

THE WASHINGTON GOACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



Photographs courtesy of Jim Meyerhoff and students, Emerald Ridge HS and Scott Brittian, Rogers HS.

WASHINGTON STATE COACHES ASSOCIATION



2008-2009 Membership Application

See our website at
www.washcoach.org

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

Date _____

Name _____

Mailing Address _____

City, State, Zip _____

Home Phone _____

School Where Coaching _____

Name of the School District _____

School Phone _____

Preferred Email address(es) _____

(Please help us communicate more effectively by including this)

Which Sport Group should receive credit _____

Benefits Include:

*State Tournament Pass for All WIAA Tournaments and Selected WIAA District Tournaments

*Liability Insurance Coverage of \$1,000,000 to cover members while working a scheduled, sanctioned and supervised WIAA sport or event. Contact 1-800-853-5899

*Your senior sons or daughters are eligible to receive WSCA scholarships.

*Hall of Fame eligibility.

*Eligibility for Coach of the Year awards.

*Eligibility to coach in WSCA All Star games.

*Enhanced professional growth to continue in the coaching field.

*Window decal upon request.

*Eligibility for publication in your magazine THE WASHINGTON COACH.

*Coaching Clinics.

Send completed form with \$35.00 to:

Jerry Parrish, Executive Secretary
18468 8th Avenue NE
Poulsbo, Wa 98370

1-800-441-7776
jparrish@donobi.net

Benefits effective upon receipt of application and \$35.00.

Membership is from 8/1/08 through 7/31/09.

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

Preference	H	A	Years Coached
<input type="checkbox"/> Baseball			_____
<input type="checkbox"/> Basketball (B) (G)			_____
<input type="checkbox"/> Bowling			_____
<input type="checkbox"/> Certified Trainer			_____
<input type="checkbox"/> Cheer			_____
<input type="checkbox"/> Cross Country (B) (G) (Both)			_____
<input type="checkbox"/> Dance			_____
<input type="checkbox"/> Drill			_____
<input type="checkbox"/> Football			_____
<input type="checkbox"/> Golf (B) (G) (Both)			_____
<input type="checkbox"/> Gymnastics			_____
<input type="checkbox"/> Soccer (B) (G)			_____
<input type="checkbox"/> Softball (FP) (SP)			_____
<input type="checkbox"/> Swim & Dive (B) (G) (Both)			_____
<input type="checkbox"/> Tennis (B) (G) (Both)			_____
<input type="checkbox"/> Track & Field (B) (G) (Both)			_____
<input type="checkbox"/> Volleyball			_____
<input type="checkbox"/> Wrestling			_____
<input type="checkbox"/> Other Sport-Please Specify			_____

_____ Non Teacher

_____ Retired from teaching but still coaching

_____ Retired from coaching but still teaching

_____ Totally Retired from both

We want to know more about our coaches.

Could you please tell us:

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

USE BACK FOR EXTRA IF NECESSARY



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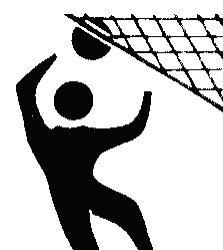
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Do you have an article you would like to have published in the ***Washington Coach***?

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

Spring Deadline is February 14

From The President

Winter 2008

Dear members of WSCA,

Congratulations to all those teams and individuals who participated in interscholastic athletics and activities. If you lived the dream of being a state champion you have a life long memory, but those who were on the practice team, the role player and any one who practiced hours to be part of the program have learned life long lessons that will lead you to successful lives as dedicated, hard working individuals. We as coaches and directors need to remember it is not always about the “W” but about developing great people. My greatest pleasure is when former students call, E-mail (please do not text me) or verbally tell me that the mental toughness they learned from me has made them a better person, husband and father. You cannot ask for any better feeling than that.

The Washington State Coaches Association has made improving communication one of our main goals. WSCA has had the opportunity to join the District meetings to make ourselves available for help and to answer any questions of our duties. I have had the great pleasure of attending District 5 meetings. It has really opened my eyes to all the hard work and tough decisions that each District performs. Sitting with athletic directors, coaches, officials, principals and superintendents from Yakima to Othello to Walla Walla and every area in between to discuss safety, eligibility and play-offs situations that is fair to everybody is a great dynamic. These outstanding men and women from public and private schools from big to small schools find a way to give all schools and all participants a chance to play on an equal and fair playing field. Congratulations to District 5 and all the Districts of the WIAA for doing an outstanding job.



I wish the best for everyone this winter sports season. I urge all WSCA members to keep your eye out to recognize a coach for the “Coach on the Sideline” article or nominate a coach for his or her “Career Recognition” award. We are always looking for people to step up and be individual sports reps or be a WSCA Executive Board member.

Please use your coach’s pass to go watch some District and State games and have fun.

YOU GOTTA LOVE IT!!!!

Pat Fitterer

FROM THE SIDELINES

by Jerry Parrish

ORCHIDS AND ONIONS

What ever happened to the “promise” from NCAA schools not to televise college football games on nights when high school football games were being played?

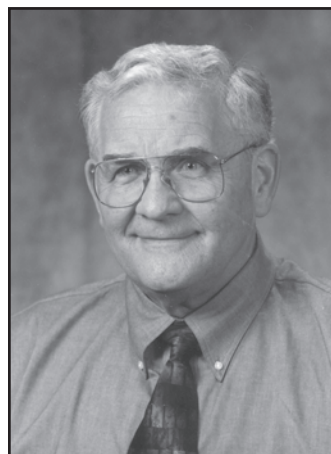
Please read Sideline Smitty’s column in the *Seattle Times* for some great ORCHIDS AND ONION items. This writer has hit the bull’s eye.

Onions

- Coaches who don’t insist that players say “thank you” to the bus drivers who drive them to games and other folks who do things for the team.
- Administrators who listen to a complaint from a parent before that parent has talked to the coach.
- Coaches who don’t have their varsity team watch an occasional JV or C game. Having the eyes of seniors and juniors on them means a lot to young players and helps develop the feel of a “program” to the sport at the school.
- Parents who are so obsessed with their child’s sports that they watch practices, but then never attend a parent-teacher conference or an open house. These same parents will ask their son or daughter, “Are you starting?” but won’t ask, “Are you ready for the math test?”
- Coaches who say they are in it for kids and then fight over players in the off season with coaches of other sports in the school.
- Coaches who do not fill in the zip code on the WSCA application. It slows down the mailing process.
- ONIONS to leagues who select Coaches of the Year who are not WSCA members.

