

## Another Record Year for Membership

*see page 6*



**Thank You WSCA Members  
for your support!**

# WASHINGTON STATE COACHES ASSOCIATION



## 2002 – 2003 Membership Application

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

**Or, see our application  
on our new website:  
[www.washcoach.com](http://www.washcoach.com)**

### **Check Sports Coached**

- ☐ Baseball
- ☐ Basketball (B)
- ☐ Basketball (G)
- ☐ Bowling
- ☐ Certified Trainer
- ☐ Cheer
- ☐ Cross Country
- ☐ Dance and Drill
- ☐ Football
- ☐ Golf (B)
- ☐ Golf (G)
- ☐ Gymnastics
- ☐ Retired
- ☐ Soccer (B)
- ☐ Soccer (G)
- ☐ Softball
- ☐ Swimming (B)
- ☐ Swimming (G)
- ☐ Tennis (B)
- ☐ Tennis (G)
- ☐ Track (B)
- ☐ Track (G)
- ☐ Volleyball
- ☐ Wrestling

**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.



#### Executive Board

**Past President**  
Bill Alexander

**President**  
Jim DeBord

**1st Vice President**  
Jerry Koester

**2nd Vice President**

**3rd Year Position**  
Nancy Zehnder

**3rd Year Position**  
Mike McKnight

**2nd Year Position**  
Sue Doering

**2nd Year Position**  
Mike Schick

**1st Year Position**  
Rick Giampietri

**1st Year Position**  
Pat Fitterer

**Secretary-Treasurer** ..... Jerry Parrish

**WIAA Board Liaison** ..... Ed Laulainen

**A.D. Liaison**    **West** ..... Norm Lowery  
                         **East** ..... Bill Alexander

**MS Liaison**    **West** ..... Mike Schick  
                         **East** ..... open

**Magazine Editor** ..... Terry Ennis

#### Sport Associations Board Representatives

**Baseball** - Tom Adams ..... Hudson Bay

**Basketball (B)** - Pat Fitterer ..... Sehome

**Basketball (G)** - Mike Haerling ..... Chelan

**Cheerleading** - Pam Headridge ..... Oak Harbor

**Cross Country** - Craig Bowen ..... M-Pilchuck

**Football** - ..... open

**Golf** - Dave Hall ..... North Central, Spokane

**Gymnastics** - Karen McQuiston ..... Capital

**Soccer** - ..... open

**Fastpitch** - Tom Harmon ..... Nooksack Valley

**Swimming** - Don Helling ..... Sehome

**Tennis** - Trish Olson ..... North Kitsap

**Track & Field** - Tuck Gionet ..... Snohomish

**Volleyball** - Nancy Zehnder ..... Auburn

**Wrestling** - Craig Hanson ..... East Valley (Spokane)

For more information contact  
one of the following:

**Secretary-Treasurer**  
Jerry Parrish

18468 8th Ave NE, Poulsbo, WA 98370  
360-598-8475 (O), 800-441-7776 (H-WSCA)  
360-779-4326 (FAX), jparrish@silverlink.net

**Magazine Editor**  
Terry Ennis

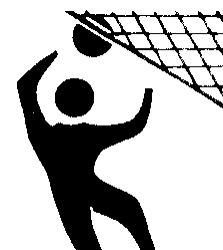
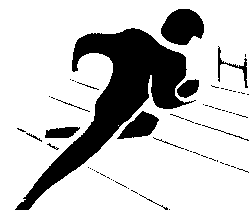
1415 Madrona Avenue, Everett, WA 98203  
425-259-6028, terry\_ennis@msn.com

The WSCA falls under the WIAA  
umbrella. For information contact:

WIAA, Mike Colbrese, Executive Director  
435 Main Ave. S.  
Renton, WA 98055  
425-687-8585

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Check out our website at [www.washcoach.com](http://www.washcoach.com)

# From The President

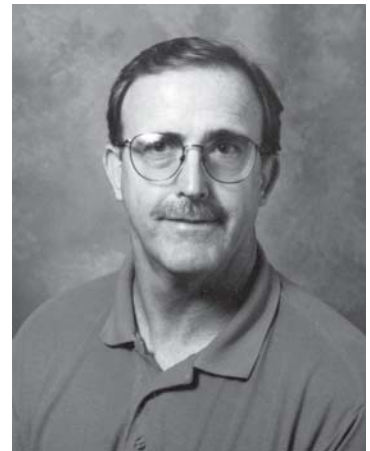
January 2003

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

## FROM THE SIDELINES

by Jerry Parrish

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 you 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](http://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.

YOUR		TICKET	
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Power	Strength	Biomechanics	Sport Specific
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FOR		TOP	
ATHLETIC PERFORMANCE		SPEED CLINICS • PROGRAMS • TEAM SESSIONS • SPORTS NUTRITION • REHAB • EVALUATIONS SUPER TREADMILLS • PLYOMETRICS • MOVEMENT & GAIT ANALYSIS • PROFILING	
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12707 120th NE KIRKLAND			



# 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](http://www.washcoach.com)



### WSCA Membership Preferences as of January 30, 2003

Athletic Directors .....	7	Football .....	602
Baseball .....	176	Girls' Basketball .....	201
Boys' Basketball .....	301	Golf Boys' and Girls' .....	13
Certified Trainers .....	18	Gymnastics .....	61
Cheer .....	100	Slow Pitch .....	10
Cross Country .....	161	Swimming .....	27
Dance .....	96	Track Boys' and Girls' .....	176
Drill .....	1	Volleyball .....	197
Fast Pitch .....	82	Wrestling .....	337

## JOIN YOUR ASSOCIATION TODAY!



# WSCA Salutes its 2002-2003 Record Setting Membership

**AAU Jackson**  
 Rich Bruns  
**Aberdeen**  
 Ken Ashlock  
 Emily Ellefson  
 Brad Fuhrer  
 Kimberly J Hinderlie  
**Aberdeen-Miller JH**  
 Robert Richard Braden  
**Absolute All-Stars**  
 Jim Savoy  
 Peggy Savoy  
**AC Davis**  
 Christopher D Cook  
 Rex R DeLoney  
 Jose' B Garcia  
 Lisa M Garcia  
 Greg McMillan  
 Pete Orgill  
 Michael Williams  
**Adna**  
 Wendie Bond  
 KC Johnson  
 Nancy L Stover  
**Anacortes**  
 Charlie Bell  
 Ted Beyer  
 Charley Carpenter  
 Lem Elway  
 Bill Evans  
 Tracy Jonasen  
 Dennis D Kloke  
 Glenn Strachan  
 Tom Swapp  
 Rod Theer  
 Robert W Vaux  
**Archbishop Murphy**  
 Kathleen Alkire  
 Roger A Brodniak  
 J Patrick Doud  
 Jon Echols  
 Terry Ennis  
 Dick Henderson  
 David Hookfin  
 Pat Jack  
 William M Kelley  
 William Lucas Jr  
 Donald E McClure  
 Jeff Schmidt  
 Jack Serwold  
 Eli G Smith  
 Kathryn Smith-Sullivan  
 Janaya Sullivan  
 Lance White  
 Kapena Wong  
 Jerry Zander  
**Arlington**  
 Ed Cook  
 John Scheffer  
 Michael C Shierk  
 Jim Smoots  
 John VanValkenberg

**Arlington-Post MS**  
 Richard Senff  
**Asotin**  
 Rick Wilcox  
**Auburn**  
 Gordon A Elliott  
 Anthony Higgins  
 Greg Isham  
 Bob Jones  
 Wendy Lubash  
 Ann-Michelle Neal  
 Nancy Zehnder  
**Auburn-Cascade MS**  
 Mike Merriman  
**Auburn-Riverside**  
 Kelly Jensen  
 Karyn Petersen  
**Bainbridge**  
 Mike Florian  
 Cindy Guy  
 Jake Haley  
 Britton Johnson  
 Scott Orness  
 Dan Pippinger  
 Neal White  
**Ballard**  
 Nancy Ellen Elster  
 Theodore L Young  
**Battle Ground**  
 Dave Carlile  
 William J Ganley  
 Bill Hawk  
 Sheryl Piper  
 Mark Watrin  
**Bear Creek**  
 Sherrie Brown  
 Annette J Duvall  
**Bellarmine**  
 Mike Baldassin  
 Andrea M Boitano  
 Matthew J Ellis  
 Robert M Fiorito  
 Gregory A Hagstrom  
 Dottie Harris  
 Thomas E Larsen  
**Bellevue**  
 Travis Anderson  
 Dan Desmond  
 John Hill  
 Mike Hill  
 Brienne Kellogg  
 Cliff A Nixon  
 Deino A Scott  
 David C Sherbrooke  
**Bellevue All-Stars**  
 Cindy Pardee  
**Bellevue Christian**  
 Sonja Bennett  
 Beth Campbell  
 Robbin Colton  
 Mike Downs  
 John Heimbigner

Karen Johnson  
 Ryan Kelly  
 Kent Lindor  
 Doug McCardle  
 Mike Olson  
 Paul Perkins  
 Larry Royce  
 Jim Rubstello  
 Jamie Sue Sipma  
 Ed Sloan  
 Ann Steffen  
**Bellevue/Seattle Prep**  
 Dan Briggs  
**Bellingham**  
 Ken Crawford  
 Bobby Jones  
 Ken Marshall  
 Bill McClement  
 Darin Nolan  
 Nancy Oswald  
 Taylor Richardson  
 Brian J Smith  
**Benson (Portland)**  
 Darrell Moore  
**Bethel**  
 John Ainslie  
 Richard M Cieplik  
 Paula Everdell-Brown  
 Greg Farias  
 Lawrence R Gliege  
 Cindy Kramer  
 Scott Logan  
 William Melton  
 Pat Mullen  
 A Douglas Wisness  
 Vera Y Wright  
 Ed Marcoe  
**Bethel-Frontier JH**  
 Mark Conrad  
 Harold L (Chico) Cruz  
 Jamie B Thomas  
**Black Hills**  
 Zena Ingles  
 Jack Zilla  
 Ruthanne M Zilla  
**Blaine**  
 Carey Bacon  
 Steve Barthlow  
 William R Beckett  
 Gary Clausen  
 Gary Dunster  
 Dave Fakkema  
 Craig Foster  
 John Freal  
 Michael L Grambo  
 Patrick L Green  
 Bill Kelly  
 Heidi L Kuttel  
 Laura Nelson  
 Connie Pilon  
 Jim Rasar  
 Dan Rucker

**Blanchet**  
 Ann Alokolaro  
 Timothy R Buhrman  
 Jerry Carr  
 Jeff D'Amelio  
 Kristin Ellis  
 Ron Ellis  
 Tim Frost  
 Leo Genest  
 Joanne Gilligan  
 Brett Hecko  
 Bill Herber  
 Kent P Hickey  
 Rachel Shepherd  
 McGovern  
 George Monica  
 Robyn Murphy  
 John O'Leary  
 Rick O'Leary  
 Lisa Susan Olsen  
 Paul Pioli  
 Andrea Seeley  
 Matt Stadelman  
 Greg Turcott  
 Terry Wilkinson  
**Blue Thunder Extreme**  
**All-Stars**  
 Marcia Clarkson  
 Shermin Peredo  
**Bothell**  
 Tom Bainter  
 Robert Eichelsdoerfer  
 Dee Hawkes  
**Bremerton**  
 Jeff Barton  
 Alexys Haun  
 Michael J McKnight  
 Barbara Nelson  
 Ryan Nickels  
 Shawn Perkins  
 Lloyd Pugh  
 Stuart Schopf  
**Brewster**  
 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

**Bush**  
 Diane F Taniguchi  
**Camas**  
 Joe Hallead  
 Charles R Hinds  
 Sheri Ramsey  
**Capital**  
 Doug Galloway  
 Dan Halpin  
 Jon Ihli  
 John Jones  
 Jan Kiefer  
 Kathren McQuiston  
 Helen Miller  
 Greg Santora  
 Tom Turcotte  
 John Warner  
**Cascade Christian**  
 Joyce Bergstrom  
 Danielle R Christianson  
 Randy W Davis  
 Joe DeRosier  
 David Harkness  
 Josh Johnson  
 Mike Kilcup  
 Michael D Monasmith  
 Ryan M Pelphey  
 Mike Rians  
 Paul Sopak  
 Rick Tigges  
 Cami M Varnadore  
 David Weitzel  
 Jorden Whittington  
 Jerry Williams  
**Cascade-Everett**  
 Brent Anderson  
 Craig Bekins  
 Steve K Bertrand  
 Wendy Close  
 Jamie E Gay  
 Roberta Hasstedt  
 Ronald L Hicks  
 Jake Huizinga  
 Bill Hull  
 Sherm Iversen  
 Jerry Koester  
 Jeremy Lail  
 Kris Little  
 Randy Malikowski  
 Malcolm Mano  
 Danielle Marks  
 Robert A Martin  
 David M Mathews  
 Kevin Rohrich  
 Regan Scheiber  
 Bill Stengele  
 Lou Stevenson  
 Jenifer Sund  
 Jim Willie  
 Mike D Wilson

*Continued on page 8*

Continued from page 7

**Cascade-Leavenworth**

Lesa Bland  
Todd Gilbert  
Marni McMahon  
Jack McMillan  
Kevin Rieke

**Cashmere**

John M Durheim  
Dale A Jones  
Jeff Kenoyer  
Dick Langum  
George A Makela  
Claudia Wiggins  
Phil Zukowski

**Castle Rock**

Tom Bate  
Jim Burgoyne  
Gary Carter  
Joe Godinho  
Tom Golden  
Dean Gray  
Don Misner  
Jim Oliver  
Fred Amrine

