2003 WIAA Scholastic Cup Point System.

Track & Field, Wrestling, Swimming & Diving, Cross Country, Golf, Tennis, Gymnastics, Bowling and the Academic State Championship program*:

<table>
<thead>
<tr>
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<tr>
<td>2nd</td>
<td>80</td>
</tr>
<tr>
<td>3rd</td>
<td>60</td>
</tr>
<tr>
<td>4th-6th</td>
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</tr>
<tr>
<td>7th-10th</td>
<td>30</td>
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<tr>
<td>11th-14th</td>
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<td>15th-16th</td>
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Soccer & Baseball:

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<tr>
<td>3rd</td>
<td>60</td>
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<tr>
<td>4th</td>
<td>40</td>
</tr>
<tr>
<td>Quarterfinal Elimination</td>
<td>35</td>
</tr>
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<td>First Round Elimination</td>
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<td>7th-8th</td>
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<td>9th-12th</td>
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<td>Semifinal Elimination</td>
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<tr>
<td>7th-8th</td>
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<tr>
<td>Elimination in Third Round of Play</td>
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<td>Elimination in Second Round of Play</td>
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Volleyball:

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<td>3rd</td>
<td>60</td>
</tr>
<tr>
<td>4th-6th</td>
<td>40</td>
</tr>
<tr>
<td>7th-8th</td>
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<td>Elimination during Pool Play</td>
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Sportsmanship:

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<tr>
<td>2nd Varsity Player or Coach Ejection</td>
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<tr>
<td>3rd Varsity Player or Coach Ejection</td>
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</tr>
<tr>
<td>4th Varsity Player or Coach Ejection</td>
<td>-40</td>
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</tbody>
</table>

*Only the 8 top-placing schools in the Academic State Championship program, Tennis, Gymnastics, Bowling and Golf receive Scholastic Cup points.
2003 EARL BARDEN CLASSIC
ALL-STAR FOOTBALL GAME

The 2003 Earl Barden Classic All-Star FB game will once again be held at Zaepfel Stadium in Yakima, Washington. The date of the game is June 28th at 1pm. The teams will consist of 38 players selected by the A/B/2A coaches of the WSFBCA from the East and the West. The players are nominated by their leagues and selected by committees formed by the representatives of each league in those classifications.

The players will report to Yakima Valley CC dormitories for registration and pictures at 10 am on Monday, June 23. They will be going through 2 practices a day for the week at Eisenhower High School and then “putting the game jerseys” on for Saturday. The game is sponsored by Pepsi-Co of Yakima, Kimmel Athletics and various local and distant supporters of Washington High School football. The majority of the sponsorship comes from the sale of tickets and program ads by the players themselves.

This is the 9th year for the small school all-star game and the second year that we have gone back to playing a single contest. The city of Yakima and the Yakima Public Schools have been a great host for this event and we continue to enjoy the success of summer football in the Yakima Valley. There are several games committee chairman who have given time and time again to make this game a success. That would include: Mike Lynch, Ritzville, Jim DeBord - Columbia/Burbank, Tom Bates, Castle Rock, Rob Friese, Willapa Valley, Jack McMillan, Cascade (Leavenworth), Bruce Smith - Yakima Business Times, Rob Landis, Yakima, Bert Karnofski, Kimmel and many, many other “gophers”.

Please mark this date on your summer calendar. It should fall between most camps and is a great motivation to your players to see what they could be a part of with hard work and perseverance. The game falls later this year due to the Yakima schools getting out later, so you could go to the game in Everett and then head over to “sunny” Yakima and enjoy the Earl Barden Classic.

If you have any questions about the game, fund-raising or know of anybody that would like to sponsor the game, please call or e-mail me, we can always use more support for the players and coaches.

Sincerely in Football,

Bill “Alex” Alexander
Earl Barden Classic Chairman
Quincy High School
16 6th Ave. SE
Quincy, WA 98848
509-787-3501
walexand@qsd.wednet.edu

Deadlines for the
WASHINGTON COACH
Magazine

Next Issue - Summer: May 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 Terry Ennis at terry_ennis@msn.com
Please submit on-line photos in black and white
If you do not have access to email you may submit via one of the following:
Fax: 425-385-2875
or Mail: 1415 Madrona Avenue, Everett, WA 98203
## A/B/2A West Team