Orchids

- ORCHIDS to coaches who fill in WSCA application blanks that can be read.



WSCA EXECUTIVE BOARD BITS AND PIECES

- WIAA District VII needs to be contacted for card use. We should contact each league secretary in District VII and explain the benefits of WSCA membership and allowing WSCA membership card for entrance to District VII level events
- All Star Senior game grants—every three years the various game coordinators will be allowed to apply for a \$2,000.00 grant to help with game expense
- WIAA Coaching School—Coaches doing presentations should have input into topics covered. They are better informed if they share what they know.
- Career Recognition Discussion—a deadline will be determined each year so there will not be an overlapping of Career Awards.
- There is a new Girls’ Basketball rep. She is Jade Hayes from Bellevue Christian
- Trophy Places—a very determined discussion on rationale for only 4 places being given in some sports and 8 in others. Tom Harmon will head a committee to create rationale for 8 place trophies being awarded. All sports should have the same number of awards. Questions to be answered: 1) Who needs trophies 2) Who needs medals? 3) How many places awarded 4) There are inconsistencies 5) How do we solve this?
- Track and Field—Daunte Gouge made a very thorough presentation regarding Track and Field officiating. Safety is the major concern in regard to track officiating. The Track and Field Coaches Association is preparing a presentation to encourage more officials at all track meets. Part of his presentation was informing the board of the 2.5 days of state track meet. ■

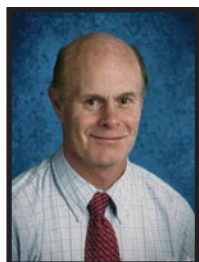


MIKE DOWNS

Bellevue Christian H.S.

A graduate of Seattle Pacific University ('77), coach Downs has been on the hardwood for 28 years. Mike has also coached track for 2 years. His teams have compiled a 94-11 record the past five years and were back to back state champions in 2005 and 2006. Mike has a 417-233 career record at Bellevue Christian. Mike's family includes his wife of 29 years, Jan and their four kids Daniel, Jeff, David and Christi. All three of his sons played for coach Downs with great success at Bellevue Christian setting many individual records and earning several all state and all league honors.

Mike admits he is coaching to impact the lives of the kids he coaches both on and off the court. His joy is teaching life skills through the sport of basketball. Mike has been honored by the officials association, and was selected as the NFHS coaches association coach of the year of Washington in 2006. He was also chosen for the coaches award 2007-08 and coach of the year in the Emerald City League. Mike greatly values the relationships he has developed with his players and coaches. "Success is knowing that you've made the effort to do the best of which you are capable." Mike has been a member of the WSCA for more than 10 years.



DOUG CURTIS

LaCrosse High School

Doug, a football coach for more than 30 years, is currently a volunteer football coach at LaCrosse where he also serves as the K-12 principal. He coached for 22 years in Colfax as well as performing coaching duties at Morton, Whitworth College, Lake Roosevelt and Waluke. He has also coached track for 23 years. A graduate of Whitworth College (BA '71, MA '74), Doug's family includes Cindy his wife of 23 years and their kids Heather (35), Tyson (29), Whitney (18), Josh (27), and Jeremy (29). Coach Curtis has been named Northeast A Football coach of the year 6 times. He was the Washington State A coach of the year in '81, a finalist for Inland Empire coach of the year, an assistant coach in the East-West All-State game in '82 and '97 and the head coach in '98. Doug received the National Scholastic Coach High School Coaching Silver Award in 1989. Doug credits his high school football coach Jim Glennon and his college football coach Hugh Campbell with inspiring him to want to work with kids and coaches. As the head coach at Colfax for 20 years, his teams won 9 league championships, they had 11 state playoff appearances and the state A championship in '81. Doug's proudest moments have come from coaching his kids in high school and one of the best times in his life was working with a great football

staff at Colfax which included Craig Culbertson, Eric Kelly, Tony Carter, Mike Morgan, Bob Hickman and Christopher Heaton. "Give so much time improving yourself that you have no time to criticize others." Doug has been a member of the WSCA for 33 years.



CLAY ANGLE

Curtis High School

Coach Angle is the head football coach at Curtis High School and has been coaching football for 32 years. Clay has also coached basketball for 28 years and baseball for 3 years. Prior to taking the head football position at CHS, Clay was the head football coach at Curtis Junior High where his teams won 7 championships in 10 years. A graduate of the University of Puget Sound ('77), Clay's family includes his wife Shannon, daughters Margaux (29) and Jessica (25) and son Nels (23). Clay has been chosen as a WSFCA District III Junior High coach of the year and in 2008 he was selected as the SPSL South Division coach of the year. The Curtis Vikings were SPSL South Co-Champions for the 2008 season. Clay admits his choice to enter the coaching profession was influenced by those he respected most while growing up which were his teachers and his teachers who were coaches taught him the most. One of the most rewarding parts of his coaching is when former student-athletes share that he had helped them succeed in life. "Prepare your best and play your hardest and the scoreboard will take care of itself." Clay has been a member of the WSCA for over 30 years.



KATHY BALLEW

South Kitsap High School

Kathy coaches fastpitch, girls' basketball and cross country. She has a 266-100 record in fastpitch and her teams have collected 6 league championships, 4 district championships, a fourth place finish at state in '93 and a second place trophy at state in '96. They claimed the academic state championship in 1996. Kathy is married to Lyle Ballew and is a graduate of Pacific Lutheran University ('88). Kathy was named Narrows League coach of the year a couple of times and selected as a Bremerton Athletic Roundtable coach of the year nominee. She admits she wanted to be a part of student's life outside of the classroom and share the fun and show how sports can be a metaphor for achieving success in life. Her proudest coaching moment came with her team winning the 3A state championship in 1995. Two of her favorite quotes come from Todd Blackledge "6 W's: work will win when wishing won't." and "You can't get much done in life if you only work on the days when you feel good." from Jerry West. ■