**Castle Rock MS**

Cathy Woodruff

**Cedar Park Christian**

Dan Holden

**Cedarcrest**

Margie Coy  
Amber Grace  
Doug Hall

Christine Hillstad

R Bruce McDowell

Jeff Newcomer

**Central Kitsap**

Mark Keel  
Derrow Sheets  
Mark Ward  
Bruce Welling

**Central Valley**

Charles E Bowden

Kimberly A Brunelle

Mark Butner

Tim M Connors

Rick Giampietri

Lee Irving

Steve Kent

Mikael D Laws

Dennis McGuire

Pat Pfeifer

Dale Poffenroth

Rick Sloan

Jennifer Stalwick

**Central Valley/**

**Chewelah**

Samuel D Giampietri

**Central Valley-**

**Evergreen MS**

Karen Frank

**Central Valley-**

**Greenacres MS**

Linda L Abrams

Nancy Ann Gilbert

Craig Johnston

Ruth Ann Reynen

**Centralia**

Ron Brown

Hal Gronseth

Mark Holmberg

Eric Low

Brenda Kay Penman

Tim Penman

Jon Rooklidge

Ray Smith

Leonard B Wilson

**Charles Wright**

Dave Adams

Larry Berg

Tony Chursky

Jim Dempsey

Heidi Oversier

Michelle Thompson

Barton Triscott

Drew Wartenberg

**Chelan**

Jennifer E Collins

**Cheney**

David R Baird

Lincoln Bryant

Charles R Cone

Steve E Davis

Tammy Hauer

Joan Hisaw

Marty Jessett

Steve Larson

Kyle Loughery

Tom Oswald

Tony Stoddard

Thomas B Stralser

**Cheney MS**

Janet Leaf

**Chief Sealth**

Patricia Sims

Colin Slingsby

**Chimacum**

Scott Olsen

Robert W Thompson

**Clarkston**

Dave Curtis

Dan N Randles

James Snook

David Weakland

**Cle Elum-Roslyn**

Lygay Jaeger

**Cleveland**

Andrew J Bush

**Clover Park**

Casey Curtis

Lawrence A Gibson

Merle Hagbo

Colin Horak

Lynn William Horn

Mel Ninnis

Juan Price

David L Pritchard

Jon Randall

Darrel White

William P Wilson

**Clover Park-Hudtloff**

**MS**

Ronald E Mutchko

**Clover Park-Lochburn**

**MS**

Robin Milonas

**Clover Park-Mann MS**

Marco Hornbeck

Rich Johnson

Stephen R Kirk

**Club Mat Rattlers**

Dibier Virgen

**Colfax**

P Keith Becker

Susan Doering

Mike Morgan

Dr Phillip E Morgan PhD

**Colton**

Bob Bates

Debby Carscallen

Jaynie Casey

Chad Adam Hanson

Lesha Lehmiz

Timothy N Sperber

Clark Vining

Glenn Voshel

**Columbia River**

Darryll Antisdel

Bethany Estey

Darby Meade

John O'Rourke

Kevin O'Rourke

Sally Poe

Joe Reed

Stacey Silva

Jim Sevall

**Columbia-Burbank**

Jay Anne

M Jay Aune

Brandon Brown

Jolene Calzadillas

Chet Canode

Jim DeBord

Gary Eby

Kevin Goetz

Carl Hensyel

Jerad Howell

Ken Idler

Leonard Johnson

Dave Perkins

Deanne Rada

Josh Reardon

Mark Reed

Sandy Savage

Rodger Schultz

Dan Sloan

Shari Sprague

Mike Steberl

Greg Sullivan

Chelsea Taylor

Candy Thornhill

Andy Townsend

Susan Turner

Jerry Washburn

Jill Watkins

Renita Wattenburger

Carinn Wharton

Kevin Wildfang

**Columbia-White**

**Salmon**

Larry McCutcheon

Scott Ross

Matthew Whitmire

**Colville**

Bill Carpenter

Randy Cornwell

**Concrete**

Kobi Aschim

Paul Bianchini

Terri Claybo

Cari Dellinger

Renata Mapes

Nona Moody

Carrie Newby

Jim Newby

Tyrel S Pritchard

Ron Rood

Joseph A Shepherd

D Comador Stewart

Randy Sweeney

Rob Thomas

Vanessa Williams

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Jason W Ludeman

Wayne Riner

Bill Walker

**Connell-Olds JH**

Alan M Vierck

**Coupeville**

Sylvia Arnold

Randall C Bottorff

Kim Meche

Thomas J Roehl

**Crescent-Joyce**

Gary Kautz

Francis Kyle

**Curlew**

Tom Engstrom

Charlie Groth

Bonnie Grumbach

Doug Grumbach

Sally Kaatz

Lee Keown

Nikki Kroupa

Dan Miller

Don Nelson

Larry Schmidt

Dennis Thompson

Ted Torzowski

**Curtis**

Terry Jenks

Bob Lucey

Nick Lucey

Darin Ringenbach

Jennifer Ringenbach

Gary Spidahl

Joe Thomas

**Curtis JH**

James B Andrews

**Cusick**

Marty Landry

Nick Pease

**CWU/Selah**

Kathay Hatfield

**Darrington**

Kevin Ashe

Jeff Bryson

Ric Cook

Les Hagen

Doug Lenker

Bryan Milligan

Chad Monteith

Greg Powell

Jeremy Stafford

Rob Wales

**Davenport**

Rob Harper

Alton Leisle

Skip Pauls

Pete Schweiger

**Dayton**

Jerry Dedloff

**Decatur**

Laurie Beaver

Mike Bressler

Carolyn L Dille

Christy Lynn Gross

Samuel M Hunt

Heather Kreier

Kevin Olson

Colby Rogers

Shannon Wear

**Deer Park**

Mark Dupuis

Dean Largent

Douglas R McGill

April Meissner

Jessica Moore

Doug Watson

Cheryl Yoke

**Dehen Cheer Vendor**

Kathi Neil

**DeSales**

Mike Mele

Tom Richard

**Dragon All-Stars**

Mickie Abrahamson

**East Valley-Spokane**

Adam Fisher

Craig Hanson

Dave McCarty

Rory McDonald

Tracy Niles

Freddie Rehkow

**East Valley-Yakima**

Jack Cleveland

Susan Jernegan

Kathy Kent

Dwaine Thomas Morrison

Sean Painter

**Eastside Catholic**  
 Bill Marsh  
 Michelle Smith  
**Eatonville**  
 David R Andersen  
 Rollie Arthur  
 Kerry Cyrus  
 Erik A Danielson  
 George Fairhart  
 Bill Guertner  
 Janna R Rush  
 Travis Rush  
 Russ Thompson  
**Edmonds/Woodway**  
 Rachel Corns  
 Pam Daines  
 Mike Hanchett  
 Regina M Joyce  
 Mike Pittis  
 Aaron Swett  
**Edmonds-Brier Terrace MS**  
 Thomas Fridge  
 Aleta Russell  
 Peter Muilenburg  
 Janet Westerlund  
**Eisenhower**  
 John Balmer III  
 Annette Cook  
 Phil English  
 John Felton  
 Gary Hirst  
**Ellensburg**  
 Craig Faire  
 John Graf  
 Brian Hagbo  
 Julie Kjorsvik  
 Lori Leach  
 Jason Stevenson  
 Victor Zamora  
**Ellensburg-Morgan MS**  
 Clint Lebo  
**Elma**  
 Tiffany Bentley  
 Ben Blankenship  
 Jim Hill  
 Paul Nadeau  
 Rick Rakevich  
**Emerald Ridge**  
 Kellie R Bauman  
 Troy Hodge  
 Bob Horton  
 Kylie Jennings  
 Lawrence E Marcoc  
 Jim Meyerhoff Jr  
 Matt Mueller  
 Misty Smith  
 Kelly Susee  
 Lynn Wardle  
**Enumclaw**  
 Ted Carlson  
 Mike Ernaga  
 Dennis Hagan  
 Dan Hennessy  
 Larry Langen  
 Kent Nevin  
**Enumclaw MS**  
 Joe Binetti

**Ephrata**  
 Dave Johnson  
 David G Laird  
 Daniel T Martin  
 Jay Mills  
 Marty O'Brien  
 Charlotte Throgmorton  
 Jim Whitaker  
**Everett**  
 Jim Anderson  
 Tim K Boyd  
 Ron Burdett  
 Heather A Burglund  
 Kelly Clapp  
 John Crandall  
 Brien Elliott  
 Doug Hall  
 Blake E Haug  
 Roger Haug  
 Mark J Hoekendorf  
 Marci Jensen  
 Brad Johnson  
 Jane Johnson  
 Ray F Kent  
 Craig Langley  
 Paul Lawrence  
 Jo Metzger-Lewin  
 Tim Odell  
 Darrell Olson  
 Bruce Overstreet  
 Kyle Peacocke  
 Mark Ryder  
 James J Schmidt  
 Will Soren  
 Mary Jo Veneziani  
 Brad A Waddell  
**Everett CC**  
 Paul Bartley  
 Sus Grigsby  
 Chet Hovde  
 Levi Lacey  
 Harlan Roberson  
 Sue Snow  
 Jeff Solomon  
 Kyle Suits  
 Mike Taggart  
 Darrell Walker  
 Larry Walker  
**Everett-Eisenhower MS**  
 Nick Clovsky  
 Cliff McKinlay  
 Spencer C Saunders  
 Carole Lynn Williams  
**Everett-Evergreen MS**  
 Jeremy Bennett  
 Teddy Bresko  
 LaRae Marks  
 Sally Zoe McCann  
 Penny Wilder  
**Everett-Gateway MS**  
 Brendon King  
 Gary Whitney  
**Everett-Heatherwood MS**  
 Donald M Fox  
 Ed Lundberg  
 John Tresvant  
 M Joan Weiss

**Everett-North MS**  
 Douglas E Butler  
 Gail L Campbell  
**Evergreen-Seattle**  
 Daphene Echo Balliett  
 Jim Fortner  
 Gloria Hartle  
 Chris Humphries  
 Dave Olson  
 Sam Segawa  
**Evergreen-Vancouver**  
 Norm Frieauf  
 Zane Parker  
 Cale Piland  
 Mark Rego  
 Julie Wallace  
**Evergreen-Vancouver-Frontier MS**  
 Carol Miskeiwicz  
**Federal Way**  
 Pat Adkins  
 Bill Harris  
 Kathy Harris  
 Jean Licari  
 Bev McIrvin  
 John Meagher  
 Shay Short  
 Karin Weberg  
**Federal Way-Sacajawea JH**  
 Eugene Victor  
 Dawn Oliver  
**Federal Way-Totem JH**  
 Fritz J Bushnell  
**Ferndale**  
 Lee Andersen  
 Rick Brudwick  
 Nathan Button  
 Kathy Denney  
 Nancy Garr  
 Ted Genger  
 Holly Hilton  
 Lance Massey  
 Aaron Messinger  
 Eric Petersen  
 Vic Randall  
 Jennifer Roddel  
 Erick Stevens  
 Joel Wark  
 Holly Wibbens  
 Amber Young  
**Ferris**  
 Jason Gilman  
 Clarence Hough  
 Mike McLaughlin  
 Barry Olson  
 Brian L Sachse  
 Gary Van Velson  
 Don VanLierop  
 David VonBrethorst  
**Fife**  
 Kevin Alfano  
 Jim Amsbary  
 Arnoldo Arostegue  
 Marty Boday  
 Jolane Bushnell  
 Adam Greve  
 John R Harkness  
 Howard Hosley

Jeff Ibuki  
 Angela Kartes  
 Janice Kirk  
 Andrew S McClure  
 Kelly McClure  
 Dan McGatha  
 Shane Nixon  
 Royal Peterson  
 Edward Scheidt  
 Mark Schelbert  
 John Shula  
 Terry L Stebner  
**Fife-Surprise Lake MS**  
 Deborah Bjurbach  
 Raymond Van Kat  
**Forest Ridge**  
 Ronald J Tinnin  
**Forks**  
 Bob Enos  
 Cathy Johnson  
 Ashley Watson  
**Fort Vancouver**  
 Bob Glafka  
 Shawn E Martin  
 Allison Nicolay  
**Foss**  
 Ken Baker  
 Ronald J Ellis  
 Richard W Hall  
 Patrick L McGowan  
 Carl Neese  
 Scott Nordi  
 John K Ruby  
 Roy J Young  
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 Ashley Middleton  
 Jovan Ness  
 Kevin Peterson  
 Douglas B Porter  
 Mike Shannon  
**Franklin**  
 Cliff Brown  
**Franklin Pierce**  
 Steve G Andersen  
 Jeff Beha  
 Jeff Beni  
 Ronald Bitonio  
 Gordon L Bowman  
 Kathleen Dickinson  
 Eric Flynn  
 Amy Gudgeon  
 Stan Harris  
 Karen R Ivy  
 Brian Jackson  
 Kimberly Jackson  
 Steve Kingston  
 Jason Mendiola  
 Charles Kelly Miles  
 Darren Moss  
 Deon Moyd  
 David Naron  
 Stephanie Neuert  
 Wendy Ormsby  
 Chris Ruffner  
 Marci Sabin  
 Sue Stoehr  
 Erik Streng  
 Erik Tinglum  
 Leroy Walters

Skylar Wicklander  
 Jennifer Wolfe  
**Franklin Pierce-Ford MS**  
 Pat Allen  
 Darcy L Claus  
 Ben Cochran  
 Ron Frazier  
 Jennifer E Gilmore  
 William J Maus  
 Matthew D Shouse  
 Steve Smith  
 Beau J Snow  
 Steven Stokor  
 Henry C Whitehead  
**Franklin Pierce-Keithley MS**  
 Sheryl Alford  
 Suzette Y Beaudin  
 Lisa Bishop  
 Richard Finseth  
 Kyle S Foster  
 Dennis C Hanson  
 Steven Ice  
 Robin L McCarver  
 Tim Mead  
 Troy Meier  
 Mike Rowe  
 Ron Semon  
 Robert Claude Smith  
 Judy Stumpf  
 Bryan A Zagar  
**Freeman**  
 John Hays  
 Jerry C King  
 Pia Longinotti  
 Ted Lundgren  
 Scott Moore  
 Jim Straw  
 Miichael J Thacker  
 William A Wigen  
**Frontier MS-Evergreen**  
 Bob Edwards  
**Galaxy All-Stars**  
 Ronda Thomas  
**Garfield**  
 Frank Ahern  
 Fred L Beckwith  
**Gig Harbor**  
 Raoul Ancira  
 Lee Burke  
 Pete Jansen  
 Peg Johnson  
 Leon Likens  
 Lyle McIntosh  
 Darren McKay  
 Mike McKay  
 Shawn McKay  
**Goldendale**  
 Mike Carlquist  
 John Hallead  
**Gonzaga Prep**  
 David T Carson  
 Joe Feryn  
 Terry Kelly  
 Paul Manfred

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 Larry Boose  
 Gary Bradley  
 Roy Brownlee  
 Chris Davis  
 Mitchell G Fairchild  
 Kyle Hutchinson  
 John LaFever  
 Scott Parrish  
 Chuck Saari  
 Jeff Sevigny  
 Dave Uggetti  
**Granger**  
 Scott Rosberg  
**Granite Falls**  
 Charles T Chapman  
 Eric Dinwiddie  
 Mark Neuman  
**Green River CC**  
 Peter C Finlon  
**Hanford**  
 Terry Broussard  
 Dan Chubb  
 Clay Lewis  
 Sean Mars  
 Kim Mayer  
 Paul Mayer  
 Steve Perez  
 Greg Sevigny  
 Evan Woodward  
**Hanford/Tri-Cities**  
**Prep**  
 Glenn Meinke  
**Hazen**  
 Ritchie W Gouk  
 Scott Leick  
 Todd Leick  
 Heidi Mattison  
 Steve Mead  
 John O'Brien  
 Alan W Page  
 Jennifer Scarbrough  
 Tom Walker  
 Jeff Wood  
 H Marvin Yost  
**Heritage**  
 Kimberly Andersen  
 Chelinda Dettorre  
 Gene Dettorre  
 Ryan Hovde  
 Pat King  
 Donnie McPherson  
**Highland**  
 J Kip Harris  
 Amber Landis  
 Elizabeth A Marko  
 Kelly Mattson  
 Dennis Richardson  
**Highline**  
 David Larson  
 Mary Lorenzen  
 Steven M Peterson  
 Jessica Spruill  
 Dave Stark  
 Jeananne Tescar-Burcham  
 Dawn Tessandore  
 Nicole Wagner

**Highline-Pacific MS**  
 Joe Cail  
**Holy Names Academy**  
 Michael Yee  
**Hoquiam**  
 Laurie Gordon  
 Kirk Hartzell  
 Kelly Roman  
 Jason Ronquillo  
 Randy Swilley  
**Hudson's Bay**  
 Susan Adams  
 Thomas J Adams  
 Albert Alcantar  
 Cris Bell  
 Janet Elliott  
 Millie King  
 Eric J Loucks  
**Ilwaco**  
 Dustin E Lamb  
 Matt McKinstry  
 Dennis Oman  
 Joe Williams  
**Inchelium**  
 Henry D Aubert  
 Becky England  
 Ben England  
 Don Francis  
 Brian Myers  
 Tex D Prewitt  
**Inglemoor**  
 Daniel J Baddeley  
 Greg Lowell  
 Michael M Mills  
 Shari Neal  
 Erica Patterson  
**Ingraham**  
 JoJo Rodriguez  
 Clifford R Townsend  
**Interlake**  
 Bette Andrews  
 Lorrie A Howe  
 Edward J Rafferty  
 Jamie Watt  
**Issaquah**  
 Buddy Bland  
 Manuel Brown III  
 Ryan L Fleisher  
 Rondell Honcoop  
 Kirk E Hyatt  
 Dustin Lybbert  
 Brian Peterman  
 Rex Ramer  
 Rob Reese  
 Gwen Robertson  
**Issaquah MS**  
 Wes Nye  
**Issaquah-Maywood MS**  
 Lee Goldner  
 Mike Sullivan  
**Jackson**  
 Traci Bianchini  
 Alan Briggs  
 Ryan French  
 Eric Hruschka  
 David K Hutt  
 Julie Iverson  
 Mark Kreutz  
 Judi Montgomery