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<tr>
<th>First</th>
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<th>Ht</th>
<th>Wt</th>
<th>Positions</th>
<th>School</th>
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<td>Tony</td>
<td>Duncun</td>
<td>6'4&quot;</td>
<td>222</td>
<td>T/T</td>
<td>Archbishop Murphy</td>
</tr>
<tr>
<td>Kevin</td>
<td>Farmer</td>
<td>6'2&quot;</td>
<td>220</td>
<td>TE/DE</td>
<td>Blaine</td>
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<tr>
<td>Scott</td>
<td>Selby</td>
<td>6'5&quot;</td>
<td>200</td>
<td>DB/WR</td>
<td>Castle Rock</td>
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<tr>
<td>Jose</td>
<td>Sanchez</td>
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<td>165</td>
<td>RB/SE</td>
<td>Concrete</td>
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<tr>
<td>Daniel</td>
<td>McDonald</td>
<td>5'9&quot;</td>
<td>175</td>
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<td>Coupeville</td>
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<tr>
<td>Bryce</td>
<td>Boyd</td>
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<td>225</td>
<td>TE/WR/DE</td>
<td>Darrington</td>
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<tr>
<td>Russel</td>
<td>Reese</td>
<td>6'3&quot;</td>
<td>220</td>
<td>DL/OL</td>
<td>Eatonville</td>
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<tr>
<td>Todd</td>
<td>Basler</td>
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<td>215</td>
<td>RB/LB</td>
<td>Elma</td>
</tr>
<tr>
<td>Danny</td>
<td>Hill</td>
<td>5'11&quot;</td>
<td>185</td>
<td>QB/DB</td>
<td>Elma</td>
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<tr>
<td>Spencer</td>
<td>Richards</td>
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<td>260</td>
<td>OL/DL</td>
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<tr>
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<td>210</td>
<td>LB/OL</td>
<td>Foster</td>
</tr>
<tr>
<td>Tim</td>
<td>Grun</td>
<td>6'0&quot;</td>
<td>175</td>
<td>RB/DB</td>
<td>Hoquiam</td>
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<tr>
<td>Andy</td>
<td>Hudkins</td>
<td>6'3&quot;</td>
<td>205</td>
<td>WR/DB</td>
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<tr>
<td>Cameron</td>
<td>Jones</td>
<td>5'10&quot;</td>
<td>215</td>
<td>FB/LB</td>
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<tr>
<td>Charlie</td>
<td>Waldburger</td>
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<td>Kendon</td>
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<tr>
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<td>Kooy</td>
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<td>Ocosta</td>
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<td>Gage</td>
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<td>Wilson</td>
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<td>295</td>
<td>OT/DT</td>
<td>Woodland</td>
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Zaepfel Stadium, Yakima


## Classic Football Rosters

### A/B/2A East Team

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<tr>
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<td>Smith</td>
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<td>Connell</td>
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<tr>
<td>Casey</td>
<td>Dell</td>
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<tr>
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<td></td>
<td>OL</td>
<td>Othello</td>
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<tr>
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<td>Appel</td>
<td>6'1</td>
<td>220</td>
<td>C DE</td>
<td>Colfax</td>
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<tr>
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<td></td>
<td></td>
<td>TE LB</td>
<td>Freeman</td>
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<td>Messenger</td>
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<td>RB DB</td>
<td>Goldendale</td>
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<td>Graves</td>
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<td>C DT</td>
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<td>Gilbert</td>
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<td>Royal</td>
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<tr>
<td>Cody</td>
<td>Hebdron</td>
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<td>Santos</td>
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<td>250</td>
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<td>Bridgeport</td>
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<tr>
<td>Adam</td>
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### Saturday, June 28, 1:00pm

The Washington Coach - Winter/Spring 2003
## WSFCA Announces 2003

### 4A/3A WEST

#### Quarterbacks
- Kyle, Kendrick: 6'3", 185, QB/DB, Mt. Vernon, WESCO NORTH AAAA
- Brian Foreman: 6'3", 210, QB, Skyline, KINGCO AAA

#### Wide Receivers
- Cody Ellis: 6'0", 170, WR/DB, Puyallup, SPSLS AAAA
- Jason Morris: 6'0", 170, WR/DB, Jackson, WESCO SOUTH AAAA
- Trevor Otmar: 5'10", 175, WR/DB, Lynden, NW AAA

#### Tight Ends
- Joey Henley: 6'4", 215, TE/DE, Kentridge, SPSLN AAAA

#### Running Backs
- Jon Williams: 5'11", 180, RB/DB, Redmond, KINGCO AAA
- Victor Valle: 5'9", 160, RD/DB, South Kitsap, NARROWS (BR) AAAA
- Jake Darling: 5'10", 180, RB/OLB, Snohomish, WESCO NORTH AAAA
- Brandon Markey: 6'1", 200, RB/DB, O'Dea, METRO (MTN) AAA
- T.J. Busch: 5'11", 180, RB/DB, Lynden, NW AAA

#### Linemen
- James Harrison: 6'3", 255, DL/OL, Kentridge, SPSLN AAAA
- Blaine Guenther: 6'3", 275, OL/DL, Bethel, SPSLN AAAA
- Mike Lisenby: 5'11", 215, OL/DL, Bothell, KINGCO AAA
- Matt Alfred: 6'3", 287, OL/DL, Gig Harbor, NARROWS (BR) AAAA
- Sam Himmelman: 6'0", 250, C/DL, Kamiak, WESCO SOUTH AAAA
- Chad Asmus: 6'2", 215, DL/OL, Oak Harbor, WESCO NORTH AAAA
- Jeff Dicks: 6'3", 240, OL/LB, Bellevue, KINGCO AAA
- Brett Thielke: 6'5", 285, OL/DL, Skyline, KINGCO AAA
- Andrew Davenport: 6'1", 260, OL/DL, O'Dea, METRO (MTN) AAA
- Ryan Armijo: 6'0", 220, OL/DL, Kennedy, SEAMOUNT (KING) AAA
- Wesley Ulu-Maloona: 6'1", 310, OL/DL, Rainier Beach, METRO (SD) AAA

#### Defensive Ends/OLLB
- Tyson Gamblin: 6'0", 195, OL/RB, Enumclaw, SPSLN AAAA
- Jehra Moore: 6'3", 230, DE/TE, Sedro Woolley, NW AAA
- Tony Struckman: 5'10", 200, OL/RB, Hazen, SEAMOUNT (KING) AAA

#### Linebackers
- Tieba Bropleh: 5'10", 195, LB/RB, Bremerton, NARROWS (BR) AAAA
- KeAndre Magee: 6'0", 225, LB/RB, O'Dea, METRO (MTN) AAA
- Tahj Bomar: 6'2", 212, LB/FB, Kentwood, SPSLN AAAA