MEMBERSHIP UPDATE

100% SCHOOLS, STAFFS AND DISTRICTS

Bishop Blanchet High School
 Black Hills Baseball Staff
 Centralia School District
 Cascade Christian Coaches
 Cheney High School Coaches
 Colton School District
 Columbia-Burbank School District
 Concrete School District
 Deer Park School District
 Elma School District
 Emerald Ridge (Puyallup) Football Staff
 Evergreen (Highline) High School
 Fife School District
 Franklin-Pierce School District
 Kelso School District
 Kennewick School District
 Kentridge High School Football Staff
 Kentwood High School
 Kittitas High School
 Lake Chelan School District
 Lake Roosevelt High School
 Lake Washington Track And Field Coaches
 Lakewood High School

Moses Lake School District
 Naches Valley Coaches Association
 North Kitsap School District
 North Mason School District
 Pasco School District
 Prosser School District
 Quincy School District
 Reardan-Edwall Coaching Staff
 River View High School
 Rochester School District
 Rogers (Puyallup) Coaching Staff
 Sedro-Woolley Football Staff
 Snohomish School District
 South Kitsap Coaches Association
 Sunnyside School District
 Tumwater High Football Staff
 Stanwood High School Coaches
 Walla Walla School District
 Wenatchee Football Staff
 West Valley (Yakima) Football Staff
 White Pass Jr/Sr High School
 Woodland High School

as of November 6, 2008

ON THE SIDELINE

NOMINATION FORM

The WSCA needs your help! If you know a current member of the WSCA who deserves recognition for his/her contributions to coaching, please fill out this form and send it to Mike Schick. Your nominee will then be contacted to obtain additional information.

Nominee's Name _____

Home/School Address _____

City _____ Zip _____

Current teaching/coaching location _____

Send this form to Mike Schick,
 Edgemont Junior High, 2300 110th AVE E, Edgewood, WA 98372

Thank you for your efforts

THREE STORIES FROM THE 2008 STATE CROSS-COUNTRY CHAMPIONSHIPS

by Steve K. Bertrand

Michael Miller – A Good Move

Coaches love it when a talented athlete walks through their door & announces they'd like to join the team. So, when Michael Miller moved from Anchorage, Alaska to Mount Rainier High School his junior year, cross-country coach Brian Jacobson welcomed him with open arms. Miller had run cross-country for a private school, Anchorage Christian, his sophomore & junior years. He was also Alaska's 3A two-time state champion.

Miller got his start running as an eighth grader. His football coach had the team run a 5K for conditioning. Running in basketball shoes, Miller discovered he had a talent for distance running. The cross-country coach noticed too. "He told me I should run cross-country," said Miller. Since then, Michael Miller hasn't looked back.

With last spring's graduation of Ryan Prentice, Mount Rainier had some pretty big shoes to fill. Prentice claimed the 3A Boys' State Cross-Country title last fall. Miller wasn't sure he was up to replacing Prentice as the #1 Ram. This was particularly true when Miller's summer training didn't go as well as he had hoped. The rigors of working on a fishing boat in Alaska don't provide much opportunity for training.

Miller quickly found himself unable to hit mileage goals for the summer. Half way into July, he called his coach & shared the bad news. Miller's coach restored his confidence. "Coach Jacobson told me not to worry about my base training & to throw away the summer training program. He told me the real training comes in-season."

Since then, Michael Miller has had a stellar fall. Following his coach's in-season training program, he has continued to improve. Slowly, he built to sixty miles per week. He also run mile repeats. As a result, momentum was in his favor going into the end of the season. Prior to state, Miller claimed league & district titles. Still, he didn't know what to expect going into state. "I knew I could probably run with the top three," said Miller; "but, I'd never raced against North Central."

Ranked #1 in the nation, North Central was capable of putting five runners under sixteen minutes for 5K. Miller had run 16:01 at league. His break-through race came at the district meet when he dropped to 15:22. "After that race, I gained a lot of confidence," said Miller.

During the state meet, Miller sat back through the mile. He was in fifth place (4:53). Then, at the two-mile mark, he edged into the lead. North Central runners were right on his heels. At 2.5 miles, Miller gapped the competition. With half a mile to go, he opened up a seven second lead.

He claimed the 3A state title in 15:18. Four North Central runners came in right behind him. Miller's victory helped pace the Mount Rainier Rams to a fourteenth place team finish.

Pleased with his efforts, Miller plans to run Border Clash. Fourth in the 3A 800 meters (1:56) last spring, he plans to jump to the 1600 & 3200 in 2009. Miller would like to continue his running in college. Presently, he's continuing his options. In the meantime, he's glad he made the move from Anchorage, Alaska to Mount Rainier. "My coach definitely knows what he's doing!" said Miller.

Jade Borseth – A Tough Decision

Jade Borseth had a tough decision to make – Do I run cross-country or play soccer in high school? Half way through the summer she was still undecided. "I wasn't running much," said Borseth. "I'd go out for little jogs; but I wasn't sure what I wanted to do." Borseth admits she loves soccer. She'd played it growing up as a kid. But this year she decided it was time to try something different. Even though she wasn't sure what she was getting herself into, Borseth went out for cross-country.

Coach Paul Johnson admits Borseth was a pleasant surprise. Slowly she worked into the role as Stanwood's #1 runner. As a result, she helped propel the Spartans to a fourth place finish in the 2008 4A Girls' State Cross-Country Championships. The freshman harrier finished fifth overall. She covered the 3.1-mile course in 18:39. Teammate Natasha Verma was right on her heels in 18:46 (8th place). Borseth is quick to praise Verma. "She's very inspiring! she said. "Natasha is always so positive!" Both Spartans qualified for the prestigious Washington versus Oregon Border Clash meet on the Nike Campus in Oregon.

Prior to the state meet, Borseth was a bit worried. "I felt sick & my head was stuffed up." She tried to ignore the discomfort. "I wanted to do well at state," she said. "I felt I had a shot at the top five." Trying to maintain a positive attitude, she focused on helping pace her team to a strong finish. "We were excited about the possibility of making the podium!" she said.

At the gun, Borseth got a good start. She passed through the mile mark in 5:45. Trailing the lead pack, she found herself around tenth place. Slowly, she started picking runners off. Gig Harbor's Alyssa Andrews had opened a sizeable lead. The Tides senior harrier had gapped the field by twenty seconds. Sandra Martinez of A.C. Davis & Redmond's Sarah Lord were running by themselves in second & third. Kicking toward the finish line Borseth closed on the fourth place runner. Central Kitsap's Shannon Moskowitz held her off at the tape.