Mike Moran  
 Ron Sidenquist  
 Blaine Smith  
 Steven C Till  
 Michael Tong  
 Brian J Whetzel  
**Jefferson**  
 Heidi Haynes  
**Jenkins-Chewelah**  
 Norman Roy Albertson  
 Joe Feist  
 Kim W Hogan  
 Danny E Stone  
**Juanita**  
 Gary Groenen  
 Katie McCaslin  
**Kalama**  
 Tom Eastwood  
 Brian E Stowell  
**Kamiak**  
 Bill Costello  
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 James R Geiger  
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 Daniel J Hanika  
 Paul Kirkpatrick  
 Donald M Lahti  
 Charles LeWarne  
 Daniel J Mack  
 Rex Mangiaracina  
 Jill M Mayer  
 Tim Mead  
 Steve Merkley  
 Kathryn Noonan  
 Tracy Regan  
 Tim Winsor  
**Kamiakin**  
 J Craig Beverlin  
 Todd Borak  
 George C Carlson  
 Ernie Chapin  
 Jim Chesterfield  
 Steve Conner  
 Joyce Donais  
 Keith Duncan  
 Rex M Easley  
 Christine Erikson  
 Lloyd Erikson  
 Sarah Garrett  
 Justin Gerry  
 Eric Gough  
 Hugh A Harris  
 Gerry O Hexum  
 Pam D Hexum  
 Tammy Hutchison  
 Phil Jones  
 Neil Kells  
 Rick Kirsch  
 Gary Kleinknecht  
 Bill F Luginbill  
 Pete Martin  
 Kevin McAfee  
 Sarah M Miller  
 Kara Morgan  
 Mary Opitz  
 Dan Ostler  
 Phil Owen  
 Chad Potter  
 Ron Redden

Matt Rexus  
 Dennis Rose  
 Cheryl B Schauble  
 Jeff Schlekewey  
 Don Schneitter  
 Alyssa St Hilaire  
 Shaun Suss  
 Jeff Van Eaton  
 Jeff Young  
**Kanab**  
 Dwaine Hatch  
**Kelso**  
 Rick Ames  
 Karen Anderson  
 Pat Berg  
 Ray Berg  
 Andrea Berquist  
 Eric Boswell  
 David S Carpenter  
 Elana Carpenter  
 Jason Castro  
 Pamela Cays  
 Myrna G Clark  
 Pat Connors  
 Harlan Crusier  
 Monte Cummings  
 Rick Davis  
 Lacey DeWeert  
 Alicia Forest  
 Bob Freund  
 Jason Frost  
 Greg Gardner  
 Jennifer Godinho  
 Laura Hiatt  
 Rob Hippi  
 Pat Hymes  
 Bob Johanson  
 Joe Kinch  
 Adam King  
 Tiffany Kotera  
 Joe Krieder  
 Jim Langenbach  
 Andrew Lemiere  
 Ed Laulainen  
 Mike McMahon  
 Scot Meeker  
 Laurie Metzger  
 Chuck Minarsich  
 Kristi Moore  
 Michelle Mury  
 Scott Sims  
 Michael A Skeie  
 Dean Sorensen  
 Boyd Starr  
 Harold Starr MD  
 Joe Stewart  
 Melisa Toll  
 Julie Toney  
 Bethny Webb  
 Casey Williams  
 Josie Zbaeren  
**Kelso-Coweeman JH**  
 Larry Arlint  
 Carol Bryan  
 Ray Cattin  
 Cindy Cromwell  
 Dwayne Edwards  
 Pete Franett  
 Debbie Frutchey

Don Iverson  
 Bob Lucas  
 Jeff Skillingstead  
 Lisa Taylor  
 Jon Webb  
 Allen Wise  
**Kelso-Huntington JH**  
 Michael Birch  
 Zachary Holter  
 Bill Lundberg  
 Darlene Mongeon  
 Adam Muir  
 R David Parsons  
 Kandi Rupe  
 Dennis Sitch  
 Chris Wend  
**Kennedy**  
 Bob Bourgette  
 Joe Faccone  
 Dino Josie  
 Kim Katzenberger  
 Tom Muckerheide  
 Jennifer Ortiz  
 Sr Christine Still  
 Douglas Strauss  
 Mike Willis  
**Kennewick**  
 Eric Bissell  
 Eric Britain  
 Darain D Brown  
 Steve Buckingham  
 David Coulson  
 Stephen L Davis  
 Phill Dron  
 John Garvey  
 Kevin K Hale  
 John Hogg  
 Mary Isley  
 Steve Isley  
 Ron King  
 Karl Knudsen  
 Giana Marquardt  
 Bob Mars III  
 Brent Mattson  
 Ryan McCallum  
 Frank Pontarolo  
 Andrew M Prein  
 Todd Puckett  
 Michael Sandbeck  
 Jon Schutte  
 Jason Slagle  
 Arnie Sullivan  
 Bill Templeton  
 Paul Thompson  
 Terri Thoreson  
 Justin Wagar  
 Thomas Walsh  
**Kennewick Youth Club**  
 Robert L Downs  
**Kennewick/Southridge**  
 Thomas M Thaelke  
**Kennewick-Desert Hills MS**  
 Roy W McLean  
 Claudia Minnich  
 Doug Minnich  
 Lucia A Orr  
 David C Phillips  
 Rick Rallens



James W Ramsey  
 Sarah Robinson  
 Kent Sanders  
 Ben Schuldheisz  
**Kennewick-Horse  
 Heaven Hills MS**  
 Cheryl Culwell  
 Michael Dean  
 Kenneth W Elder  
 Boyd Gebers  
 Madeline Gebers  
 Charlie Hingston  
 Maria Scott  
 Stephanie J Steadman  
 Elizabeth Stiles  
 Randy Taylor  
 Michelle Thompson  
**Kennewick-Park MS**  
 Teresa Bissell  
 Heather Bjorge  
 G Dwight Brett  
 Neena Fouts  
 Brenda Koole-Sligar  
 Lois McGuire  
 Tim L Moon  
 Mel Nance  
 Natividad C Noyola  
 Ron Pasma  
 Leo Ramirez  
 Ron L Schuh  
 Dwane A Sitler  
**Kent-Cedar Heights  
 JH**  
 Dan Starkel  
**Kentlake**  
 Mark Gaul  
 Dan Heltsley  
 James B Hewson  
 Edward J Kramer  
 Shena Mouring  
 Robert Sandall  
 Mark Torgerson  
**Kent-Mattson JH**  
 Richard T McCurdy  
 Katrina DW Alegado  
 Aaron Radford  
**Kent-Meridian**  
 Brett Allen  
 Scott Gervais  
 Vicki Ibasco  
 Russ Vincent  
**Kentridge**  
 Patricia A Ames  
 Emily Gaynor  
 David Jamison  
 Marty Osborn  
 Kenneth Paul  
 Kevin E Rawie  
**Kent-Sequoia JH**  
 Chris Gervais  
 Mike Wiese  
**Kent-Totem JH**  
 Scott Simmons  
**Kentwood**  
 Jon Aarstad  
 Cathy Blackston  
 Kathleen S Curtis  
 Ann M Diaz  
 John A Diaz

Bob Fenton  
 Andrew C Foster  
 Laura Fralich  
 Tom Ingles  
 Dean Montzingo  
 Tricia M Olson  
 Evanne Pettibone  
 Kurt Phelps  
 Ken Sroka  
 James Sutrick  
 Kevin M Thomas  
**Kettle Falls**  
 Tracy Flugel  
 Don Fox  
 Brian Golphene  
 John Harris  
 Patrick King  
 David W Tupek  
**King's**  
 Dan Blackmer  
 Rachael Blackmer  
 Laurie Darrow  
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 Daunte Gouge  
 John Hubbell  
 Marv Morris  
 Eric Rasmussen  
 Jim Shapiro  
 Rod Wilcox  
**King's West**  
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 Bryan Paul Hanley  
 Dennis Sheline  
 Susan Sheline  
 Rick Walker  
**Kiona Benton**  
 Cliff Sandberg  
 Sharon Brandon  
**Kittitas**  
 Merle Watkins Jr  
 Steve Yocom  
**Kittitas MS**  
 Frank Reno  
**Kittitas/Thorp**  
 Timothy D Clark  
**Klahowya**  
 Cindy Campbell  
 Robert Detweiler Sr  
 Brad Hamblet  
 Loree Hippe  
**Klickitat**  
 Kirk Huwe  
 Michael W Overbay  
 Yvette Schultz  
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 Jeff Nevels  
 Rob Williamson  
**LaConner**  
 Mike Compton  
**LaCrosse**  
 Doug Curtis  
**LaCrosse/Washtucna**  
 Paul Dunster  
 Brian Koller  
 Jeff Nelson  
**LaHodge Tech**  
 Lane Dowell

**Lake Chelan**  
 Jim Carter  
 Randall Gleasman  
 Chris Griffiths  
 Greg Griffiths  
 Mike Haerling  
 Randy McGuffin  
 Ron Pilkinton  
 Bill Sargent  
 Steven Stamps  
 Jack A Tait  
**Lake Quinalt**  
 Ronald L Hoiness  
**Lake Roosevelt**  
 Steve Archer  
 Matt Bona  
 Larry Curtis  
 Gary Darnold  
 Dana Egbert  
 Kasey Garvin  
 Paulette Golding  
 Steve Hood  
 Gordon J Proctor  
 Randy Spotts  
 Bradley E Wilson  
**Lake Stevens**  
 William L Angdahl  
 Steven C Berg  
 Cliff Chaffee  
 Ken Collins  
 Dan Fenner  
 Ernie Goshorn  
 Norm Lowery  
 Gilman McKinnie  
 Jeff Page  
 Steve Riedeman  
**Lake Stevens MS**  
 Mike Levan  
 Mark McCoy  
 Marshall Wiygul  
**Lake Washington**  
 Dave Chambers  
 Joe Chimenti  
 Katie Perrigone  
 Amber Swanigan  
 Tim Tramp  
 Joseph W Whitesel  
**Lake Washington-Rose  
 Hill JH**  
 Rod Thornley  
**Lakes**  
 Gem Abe  
 Rod Ancheta  
 Margaret Bjorke  
 Joe Clark  
 Lisa Lindsay  
 Dave Miller  
 Willie C Stewart Jr  
**Lakeside-NMF**  
 Bob Cameron  
 Rosemary Y Clocherty  
 Ron Cox  
 Brian Dunn  
 Vincent A Epefania  
 James D Fisk  
 Troy Hughes  
 Lorraine S Jolley  
 Scott Jones  
 Kim Main

Kara Moffatt  
 Tom Oliver  
 Bart Orth  
 Lisa R Schultz  
 Mark St Clair  
 Matthew Sullivan  
**Lakeside-Seattle**  
 Fazle H Ramzan  
 Sandy Schneider  
 Hugh Tower  
**Lakewood**  
 Curtis Bailey  
 Steve Barker  
 Michael G Evans  
 Thomas A O'Hara  
 Hector Perez  
 Doug Plucker  
 Jeff Sowards  
 Tammy Sowards  
 Ron Thorvilson  
**LaSalle**  
 John Durham  
 Todd Kent  
**Lewis & Clark**  
 Steve Bennett  
 Jackie Fulton  
 Jeff Reyburn  
 Mark Vandine  
 Buzzie Welch  
 Tom E Yearout  
**Liberty All-Stars**  
 Tammy J Carlson  
**Liberty Bell**  
 Benny Hintz  
 Gunnar Johnson  
 Tyler Moe  
 Greg Port  
**Liberty Christian**  
 Shannon Bogen  
**Liberty-Issaquah**  
 Judy Bernitter  
 John T Martin  
 Dale A Opp  
 Stephen J Valach  
 Steven M Wood  
 George Vanni  
**Liberty-Spangle**  
 Dominic Duncan  
 Rod Fletcher  
 Charles G Parker  
 Robert L Welch  
**Life Christian  
 Academy**  
 George M Bender  
 Norm Caldwell  
 Mary Jane Calhoun  
 Chuck Carone  
 Jade Forcier  
 Terry Harris  
 Shawn Hennessy  
 Ross Hjelseth  
 Mark Lovelady  
 Matt Thomson  
 Vincent A Wagner  
**Lincoln**  
 Jeffrey A Johnson  
 Tim Kelly  
 Jim McCuen  
 Paul A Reynald

Roy Snyder  
 Rhonda Stinson  
 Kevin Strozier  
 Carlton Thomas  
 Mark Williams  
 Dick Zatkovich  
**Lindbergh**  
 Ny'Ika B Long  
 Jeff Stuart  
**Lopez**  
 Stephen K Adams  
**Lyle**  
 Joe Bales  
 Chris Barthlow  
 David Barthlow  
 Rick Knowles  
 Verlyn Smith  
**Lynden**  
 Bob Carson  
 Layne Hutchins  
 Curt Kramme  
 Pat Murphy  
 Cory White  
**Lynden Christian**  
 Kent De Hoog  
 Dana J Hagen  
 Darren Postma  
 John Rozeboom  
**Lynnwood**  
 Kevin B Glead  
 Angela Stark  
**Mabton**  
 Alli Simpson  
**Mansfield**  
 James Mickelson  
**Manson**  
 Brad Barnes  
**Mariner**  
 Brad Agerup  
 R Michael Braaten  
 Mark Nickels  
 John Ondriezek  
 Carl Wilkins  
**Mark Morris**  
 Bill Bakamus  
 Lisa Verage  
 Rolland Wallace Jr  
**Mark Morris/Lower  
 Columbia CC**  
 Chuck Byers  
**Mary Knight**  
 Bob Wolf  
**Mary Walker-  
 Springdale**  
 Kyle Dodge  
 Hugh B Franks  
 Kevin Jacka  
 Dennis Kiefer  
 Monica Peone  
 Leslie Sulgrove  
 Don W Vanderholm  
**Marysville-Pilchuck**  
 Craig L Bowen  
 David L Cross  
 Randy Davis  
 Andrew Delegates  
 John Hodgins

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Craig Iversen  
Kris Jensen  
Shelly Johnson  
Joseph Klomparens  
Eric Lefstad  
Mike Lowery  
Jeff Thomas  
**Mead**  
Danny Beard  
Eloise Cappellano  
Sean Carty  
Brenda Goehring  
Tessa Hodgson  
Philip A McLean  
Dori Robertson  
Heather A Salo  
Carla J Scott  
Cash Stone  
Jason Tebbets  
David J Vaughn  
Beth Wing  
Amanda Workman  
**Mead/Lakeside-NMF**  
Laurie L Chadwick  
**Meadowdale**  
Michael Bartley  
Larry Culver  
Kristy Maraveller  
Karen Michel  
Wally Nagel  
Ben Sauvage  
**Medical Lake**  
Rick Daily  
John Giannandrea  
Jerry Jantz  
Larry Petersen  
Sandy M Zimmerman  
**Mercer Island**  
Stephen Greene  
Joyce C Hedlund  
Erica Mia Koenig  
Elaine Lotzkar  
Bryan E Mazza  
Dick Nicholl  
Don Papasedero  
Ed Pepple  
**Meridian**  
Bob Ames  
Patrick Ames  
Randy J Anderson  
Jeff Brinson-Larabee  
Donna M Emmons  
Dan Hollod  
Cau Huynh  
Mike Protzeller  
**Monroe**  
Adam Aney  
Randy A Berg  
Andrew J Cook  
Ron Lampers  
Tim Ottow  
**Montesano**  
Terry Jensen  
Doug Schupbach  
**Morton**  
Grady Fallon  
Jim Johnson  
Ron Nilson