#### Defensive Backs
- Andre Piper-Jordan: 5'11", 180, WR/DB, Federal Way, SPSLS AAAA
- Jamie Lee: 6'1", 210, DB/RB, Everett, WESCO SOUTH AAAA
- Derrick Bradley: 5'10", 180, DB/RB, Kamiak, WESCO SOUTH AAAA
- Matt Coombs: 5'11", 195, DB/RB, Bellevue, KINGCO AAA
- Johnny Lopez: 5'8", 175, DB/RB, Kennedy, SEAMOUNT (KING) AAA
- Sean Gallagher: 5'11", 200, RB/DB, Bothell, KINGCO AAA

---

**Everett Memorial Stadium, Everett**

---

East West Rosters

4A/3A EAST

Quarterbacks
Travis Elisara 6'0" 185 QB Ferris GSL (Am. Div.) AAAA
Ben Huebschman 6'3" 200 QB Mountain View GSH AAA
Mike Schmit 5'11" 160 QB/DB Columbia River GSH AAA
Joe Strandish 6'3" 195 QB/DB Ellensburg MID-VALLEY AAA
Jeff Wells 6'3" 200 QB/DB Lakes SEAMOUNT (PIERCE) AAA

Wide Receivers
Brandon Maul 5'10" 170 WR/DB Bellarmine Prep NARROWS BAY AAAA
Ryan Heacock 6'1" 175 WR/DB Central Valley GSL (Nat. Div.) AAAA
Ben Walker 6'1" 190 WR/OLB Evergreen (Vancouver) GSH AAA
Anthony Russo 5'11" 180 WR/DB Lakes SEAMOUNT (PIERCE) AAA
Ryan DeLong 6'0" 175 WR/DB Fife SEAMOUNT (PIERCE) AAA

Running Backs
Dezmon Cole 5'8" 185 RB/OLB North Thurston PAC 9 AAA
Ben Schenk 6'1" 195 RB/DB Tumwater PAC 9 AAA
Ryan Hughes 5'10" 170 RB/DB West Valley (Yakima) MID-VALLEY AAA
Akeem Anthony 5'6" 165 RB/DB Lakes SEAMOUNT (PIERCE) AAA

Tight Ends
Billy Lauderdale 6'4" 220 TE/OLB Ellensburg MID-VALLEY AAA

Linemen
Juan Garcia 6'4" 280 OL/DL Eisenhower BIG 9 AAAA
Drew Hansen 6'9" 300 OL/DL Southridge BIG 9 AAAA
Kyle Kania 6'0" 240 CTR/DL Pasco BIG 9 AAAA
Tim Harris 6'3" 220 DL/TE Bellarmine Prep NARROWS BAY AAAA
Zedikiah Martin 5'10" 270 DL/OL Woodrow Wilson NARROWS BAY AAAA
Ryan Rainwater 6'0" 280 DL Capital NARROWS BAY AAAA
Jacob Bouge 6'5" 260 DL/OL University GSL (Am. Div.) AAAA
Robbie Hyslop 6'5" 225 CTR/DL Ferris GSL (Am. Div.) AAAA
John Albin 6'4" 240 OL Cheney GSL (Nat. Div.) AAAA
Craig Kent 6'3" 247 NG/OL Central Valley GSL (Nat. Div.) AAAA
Josh Tsachirgi 6'4" 282 OL Skyview GSH AAAA
Marc Lundt 6'3" 265 OL/DL North Thurston PAC 9 AAA
Dan Gore 6'5" 255 OL/DL Prosser MID-VALLEY AAA

Defensive Ends/OLB
James Day 6'0" 195 OLB/RB Mountain View GSH AAAA

Linebackers
Drew Oswald 6'1" 220 LB/TE Cheney GSL (Nat. Div.) AAAA
Ross Brunelle 6'0" 225 LB/OL East Valley (Spokane) GSL (Nat. Div.) AAAA
Ted Edwards 6'2" 225 LBRB Kelso GSH AAA
Travis Tanasse 6'0" 210 LBRB West Valley (Yakima) MID-VALLEY AAA

Defensive Backs
Nick Jiles 5'11" 175 DB/WR A.C. Davis BIG 9 AAAA

Saturday, June 28, 7:00pm
THE FINANCIAL CORNER

by Ed Crafton
Shelgren Financial Group, Inc.
(800) 367-4388 ext. 121 or (206) 310-1357
Email: ecrafton@shelgrenfinancial.com

Ed is a Retirement Planning Specialist and Investment Advisor with Shelgren Financial Group, Inc. in Renton, WA.

Legislative Update -

The Joint Committee on Pension Policy has recommended 8 bills for this year’s legislature. The major one that you may need to keep an eye on are:

1. Plan 3 Contribution Rates - Members in PERS, SERS & TRS plan 3 would have an annual window to change their contribution rate. If passed the first window would occur in January of 2004.

2. Age 66 COLA - This bill would allow PERS and TRS plan 1 retirees to qualify for the Uniform COLA in the year they turn 66. The could result in significant increases in pension benefit payments for older retirees.


Market Update - “We have seen the bottom!!”

The DOW hit 7,286 on October 9th. Today (12-20-02) we at 8,512. The Nasdaq hit 1,114 on October 9th and today closed at 1,363 and the S&P 500 hit 776 on 10/9 and closed today at 895.

Everyone has lost a lot of money if they were invested in these markets over the past 30 months. BUT, the markets have bottomed and there are better days ahead. For those of you that are very concerned about the markets, ask yourself this question. Do you think the markets will be considerably higher in 10 years? How about 3 years? If you answer in the affirmative, then you need to be invested in equities (stocks).