Still, Borseth was pleased with her performance. "I just tried to repeat what I did at districts," she said. Borseth had surprised the field the week prior claiming the district title in 18:45, a p.r. (personal record). By concentrating on the leaders, maintaining my positioning & finishing strong, she was able perform well.

Borseth credits appropriate interval training & weekly mileage as keys to her team's success. "We just felt if we trained hard we'd get better," said Borseth. She also acknowledges coaching for the team's success. "Our coaches are awesome!" said Borseth. "They prepared us mentally & physically." Though she's never participated in the sport, Borseth plans to run track this spring. "My coaches are really encouraging it!" she said. And of her decision to run cross-country... "It was a tough decision; but, the right choice!"

Nick Devier – A 4-Peat

It's many an athlete's dream to participate in a state championship. However, not every athlete has this opportunity. Still, even fewer can claim to have participated in four state championships. Lakewood's Nick Devier is one of the few. Over the past four years, Devier has helped the Lakewood Cougars finish second, fifth, seventh & seventh in the 2A Boys' State Cross-Country Championships.

Acknowledged as one of the most talented runners to come out of Lakewood High School, Devier finished 25th, 39th & 38th the past three years. This year was a break-through season for the Lakewood harrier. Assuming the role of #1 runner, Devier finished 9th in the individual standings. His time of 16:15 was his best state meet performance. It was his first individual trip to the podium.

Coach Jeff Sowards is pleased with Devier's efforts. "Nick has an innate need to be at the front of whatever is going on competitively," he said. "He certainly proved that today!" Devier was also pleased he had an opportunity to redeem himself for past state meet performances. "Today was sweet!" he said.

A top three runner all four years for Lakewood, Devier's admits to not

getting in his mileage this summer. Still, he gradually improved throughout the season. When it came to races, he led through his performances. His coach admits Devier's best races may still be ahead of him. An alternate for Border Clash, Devier will run given the chance.

His motivation this season had a lot to do with continuing the fine Lakewood distance running tradition. For the past twenty-five years, the Lakewood Cougars have qualified for the state cross-country championships. Only Blanchet High School has more consecutive state meet appearances (31). "I wanted to do this for my cross-country family," said Devier.

At the mile mark, Devier was around twenty-fifth place. His split was 5:07. He began moving up 1.5 miles into the race. Slowly he picked runners off. With 800 meters to go, he started his long kick. When all was said & done, Devier found himself elbow-to-elbow with Burlington Edison's Tyler Williams. Williams edged Devier by a second.

Competing in the toughest 2A district in the state, Lakewood feels their team performance at state could have been better. "We didn't do as well as we hoped," said Devier. Still, any time you can place your team in the top ten at state, you've had a respectable showing. Northwest District 2A teams (Sehome, Burlington-Edison & Squalicum) went 1-2-3 at State.

Having always loved running & soccer, Devier plans to participate in track this spring. He'd like to continue has running in college. Devier plans to major in physical therapy or sports medicine. He views running as a positive outlet for stress. "I also enjoy doing something not everyone likes to do!" he said. Nick Devier is quick to acknowledge the role his coaches have played in his life. "I love my coaches!" he said. "They are the greatest!" ■





10 Mistakes You're Bound to Make at Pre-Season Practices

Glenn Caruso's top ten mistakes coaches commit when planning pre-season camp

by Mike Kuchar© July 2008

So the summer is winding down and you've put a stamp on your off-season conditioning; wrapped up the local seven on seven tournaments; and made all the necessary arrangements to have an intense and productive camp in preparation for another eventful season. But as the lazy days of July morph into the intensely crammed early days of August, there are some major concerns that need to be addressed before heading into summer camp. Sure, every good coach has a plan, but there are some major decisions to be made before putting that plan into action. Will you travel to a neutral location or have camp at your school? How many practices a day will you hold? How much conditioning should be organized? How will you delegate coaching assignments? When will you give the kids a day off? How will you deal with the summer heat?

These are the same questions that rattled around in the mind of Glenn Caruso, a young twenty-something offensive coordinator at North Dakota State when he first got into coaching in the college ranks. Now several years later at 33 and a head coach at Division III St. Thomas in Saint Paul, MN, he may not have completely orchestrated what he considers the quintessential training camp, but at least he's learned what not to do, by trial and error – the best teacher of good coaches. So, consider yourself privy to the following information. There are some major gems and some hidden tidbits on the pages that follow but, and according to Caruso, all

should be taken into consideration when gearing your team up for an eventful fall season.

1. Don't practice in a sterile environment.

Pardon Caruso's intellectual vocabulary, but he's referring to practicing in a dull or barren situation. Football is not a laid back sport, so why practice in a laid back environment? "It may sound obvious, but many coaches still take their time out there on the practice field, explaining drills, doing a lot of instruction on the field," said Caruso. "That is nothing like football. You have to practice with a purpose, with some urgency. Urgency is not the same as hustle. Urgency requires that you're doing it with a desired response. You're not just wandering around aimlessly all over the place. You have intent to your actions."

One of the things that Caruso decided was to get rid of a static stretch period where players don't move during a stretch. Instead, he implements a ten minute flex period in the beginning of practice where the stretching consists of full range of motion exercises like lunges, squats and various other forms of footwork drills to get the blood flowing. "Throw static stretch out the window. Kids get more out of it when their body temperature is raised because that's where they get their best flexibility. Static stretching is not conducive to football. If your muscles are not warmed up properly, you will not get the full range of motion that you need to accurately stretch. It sets the tempo of practice."

2. Don't underestimate the importance of tempo by creating competition.

You don't ease into Friday night games under the lights, so why ease into practice? St. Thomas will open practice with something competitive every day – Caruso calls this the competitive edge. "We do something every day to get them to compete," says Caruso. "There is always a winner and a loser and it teaches ultimate accountability. Sometimes if you have a lull in practice, it picks people up and you get going right away."

The competitive edge drills range from wide receiver vs. defensive backs in an Oklahoma Drill (where both positions compete in a man-to-man coverage in a six-yard box) to three-player monkey rolls where Caruso will throw a ball 20 yards down the field next to two cones. The three players compete to run and take the two cones, with the remaining player being left out. "The guy who doesn't get the cone loses. It teaches you how to locate the football and run to it. If that's not football, I don't know what is," said Caruso. He'll even use a miniature tug-of-war with a small towel for individual position battles. "We sometimes stop the whole practice to watch them compete. These guys go after it like junkyard dogs; you got to pull them apart sometimes. Everyone cheers them on. It gets everyone going."