**Moses Lake**  
Jennifer Carpenter  
JR Cox  
Pete Doumit  
Todd Griffith  
Mike Hymes  
Greg Kittrell  
Michele Kittrell  
Jared Pope  
Ron Seibel  
Matthew R Strophy  
Amy L Utter  
Hans Warkentin  
**Moses Lake Christian**  
Davie D Alporque  
**Moses Lake/CWU-**  
**Retired**  
Eric Beardsley  
**Mossyrock**  
Gale R Bridges  
Marni Dean  
Gary Stamper  
Al Sorsby  
**Mount Baker**  
Renata Detta  
Shane E Evans  
Rob Gray  
Robert MacIntosh  
Mark Venn  
**Mount Rainier**  
Michael T Merrill  
Tom Merrill  
Ronald A Perry  
Apryll Quintus  
William R Sebanik  
Gerald Turner  
**Mount Si**  
Jennifer Batton  
Jeremy Elseth  
Lynn Fallows  
Christopher M Jackson  
Jane Job  
Mike Johnston  
Gary McGregor  
Gary O Olson  
Garrick Phillips  
Geri Spalding  
Tracy L Stine  
Renee Tredo  
**Mount Spokane**  
Bill Ayers  
Jennifer Clark  
Craig Lewis Deitz  
Dan Figueira  
Jeanne Helfer  
Paul Kautzman  
Bill Patrick  
Annette Pedersen  
John Reid  
Dan Smith  
John C Stump  
Luke Thomas  
**Mount Tahoma**  
Owen Chambers  
Brett Drewery  
Yvonne Solmiren  
Clarence Wright  
**Mount Vernon**  
Paul Christianson  
Rex Febus

Mac Fraser  
Kurt Harvill  
Jim Koetje  
Shane Lagerwey  
Dave Riddle  
Torey Swanson  
Heath Tayon  
Alan Williams  
**Mount Vernon-Baker**  
**JH**  
Randy Audette  
**Mountain View**  
Craig Grable  
Kym Tangen  
Kym Tangen  
**Mountlake Terrace**  
Jeffrey A Beauchamp  
David LeWarne  
Sally Moore  
Rob Petschl  
Nalin Sood  
Kanoë C Vierra  
KC Vierra Jr  
**Mudville Youth**  
**Baseball Club**  
Kurt R Boyd  
**Mukilteo-Explorer MS**  
Abbey Crooks  
**Mukilteo-Harbour**  
**Pointe MS**  
Todd Eggers  
Katie Niemann  
**Naches Valley**  
Erin Black  
Bruce Bosley  
Gary M Patrick  
Brett Rogers  
Bill Walker Jr  
Cris Willmarth  
**Napavine/Onalaska/**  
**WF West**  
Jay Terry  
**Naselle**  
Deborah Denny-Klinger  
Dave Klinger  
Doug Rogers Sr  
**Nathan Hale**  
Colleen Davis  
David M Manahan  
**Neah Bay**  
Ron Johnson  
**Newport**  
Adam France  
Barry L Sartz  
Patrick H Stahl  
**Newport/Bellevue**  
Mark Thorpe  
Colleen Conlin  
David J Davis  
Brian Fischer  
John T Fullerton  
Suzi Golden  
Michael D Miller  
Joseph Taiwo  
**Nooksack Valley**  
Tom Harmon  
Robb Erin Myhre  
George Nygard  
Brad Stephan

**North Beach**  
Diane Bjerke  
Patrick M Gaffney  
Rick Leighty  
Larry Moore  
**North Central**  
Chuck Filippini  
Ed Fisher  
David Hall  
Jon Knight  
Bob Litton  
Mike Ranieri  
Kelly Walters  
Jay Webber  
**North Kitsap**  
Clay Blackwood  
Greg Braun  
Darcy Burns  
Clary Carlsen  
Ron Coppinger  
Jay DeVries  
Tom Driscoll  
Melody Ejde  
Meredith Ellringer  
Chris Franklin  
Steve Frease  
Bob Fronk  
Kris Goodfellow  
Marilyn Grindrod  
Bob Henderson  
Lee Hodin  
Teri Ishihara  
Teri Ishihara  
Larry Maguire  
Kaelea N Makaiwi-  
Barreith  
Scott McKay  
Sheila Moore  
Tennis Olson  
Trish Olson  
Jerry Parrish  
Wasser Schmitt  
Helen V Smith  
Dave Snyder  
Brent Stenman  
Su-A Stevens  
Virgil Taylor  
Howard Thoemke  
Dan Weedon  
**North Kitsap-Kingston**  
**JH**  
James C Andrews  
Karen Byrd  
Dwayne Anthony  
Chisholm  
Tim French  
Chris Gilbreath  
Robert Good  
Karla Laubach  
Brian Ritter  
Ken Shawcroft  
**North Kitsap-Poulsbo**  
**JH**  
Sandra Corneil  
David Denton  
Tim Eaton  
Stephen C Harris  
Helene Hatch  
Karla Hawes

Amy Johnson  
Ricky Armenta Johnson  
Dean Maleski  
Tim McFadden  
Marshall S Miranda  
Joe Power  
John Waller  
**North Mason**  
Ed Amick  
Mike Amick  
Allen Andringa  
Brian Barker  
Jeff Bevers  
Bishop Bielec  
Kathy Copp  
Bill Geyer  
Paula Grande  
Scott Griffin  
Jay Hultberg  
Craig Johnson  
Karen J Johnson  
Kris Klusman  
Raphael Mastel  
Scott McDonald  
Brooke Quam  
Bill Segerman  
Larry Skogstad  
Robert L Stevens  
Miranda Thygesen  
Ryan Thygesen  
Don D Turner  
John Uhrich III  
Kristy Whitcher  
**North Mason-Hawkins**  
**MS**  
Julie Barker  
Tawni Broughton  
John A Comstock  
Donald J Farrell  
Deborah Guidi  
Alan C Lee  
Shannon McIntire  
Joe Reasons  
David Smethers  
**North Seattle CC**  
William H Rodgers III  
**North Thurston**  
Joe Beltico  
Dan Clark  
Dan Coleman  
Gary Iverson  
Dean Janz  
Dennis J McDonald  
Bill Mendelson  
David Myers  
Barry Traynor  
Jack Zeiger  
**North Thurston-**  
**Chinook MS**  
Ron King  
**Northwest Christian-**  
**Lacey**  
William S Kehoe  
Jeanette Lathrop  
**Northwest Christian-**  
**Olympia**  
Al Lynch  
**NW Elite All-Stars**  
Toni Buxton  
Teresa Quinn



**Oak Harbor**  
 Joe Brannon  
 Brian Farmer  
 Jon Garcia  
 Robin Gohn  
 Pamela Headridge  
 Seth Hodges  
 Tom Mueller  
 Brian Thompson  
 Jim Waller  
 Dave Ward

**Oak Harbor-North Whidbey MS**  
 Ronald C Ernst

**Oakesdale**  
 Kenneth R Lindgren

**Ocosta**  
 Robert E Erickson  
 Mark Izatt  
 Michael J King  
 Barbara Rasmus  
 Donna D Summers  
 Rich Swiergula  
 Carl Waara  
 Paul R Zimbelman

**O'Dea**  
 Jeff Anderson  
 Michael F Crotty  
 Monte Kohler  
 Pat Raney  
 Andrew M Slatt III  
 James M Walters

**Odessa**  
 Bob Berrigan  
 Blaine C Downey  
 Mary Downey  
 Leslie Fink  
 Myron Kramer  
 Bruce Todd

**Okanogan**  
 Terry Balthazor  
 Brett Bartlett  
 Kenneth Roy Bowden  
 Steve Chamberlin  
 Jeff Cheeseman  
 Mike Gilmore  
 Dean Klepec  
 Andrew L Knutson  
 Dale Linklater  
 Thomas E Monroe  
 Dennis R Neely  
 Aaron Nickelsen  
 Gordon Pitts  
 Darin Radke  
 Jay Staggs  
 Kelli Taylor

**Olympia**  
 Danise Ackelson  
 John Amidon  
 Bill Beattie  
 Thomas P Cline  
 Laurie A Creighton  
 Steven J Davis  
 Scott Ditter  
 Dennis M Duffy  
 Dana Fraser  
 John Grosey  
 Rocky Isley  
 Todd McDougall

Tony Philippsen  
 Steve Roth

**Olympic**  
 John Blair  
 Robert Polk  
 Darryl Smith

**Omak**  
 Kip Apple  
 Bryan Behymer  
 Russ Brantner  
 Brett Fancher  
 Jeff Hendrick  
 Shad James  
 Galen Kaemingk  
 Joe LaGrou  
 Mark Milner  
 Randy Rose  
 John Sackman  
 Nicholas T Sackman  
 Steve P Springer  
 Rocky Verbeck

**Onalaska**  
 Doug Abrahamson  
 Dennis Bower  
 Terri Dalsted  
 Robert Dow  
 Johnny R Garcia  
 Susan Gordon  
 Wayne Nelson  
 Frank Petrino  
 Raymond W Scharpf  
 William J Schwall  
 Phil Spengler  
 Nancy Thode

**Orcas Island**  
 Dennis Dahl  
 Cindy Elliott  
 Mike Gage

**Oroville**  
 Rick Kelly  
 Greg Moser  
 Chuck Ricevuto

**Orting**  
 Jerry Clyde  
 John Miller  
 Chad Nasinec  
 Marty Parkhurst  
 Steven R Weller

**Othello**  
 Scott Bliss  
 Mark Dalbeck  
 Eleazar Garcia  
 Daniel Gonzales  
 Vernon J Hare  
 Roger Hoell  
 Michael B Jensen  
 Mark Kondo  
 Endelia (Anna) Martinez  
 Ruben Martinez  
 Tina Mendez  
 Rudy Ochoa  
 Peter B Patitucci  
 Abram Ramirez Jr  
 Wayne Schutte  
 Chad Smith

**Othello-McFarland JH**  
 Joel D Cramer

**Pacific Lutheran U**  
 Jeff Drinkwine

**Pacific Storm All-Stars**  
 Andrew Gustafson

**Pasco**  
 Bradley Adams  
 Kenton Alford  
 Paul Antonavich  
 Bob Bodnar  
 Scott Bond  
 Bryan Borup  
 Kerry Briggs  
 Brian Callaway  
 Dan Carey  
 Ian Carey  
 Jose Carrasco  
 John Cazier  
 Mike Clayton  
 Jay Covington  
 Steven Davis  
 Jeff Dong  
 Joe Dubskey  
 Dale Fuller  
 Steve Graff  
 Jeni Greenwalt  
 Bill Henry  
 Chad Herron  
 Kelly Herron  
 Stephanie Hoegh  
 Don Hogue  
 Kirby Jones  
 Paul Klei  
 Manon Laliberte  
 Janae Loeber  
 Gilbert Marquez  
 Marty Martinez  
 Tracy Mattson  
 Kirston McBride  
 Brian McDowell  
 Elena Mendoza  
 Patsy Northam  
 Devin Olson  
 Manuel Pardini  
 Curtis Paxton  
 Kevin Pedersen  
 Tim Praino  
 Jill Raebel  
 Robert Reid  
 Tony Rubalcava  
 Scott Salisbury  
 Scott Schadler  
 Becca Schwan  
 John Shimek  
 Dustin Snediger  
 Laurie Snover  
 Troy Sommerville  
 Dave Spray  
 Jim Steach  
 Charles Villanueva  
 Ron Weed

**Pasco/River View**  
 Gregg Huisingh

**Pasco-McLaughlin MS**  
 Jennifer Rossmeisl  
 Deena Stallings  
 Caleb Stromstad  
 Jack Anderson  
 Maria Bice  
 Darcy Bond  
 Bernard Daos  
 Michelle Daos

Tammy Davenport  
 Janet Esparza  
 KC Flynn  
 Chris Fowler  
 Hugh Fulton Jr  
 David Gonzales  
 Chad Haertling  
 M Doug Hughes  
 Angela Jenks  
 Donna Kinion  
 Ryan Mattson  
 Debbie Maxwell  
 Julie McKeown  
 Sandra Morgan  
 Jennifer O'Brien  
 Kim Palmer  
 Diana Partida  
 Barbara Pierce  
 Keith Plewman  
 Leizel Uskoski

**Pasco-Ochoa MS**  
 Stan Bryson  
 Diana Burns  
 Dennis Cox  
 Steve Doyle  
 Ruthie Hyslop  
 Sandra Kerr  
 Michael Long  
 JJ Morales  
 Mark Piper  
 Arnuldo Ramirez  
 Bill Rulon

**Pasco-Stevens MS**  
 Teresa Adams  
 Jan Bolson  
 Rosa Cary  
 Paul Chartrand  
 Therese Dalrymple  
 Robert Guiterrez  
 M Dwayne Hughes  
 Aaron Leth  
 Gail Ogden  
 Augustine Rodriguez  
 Manuel Rodriguez  
 Jack Sandberg  
 Sidney T Sarver  
 Aaron Schooler  
 Matt Valett  
 Matthew Whitehead  
 Eric Whitemarsh

**Pasco-Whittier ES**  
 Armando Aranda

**Pateros**  
 Gene Dowers  
 Mike Hull

**PeEll**  
 Wayne Compton

**Peninsula**  
 Kathy Crowley  
 Erin McIntyre  
 Rufus Smith  
 Cris Turner

**Pomeroy**  
 John Donnelly  
 Randy Mulrony  
 Dave Slaybaugh

**Port Angeles**  
 Alyse Day  
 Jolene Dalton Gailey

Erik Gonzalez  
 Mark Greenleaf  
 Dwayne Johnson  
 Dan Novick  
 Paul Reed  
 Lee Sinnes  
 Scott Soule  
 Gordon Thomson  
 Jan Urfer

**Port Angeles-Roosevelt MS**  
 Tom Leinart

**Port Townsend**  
 Tim Black  
 David A Farfan  
 James B Fleisher  
 Larry Germeau  
 David L Kerkhoff  
 Kevin Sanford

**Port Townsend-Blue Heron MS**  
 Don Dobie  
 Dave Keenan

**Power Athletics Vendor**  
 Sabrina Dikeman  
 David Long

**Prairie**  
 Don Freeman  
 Wade Janssen

**Prescott**  
 Jeff Foertsch

**Priest River, Idaho**  
 Larry Lunke

**Prosser**  
 Julie Armstead  
 Darci Beierle  
 Tom Moore  
 Scott Yetter

**Pullman**  
 Bill Christie  
 Mike Hinz  
 Sherree Komp  
 Ernest W Sanders  
 Marj Struckmeyer

**Puyallup**  
 Lyndi Anglin-Baubits  
 Bryan D Bartelson  
 Tony Batinovich  
 Dorinda Carpenter  
 Mike Huard  
 Michele Mathay  
 Collette K Stewart  
 George P Wilfong  
 Sue Williams