I have talked religiously for the past 10 years in this article regarding Asset Allocation and Diversification. And if I continue with this article each quarter for another 10 years you will hear the same thing. The time horizon for your money dictates where you should and should not invest. If you have a long term outlook for your money, the areas that have been beat up over the past 3 years would be an excellent place to look for above average returns for the next 3-5 years. Take a look at the 3 year losers after the first of the year and that would be a good place to start. Technology and Large Cap Growth have been real losers for the past 3 years. These two sectors should be looked at for part of everyone’s portfolio going forward.

457/Deferred Compensation Plan

With the passage of the recent Tax Reform Act in 2001, several key items with regards to retirement plans. One of the objectives of the act was to “simplify” the laws and reduce to difference between the plans and make them more “portable”. School employees are eligible to contribute to 403(b) and 457/DCP plans. The contribution limits to 457 plans were raised to the same levels as 403(b) plans.

The state is now offering a 457/DCP plan for the school districts. There is no other 457 plan available in most school districts. That is about to change! Shelgren Financial Group is going to offer a new 457/DCP plan to school districts throughout the state. We will be marketing a Hartford Life VA 457/DCP plan that will be a clear alternative to the state 457/DCP plan. The states product is a good one, but we have had requests from clients all over the state for additional investment op-
tions. Hartford is one of the premier 457/DCP companies in America. They have over 30 years of experience in this market place and are experts in the 457 area. It will have significantly more benefits than what the state plan can offer.

In 2003, an employee is eligible to contribute 100% of includable income or up to $12,000 plus catch up provisions. This product will have loan provisions, availability of hardship withdrawals, guaranteed death benefits, variable annuities (income can increase in future years), guaranteed fixed account, 39 different mutual fund accounts to choose from 8 different companies (Janus, Putnam, Dreyfus, American Century, Invesco, MFS, Franklin, & Hartford) and no surrender charges for withdrawals and transfers.

The only significant difference in a 403(b) product and a 457/DCP product is that you do not become the owner of the 457 money until you separate from service and withdraw the money. The school district holds the money as the custodian in a trust. The employee controls the invested assets, can choose the investment options, re-balance, etc. The school district has a fiduciary responsibility with regards to these accounts. Employees should have more than one investment option with regards to 457 investments. If you are interested in 457 investing and the Hartford/Shelgren Financial 457/DCP plan is not available, have your payroll office call me and we will be more than happy to send them all the information on the plan and come in to do a presentation.

Are you retiring this year?

For those of you that are retiring this year it is important to have all the information available to you regarding your retirement benefit options, health care benefits, sick leave buyback options and beneficiary options. I have a checklist for retirees to follow to help make this process a little easier. Call, email or write to me and I will send you a copy of this retirement checklist.

I would also request that you send me suggestions for articles in the upcoming magazines. It is always fun to answer all the questions that I get as I travel around the state during the year. As always don’t hesitate to call (800) 367-4388 x.121 if I can ever be of help.
Washington State Track & Field Coaches Hall of Fame

Nominee List

COLLEGE COACHES

John Chaplin Washington State University / Wapato HS
Ken Shannon University of Washington
Ken Foreman Seattle Pacific University
John Buck Spokane Community College

HIGH SCHOOL COACHES

Gordon Robertson Pe Ell/Sultan/Tenino
Jim Pillers Prosser HS
Mick Ryan Olympia HS
Barry Savage Renton HS
Jerry Russell Franklin Pierce HS
Burt Wells Curtis HS
Gene Volland Tekoa-Oakesdale HS
Chuck Byers Mark Morris HS/Castle Rock HS
Dwight Cranston Mark Morris HS/R.A. Long HS

If you would like to nominate a coach for induction into the Washington State Track & Field Coaches Hall of Fame, please contact Tim Irvin (timirvin@nas.com) or WSTFCA President Chuck Bowden (cbowden@cvsd.org). Nomination forms are available at the registration table. All nominees must have a completed nomination form in order to be placed on the list. There is no time limit as to how long a nominee can remain on the nomination list but the WSTFCA Executive Board has the authority to vote for the removal of a coach who is not selected after five years. All coaches who are removed may have nominations resubmitted.

A Huge THANK YOU goes out to Tim Irvin. A past president of the WSTFCA, Tim started the Hall of Fame. He is the person we need to recognize. Without his efforts, Track and Field would not have a Hall of Fame. Along with Tim, Thanks goes out to Super Jock n Jill for their longstanding corporate sponsorship of the Hall.

Inductions

Chuck Millard – West Valley High School (Yakima) / Highland HS / YVCC

For over forty years, Chuck Millard coached the sport of Track and Field. He started his career as an assistant coach in 1954 at Highland High School and ended his career an assistant coach in 1994 at Eisenhower High School. In between, he spent 25 years as the head coach of West Valley High School and three years as an assistant coach at Yakima Valley Community College. Five times his Ram Teams won the Mid-Valley League title. His teams produced three individual state champions and numerous state placers, district champions and district placers. West Valley compiled a 75 – 43 dual meet record while he was the head coach. In 1960, Chuck started the cross country program at West Valley High School and helped organize the sport across eastern Washington. He is already a member of the Cross Country Coaches Hall of Fame.

Chuck’s involvement with the sport of Track and Field does not end with coaching. He has been instrumental in the promotion of the sport in many ways since leaving coaching. He has been the meet director of the West Valley Invite since 1958. Since 1995, he has been the head starter at countless meets and has been a member of the Pasco Invitational games committee. He served as the meet referee for the State A/B meet from 1987 to 1994. His love for the sport has been passed down to his son Gary who is the head coach at Eastmont High School in Wenatchee.