3. Don't schedule long amounts of time for individual, group and team periods.

According to Caruso, no period over ten minutes is effective. At St.

Thomas, most of the practice periods are five minutes in length with the team periods lasting upwards of ten. Kids often lose focus during longer periods of time. Plus, when was the last time you saw a 20-minute drive in a football game? Don't even think Joe Montana orchestrated one of those. "When I was a coordinator, I used to love 20 minute periods of team because I can script in a ton of plays. Why go a 20 minute team period if it becomes a lull and drag?" said Caruso. "We'll just use a ten minute team period with a five minute corrections period following—that individual coaches will handle—with their players. What I love about that is it teaches your players to flip the switch on and off, and it allows your coaches to make corrections on what they just saw. It creates tremendous tempo. We can get off 14 plays in ten minutes."

4. Don't schedule mandatory water breaks.

Piggybacking off the topic of scheduling practice periods, make sure to keep water breaks off of the schedule. "Old school coaches may have a problem with this, but I'm not interested in denying a kid water," said Caruso. "I let the kid get water whenever the heck he wants." Obviously, dehydration is so ineffective for football and with so many occurring problems of guys dropping on the football field because of it—especially during the summer months—who would want that kind of responsibility? Caruso recommends cutting the five-minute water period out of practice and having student managers provide water at each individual station. "You would get a ton more reps during that period because your entire team isn't getting water."

5. Don't condition if it's not conducive to football.

When was the last time you saw

your players run a gasser during a football game? Caruso's point exactly. Sprinting the width of a football field continuously has never taken place in an actual game, yet we continue to condition our players at the end of practice by doing something that they will never do. Sure, it takes a lot to get rid of the stubbornness of prior tradition, but according to Caruso, there are certainly other things a coach can do to make sure his team is physically prepared for game day. In fact, Caruso often equates being 'winded' during the course of a game to more a mental than physical deficiency.

"We run to the ball, we run in everything we do so we don't have to condition," says Caruso. "If we have high tempo, it basically takes care of three things: it give us more reps; it forces us not to condition because we're running back and forth every single time; and it gives them a mental edge to think in a high pressure environment. I would like my kids to think that they love playing on Saturday because I'm on them so much to hustle during the week. Saturday should be a vacation."

6. Don't use conditioning as a form of punishment.

Okay, so we may have lost you here, but just hear us out. This argument can trace all the way back to the negative reinforcement vs. positive reward theory, depending on what you believe. But it has been Caruso's experience that there is no better enforcer to discipline problems than taking away playing time. "I never use conditioning anymore as a form of punishment. I used to all the time. But the bottom line is nothing affects a kid, scholarship or not, more than taking away his playing time. My goal is to make a kid be driven intrinsically, not extrinsically. I don't want them thinking the only motivation they have for

acting right is me watching them. You're never going to get what you need that way and you'll get worn out as a coach. If a kid doesn't do what is expected, I'll find somebody else. He'll get it eventually. Let's make a punishment that will force our players not to do something again. We don't run them."

7. Don't incorporate three-a-days during summer sessions.

Have we committed football blasphemy yet, by declaring three-a-days being ineffective? Not according to Caruso, who feels that three practices a day for a teenager is useless. It will suck the physical and emotional energy right out of them—particularly at a time when you need it the most—during summer sessions in the heat. "I don't think a kid could get up physically or emotionally doing that. Two practices a day are plenty, and I wouldn't practice for more than two hours. If you're out there for more than two hours, it's wrong. Not only will you get diminishing returns, but you are practicing negative habits. As a coach, if you can't get done what you need to in 120 minutes, you are not organized enough. Anything after two hours, the kids will start to drift and lose focus and before you know it, you're getting worse." Caruso may have a point. After all, a kid can't sit in algebra class for 40 minutes, and we're asking them to pay attention for three times that amount?

8. Don't install your scheme slowly; use the overhaul method.

Caruso believes in stimulating his players with information to the point where they may feel overwhelmed. Why, you ask? It's the conducive to football theory that was mentioned before. A kid will have to think quickly under intense circumstances during the course of a game, so why should he be able to take his time retaining

Continued on page 10

Continued from page 9

information in the pre-season? “We push the envelope with that to see what they can handle. We install everything we have in our offense within a six day basis; that way they are truly never comfortable. If you go through it slowly, you’re gearing your coaching towards the low-end intellectual ability of your team; they start to feel complacent if they know it all in the beginning. This was a huge mistake I learned in the beginning of my career because as coaches we want everything to be installed perfectly. Getting it all in immediately and quickly teaches kids how to conceptualize; you can’t memorize anything when you’re overloaded.”

Caruso subscribes to the whole, part, whole teaching philosophy, where kids see the entire picture first, then witness how their position is affected by it. “Our teaching progression is always whiteboard, film, walk-through, individual and then team. That five-step progression will consistently work wonders for their learning ability.” Caruso, for the first time in his career, has even decided to discard playbooks. “It gives kids that don’t pay attention in meetings a crutch. They figure they can still do it as long as they read the playbooks. Can’t happen. If you can’t take the words out

of my mouth and translate them into positive action on the field, you’ll never play for me. And you’re not learning anything.”

9. Don’t neglect the value of special teams.

It’s often the most under coached aspect of football, particularly at the high school level. On the average one fifth of every play is some form of kick, so why do we override the importance of special teams? Caruso doesn’t. In fact, he’ll often have all of his coaches involved in some element of special teams. The only position coaches that he’ll have off special teams duty are the offensive line coach and the defensive coordinator.

“Why would I waste my O-line coach on special teams if his guys are not on them? We’ll have the offensive line do blitz recognition or med balls or whatever it is. I also let the DC spend some time with the defensive line working on alignments, blitzes or pass rushes. It’s a nice time for him to connect and spend some quality time with them.”

10. Don’t underestimate the importance of a walk-through period.

Finally, Caruso expressed the significance of installing mandatory walk-through sessions with your team. Not

only does it show them how ‘the pieces of the puzzle fit in’ but also it is a low-risk, high reward exercise, critical for those dog days of summer. Before any scheme that Caruso devises, he’ll implement a team wide walk-through period before going full speed. “If I was a coach in high school, I would sacrifice 20 minutes of practice time for walk-throughs every practice. It’s that important. It puts bodies out there and I can go over questions before we go full speed on the reps. I love the aspect of a walk-through.”