**Puyallup-Aylen JH**  
 Brent Miller  
 Don Rohrer

**Puyallup-Edgemont JH**  
 Randy Jones  
 Michael H Schick

**Quincy**  
 Bill Alexander  
 Michael Alexander  
 Chris Baumgartner  
 Jennie Bishop  
 Jeanne Brindle  
 Tina Castro

*Continued on page 14*

Nicole Chelin  
William W Clifton  
Christine Coleman  
Jeffrey Corlett  
Cully Donovan  
Ervin P Dubes  
Bob Duda  
Ann Marie Edburg  
Randy Ferguson  
Roberto Garcia Jr  
Teresa Goninan  
Christina Gonzales  
William A Gonzales  
Sue Gregory  
John Heikkila  
Mark Henson  
Kimberly Holladay  
Cindy Kehl  
Pat McGuire  
Chris McKnight  
Michael L Mills  
Jamie Nash  
Andrew Ornelas  
Wade Peterson  
George Phelps  
Alan Rasmussen  
Doug Reppe  
Ruth Royer  
Paul K Slager  
Rob Staggs  
Thomas J Turner  
Kelly Wallace  
Mike Wallace  
Earl Wolf  
Arnold Ybarra  
Manuel Ybarra  
**Quincy JH**  
Wayne McKenzie  
Larry Spence  
**RA Long**  
Butch Allinger  
Darin Dollemore  
Fred Kalal  
Noah Mawae  
Jon D Ott  
Darold W Sims  
Tom Spellmeyer  
Misty Woodrum  
**Rainier**  
Gene Cinkovich  
Donald Franklin  
Chris Holterman  
**Rainier Beach**  
Michael Bethea  
Mark S Haley  
Ron Howard  
**Raymond**  
James M Henrie  
Jason Koski  
Doug Makaiwi  
**Reardan**  
Angela Adams  
Jeff Anderson  
K Baumgartner  
Mark Bjerkestrand  
Marty DeWalt  
Casey P Dorrel  
Dan L Graham

Trevor Gregory  
Mike Kreuch  
Barry Lauderdale  
Lisa Lauderdale  
Jeff Leavitt  
Bonnie Long  
Janis R Lovelady  
Eric J Nikkola  
Corey Oliver  
Rick A Perleberg  
Mary Schilling  
Mike Schilling  
Eric Smith  
Mike Smith  
Kristen Turner  
Darci Wellsandt  
Tim Zeiler  
**Redmond**  
Shelby Barsalou  
Christine King  
Denis Villeneuve  
**Renton**  
Gary L Core  
John Selivanoff  
**Renton-Northwood JH**  
Jorjan Werry  
**Republic**  
John Gianukakis  
Karen L Grimsley  
David A Hamilton  
Mike McRae  
Gary More  
Rory Rickard  
**Richland**  
Brian Baker  
Ben Jacobs  
Cindy McCoy  
Michael W Mills  
JoAnn Murrow  
Tim E Ruane  
Susan Rulon  
Lauri A Sax  
Wendy White-Rebstock  
**Richland-Carmichael**  
**MS**  
Angel Ojeda  
Luis Ojeda  
**Ridgefield**  
George AT Black  
Deborah English  
Sara Mills  
Art Osmundson  
J Bradley Young  
Fred Horn  
**Ritzville**  
Jason Aldrich  
Michael D Lynch  
Dwight Pflugrath  
Steve Wellsandt  
Greg L Whitmore  
**River Ridge**  
Chad Arko  
Frank Boyle  
Joel Hawkins  
Bryan Hoddle  
Gary Larson  
Phil Lonborg  
**Riverside**  
Bill Kemp  
Allen Martin

Brent Monroe  
Bradley A Nave  
Cassie Smith  
Richard Wika  
**Riverside Christian**  
Bruce R Siebol  
**Rochester**  
Richard Boesiger  
Larry Heinz  
John W Olson  
Bill Peterson  
Steven R Watson  
Bob Wollan  
**Rochester/Elma**  
Richard La Londe  
Paul Appel  
**Rogers-Puyallup**  
Gene S Bowen  
Danny E Carlson  
Peter J Collins  
Heather Hoskins  
Rod Iverson  
David Johnston  
Tammy Kelly  
Adam Kulaas  
Amy Looker  
Ben Muehlenbruch  
Heather Renner  
Sedlacek  
Dan Thompson  
Kebra Thompson  
Bob Wendt  
William Alan Wernofsky  
**Rogers-Spokane**  
Shawn Carney  
Chris Caviness  
Herman L Caviness  
Gregory J Forsyth  
Kathy Harrison  
Rick Harrison  
Rick Hughes  
Gail Ortega  
Dave Pomante  
Bryan Venema  
**Roosevelt**  
Terri Galloway Garrison  
James Neff  
Bill Resler  
Lila Silverstein  
**Rosalia**  
Barry K Buth  
Diane Koppel  
Doug LaMunyan  
**Royal**  
Wiley Allred  
Dan Davis  
Karen Lasen  
Paul S Olsufka  
Ben Orth  
Nathan Phillips  
Peter A Pratz  
**S Puget Sound CC**  
William Bell  
**Saint George's**  
James Johnson  
**Sammamish**  
Shauna Backus  
John Pat Bourassa  
Jamie Fisher  
Jennifer Genoway

Gordy Graybeal  
Jerrold B Penney  
Michael D Stuart  
**Seattle Academy**  
Karen Summers  
**Seattle Christian**  
Roger DeBoer  
**Seattle Prep**  
Chris Miller  
Gaylene Page  
Ed Paulter  
**Seattle PS Athletics**  
Greg Brashear  
Ammon McWashington  
**Sedro Woolley**  
Bryan Alexander  
Jay O Breckenridge  
Brad Conn  
Rick Garcia  
David Grenier  
Jack Hurd  
Sandy Metzger  
Ron Shanander  
Rick Tingley  
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 Clopper  
Mark Fischer  
Brian Roper  
**Sequoia Cheer**  
Kim Kawachi  
**Shadle Park**  
Tim Gaebe  
Mark Hester  
Robert D Isitt  
James T Johnson  
Amy L Stinson  
**Shelton**  
Steven R Beck  
Brian M Brickert  
A Roy Dunn  
Matt Hinkle  
Mark Jensen  
Jacki Strache  
John Vernon  
**Shelton-Evergreen ES**  
Perry Winkle  
**Shohomish**  
John R Robinson  
**Shorecrest**  
Andrew Cain  
Lane T Loland  
Ryan Sharpe

Mike Wollan  
**Shoreline CC**  
George Dremousis  
Steve Eskridge  
Ken Higgins  
Petra Jackson  
Antwon Jones  
Paulette Martin  
Jeff Menday  
Willis Woods  
**Shoreline Christian**  
Marc Ensz  
**Shorewood**  
Nathan Gillam  
Laura Kinzel  
David Tadlock  
Lance (Bud) Tonkin  
Wyatt Tonkin  
Howard Wood  
**Shorewood/King's**  
Susan Riley  
**Skyline**  
Julie Abbott  
Dawn Geiser  
Steve Gervais  
Kim Hasson  
Chuck Lee  
Bob Levitin  
Sue Potter  
Paul Ringstad  
**Skyview**  
Pattie Jo Allinger  
Dave Armstrong  
Bob Benson  
Dennis Ben Binkowski  
Megan Botnen  
James Hellyer  
Carolynn Lindeman  
Kasey Powers  
Jeff Thompson  
Tad Thompson  
**Snohomish**  
Jay Adams  
Steve Akerlund  
Jerrod Akins  
Mark Albertine  
Jeff Armstrong  
David L Ballinger  
Len Bone  
Faye Britt  
Jane Brown  
Andrea M Cahan  
Curtis Carruthers  
Harry Cornwell  
Steve Cotterill  
Alan Davis  
Mark Doidge  
Dan Dole  
John A Dragavon  
Richard A Gay  
Tuck Gionet  
Kim Hammons  
Ken Hansen  
Ken Hoerath  
Carla Hoines  
Marc Hughes  
Vince Ivelia  
Richard Jansen  
Kevin Judkins  
Jay Kendall

Chris Kortendick  
 Carol Krause  
 Francisco V Lopez  
 Ed Lucero  
 George Markabi  
 Molly Mclean  
 John M Mitchell  
 Daniel G Mundell  
 Joseph R Mutcheson  
 Dan Parker  
 Keith Peden  
 Mark Perry  
 Daniel M Pingrey  
 John Pringle  
 Bruce W Richards  
 Ken Roberts  
 Barry Rodland  
 Gerry Salvadalena  
 Elexina "Ellie" Schaeffer  
 Robert W Serviss  
 Shirley Siegel  
 Tony Stapleton  
 Dale Troupe  
 Chris A Utt  
 April VanAssche  
 Rodney M Wagar  
 Sarah Werder  
 Jim Wilson  
 Robert C Wilson  
 Daryn Young  
 Jennifer Young  
**Snohomish-Centennial MS**  
 John Bonner  
 Nick Burpee  
 Carolyn Coombs  
 Jessica French  
 Marc S Jaramillo  
 Janet E Markov  
 Jason A Pearson  
 Jennifer Pearson  
 Ryan Simicich  
 Timothy Tackett  
 Larry Taylor  
**Snohomish-Valley View MS**  
 Matthew J Brown  
 Casey Clinch  
 Judy Dahlberg  
 Brian Johnson  
 Kathleen L Massarelli  
 Harvey C Morgan  
 Annie Stone  
 David J Walser  
**Snoqualmie MS**  
 David Alan Perry  
 Dean Snaveley  
 Lynnette Wiegardt  
**Snoqualmie-Chief Kanim MS**  
 Mickey Fowler  
 Joyce Kjorsvik  
**South Bend**  
 Shane Byington  
 Mike Morris  
 Joel Penoyar  
 Mike Rogers  
 Jackie Sanchez  
 Tom Sanchez

Thomas G Sell  
 Gary Wilson  
**South Kitsap**  
 Eric Bergeson  
 John Callaghan  
 Freda Evans  
 Jim Fairweather  
 Cathy W Gangnes  
 Marti Anne Mahar  
 Mandy More  
 Lysandra Ness  
 Ron Ness  
 Patrick Olsen  
 DJ Sigurdson  
 Don C Smith  
 Andrea Vancil  
**South Kitsap-Whitman JH**  
 Bruce Wayne Daily  
 Elisha Gadberry  
 Brad Lewis  
 John O'Donnell  
 Daniel L Simmons  
 David M Sparks  
**South Whidbey**  
 Doug Fulton  
 Sam W Lee  
 Bill Steiner  
**Southridge**  
 Amy Bishop  
 Brad Bogus  
 David A Brown  
 Janelle Cain  
 Romeo Enrique Canada  
 Stephen R Coomes  
 Patricia L Cusimano  
 Jason DeVere  
 Angelique Dudley  
 Jayme Dunnum  
 Michelle Lee Evans  
 J Ty Fischer  
 Jarrod Franson  
 Mark German  
 Charles R Hamaker-Teals  
 Darlene Harris  
 Jas Hart  
 Ryan Helms  
 James Hendricks  
 Ted Homme  
 Aimee L Johnson  
 Gregory A Julian  
 Kelly Koci  
 John Lengphounprasent  
 Scott McKenzie  
 Donna Morgan  
 Sherry Mostoller  
 Ken Muhlbeier  
 Mary Nett  
 Jill M Pfeiffer  
 Reid Preppernau  
 Anthony S Reiboldt  
 Spencer A Reiboldt  
 Tonie Ann Reiboldt  
 Sylvester Joe Sanford  
 Al Schauble  
 Dustin Tod Smith  
 Sheila Rae Smith  
 Wade C Spence  
 Andrew B Troxel

David Tuck  
 Marc L Wakeley  
 Kelly Weber  
 Theodore J Weber  
 Eric Weisgerber  
 Annie Wendt  
 Robert E Wirtzberger  
**Spanaway Lake**  
 Jason Carrell  
 Matt Coulter  
 Bob Loose  
 John C Robak  
 Bryan Wulf  
 Ryan W Zackula  
**Spokane CC**  
 Linda Lanker  
**Sprague-Harrington**  
 Darin Reppe  
**Squalicum**  
 Karen Ackelson  
 Tim Irvin  
 Jeff Knutsen  
 Mike McKee  
 Mark Parrish  
 William Scott Stone  
 Vern Yake  
**St George's**  
 Bill Bender  
 Ryan Peplinski  
**St John**  
 Marvin Schmick  
**St John/Endicott**  
 Donald E Kemper  
 Sandy Martin  
 Darrell Miller  
**Stadium**  
 Michael Greenleaf  
 Joseph W Miller  
 Brian Ochs  
 Wolf Patton  
**Stadium/Curtis**  
 Terry Rice  
**Stanwood**  
 Dick Abrams  
 Scott Bates  
 Matt Brennan  
 Mike Chandler  
 Nate DuChesne  
 Cameron Fry  
 Paul Johnson  
 William E Kintner  
 Scott Knight  
 Steve Novotny  
 Frank Silvestri Jr  
 Scott Summers  
 Erik Titus  
 Mike Wade  
 William Walker  
 Tom Wilfong  
 Kenneth M Wood  
**Stanwood-Port Susan MS**  
 Mary Nicholas  
 Crystal L Titus  
**Steilacoom**  
 Bruce D Hayes  
 Eric Haynes  
 Gary Wusterbarth

**Steilacoom-Pioneer MS**  
 Donald L Anderson  
**Stevenson**  
 Mark J Creighton  
 Reenie Kiehn  
 Glenn A Stump  
 Phillip Wendell  
**Stevenson-Wind River MS**  
 Arnold Bell  
**Sultan**  
 Wes Fischer  
 James W MacDicken  
**Sumner**  
 Tara Balderson  
 Debra L Beckwith  
 Michael J Fitzpatrick  
 Louise King-Taylor  
 Karrie Marton  
 Jeff Neyenhouse  
 Linda Orcutt  
 Kimmie Provost  
 Michael Scott Stockslager  
**Sumner JH**  
 Rick Beitelspacher  
 Curt Brown  
 Howard R Wiley  
**Sunnyside**  
 Miguel A Bazaldua  
 Robin Bryson  
 John Kilian  
 David B Martinez  
 Ralph Mendoza  
 Eroll Miles  
 Tyler Miller  
 George Paulus  
 Ron Rowe  
 Enrique Sambrano  
**Sunnyside Christian**  
 Andrea C Dobson  
 Kelly Fennell  
 Kevin Fennell  
 Dean Wagenaar  
**Sunnyside-Harrison MS**  
 Patty Griffith  
 Bruce A Lindell  
**Tahoma**  
 Curtis E Bogan Sr  
 Jeff Brady  
 Brian Higa  
 Kimberly Israel  
 Kelly Jones-Harned  
 Lara Lindersmith  
 Calvin McHenry  
 Darcie Muller  
 Doug Pecha  
 Amy Saathoff  
 Dan Strojnan  
 Corinne Welch  
 Dan Bass  
**Tahoma JH**  
 Craig A Jones  
 Jeremy Wheatley  
**Tekoa/Oakdale**  
 Paul Voorhees  
 Lyle Wagner  
 Lorin Carlson

**Tenino**  
 Susan Cutsinger  
 Nancy J Kitterman  
 Pat Maguire  
 Greg Maxfield  
 Kevin Ridout  
 Gordon Robertson  
 Mike Sands  
 Dennis Thornton  
 Jeff D Thummel  
 Judy VanDinter  
 Brock Williams  
 Hal J Williams  
**Thomas Jefferson**  
 Andrew Buchan  
 Kevin Hanis  
 Debbie J Hunter  
 Brett C Lucas  
 Lori Matthews  
 Paul Ruston  
**Timberline**  
 Jeff Birbeck  
 John Birbeck  
 Kevin Young  
**Toledo**  
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**Tonasket**  
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 Dell Gere  
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**Touchet**  
 Wayne Dickey  
**Toutle Lake**  
 Jon W Davidson  
 Scott Grabenhorst  
**Tri-Cities Prep**  
 Jose A Perez Jr  
 Bob Roselli  
 Debbie Anderson  
**Tumwater**  
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 Sid Otton  
**Tumwater-Bush MS**  
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**Tyee**  
 Gordon Kadric  
 Michael LaRock  
 Kelly White  
**U of Arizona**  
 Jim Livengood  
**University-Seattle**  
 Mark Cullen  
**University-Spokane**  
 Eugene Blankenship  
 Keven Frandsen  
 Mike Ganey  
 Kevin R Houston  
 Don Owen  
 Don Ressa  
 Jon Schuh