Chuck has had such a huge impact on the sport of Track and Field, especially in eastern Washington, it is easy to understand why he would be welcomed into the Hall of Fame. He has given to the sport and continues to give to this day.

Bill Green – Newport High School (Bellevue) / Bellevue HS / Othello HS

Bill Green became the head coach of the track and field team at Othello High School in 1959. He was instrumental in the building of the track and football field helping to put the track in while at Othello.

He retired from coaching after the 2001 season where he was an assistant coach at Mead High School in charge of the jumps. In between, Bill enjoyed a coaching career in numerous sports and experienced great success. Following a move to Bellevue, Bill became an assistant track coach at Bellevue High School from 1962 to 1964. When Newport High School opened in the Fall of 1964, he be-
Fred Beckwith – Garfield High School

Fred Beckwith graduated from Franklin High School in 1958 where he was a three year letterman in track and field. His high school coach, Leonard Saalawaechter, termed him “everything a coach could ask for in a track athlete.” Fred went on after high school to attend Central Washington University. While at Central, he earned a B.A. in Education and lettered as a member of the Wildcat Track and Field Team. Fred began his teaching career in 1965 in Reno, Nevada. In 1970, he moved back to Seattle where he taught industrial arts, technical drawing and coached track and field at Meany Junior High School. In 1971, he transferred to Garfield High School. In 1972, Fred became the head boys coach at Garfield and the head of the Physical Education Department, positions he would hold until his retirement in 2001.

His coaching record included eighteen league championships and six state championships. Numerous individual athletes went on to win league and state titles on the Garfield teams that Fred coached. In fact, current 4A state records are held by athletes that Fred coached in the 400m Relay (41.34), the 300m IM Hurdles (36.57), the 400m Hurdles (52.02), and the Long Jump (24’ 10.25”). Peller Phillips, while under Fred at Garfield, went on to record a wind-aided long jump of 27’ 0.25” in the Golden West National Meet that was the best ever recorded by a high school athlete.

Fred and his wife of 37 years, Joy, are now enjoying his retirement with their children and grandchildren. He continues to contribute to the field of education through substitute teaching and he remains a fixture in the sport of track and field by working at high school meets. It is with great honor that we welcome the man that helped put the Garfield men’s track and field program on the map of Washington State High School Track and Field. He is a welcomed addition to the Track and Field Coaches Hall of Fame.

Greg Brashear – Garfield High School

A graduate of O’Dea High School in Seattle, Greg Brashear was a three-year letterman in football and track and field. Greg spent two years attending Shoreline Community College followed by a four year tour in the United States Air Force. In addition to his military duties, he participated in a variety of sports.

Anyone who attends the state track meet each year is hard pressed not to run across some indicator as to the influence Greg had as a coach through the program he built while serving as the head women’s coach at Garfield High School.

In 1972, Greg began a thirty year career with the Seattle School District. He became known as one of Washington’s most personable high school coaches. His Garfield women’s track and field teams won eight state championships and were always a considered a contender for the state title. During his tenure, his Garfield squads led the all time girl’s scoring totals in state competition by a wide margin. Along with the state titles, numerous league titles were won. Many of the women on the Garfield teams went on to win individual league and state titles as well as place. Current state 4A records are held by Garfield women who competed for Greg in the 400m Relay (47.05), the 800m Relay (1:39.12), and the 400m (54.34). Shirley Walker also held a state record in the women’s 100m Hurdles during his time as the Garfield coach with a time of 13.71.

Greg remains a track and field enthusiast to this day. He continues to use his expertise in athletics as an assistant in the Seattle School District Athletic Office. It is with great honor that we welcome the man that helped put the Garfield women’s track and field program on the map of Washington State High School Track and Field. He is a welcomed addition to the Track and Field Coaches Hall of Fame.
The numbers tell us that girls’ and boys’ track and field/cross country is the most popular athletic activity in our nation’s secondary schools. As administrators and coaches, we are constantly seeking avenues to enhance the quality of competition while hoping to increase the numbers involved. We do this so that more will reap the benefits of sport that is played for fun.

Meetings with representation from the WIAA, the Washington State Track and Field Coaches Association, and USA Track and Field have been ongoing since 2000 to craft an official’s proposal that would accommodate the best interests of the participants, coaches, and those who administer programs within each of our state’s districts. Unfortunately, constraints exist that inhibit our abilities to act in the best interest of those we serve. As you consider what would be a major benefit to the athletes who participate in track and field, the creation of the Washington Officials Association for Track and Field, I will attempt to clear the haze that may have fogged our vision. Please, follow as we address what you may feel are the major roadblocks in implementing this long overdue organization of track and field officials.

1) Does the proposal advocate the paying of all the officials necessary to administer a T&F competition?

NO…the plan calls for paying just three for meets of four or fewer teams and six officials for five or more squads.

2) Why “fix it if it’s not broken”?

For decades it has been a scramble to produce enough quality officials to run a competition of any number of teams. To fill the void, athletic directors and coaches must substitute as meet directors “pulling” parents and spectators from the stands to help run the contests. Unfortunately, these people may not be up-to-date on the rules and not able to SAFELY and efficiently administer the competition.

There are more rule/procedural books governing this sport than any other under the wing of the NFHS. It takes time, desire, and training to learn the application of this myriad of rules.

Example: A key officiating position on the track is the umpire. It takes years to develop the ability to do this well (like calling “Balls and Strikes”…correctly interpreting the “Charge/Block” call…or determining what is “Pass Interference.”). Seldom are there enough umpires for local competitions. Even at state championships, several inexperienced eyes make calls that, perhaps, inappropriately DQ our athletes.