One of Caruso’s favorite low-tempo walk-throughs is aptly called ‘Walking the Field Drill’ which he does once a week before game days. He’ll walk the entire length of the field with his team, stressing what the goal is in each segment of the field. “In the early part of the field, coming out we stress getting the first down and keeping the chains moving. In the middle part of the field, between the twenties, we talk about opening up our playbook and taking deep shots when we can. Then when we get into the red zone area, we always stress our best plays and anticipate man coverage. Again, it gets them to perceive and conceptualize before things happen.” ■

Attention All-State Game Coordinators - January 24th Meeting

Are you an All-State Game coordinator in the 2008-09 season? If the answer is YES, then please plan on attending a meeting to finalize the insurance package. The meeting is on January 24th during the Winter Coaches Conference. The information needs to be turned in to the insurance company by February 1 to ensure that it gets issued in a timely manner. Please note that if your information is not in by February 1, you will not be added to the insurance later on. Please feel free to contact either Dan Weedon or Jerry Parrish for additional details or questions. ■

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Tenino's Hal Williams Honored with President's Council on Physical Fitness and Sports Community Leadership Award

Washington DC—The President's Council on Physical Fitness and Sports (PCPFS) has chosen Hal Williams of Tenino to receive a 2008 PCPFS Community Leadership Award. The award is given annually to individuals who improve the lives of individuals within their community by providing or enhancing opportunities to engage in sports, physical activities, or fitness-related programs.

Williams, who was honored earlier this year by the Washington State Athletic Directors Association for his career of service, has been a fixture in Tenino and Southwest Washington since he started his teaching and coaching career in 1959. Over those years he has impacted the lives of many while coaching the sports of football, basketball, track, and baseball. Williams spent much of his career as an administrator in the Tenino School District. He is currently semi-retired, mentoring student teachers as an adjunct university professor, helping coach the Beaver's varsity basketball team, and serving as the "Voice of the Beavers" during home football games.

"We are honored to present this award to Hal Williams," says Melissa Johnson, executive director of the President's Council on Physical Fitness and Sports. "Physical activity and sports participation are important parts of living a healthy, more active life and we are pleased to recognize individuals, like Hal Williams, who are committed to making a difference and influencing the health of their communities."

"Hal Williams is a valuable asset to the community, providing a positive experience for fans and the many athletes the local area has produced", stated Tenino High School Principal, Jeff Johnson who himself coached alongside Williams for several years. "For decades he has made a difference in the athletic, academic, and life experiences of many. He is a true role model."

This year, the President's Council presented the Community Leadership Award to 27 individuals across the country for making sports, physical activity, and fitness-related programs available in their communities.

About The Council

The President's Council on Physical Fitness and Sports (PCPFS) is an advisory committee of volunteer citizens who advise the President through the Secretary of Health and Human Services about physical activity, fitness and sports in America. The Office of the President's Council on Physical Fitness and Sports (PCPFS), the Department of Health and Human Services (HHS), is the HHS office containing the PCPFS Executive Director and support staff. Through its programs and partnerships with the public, private and nonprofit sectors, the Office of the PCPFS serves as a catalyst to promote health, physical activity, fitness and enjoyment for people of all ages, backgrounds and abilities through participation in physical activity and sports. For more information about PCPFS please visit www.fitness.gov. ■

Deadlines for the *WASHINGTON COACH* Magazine

Next Issue - Spring: February 14

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

SUBMISSION PROCESS

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

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

Mike Schick, 2110 Richardson Drive, Puyallup, WA 98371

The Seattle Seahawks High School Coach of the Week Award Winners

The Seattle Seahawks High School Coach of the Week award winners in Washington State are selected by members of the Washington State Football Coaches Association. Recipients of the award receive a \$500 donation for their football program from the Seattle Seahawks and a \$100 savings bond from Sterling Savings Bank. At the conclusion of the high school football season one coach was selected as the NFL High School Coach of the Year for the state of Washington. The NFL High School Coach of the Year receives a \$2,000 grant.



Week Of:	3A & 4A	2A, 1A, 1B
9/1/2008	Darren McKay Gig Harbor	Phil Pugh North Mason
9/8/2008	Nick Mullen Timberline	Shawn Perkins Mark Morris
9/15/2008	Cale Piland Union H.S.	Jason Smith Toppenish
9/22/2008	Will Soren Everett HS	Rob Frieze Willapa Valley
9/29/2008	Andy Troxel Southridge	Terry Jensen Montesano
10/6/2008	Gordy Elliott Auburn HS	Jack McMillan LaSalle HS
10/13/2008	Mat Taylor Skyline H.S.	Jeff Jamieson Selah H.S.
10/20/2008	Bill Beattie Olympia HS	Scott Grabenhorst Toutle Lake HS
10/27/2008	Rory Rosenbach Glacier Peak	Art Walsh Castle Rock
11/3/2008	Rick Giampetri Central Valley HS	Dave Ward Archbishop Murphy HS
COACH OF THE YEAR	Phil Zukowski Cashmere	

NEGATIVE PRESS UNFAIR

Pam Headridge, Vice President, WA State Cheer Coaches Association

The news media across the country tend to focus on the negative side. Cheerleading news is no exception. Recent cheer news stories range from hazing to lack of safety standards. Yes, these stories do happen but many of the stories are one-sided and do not portray the overall cheerleading picture. The media overdramatizes these stories and edit the interviews and material to try and prove their point. I am frustrated by this negative portrayal of cheerleading and take issue with these slanted views. For every negative piece that the newspapers print, there are many more positive headlines that could be told about cheerleading. Because of the negative press, all the good that cheerleading provides is overlooked and hurts these young athletes.

Having been part of the cheerleading world here in Washington State for almost 20 years, I have seen the benefits cheerleading provide to young people and the community especially in the high school arena. I want to address and give more details on two of these slanted views: lack of safety and negative behavior.

A recent CBS story on their morning show reported that cheerleading has no governing rules and regulations. Wrong. Here in Washington all school coaches must follow the National Federation of High Schools Spirit Rules Book that is updated on a yearly basis. Spirit teams have had the NFHS rules book since the 1988-89 school year. Every year at the beginning of school, cheer coaches are given a copy of this rules book from their athletic director. Stunt certification is required for cheer coaches who intend to have their cheer squad(s) perform stunts. The certification program must be approved by either the Washington State Cheer Coaches Association or the WIAA. Coaches must be recertified every three (3) years. Also all cheer coaches must meet the same WIAA Coaches Standards as any other sport's program in the state. The Association of WA School Principals offers several cheerleadership camps that include an extensive coaches'

training. Many national companies, also, provide coaches education in their summer cheer camps, too.