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Mark P Stinson  
Casey Stookey  
**Valley Christian**  
Steve Altmeyer  
Doug Gardner  
**Vashon**  
Eric Bingham  
Anders Blomgren  
Per-Lars Blomgren  
Russ Brazill  
Orson Christensen  
ExaLou Grimsley  
Kevin Ross  
Stephanie J Spencer  
Sandra Tillman  
Chris York  
**Vendor-Mackenzie Co**  
Jan Dempsey  
**Victory Cheer NW All Stars**  
Janae Urban  
**Wahkiakum**  
Sharon Deaton  
Cindy A Fudge  
John Hannah  
Eric Hansen  
Larry D Hendrickson  
Kevin Patching  
Vic Reykdal  
**Wahluke**  
Ernest Henderson  
**Waitsburg**  
Jeff Bartlow  
**Walla Walla**  
Jill Carter  
Ryan Carter  
Ted V Cummings  
Brad Daly  
Chris Ferenz  
Chris Gardea  
Michael R Gobel  
John P Golden  
Keith Gradwohl  
Oscar Digger Graybill  
Robin Greene  
Amy Hisaw  
Eric Hisaw  
Jerry Humphreys  
Genie Huntman  
Vincent Jimenez  
Aneliese Johnson  
Michael Locati  
Scott Magnaghi  
Robert Maib  
Aaron Martin  
Nick Nastri  
Allison Peck  
Kevin Peck  
Bill Plucker  
Angie Potts  
Cathy Rasley  
Mari Ruiz  
James R Smith  
Brian Taylor  
Leah Taylor  
Jim Thacker  
Kelati Weldegaber

Harvey Wellington  
Nancy Wells  
**Walla Walla-Garrison MS**  
Pattie Backous-Eagon  
**Walla Walla-Pioneer MS**  
Doug Venneri  
**Wapato**  
Manuel Arumbel  
Javier Rodriguez  
Michael Romero  
Paul Zagelow  
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Brent Cox  
Don Edson  
Josh Madsen  
Jerry Powell  
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John Edward Voss  
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Raymond J Brassard  
Allen Culp  
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Christina Hamilton  
Lionel Haywood  
Gary Jeffers  
Mark A Jones  
Nicholas P Luethi  
Wendy Malich  
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Don C Koch  
Jill Moomaw  
**Wenatchee**  
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Scott Brown  
Sandy Coopride  
Scott Devereaux  
Jacob Gutzwiller  
Brandon Harle  
David R Jagla  
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Gary Lorenson  
Rand Marquess  
Stan Opp

Doug Preston  
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Paul Seale  
Kevin Skalisky  
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Jennifer Williams  
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Roland Ruff  
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**West Valley-Yakima**  
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Otto C Ruediger  
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Mike Williams  
Dominic Yarrington  
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Rich Brumbaugh  
**White Swan**  
Raymond Funk  
Lon Henry  
**Whitman College**  
Michelle Ferenz

**Wilbur-Creston**  
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**Winlock**  
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**Woodinville**  
Terry Agnew  
Kimberly Fleming  
Stephen R Johnson  
Mark Leander  
Christopher Pratt  
James Rowe  
**Woodinville All-Stars**  
Jan Jahnsen  
**Woodland**  
Matt Brkljacich  
Keith Clevenger  
Dale Combs  
Gerald P Deans  
Cindi Duling  
Curtis Eccles  
Glen Flanagan  
Jeff Flanagan  
Darrell Gleason  
Richard Hanley  
Steve Hansen  
Veronica Lyn Heller  
Johnnie Lance Johnson  
Sam Jouwsma  
Jan Karnoski  
Aaron McCoy  
Marcus Morris  
David Moses  
Cheryl Nesbitt  
Jeff Nesbitt  
David Wayne Patterson  
Fred Pulphus  
Jim Sharkey  
Steve Smith  
Kash VanCleef  
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Lisa Yeo  
Jim Youman  
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John Balmer Jr  
**Yelm**  
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Contact: Mike Bulthaus

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## 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](http://www.gatorade.com).



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# JUMP, JUMP, JUMP A LITTLE HIGHER

by Pam Headridge  
Oak Harbor High School

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 tuck position. Be sure to keep the chest up while jumping. Perform 30 tuck jumps in 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](http://www.wscca.com)





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# FIFTY YEARS OF WASHINGTON WRESTLING'S FINEST

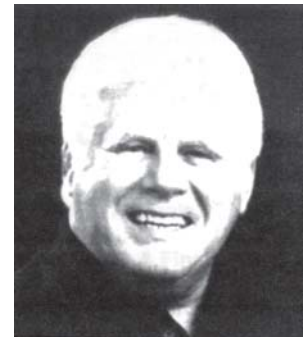
## THE 3 AND 4 TIME STATE WRESTLING CHAMPIONS

### 41 Three Time State Champions - 3 Four Time State Champions

YEARS	WEIGHTS	NAME	SCHOOL
1966-1967-1968	168-178-178	Strode, Dan (deceased)	Moses Lake
1971-1972-1973	101-115-122	Scammahorn, Tom	Cashmere
1973-1974-1975	101-115-122	Lorton, Jerry	Goldendale
1974-1975-1976	168-168-168	Pangle, Larry	Goldendale
1975-1976-1977	108-108-129	Wollen, Randy	Tumwater
1976-1977-1978	115-122-129	Breckenridge, Tony	Burlington Edison
1977-1978-1979	108-115-122	Villaneuva, Tommy	Sunnyside
1978-1979-1980	101-108-115	Wise, Jamie	Moses Lake
1979-180-1981	108-115-115	Bradley, bill	Camas
1980-1981-1982	101-108-115	Powell, Jeff	Royal City
1980-1982-1983	108-148-158	Hall, Bryce	Connell
1981-1982-1983	148-158-168	Elliott, Russ	Cashmere
1981-1982-1983	178-190-190	Nielsen, Dave (deceased)	Royal City
1982-1983-1984	101-108-115	Kilpatrick, Bob	Castle Rock
1982-1983-1984	129-129-135	Olmsted, David	Sumner
1983-1984-1985	141-148-158	McLean, Phil	Deer Park
1985-1986-1987	148-148-148	Gotcher, Jeff	Spanaway Lake
1987-1988-1989	101-108-108	Yamamoto, Tom	Richland
1987-1988-1989	101-115-122	Graham, David	Elma
1987-1988-1989	122-129-135	Valazquez, Frank	Chelan
1988-1989-1990	101-108-122	Jensen, Chris	Hoquiam
1988-1989-1990	141-148-148	Muggy, Jason	Ferndale
1990-1991-1992	101-108-115	Cleverly, Jason	Kentwood
1990-1991-1992	108-122-129	Christain, Ricky	Tahoma
1991-1992-1993-1994	101-108-115-129	Connors, Pat	R.A. Long
1992-1993-1994	148-158-158	Morgan, Sean	Lynnwood
1993-1995-1996	101-115-122	Cook, Andy	Burlington Edison
1994-1996-1997	108-129-129	Roberts, Andy	University
1994-1995-1996	122-135-135	McGuffin, Jay	Cashmere
1994-1995-1996	158-158-168	Harriman, Tony	Blaine
1994-1995-1996	148-158-168	Olson, Otto	Everett
1995-1996-1997	141-148-158	Knutson, Garrett	Kiona Benton
1996-1997-1998	101-108-115	Vombaur, Ben	Evergreen/Vancouver
1996-1997-1998	135-148-141	Kuraspediani, Zohn	Tahoma
1997-1998-1999	122-129-135	Solomon, Andy	Prosser
1997-1998-1999	135-141-141	Cooper, Coyte	Anacortes
1998-1999-2000	115-122-125	DeLaPena, Ale	Kiona Benton
1998-1999-2000-2001	101-115-119-130	Mitchell, Martin	Tonasket
1998-1999-2001	101-115-135	Owen, Tommy	University
1998-1999-2001	115-122-140	McGettrick, Steve	Capital
1998-1999-2000	148-158-160	Morin, Graham (deceased)	Bellingham/ Squalicum
1998-1999-2000	168-190-189	Pascoe, Travis	Gonzaga Prep
1999-2000-2001	101-112-119	Matthews, Kris	Lakeside-9 Mile Falls
1999-2000-2001-2002	115-125-125-125	Barnes, Burke	Lake Stevens

# HAWKES SQUAWKS

by Dee Hawkes  
Retired



## 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, it's 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 GOTTA 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 evidence 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 of 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, then Tuesday, and again on Saturday in order to advance in the playoffs. There are teams on record who have played four games in 13 days.

It's a high stakes game when you ask players to play this often. It risks injury and does not give enough time to recover from one. However, many coaches support this practice. The very fact that games are often played on one team's home field, and not at a neutral stadium, also doesn't seem right.

It becomes a horse of another color when teams play in a mini-playoff format to determine state berths. If you are in search of a better solution the

idea proposed by Kent Athletic Director, Dave Lutes, deserves consideration. He suggest the state start two-a-day practices earlier, eliminate jamborees, and play the first game on 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 is-

sues about the prep world. Remember, little things that are ignored can become big rocks to be moved later.

See you around, I hope.

### **SQUAWKS SMORGASBORD**

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.

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**Registration deadlines are: Fall sports June 14, 2001, Winter sports September 15, Spring sports December 8.**

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## **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.

The Coaches School topics focus on the Coaches Standards Categories: Medical Aspects for Sports, Psycho/Social Foundations, Sport Philosophy and Sports Management and Sport Pedagogy.

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](http://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\*

1 <sup>st</sup> .....	100 points
2 <sup>nd</sup> .....	80 points
3 <sup>rd</sup> .....	60 points
4 <sup>th</sup> -6 <sup>th</sup> .....	40 points
7 <sup>th</sup> -10 <sup>th</sup> .....	30 points
11 <sup>th</sup> -14 <sup>th</sup> .....	20 points
15 <sup>th</sup> -16 <sup>th</sup> .....	10 points

*\*Only the 8 top-placing schools in the Academic State Championship program, Tennis, Gymnastics, Bowling and Golf receive Scholastic Cup points.*

## Soccer & Baseball

1 <sup>st</sup> .....	100 points
2 <sup>nd</sup> .....	80 points
3 <sup>rd</sup> .....	60 points
4 <sup>th</sup> .....	40 points
Quarterfinal Elimination .....	35 points
First Round Elimination .....	20 points

## Softball

1 <sup>st</sup> .....	100 points
2 <sup>nd</sup> .....	80 points
3 <sup>rd</sup> .....	60 points
4 <sup>th</sup> -6 <sup>th</sup> .....	40 points
7 <sup>th</sup> -8 <sup>th</sup> .....	30 points
9 <sup>th</sup> -12 <sup>th</sup> .....	25 points
13 <sup>th</sup> -16 <sup>th</sup> .....	15 points

## Football

1 <sup>st</sup> .....	100 points
2 <sup>nd</sup> .....	80 points
Semifinal Elimination .....	50 points
Quarterfinal Elimination .....	35 points
First Round Elimination .....	20 points

## Basketball

1 <sup>st</sup> .....	100 points
2 <sup>nd</sup> .....	80 points
3 <sup>rd</sup> .....	60 points
4 <sup>th</sup> -6 <sup>th</sup> .....	40 points
7 <sup>th</sup> -8 <sup>th</sup> .....	30 points
Elimination in Third Round of Play .....	20 points
Elimination in Second Round of Play .....	10 points

## Volleyball

1 <sup>st</sup> .....	100 points
2 <sup>nd</sup> .....	80 points
3 <sup>rd</sup> .....	60 points
4 <sup>th</sup> -6 <sup>th</sup> .....	40 points
7 <sup>th</sup> -8 <sup>th</sup> .....	30 points
Elimination during Pool Play .....	20 points

## Sportsmanship

0-1 Varsity Player or Coach Ejection .....	25 points
2 <sup>nd</sup> Varsity Player or Coach Ejection .....	-20 points
3 <sup>rd</sup> Varsity Player or Coach Ejection .....	-30 points
4 <sup>th</sup> Varsity Player or Coach Ejection .....	-40 points

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## 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 28<sup>th</sup> 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](mailto:walexand@qsd.wednet.edu)

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### Deadlines for the WASHINGTON COACH Magazine

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Next Issue - Summer: May 14

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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](mailto: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

# 2003 Earl Barden

## *A/B/2A West Team*

First	Last	Ht	Wt	Positons	School
Tony	Duncun	6'4"	222	T/T	Archbishop Murphy
Kevin	Farmer	6'2"	220	TE/DE	Blaine
Scott	Selby	6'5"	200	DB/WR	Castle Rock
Jose	Sanchez	5'11"	165	RB/SE	Concrete
Daniel	McDonald	5'9"	175	RB/DB	Coupeville
Bryce	Boyd	6'4"	225	TE/WR/DE	Darrington
Russel	Reese	6'3"	220	DL/OL	Eatonville
Todd	Basler	6'1"	215	RB/LB	Elma
Danny	Hill	5'11"	185	QB/DB	Elma
Spencer	Richards	6'1"	260	OL/DL	Elma
Patrick	Buckmaster	5'11"	210	LB/OL	Foster
Tim	Grun	6'0"	175	RB/DB	Hoquiam
Andy	Hudkins	6'3"	205	WR/DB	Ilwaco
Cameron	Jones	5'10"	215	FB/LB	Kings
Charlie	Waldburger	5'10"	170	WR/RB/DB	Kings
Josh	Williamson	6'6"	230	DE	LaCenter
Mark	Holleman	6'0"	170	QB/DB	Lynden Christian
Travis	Kendon	6'2"	190	TE/DE	Lynden Christian
Kevin	Kooy	6'0"	165	WR/DB	Lynden Christian
Jesse	Alderson	5'8"	170	RB/DB	Meridian
Matt	Cordova	6'3"	235	OL/DL	Meridian
Brad	Holt	6'2"	255	OL/DL	Nooksack
Justin	Laughergy	5'10"	195	FB/LB	Ocosta
Mike	Lee	5'10"	220	G/DT	Ocosta
Chase	Buffington	5'10"	190	RB/OLB	Onalaska
Jordan	Gage	6'0"	175	WR/DB	Orcas
Chase	Reed	5'9"	155	QB/WR	Orting
Davis	Johnson	6'1"	215	DT/OT	Rochester
Matt	Anderson	5'10"	215	RB	Steilacoom
Kyle	Jones	6'1"	220	DL/OL	Steilacoom
Andy	Holden	6'1"	255	T/DE	Tacoma Baptist
Anthony	Wilson	6'4"	220		Tacoma Baptist
Mario	Regino	6'4"	250	G/T	Toledo
Carson	Cothren	5'9"	160	RB/DB	Wahkiakum
Travis	Pollard	6'1"	190	TE/DE	Willapa Valley
Jarad	Cothren	5'10"	220	FB/DL	Winlock
John	Prigmore	6'4"	225	TE/LB	Winlock
Tyler	Manring	6'2"	295	OT/DT	Woodland