3) What will I get for my money?

Each school will get a T&F Meet Manager (will stay with the school September through June) that will partner with the head coach. The Meet Manager will be responsible for the efficient administration of his/her school’s home competitions. This includes the preparation of facilities, acquiring/training of officials, and organizing/running the competition.

Working with the Meet Manager are a Track and a Field Referee who will organize and mentor the officials, as well as, oversee and efficiently administer the competition.

Bottom line is that you will pay less for quality officiating and efficiently run competitions for the most participated in sport in most schools than you do for most of your other sports. One can only wonder how many more athletes will be attracted to T&F when they see the improvements this proposal will bring.
4) Where will we find the officials?

During the off-season the Meet Managers will work with area coaches/USATF to identify those who are already experienced at officiating T&F or would like to become a T&F official. This is the first step in forming local associations, as in other sports.

This method has worked on the Olympic Peninsula where a list of over 200 officials, many well-trained and willing to travel to officiate, exists. This group traveled to Port Townsend to run (consecutive years) the WCD 2A State Qualifying competition in the mid-1990’s and continue to travel to major meets in Western Washington and Oregon.

An excellent 90 minute training program currently exists that can be administered (at no cost) locally around the state by members of USATF.

5) Who will administer these developing local associations?

The Washington Officials Association (arm of WIAA) will oversee these associations just as in other sports. The only connection to USATF is that this group has volunteered to help generate the official’s organization.

For a complete copy of the proposal, contact me.

Lane C. Dowell
6195 Silver Beach Dr NW
Bremerton WA 98311-8907
(360) 479-1189 or dowells@tscnet.com

Thirty year retired teacher/coach Montesano and Bremerton Schools
Retired Head T&F Coach West High in Bremerton
Thirty five year member of the Washington State Coaches Association
Master of Science in Sports Administration from the University of Washington
USATF Master Level Official and Officials Certification Clinician

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- WRESTLING MATS
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- FOLDING MATS
- FUN SHAPES
- RECONDITIONING
- WALL PADDING
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- BROCHURE
- VISIT SCHOOL
- MAT TRANSPORTER
- PUZZLE MATS

Name ________________________________  Phone ________________________________

Position ________________________________  School ________________________________

Address ________________________________________________________________

City ____________________  State ____________________ Zip ____________________

**ERIC R. BEARDSLEY** - Washington State Representative

1401 Brick Road  -  Ellensburg, WA 98926

509-962-9041  -  FAX 509-962-2719

E-Mail beardsle@ellensburg.com  -  Website www.ericbeardsley.com
BOYS COACH OF THE YEAR

4A John Mires - Mead (Mead)
3A Mike Strong - Yelm
2A Jeff Phillips - Mt. Baker
1A Tom Ward - Tacoma Baptist
B Linda Lanker - Valley Christian (Spokane)

GIRLS COACH OF THE YEAR

4A Kelly Harmon - A.C. Davis (Yakima)
3A Gary Millard - Eastmont (Wenatchee)
2A Mike Hanby - Steilacoom (Tacoma)
1A Daunte Gouge - Kings
B Scott Wells - Riverside Christian (Yakima)

WIAA DISTRICT COACH OF THE YEAR

District #1 Tuck Gionet - Snohomish
District #2 Monte Koeller/Andy Slatt - O’Dea (Seattle)
District #3 Greg Ishan - Auburn
District #4 Jay Pearson - Willapa Valley
District #5 Clay Lewis - Hanford (Richland)
District #6 Gordon Proctor - Lake Roosevelt
District #7 John Hays - Freeman
District #8 Darren Nelson - North Central
District #9 Mike Michels - DeSales (Walla Walla)

CONTRIBUTOR AWARD

Dave Cook Eastern Washington University
2A-1A-B State Meet Results/Timing Coordinator

Jay Rydell 2A-1A-B State Meet Manager

OFFICIAL OF THE YEAR

Lawrie Robertson KingCo League
Star Track USATF

Lawson Van Kuren Inland Northwest
2A-1A-B State Meet USATF

Ruth Van Kuren Inland Northwest
2A-1A-B State Meet USATF

SPECIAL RECOGNITION

Tuck Gionet WA vs OR Meet of Champions
Past President of WSTFCA
Snohomish High School

Dan Sheridan Brooks

Congratulations!
Seattle Bowl Offers Unique Fundraising Event for your Program

The Seattle Bowl is pleased to announce a unique fundraising event that is a win-win for your program. First of all there is nothing to buy, so if the program doesn’t sell any tickets, no one is out any money. Second, the event will sell itself, in that you will be pre-selling tickets to Seattle Bowl 2003. As the teams are announced and interest in the game grows, so will ticket sales.

Your team/club earns 10% commission on all pre-sold tickets. Each week you will call in the amount of tickets you have sold, and I will place an order with the Seahawks ticket office. As soon as I receive the tickets, I will call your representative and after the commission is subtracted, a check for the balance will be forwarded to me and then arrangements will be made to deliver the tickets.

We had two bands participate in this fundraiser prior to Seattle Bowl 2002 and the schools made over $1000.00 in just two weeks.

The following are examples of how a team can turn an instant profit:

Scenario: A football team has 60 players, each player sells tickets. Ticket prices are $94, $63, $42, $18.

| Football team (60 players) each player sells 2 $42.00 tickets. | $84.00 x 60 = $5040.00 | Commission 10% = the program earns $504.00. |
| Football team (60 players); each player sells 2 tickets @ $63.00 | $126 x 60 = $7560.00 | Commission 10% = $756.00 |
| Football team (60 players), each player sells 3 tickets (1) $42 (1) $63 (1) $94 | $199 x 60 = $11,940 | Commission 10% = 1,194.00 |

If you are interested in participating in this program please e-mail me at frank@theseattlebowl.com and I will contact you to answer any/all questions.