The second topic of cheerleaders' negative behavior is overblown. Yes, young people make poor choices and need to be held accountable for these choices. But where are the bravos for doing the right thing? Here in the Washington, high school cheerleaders give back willingly to their community. Ballard, Oak Harbor, Sammamish and Bellarmine Prep, donated their weekend to cheer at the National Wheelchair Basketball Varsity Championships. Heritage, Bellevue and Peninsula participated in the Relay for Life in their communities, while Tahoma, Oak Harbor, Ballard, Issaquah, and Bellarmine Prep participated in the 2008 Seattle's Susan G. Komen Race for the Cure in May. Glacier Peak High School cheerleaders donned pink shirts and set up a cheer station at the Susan G. Komen 3 day Walk Against Cancer in Snohomish. Hanford High School hosted a "Pink Game Friday" and raised over a \$1000 in shirt sales and donations. Cheerleaders from Skyline and Oak Harbor participated in the Soapbox Derby Challenge for Kids with Special Needs in their local communities. Coupeville assisted in the July 4th Fun Run. Juanita High School cheer is currently doing a "Passionately Pink for the Cure" fundraiser in support of the fight against breast cancer. Oak Harbor High School hosted food drives at all home football games in

October. This is just a short list of positive impact that cheerleaders have on their community but you do not see the national news media publishing these facts? It is time to show both sides, yet all I see in the national media is the unfavorable press.

Cheerleaders train and work hard. Their coaches put in many hours on education and safety. They understand the values of safety, strong leadership and giving to their school and community. It is time to show both sides of cheerleading and give these young athletes their due recognition. ■





PRE EXERCISE STRENGTH TRAINING CONSIDERATIONS

by Danny M. O'Dell, MA. CSCS*D

co-owner of 'The WeightRoom' gym and Explosivelyfit.com, Nine Mile Falls, WA

Strength coaches know there are certain pre-existing conditions that must be met before a new trainee seriously begins adding weight to the bar. Certainly, the load could be immediately increased but rarely is it in the best interest of the trainee. Let's look at a few important points leading up to the actual training phases.

First, a definition of the new trainee is in order before we begin. A new trainee is one who has never been in a gym or who has never resistance trained in the past. These individuals need close monitoring to prevent injury and to ensure they are learning and following correct exercise movement patterns. Before even beginning to exercise each one needs to fill out a self-evaluation analysis sheet, which includes their medical background, exercise familiarity, and sports involvement.

With the evaluation form in hand here are a few important points to bear in mind as you evaluate the person. There are important guidelines to follow if they are preadolescent or below the late teens due to the duration, intensity and load precaution limits a knowledgeable coach will adhere to in their program design.

Strength training exercises demand rapid levels of excitation changes in the central nervous system. The ability to change the excitation levels depends upon the stage of maturity in the trainee. At certain stages and ages, the body is more receptive to these changes; until then progress will be little to none. At some times, developmental training may actually interfere with the normal growth progress. Not in the muscular realm, but with the neuromuscular synchronization impairments appear that are similar to those of the speed barrier.

These times in the growth process of the body are the sensitive periods. As an example, training explosive strength can begin in females when they are appropriately ten years old. Training can continue through twenty and over. Increases in intensity of the training schedule may occur with them around the ages of twelve to four-

teen. Peak female training times are from the ages of fourteen through twenty.

In the males, the process is delayed until they reach twelve to fourteen. Their peak times for this type of training are from sixteen through twenty. In some instances proceeding with these activities before their bodies structural and nervous systems are ready will result in damage to the organism.

In both the male and female, the sensitive times are the best times to train these specific physical and mental attributes. The body is in an extremely receptive condition to receive these special training stresses. In looking at your new trainee, keep the following points in mind during the continuing evaluation process.

Look at them, do they look like they have muscle mass, are they strong looking? Do a few simple tests to see. Have them do body weight squats, can they go down and come backup without their knees going into a valgus position and their back rounding off.. Did they use momentum to get back up or was it strictly leg power? Can they do a regular push-up? Do they sag or arch in the middle or are they tight as they go up and down? How about a pull up-can they do one or more. If so, they may be able to continue with your guidance. By doing this you are unscientifically measuring their

muscle cross-sectional fibers. The greater the cross section of the muscle the greater will be the force potential in the individual.

Are they better equipped to run or lift? Ask them what they like to do. This may be a non invasive clue as to what they are good at and at the same time maybe tell you whether or not they have a predominance of fast or slow twitch fibers. People have a tendency to do things they are good at and feel comfortable doing. Naturally, having many fast twitch fibers is going to be a good thing for a strength training lifter but not a long distance runner.

The quality of synchronization and number of the ac-

Before even beginning to exercise each one needs to fill out a self-evaluation analysis sheet, which includes their medical background, exercise familiarity, and sports involvement.

tive muscle fibers determines the amount of force the person will be able to display. This is not something that is readily observable in the gym but it should be kept in the back of your mind as you watch the person train. Are they able to lift in a smooth controlled manner, do they seem to be able to take load increases or variations in the exercise in stride or is the learning curve excessively long?

Are they old enough to be under your care, i.e. what does their biological maturity level appear to be? Biological age is a more likely indicator of a persons physical potential than just chronological age statements. In girls, one of the most important of the indicators is the onset of menstruation, and in boys, it is the development of facial hair, and the deepening of the voice.

Look for the stages of sexual maturity in your trainee. The maturation charts are available from various publishers or just do a Google search to find the criteria. The Tanner Stages chart is probably the most well known and is easy to use.

So, you are asking why the biological age is so darned important if I am dealing with a young person. Well the fact of the matter is that if the bones are not structurally strong enough to handle the load you want to place on their body, you are opening them up to an injury. Can you say lawsuit?

If you are a running coach there are more important issues to consider in planning their training regimen other than can they run around the track four times at a five minute pace. You have to know if their cardiovascular system has developed enough to handle this stress. Only a valid biological age will give you the necessary background information before you can justifiably proceed with the training.