**Zaepfel Stadium, Yakima**

# Classic Football Rosters

## *A/B/2A East Team*

First	Last	Ht	Wt	Positions		School
Logan	Schultz	5'8	145	RB	DB	Chelan
Dane	Bassett	6'4	210		DE	Colville
Doug	Pioreson				DL	Connell
Greg	Smith	6'2	220		LB	LakeSide
Josh	Edmondson	6'2	185	RB	DB	Medical Lake
Chad	Davis				LB	Othello
Mac	Gebbers	6'	180	QB	DB	Brewster
Chris	Peot	6'1	210	QB	LB	Burbank
Jeremi	Paquette	6'1	225	RB	LB	CleElum
Tommy	Tribbett	6'0	200	RB	LB	Colfax
Patrick	Mitchell	6'1	165	QB	DB	Tonasket
Mguel	Palamares	5'8	180	OG	LB	Tonasket
Tom	Hardwick			QB	DB	Cusick
Austin	Moore			RB	LB	Kittitas
Chris	Serupps			G	LB	Odessa
Nate	Siler	6'4	300	OT	DL	St. John
Dane	Kiefer			TE	DE	Waitsburg
Chance	Landon	6'1	190	RB	DB	Waterville
Jared	Brandeberry	6'4	220	TE	DL	Cashmere
Pete	Cruickshank	5'7	170	RB	LB	Cashmere
Marcus	Miller	6'0	168	QB		Cashmere
Alex	Drier	6'4	308	OT		Chewelah
Steve	Stoker			RB		Connell
Casey	Dell	6'0	175	WR	DB	East Valley(Yak)
Geoff	Penrod	6'1	180	RB		LakeSide
Matt	Coffman			OL		Othello
Jimmy	Appel	6'1	220	C	DE	Colfax
Mike	Parker			TE	LB	Freeman
Dan	Messenger			RB	DB	Goldendale
Rodney	Graves			C	DT	Kettle Falls
Kevin	Gilbert			QB	DB	Royal
Cody	Hebdron	6'1	175	OL	LB	Royal
Cameron	Iverson	6'1	180	RB	DB	Royal
Dennis	Fiander			OL	DL	White Swan
Jesus	Santos	6'3	250	OT	DT	Bridgeport
Adam	Dirks			OT	DT	Ritzville
Pat	Yerxa			OT	LB	Ritzville
Nick	Koller			WR	DB	LaCrosse-Washtucna

**Saturday, June 28, 1:00pm**

# 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
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### Running Backs

Jon Williams	5'11"	180	RB/DB	Redmond	KINGCO AAAA
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 AAAA
Matt Alfred	6'3"	287	OL/DL	Gig Harbor	NARROWS (BR) AAAA
Sam Himmelman	6'0"	250	C/DL	Kamiah	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	OLB/RB	Enumclaw	SPSLN AAAA
Jehra Moore	6'3"	230	DE/TE	Sedro Wooley	NW AAA
Tony Struckman	5'10"	200	OLB/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	Kamiah	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 AAAA

**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 AAAA
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 AAAA
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
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### 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
Zedekiah 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.) AAA
Craig Kent	6'3"	247	NG/OL	Central Valley	GSL (Nat. Div.) AAA
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
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### Linebackers

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

### Defensive Backs

Nick Jiles	5'11"	175	DB/WR	A.C. Davis	BIG 9 AAAA
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**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](mailto: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 years legislature. The major ones 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.

DRS website, [www.wa.gov/DRS/leg/index.htm](http://www.wa.gov/DRS/leg/index.htm)

## Market Update - "We have seen the bottom!!!"

The DOW hit 7,286 on October 9<sup>th</sup>. Today (12-20-02) we at 8,512. The Nasdaq hit 1,114 on October 9<sup>th</sup> 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 annuitizations (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. Em-

ployees 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.

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# TRACK AND FIELD NEWS

## 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 ([tmirvin@nas.com](mailto:tmirvin@nas.com)) or WSTFCA President Chuck Bowden ([cbowden@cvsd.org](mailto: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 as 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-

came an assistant coach on a two man staff until 1974. From 1975 until 1992, he was the head track coach at Newport. In 1993, Bill joined the coaching staff at Mead and coached through the 2001 season.

During his career, Bill coached numerous state champions and state placers. When talking about his coaching experience you will hear him say, "I'm not a stat guy." His programs produced numerous district champions and placers along with a number of teams that won or placed on the state and district levels. He is most proud of the state championship track and field team of 1966 when he was the only assistant coach on a two man staff. He also considers the building of the program at Newport to be a great success in his career. In the Fall of 1995, Newport High School dedicated it's football/track and field facility in his name and put a sign over the entry gates to such effect. That is probably the most telling point to his fine coaching career.

Bill enjoys working with young athletes and has always been an advocate for sporting events. Outside of track and field, he coached his 1967 Newport Basketball team to the state title game and brought home the 2<sup>nd</sup> place trophy. He coached league champion golf teams and coached football. He is a true coach and a great addition to the Track and Field Coaches Hall of Fame.

### **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.

## HOW TO ENHANCE THE QUALITY OF COMPETITION AND IMPROVE PARTICIPATION IN OUR SCHOOLS' #1 SPORT

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](mailto: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*



#### REQUEST FOR INFORMATION - Please check and return

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> <b>WRESTLING MATS</b> | <input type="checkbox"/> <b>FUN SHAPES</b>     | <input type="checkbox"/> <b>BROCHURE</b>        |
| <input type="checkbox"/> <b>GYMNASTIC MATS</b> | <input type="checkbox"/> <b>RECONDITIONING</b> | <input type="checkbox"/> <b>VISIT SCHOOL</b>    |
| <input type="checkbox"/> <b>TUMBLING MATS</b>  | <input type="checkbox"/> <b>WALL PADDING</b>   | <input type="checkbox"/> <b>MAT TRANSPORTER</b> |
| <input type="checkbox"/> <b>FOLDING MATS</b>   | <input type="checkbox"/> <b>LANDING MATS</b>   | <input type="checkbox"/> <b>PUZZLE MATS</b>     |

Name \_\_\_\_\_

Position \_\_\_\_\_ Phone \_\_\_\_\_

School \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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

1401 Brick Road - Ellensburg, WA 98926

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**E-Mail [beardsle@ellensburg.com](mailto:beardsle@ellensburg.com) - Website [www.ericbeardsley.com](http://www.ericbeardsley.com)**



# TRACK AND FIELD NEWS

## Washington State Track & Field Coaches Association 2002 Coach of the Year Awards

### 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.  $\$84.00 \times 60 = \$5040.00$

Commission 10% = the program earns \$504.00.

Football team (60 players); each player sells 2 tickets @ \$63.00  $\$126 \times 60 = \$7560.00$

Commission 10% = \$756.00

Football team (60 players), each player sells 3 tickets (1) \$42 (1) \$63 (1) \$94  $\$199 \times 60 = \$11,940$

Commission 10% = 1,194.00

If you are interested in participating in this program please e-mail me at [frank@theseattlebowl.com](mailto: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...

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# 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 \_\_\_\_\_

SCHOOL/YEAR	VICTORIES

TOTAL VICTORIES \_\_\_\_\_

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

**DEADLINE FOR 2002/2003 RECOGNITION – MARCH 14<sup>th</sup>**

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*

<b>Name, School, (yrs.)</b>	<b>Wins</b>	<b>Loss</b>	<b>Ties</b>	<b>Pct.</b>
Dick Armstrong, Snohomish (40)	279	82	5	.749
Don Anderson, Gonzaga Prep/Lakeside (Sea), (36)	273	63	5	.808
Glenn Richert, Burlington-Edison (36)	272	61	11	.807
*Sid Otton, Tumwater/Coupeville/Colfax (35)	262	98		.728
Ray Hobbs, Pullman, Davis, Colton (42)	235	145	10	.615
Rollie Robbins, Montesano, Sumner, Newport, Interlake, Seattle Prep (35)	231	104	2	.688
Chuck Tarbox, Eastside Catholic/Juanita (33)	229	99	4	.698
Ted Hippi, Castle Rock/Centralia/Toledo (31)	225	36	7	.853
*Terry Ennis, Archbishop Murphy/Cascade (Ev.)/Renton, Stanwood, Bell.Prep (31)	235	83		.739
*Jerry Parrish, North Kitsap/Marysville-Pilchuck/Colfax (36)	213	139	1	.607
Chuck Semancik, Bremerton/Aberdeen (38)	210	114		.648
Mickey Naish, Blanchet/Rochester (36)	208	109	5	.654
*Gary Kautz, Joyce/Crescent (30)	205	90		.695
Billy Frazier, Gonzaga Prep (34)	202	81	13	.714
Bob Nielson, Royal (29)	201	76		.726
Ed Fisher, South Kitsap (23)	197	48		.804
*Mike Lynch, Ritzville (26)	195	92	2	.675
*Steve Gervais, Skyline/Rogers (Puy)/Gig Harbor/Eatonville (26)	192	77		.714
*Bob Ames, Meridian (29)	191	106		.643
Herman Pein, Chewelah (35)	189	114	8	.621
Jack Collins, Cashmere (24)	186	49	4	.787
*Tom Ingles, Kentwood, Liberty (Renton) (26)	186	87		.681
Bud Sanchez, Willapa Valley/Soap Lake (28)	185	87	4	.680
Joe Ortolf, West Valley (Yak), Montesano (22)	180	57		.759
Ed Laulainen, Kelso (25)	179	68		.603
Mike Huard, White Swan, Foster, Puyallup (26)	176	85		.674
*Bob Lucey, Curtis (27)	174	98		.640
Fred Vogel, Cusick (33)	173	128	4	.574
Gary Smith, Omak, Castle Rock, Bridgeport (26)	171	71	2	.707
*Tom Oswald, Cheney (25)	167	90	5	.652
*Frank Naish, Inglemoor/O'Dea (29)	166	111		.599
Gary Boggs, Fort Vancouver (34)	163	149	3	.522
Felix Fletcher, Walla Walla (24)	162	45		.782
*Monte Kohler, O'Dea (18)	161	22		.880
Jack Swarthout, Hoquiam/Olympia/Capital (27)	161	80	4	.665
*Jack McMillan, Cascade (Leav.)/Brewster (28)	161	100	1	.618
*Tom Moore, Prosser (17)	160	31		.843
Myron Kramer, Odessa (29)	160	112		.588
*Dick Nicholl, Mercer Island, Centralia (24)	158	91	3	.639
Tom Merrill, Wishkah, Kennedy, Tyee, Roosevelt (29)	158	119		.570
Dwayne Hatch, Sammamish/Bellevue, Sultan (25)	157	84		.651
*Wayne Dickey, Touchet (24)	153	85		.643
*Skip Pauls, Davenport (23)	151	81		.651
Bob Dunn, Anacortes, Olympia (26)	150	95	5	.610
Jon Wahl, Wishkah, Raymond, W.F. West, Hoquiam, Ocosta	145	55		.725
Lee Bofto, Wenatchee (20)	143	49	2	.742
*Phil Zukowski, Cashmere/Rochester/Adna (19)	142	60		.703
Rollie DeKoster, Lynden (17)	141	32		.815
Doug Curtis, Lake Roosevelt/Colfax (22)	141	74	2	.654
Jack Stark, Shelton, (25)	141	97	1	.592
*Bill Heglar, LaCrosse/Rosalia/Newport/Sumner/Interlake/Bellevue/Sea. Prep (35)	141	173		.449
*Jim DeBord, Columbia-Burbank (25)	139	100		.582

*Continued on page 40*

Continued from page 39 - Football Career Coaching Records

Name, School, (yrs.)	Wins	Loss	Ties	Pct.
Jerry Connors, Medical Lake, Lewis & Clark, Central Valley (31)	139	133	5	.511
*Craig Beverlin, Kamiakin (19)	138	49	1	.734
Gene Smith, Reardan (24)	138	75	4	.645
*Vic Randall, Ferndale (16)	137	40		.774
Rick Stubrud, Sunnyside, Hazen (22)	137	75		.646
Dave Braddock, Connell (22)	136	74	3	.646
Larry Lunke, Lk. Washington/Anacortes/Peninsula/Grand Coulee/O'Dea (22)	136	93	2	.594
*Dave Curtis, Clarkston/DeSales (26)	136	110	2	.548
*Dick Zatkovich, Lincoln (Tacoma), Lakes (19)	135	58		.699
Bob Winters, Toppenish (22)	135	75	1	.642
*Bill Alexander, Quincy/Bridgeport, Bridgeport-Mansfield (23)	134	89		.601
*Ron Johnson, Neah Bay (27)	132	103		.562
*Ron Rood, Concrete (20)	130	61		.681
*Scott Grabenhorst, Toutle Lake, LaCrosse (27)	130	125		.510
*Mike McLaughlin, Mt. Spokane/Mead (21)	129	71	2	.649
Ivor Hogle, W.F. West (25)	127	97		.567
Bull Tenoski, Willapa Valley (30)	124	71	14	.627
Larry McCutcheon, White Salmon (21)	124	75		.623
Joe Worsham, Lake Roosevelt, Pateros (24)	124	104		.544
Doug Funk, White River (27)	124	117	10	.514
*Tom O'Brien, LaSalle, Davis, Carroll, Marquette (25)	123	97	5	.569
*Rod Fletcher, Liberty (Spangle) (21)	122	87		.584
*Lonnie Pierson, Richland (17)	120	53		.694
*Tom Bate, Castle Rock (18)	120	60		.667
*Mark Randleman, Cle Elum (19)	120	71	1	.630
John Morgan, Hanford/Pasco, Burbank (23)	120	91		.569
Greg Gavin, Eisenhower/Davis/Central Valley/West Valley (Sp)/Deer Park (29)	120	148	1	.448
Tom Alexander, Manson (18)	119	47		.717
Mark Ross, Steilacoom (20)	119	75		.613
*Wayne Sortun, Capital (16)	118	63		.652
*Rick Wilcox, Asotin (21)	117	74		.613
Bob Shill, East Valley (Sp) (16)	116	31	2	.785
Jim Fouts, North Thurston (19)	116	42		.734
*Terry Jensen, Montesano, Forks (17)	116	51		.695
*Doug Makaiwi, Raymond, Winlock (22)	116	92	1	.560
*John Giannandrea, Medical Lake (23)	114	103	2	.530
Blaine "Shorty" Bennett, Ellensburg (20)	113	74		.604
*Dan Kaemingk, Lynden Christian (13)	112	33		.772
Bill Betcher, Ephrata, Castle Rock (11)	111	13		.895
Dan Schutz, Lyle-Klickitat, Tekoa-Tekoa-Oakesdale, Rainier (16)	111	51		.685
*Jim Fortner, Evergreen (Sea), Tyee (21)	110	128		.462
Tony Gasparovich, Ingraham (17)	109	37	3	.747
Bill Hays, St. John (14)	108	18	2	.857
J.D. Covington, Richland (14)	108	43		.715
Ed Fallon, Rosalia, Orting, Bellarmine Prep (20)	107	55	7	.654
Tom Byrne, Brewster, Cle Elum, Wenatchee (18)	106	45	4	.697
Fran Rish, Richland	106	63	10	.620
Jerry Redmond, White River, South Kitsap, Puyallup (22)	105	85	7	.551
Henry Bendele, Ballard (21)	105	45	11	.700
Duane Gatlin, Inchelium (17)	105	57		.648
Gary Everson, River View (18)	104	65		.615
Bill Nollan, Lincoln	104	63	18	.611
Bill Gardner, Soap Lake, Soap Lake/Wilson Creek (22)	104	91		.533
Bob Haney, Lakes, Shadle Park (23)	104	96	4	.520
Dee Hawkes, Skyline, Bothell, Davis (25)	104	121	2	.460
*Bill McMahon, Lakeside (Sea) (23)	103	103		.500
Jim McKinnon, Lynnwood/South Bend (26)	103	135	4	.434
Ed Troxel, Kennewick (13)	102	34		.750
Jim Clements, West Valley (Sp), Pullman, East Valley (Sp) (18)	101	69	4	.592
Marv Wigen, Oakesdale/Rosalie-Oakesdale/Tekoa-Oakesdale (18)	101	70		.591
*Don Clegg, Wilson (15)	100	48		.676



# 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

## **RATES for the *WASHINGTON COACH* MAGAZINE**

If you would like to advertise in the *WASHINGTON COACH*,  
check out our rates!