Thank you and good luck in the up-coming 2003 football season.

Frank E. Foster
For Your Files...

WSCA Initiates Career Recognition Program for High School Coaches

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

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

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

---

**HAVE YOU APPLIED?**

**CAREER MILESTONE RECOGNITION APPLICATION**

Name ___________________________________________ School ______________________________

Home Address _____________________________________ City/Zip ______________________________

Sport _______________________ Membership #__________ Years Coached _______________

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<thead>
<tr>
<th>SCHOOL/YEAR</th>
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TOTAL VICTORIES __________

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

**DEADLINE FOR 2002/2003 RECOGNITION – MARCH 14**

*Forms are also available on the WSCA web site.*
### Washington High School Football Career Coaching Records

Revised 02-10-03 (and only from 100 wins on up)

Compiled by Dave Tuengel and David Maley, Washington Prep Football Report

Only Washington High School Varsity Records On This List

* Active Coach for 2003 Season

<table>
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<tr>
<th>Name, School, (yrs.)</th>
<th>Wins</th>
<th>Loss</th>
<th>Ties</th>
<th>Pct.</th>
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<td>279</td>
<td>82</td>
<td>5</td>
<td>.749</td>
</tr>
<tr>
<td>Don Anderson, Gonzaga Prep/Lakeside (Sea), (36)</td>
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Continued on page 40
Continued from page 39 - Football Career Coaching Records

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WSFCA Congratulates its 2002-2003 Football Coaches of the Year

District I
Head Curt Kramme Lynden
Asst Pat Murphy Lynden
Asst Mike Gage Orcas
Jr/Mid Doug Butler North Middle

District II
Head Tom Bainter Bothell
Asst Deino Scott Seattle Prep
Jr/Mid Mickey Fowler Chief Kanin Middle

District III
Head Don Clegg Wilson
Asst Jim Sutrick Kentwood
Jr/Mid Tony Chisholm Kingston Jr High

District IV
Head Cale Piland Evergreen
Asst Pat Alexander Tumwater
Jr/Mid Bob Edwards Frontier Mid

District V
Head Randy Affholter Ellensburg
Asst Ron Redden Kamiakin
Jr/Mid Greg Huisingh Pasco Jr

District VI
Head Phil Zukowski Cashmere
Asst Mike Hull Pateros
Jr/Mid Joe LaGrou Omak

District VII
Head Brian Dunn Lakeside
Asst Jim Fisk Lakeside

District VIII
Head Mike Ganey University
Asst Larry Hattemer Cheney
Jr/Mid Ron Long Gonzaga

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<td>400</td>
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</table>

**OTHER HALL OF FAMERS**

**Dean Nicholson, 14 years at Puyallup (192-113) before Central Washinton University**

**Marv Harshman, Pacific Lutheran University/Washington State University/University of Washington**

**Jud Heathcote, 16 years at West Valley of Spokane (165-129) before University of Montana/Washington State University/Michigan State University**

**Chuck Randall, 8 years at Lind/Riverside/Lindbergh/Freeman (103-67) and California before Western Washington University**

**Norm Goldstein, 9 years at Ballard (132-27) before Edmonds Community College**

**Del Schafer, 15 years at Franklin Pierce (164-105)**

**Leonard T. “Solly” Saalwaechter, 17 years at Queen Anne & Franklin (143-91)**

**Hank Coplen, Garfield, Odessa, Cashmere, Snohomish, Davenport, Medical Lake before Columbia Basin and Spokane Falls Community College**