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½ Page - 4 Issues	\$320.00
¼ Page - 4 Issues	\$200.00

1, 2 or 3 issue rates are also available.

Contact Terry Ennis at 425-259-6028 for additional information.

# WASHINGTON STATE ALL-TIME BASKETBALL CAREER COACHING LEADERS

Through 2001-2002 Season

Coach	Years	Wins	Loss	%
*Ed Pepple, Mercer Island (Fife, Mark Morris)	42	825	251	0.7667
Lyle Patterson, Naselle	32	620	231	0.7286
**Bob Bafus, Colfax (Vashon, Laughbon)	33	604	229	0.725
*Ron Brown, Centralia	41	555	382	0.5923
Denny Humphrey, Cheney (LaCrosse, Chewelah, Ritzville)	33	552	2716	0.6667
**Jake Mayberry, Lynden (Central Kitsap)	29	521	178	0.7543
*Pat Fitterer, Sehome (Highland, Kentwood)	25	507	147	0.7752
**Les Eathorne, Olympic (Bremerton, Camas, E Bremerton)	41	502	378	0.5705
**Gene Smith, Reardon	24	500	158	0.7598
Mac Fraser, Mount Vernon (Stevenson)	23	492	105	0.8241
**Irv Leifer, Renton	30	481	202	0.7042
**Squinty Hunter, Lewis & Clark	40	475	223	0.6805
**Ray Thacker, Central Valley (also North Dakota)	35	473	180	0.7243
**Ken Wills, Bremerton (Kelso, Olympic J.C.)	28	472	164	0.7421
**Art Dawald, Richland (Colfax)	24	456	154	0.7475
**Ed "Bull" Tenoski, Willapa Valley	33	446	295	0.6019
*Jim Thacker, Walla Walla (Omak, Idaho)	30	429	252	0.6270
Rod Ancheta, Lakes (West-Valley of Yakima, Tyee)	28	418	242	0.6333
Don Leach, Burlington (Kalama)	30	416	295	0.5851
Richard "Boots" Wooten, Walla Walla (Sequim, Mt Rainier, Anacortes)	24	409	156	0.7239
**Wayne Worthen, Waterville (Springdale)	23	404	158	0.7189
*Butch Blue, Buattleground	26	401	197	0.6706
Dave Denny, Kentridge (Auburn, Montesano, Mark Morris)	25	395	213	0.6496
John Donahue, Elma	27	394	239	0.6224
**Floyd LeBaron, Castle Rock (Concrete)	26	390	197	0.6644
**Jerry Clyde, Orting	26	390	192	0.6701
**Wayne Gilman, Ferris (Moses Lake, Oregon)	23	387	191	0.6696
*Dave Olzendam, Medical Lake (Rochester, Coulee-Hartline)	24	374	225	0.6244
*Tim Coles, Garfield-Palouse	19	372	129	0.7425
**Bill Hays, Jt. John (Newport)	17	371	113	0.7665
**Bob "Woody" Woodworth, Quincy (Wilson Creek)	21	371	152	0.7094
Jim Harney, North Kitsap (Seattle Prep)	33	362	339	0.5164
**Bob Anderson, Juanita (Sumner)	22	361	148	0.7092
**Dave Robertson, Gonzaga Prep (Shadle Park, Colorado)	20	358	129	0.7351
*Larry Tommervik, Wilson-Tacoma	26	358	211	0.6292
**Reg Scodeller, Stanwood (Cascade, Everett)	28	350	229	0.6045
Jerry Groenig, East Valley (Wapato, West Valley, Davis)	25	348	248	0.5839
**Wayne Dalesky, Foss	23	347	176	0.6635
**Virgil Simmons, Kalama (Onalaska, Toutle Lake)	23	345	121	0.7403
Bill Ward, Tumwater (Mercer Island, Yelm)	30	343	306	0.5285
**Ray Normile, Quuen Anne (Benton City/Kennewick)	29	340	173	0.6628
Ron Nilson, Morton (Castle Rock)	20	340	159	0.6814

Marty O'Brien, Ephrata	20	340	179	0.6551
Don Detrick, Asotin	27	340	298	0.5333
Dave Edwards, Mount Vernon (LaConner)	19	338	114	0.7477
Ben Snowden, Roosevelt	28	337	265 <sup>c</sup>	0.5598
**Bill Trowbridge, Hilina (Touchet, Forks, Kent)	30	336	204	0.6222
*Gary Wusterbarth, Steilacoom	18	332	117	0.7394
Mike Mullen, Bethel (Decatur, Olympia)	23	331	207	0.6152
*Larry Skogstad, North Mason (Ferndale, King, Fife, E Valley, Spokane)	21	329	173	0.6554
**Ray Cresap, Stanwood (Meridian, Washougal)	24	328	199	0.6223
**Don Koplitz, South Bend (Skykomish)	20	328	183	0.6419
Dick Brock, Tenino	26	328	214	0.6052
*Bill Kelly, Baine (East Valley-Yakima, Cashmere)	18	327	118	0.7348
**Matt Pavaluna, Sequim (Centralia, Auburn)	25	324	202	0.6160
Earl "Punky" Omeg, Yelm (Kittitas, Onalaska, Rochester)	26	324	263	0.5520
Don Schumacker, Kamiakin (Oregon, Alaska)	21	322	178	0.6440
**Frank Teverbaugh, Richland (Reardon, Columbia Basin J.C.)	15	320	52	0.8602
*Dennis Bower, Onalaska (W.F. West)	17	320	112	0.7407
Steve Anstett, Bellarmine Prep	24	319	259	0.5519
*Ron Cox, Lakeside Nine-Mile (Tekoa-Oakesdale)	23	316	231	0.5777
Bill Hill, Prairie (Zillah, Lake Stevens, Battleground)	21	315	187	0.6275
Jerry Koester, Cascade (Redmond, Idaho)	16	313	110	0.7340
*Lyle McIntosh, Gig Harbor	19	308	180	0.6311
John Clark, Lynden (Mt. Baker)	20	306	183	0.6258
Roger Ottmar, Mountlake Terrace	23	302	220	0.5785
*Marv Ainsworth, University	20	302	154	0.6623
Jack Cleveland, Highland (Endicott, Davenport, Medical Lake University)	19	302	158	0.6565
Kermit Wigen, Bickleton (Lacrosse, Lacrosse-Washtucna)	23	300	251	0.5445
Phil Neil, Richland	18	298	145	0.6727
**Vernon Moreman, Clarkston (Port Angeles, Pasco)	19	298	174	0.6314
**Tom Paski, Bainbridge	23	298	174	0.6314
Dean Scherer, Bainbridge	23	296	187	0.6128
**Norm Lowery, Everett (Ferndale, Everett J.C.)	24	293	202	0.5919
*Dwight Pflugrath, Ritzville (Mansfield)	19	291	191	0.6027
Jim Clifton, Puyallup (Sultan)	20	290	206	0.5847
**Carl Kellman, Selah	21	289	194	0.5983
**Hal Dodeward, Davis (Marquette, Carroll)	18	287	93	0.7553
*Bill Hawk, Enumclaw	16	286	98	0.7448
*Phil Lumpkin, O'Dea (Seattle Prep)	14	284	102	0.7358
Rick Holt, Willpinit (Endicott, Bridgeport)	21	282	196	0.5990
*Joe Harris, Chelan (Bridgeport)	17	282	126	0.6912
Rob Ridnour, Blaine (Willapa Valley, Idaho)	15	281	104	0.7299
Tim Cousins, Darrington (Lakeside)	23	280	230	0.5490
Bruce Baily, Lakeside	18	280	154	0.6452
**Waldo Roberts, Centralia (Raymond, Leavenworth, Wilber, Tekoa)	24	279	195	0.5886
Terry Irwin, Central Valley (Gonzaga Prep)	19	279	167	0.6256
Joe Bailes, Glenwood (Lyle)	15	278	260	0.5167

*Continued on page 44*

Continued from page 43 - Basketball All-Time Career Coaching Leaders

<b>Coach</b>	<b>Years</b>	<b>Wins</b>	<b>Loss</b>	<b>%</b>
**Walt Milroy, Ingraham	21	278	153	0.6450
Dave Belmonte, Franklin	21	278	186	0.5991
Al Hairston, Garfield (Seattle University)	12	278	74	0.7898
*Reid Preppernau, Southridge (Ellensburg)	24	277	257	0.5187
*Joe Feist, Jenkins (West Valley of Spokane)	15	276	105	0.7244
**Wayne Hohman (Rochester, Washtucna, Granger, Sequim, Omak, St. Johns)	19	274	184	0.5983
Mike Guajardo, Pasco	19	273	182	0.6
**Ron Billings, Tacoma C.C. (Lincoln of Tacoma)	16	272	79	0.7749
George Kapral, Peshastin-Dryden	16	269	117	0.6971
*Bill Bakamus, Mark Morris (Toledo, Coulee-Hartline)	19	269	179	0.6005
*Mike Hull, Pateros	17	269	145	0.6498
*Mike Carquist, Goldendale (Coulee-Hartline)	18	267	174	0.6054
**Don Monson, Pasco (Cheney, University of Oregon)	17	266	132	0.6683
Jerry Carr, Blanchet (Mariner)	21	265	206	0.5626
Gary Radliff, Enumclaw (Friday Harbor)	23	263	221	0.5433
Dick Olson, Brewster	12	263	50	0.8403
*Lee Sinnes, Port Angeles (Yelm, Mark Morris)	22	260	214	0.5485
**Jim Enslin, Seattle Prep (Shorecrest)	19	258	172	0.6
Loren Anderson, Ferndale (Yelm, Anacortes)	18	257	154	0.6253
Rick Kaps, Sequim (Goldendale)	18	255	148	0.6328
**Bob Ross, Washington (Green River J.C.)	18	254	147	0.6334
**Richard Dixon, Aberdeen	15	254	86	0.7471
**Gilbert Greiter, Morton	16	252	123	0.672
Tim Cummings, Auburn (Idaho)	13	249	93	0.728
Mike Schuette, Grandview (Oroville, Winlock, Bridgeport)	20	244	218	0.5281
Kay LeMaster, Nooksack Valley (Washougal)	17	242	158	0.605
Don Huston, Curtis (Ritzville)	14	241	81	0.7484
John Felton, Eisenhower (Carroll)	16	235	157	0.5995
**Tom Smith, Chehalis (Waitsburg)	20	233	194	0.5457
*Jerome Collins, Federal Way	18	231	195	0.5422
*Doug Burge, Zillah (Naches)	11	227	56	0.8021
**John Fuller, Roosevelt (Granger, Woodland, Napavine)	25	225	108	0.6757
*John Triplett, Evergreen	14	225	93	0.7075
**Bill Nollan, Lincoln of Seattle	20	225	125	0.6429
Bob Klock, Port Angeles	16	223	118	0.654
Terry Gregg, Shelton	14	222	130	0.6306
*Roger DeBoer, Seattle Christian	13	221	100	0.6885
Al Russel, Interlake	20	220	219	0.5011
**Laverne Simmons, Darrington (Rochester, Toutle Lake)	16	219	140	0.61
Jim Hansen, Meridian (Highland)	16	218	154	0.586
**John Stahl, Camas (Concrete, Burlington, Monroe)	22	216	132	0.6207
Tim Bush, Pullman	16	214	147	0.592
Gary Brines, Federal Way (Toppenish)	19	214	167	0.5616
Brian Peterson, Kings (Seattle Christian)	13	213	101	0.6783
John Patton, Timberline	17	212	156	0.5761

<b>Coach</b>	<b>Years</b>	<b>Wins</b>	<b>Loss</b>	<b>%</b>
Ron Rowe, Sunnyside (Goldendale)	18	212	204	0.5096
Doug Kloke, Vashon Island	26	209	310	0.4027
*Darrell Miller, St John-Endicott (Almira, Willapa Valley)	14	204	141	0.5913
Scott Berry, Yakima C.C. (Selah, Naches, Davis)	14	203	142	0.5884
**William "Bill" Taylor, Anacortes	15	202	59	0.7739
Jerry Davis, Curlew	10	201	54	0.7882
Jim Spence, Quincy	14	201	140	0.5894
Doug Macneil, Naches Valley (Orting)	16	201	158	0.5598
Joe Brown, Washougal (White Salmon)	17	201	150	0.5726
**Russ Insley, Wapato	15	200	132	0.6024
Bob Morris, Bothell (Queen Anne)	17	200	175	0.6024
Bing Dahl, Evergreen of Seattle (Colville, Kent-Meridian)	33	200	400	Est.

### **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



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May 30-31	4A & 3A BASEBALL Everett Stadium	Bob Smithson, AD, Everett SD 3721 Oakes, Everett, 98201 425-339-4380/fax 425-339-4675
	2A, 1A & B BASEBALL Yakima County Stadium Yakima CC	Mel Moore PO Box 398, Yakima 98907 509-457-1670/fax 509-457-9845
	4A, 3A & 2A BOYS' SOCCER Camas HS	Ted Buck, AD, Camas HS 1612 NE Garfield, Camas 98607 360-817-4443/fax 360-817-4444 ellen.cline@camas.wednet.net
	4A & 3A FASTPITCH SOFTBALL SERA Fields, Tacoma	Pat Alexander 5910 95th Ave SW, Olympia 98512 360-352-2473/alexa17@scattercreek.com
	2A & B FASTPITCH SOFTBALL Wenatchee Walla Walla Point Park	B.J. Knutz, Wenatchee HS 1101 Millerdale, Wenatchee 98801 509-663-3384/fax 509-663-6905 kuntz.b@mail3.wed.wednet.edu
	1A FASTPITCH Moses Lake	Loren Sandhop, Moses Lake HS 803 E Sharon Ave, Moses Lake 9837 509-766-2666/fax 509-766-2682 lsandhop@mlsd.wednet.edu
	4A BOYS' & GIRLS' TENNIS Kamiakin HS	Don Schumacher, AD, Kamiakin HS 600 N Arthur St, Kennewick 99336 509-734-3508/fax 509-734-3512 schudo@ksd.org
	3A BOYS' & GIRLS' TENNIS University of Washington	Tom Doyle, Ad, Seattle Prep HS 2400 11th Ave E, Seattle 98102 206-577-2118/206-323-6509 tdoyle@seaprep.org
	2A & 1A/B BOYS' & GIRLS' TENNIS Yakima Tennis Club	Adrian Games 2505 Fruitvale Blvd, Yakima 98902 509-248-2938/fax 509-248-3444 YakimaTC2@aol.com
	4A & 3A BOYS' & GIRLS' TRACK	Le Burns, AD Pasco HS 1108 N 10th, Pasco 99301 509-546-2859/fax 509-543-6758 lburns@pasco.wednet.edu
	2A, 1A & B BOYS' & GIRLS' TRACK EWU, Cheney	Jay Rydell S 1203 Liberty Dr, Liberty Lake 99019 509-255-6260/fax 509-255-5099

## 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:

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*Please nominate WSCA members only!*

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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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