**Richard Hammermaster, 14 years at Puyallup (174-113)**

* Active Coaches

** Washington Interscholastic Basketball Coaches Association Hall of Fame Inductees

If you have any additional information or name please send a year-by-year resume to Pat Fitterer, 601 Ridgeway Drive, Bellingham, WA 98225
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Manager</th>
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<th>Phone/Fax/Email</th>
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<tr>
<td>May 28-29</td>
<td>BOYS’ &amp; GIRLS’ GOLF</td>
<td>Steve Biehn, AD, Southridge HS</td>
<td>3320 S Union Loop, Kennewick 99338-1978</td>
<td>509-734-3800/fax 509-734-3814/biehst@ksd.org</td>
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<tr>
<td>May 30-31</td>
<td>4A &amp; 3A BASEBALL</td>
<td>Bob Smithson, AD, Everett SD</td>
<td>Everett Stadium 3721 Oakes, Everett, 98201</td>
<td>425-339-4380/fax 425-339-4675</td>
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<tr>
<td></td>
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<td>Mel Moore</td>
<td>Yakima County Stadium PO Box 398, Yakima 98907</td>
<td>509-457-1670/fax 509-457-9845</td>
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<tr>
<td></td>
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<td>Ted Buck, AD, Camas HS</td>
<td>1612 NE Garfield, Camas 98607</td>
<td>360-817-4443/fax 360-817-4444</td>
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<td></td>
<td>4A, 3A &amp; 2A BOYS’ SOCCER</td>
<td>Pat Alexander</td>
<td>SERA Fields, Tacoma 5910 95th Ave SW, Olympia 98512</td>
<td>360-352-2473/alexa17@scattercreek.com</td>
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<td>2A, 1A &amp; B FASTPITCH SOFTBALL</td>
<td>B.J. Knutz, Wenatchee HS</td>
<td>Walla Walla Point Park Yakima CC</td>
<td>509-663-3384/fax 509-663-6905</td>
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<tr>
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<td>1A FASTPITCH</td>
<td>Loren Sandhop, Moses Lake HS</td>
<td>803 E Sharon Ave, Moses Lake 9837</td>
<td>509-766-2666/fax 509-766-2682</td>
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<td>4A BOYS’ &amp; GIRLS’ TENNIS</td>
<td>Don Schumacher, AD, Kamiakin HS</td>
<td>Kamiakin HS 600 N Arthur St, Kennewick 99336</td>
<td>509-734-3508/fax 509-734-3512</td>
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<td>3A BOYS’ &amp; GIRLS’ TENNIS</td>
<td>Tom Doyle, Ad, Seattle Prep HS</td>
<td>University of Washington 2400 11th Ave E, Seattle 98102</td>
<td>206-577-2118/206-323-6509</td>
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<tr>
<td></td>
<td>2A &amp; 1A/B BOYS’ &amp; GIRLS’ TENNIS</td>
<td>Adrian Games</td>
<td>Yakima Tennis Club 2505 Fruitvale Blvd, Yakima 98902</td>
<td>509-248-2938/fax 509-248-3444 <a href="mailto:YakimaTC2@aol.com">YakimaTC2@aol.com</a></td>
</tr>
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<td>4A &amp; 3A BOYS’ &amp; GIRLS’ TRACK</td>
<td>Le Burns, AD Pasco HS</td>
<td>1108 N 10th, Pasco 99301</td>
<td>509-5416-2859/fax 509-543-6758</td>
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<td>2A, 1A &amp; B BOYS’ &amp; GIRLS’ TRACK</td>
<td>Jay Rydell</td>
<td>EWU, Cheney S 1203 Liberty Dr, Liberty Lake 99019</td>
<td>509-255-6260/fax 509-255-5099</td>
</tr>
</tbody>
</table>
ON THE SIDELINE NOMINATION FORM

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

Nominee’s name _______________________________________________________
Address ______________________________________________________________
Currently Teaching at _________________________ Phone # __________________

Please send your information to:
Michael H. Schick, Edgemont J.H. 10909 24th St. E., Edgewood, WA 98372

Please nominate WSCA members only!
I need your help in contacting deserving members who contribute to the success of your athletic programs.

MVP ATHLETIC
1210 Franz Street
Lacey, Washington 98503
t 360-413-5047 / f 360-413-5051

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Communicating with the Athlete and Their Readiness to Change

By BRENT STEUERWALD, M.A.
Head football coach at Shenendehowa High School (Clifton Park, NY) and 1995 High School Coach of the Year

The success of any coach, at perhaps every level of competition, is determined by their ability to effectively communicate with their athletes in a mutually supporting manner. Coaches may be knowledgeable and highly organized, but without open communication skills, these attributes may never be reflected in the performance of their athletes. Following are points of consideration that may help coaches develop their capacity to effect desired change.

1. **Role Definition**
   Give every athlete a sense of how he or she fits into the big picture. By recognizing the role each player contributes to the team, coaches can give an athlete a sense of worth and achievement. A coach should instill in every team member a sense that they can improve their status by hard work and commitment.

2. **Set Goals**
   Encourage athletes to set realistic goals and communicate how to achieve them. Discuss the differences between individual and team goals and the need to sometimes sacrifice personal goals for team objectives. The ability to set goals with a sense of purpose is a life skill that will help an athlete beyond their sport.

3. **Mutual Trust**
   Positive relationships are built on mutual respect and trust. Athletes must know that they can depend on their coach to be fair and positive, even in intense competition. Coaches can criticize but must leave personality out of it. Criticism must be constructive, positive, consistent and oriented around improving performance. No player improves when made to feel worse about himself.

4. **Empower Athletes**
   Within the context of a disciplined and structured environment, coaches should empower their athletes to make decisions and control various aspects of a contest. Coaches should thoroughly teach concepts with each athlete understanding his part. Then, charge athletes to execute their part by making adjustments on the run and communicating problems with the coaches. Responsibility and authority must go hand in hand.

5. **Fuel Athletes**
   Athletes will not be able to perform mentally and physically without the proper foods and fluids. Coaches should educate their athletes about food and fluid selections that focus on carbohydrates because carbohydrates are the primary fuel for athletes. Fluids, such as sports drinks, offer athletes more than water because they replace fluids and electrolytes lost in sweat and put back carbohydrate energy. Properly fueled athletes are able to perform at a higher level mentally.

6. **Develop a Plan**
   Coaches must plan for communication opportunities just as they plan for game structure. Opportunities for communication can be as simple as searching out an athlete after a difficult practice and asking if they understand the reasons for the criticisms given. Athletes can only apply coaching guidance insofar as they understand what is desired of them. An excellent technique for developing lines of communications is a season-end interview of all returning athletes. A coach can engage an athlete in “20 questions” in a quiet environment so that the athlete feels the coach is interested in him as a person. The coach should be willing to accept and evaluate dissent when appropriate.

7. **Caring and Approval**
   Coaches must consistently remind athletes that caring isn’t conditional, approval is. Caring about athletes as individuals creates confidence in your support that allows them to grow as athletes and as people. Coaches must avoid coaching a fear of failure into their methods of communication and encourage risk taking as an integral part of athletic competition.

Overall, effective communication skills can have a dramatic impact on coach-player relationships. Creating the atmosphere in which positive changes can be attained can pay great dividends for coach and athlete alike.

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