Talk to the parents about the young person's apparent mood swings. This may give you another clue as to whether or not they are getting massive amounts of hormones at the time. If so they may be more receptive to the higher intensity training methods.

Do they know how to do the exercises? Just because they are new doesn't necessarily mean they are clueless to the performance of these movements. Perhaps they have an older sibling who exercises and they have watched them lift. Your task still remains the same and that is to instruct the correct techniques of the lift.

Keep these things in mind as you begin your training sessions. Once you have the majority, if not all of them figured out, then you are on the road to a designing a successful exercise program.

Questions or comments may be addressed to Danny@explosivelyfit.com ■



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OPPORTUNITIES FOR GIRLS AND BOYS IN SPORTS

All Things Being Equal: Are They?

by Linda Mangel
Sports Equity Advocate, ACLU-WA

First, a short quiz. There are no right or wrong answers, just truthful and accurate ones. Neatness doesn't count.

1. Do you think your school provides equal opportunities for girl and boy athletes?

2. If you were a ball player and had to use either the boys' baseball facility or the girls' softball facility for the rest of the year, which would you choose?

3. If you have both a girls' and boys' team for your sport, which team's equipment and supplies would you rather have?

4. Which do you think has received more publicity this year—your school's athletic events for girls or for boys?

If your answers to these questions suggest that the boys have it better than the girls, you are not alone in Washington State. Despite the significant gains girls have made in school sports over the past 36 years since the passage of Title IX – the federal law banning sex discrimination in school programs — much more still needs to be done.

For example, girls comprise 49% of the high school population statewide but receive only 41% of all opportunities for athletic participation. That's 1.3 million fewer spots for girls than boys, ranking Washington 21st among all states.

Girls also tend to have inferior equipment and supplies, use inferior sports facilities, have fewer coaches, less desirable schedules, and a lot less support and publicity for their activities.

As a coach, you see these inequities—not only the differences in resources between boys' and girls' athletics, but also the messages those differences send to the students. Do the

girls assume that they have inferior programs because they're inferior athletes? Do the boys feel entitled to their opportunities and the girls feel they need to ask for them?

As a coach, you are in a powerful position to influence the opportunities for girls in sports. What you model with your actions, others often follow. That's one reason why the American Civil Liberties Union of Washington and the Women's Sports Foundation are offering free "Tying the Score" workshops. These workshops are designed to improve awareness, identify concerns, and provide simple and cost-effective solutions to gender inequities in school sports.

The workshops are free and intended for coaches, school administrators, and parents throughout the state. We can tailor the workshops to meet your specific interests and needs, and we can come to your location whenever it works for you. The workshops will be facilitated by Linda Mangel, a recognized expert in gender equity issues, who worked for several years as an attorney for the U.S. Department of Education's Office for Civil Rights.

Let's return to that quiz you took a few minutes ago. Title IX addresses two major areas: student participation in sports and the overall equal treatment of athletes. It includes more than just ball fields and locker rooms. Think about these questions as they apply to your school:

Overall, are the girls' facilities as well-equipped, maintained, and accessible as the boys'?

Are the equipment and uniforms the same quality for girls and boys?

Are the numbers of scheduled games and practices comparable for girls and boys?

Are both boys' and girls' teams given the opportunity to play during "prime time"?

Are boys' and girls' programs and events given comparable support from the cheerleaders, pep bands, school announcements, and the school newspaper?

Is the number and experience of girls' coaches comparable to that of boys' coaches?

Are travel and daily allowances comparable for girls and boys?

Disparities abound, and the reasons are many and varied. But they can be fixed. And some solutions are far easier than you're probably thinking.

For a start, here are a few things you can do:

- Conduct a simple self-evaluation of your sports program by using the materials provided for coaches on the OSPI website: <http://www.k12.wa.us/equity/AthleticEquity/SchoolOfficials.aspx>

- Ask the cheer coach, the band director, and the editor of the school newspaper to give girls' sports equal time.

- Document disparities between the boys' and girls' facilities and bring them to the attention of school officials.

- Contact the ACLU-WA or the Women's Sports Foundation with questions or concerns.

- Organize a "Tying the Score" workshop for other coaches or parents in your community.

To schedule a free workshop or information session in your community, or to ask questions about gender equity in athletics, contact Linda Mangel at 206/930-1169 or lmangel@aclu-wa.org. ■

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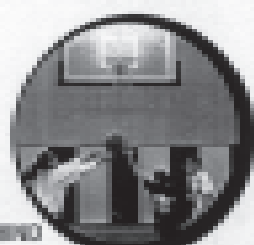


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Aberdeen Orson Christensen Michael B Stoddard AC Davis Chris Balm George Benedetti John Felton Mark Nickels Pete Orgill Eric Rotondo Frank Steele Adna Jason Dunnagan Gabe Jager KC Johnson Brent Moon Russell L Snelson Nancy L Stover Almira-Coulee- Hartline Brandon Walsh American Cheer University DJ Calkins Anacortes Charlie Bell Bill Evans James A McNally Dustin South Glenn Strachan Tom Swapp Archbishop Murphy John Barhanovich Mike Bos Lloyd Brodniak John Carbajal Joseph E Darnell Mike Endsley Joe Ennis Eddie Fernandez Sue Flanagan Ed Gay Blaine Gilchrist- Smith Robert L Gonzales Glade Hall James P Hardy Brian Hatcher Sr Miriam J Heidland Dick Henderson Andy Hughes Al Hunter Jerry Jensen William Lucas Jr Jamie Lyons Kurt Martin Austin Matson Mike McCloskey Jack Moir Linsi Moy	Chuck Nelson Nanette Nelson Shannon O'Neill- Bieda J Gregory Post Terry Ryan Jeff Schmidt Jack Serwold Rick Stubrud Tom L Tochtermann Louis Torres Greg Turcott Mike Wade Dave Ward Roger Westlund Kapena Wong Arlington John J Boitano Jr Zandra Raef Auburn Dan Briones Douglas Burt Russell A DeFord Gordon A Elliott Katie Henry Daniel Irwin Greg Isham Bob Jones Joe Montgomery Krista Parsons Kent Rodseth Lacey Way Auburn Mountainview Brett Allen Reagan Coffey John T Martin Jon Price Glen Walker Auburn-Riverside Tom Adams Shawn Martinson Steve Mead Bill Sumner Kaisa Swenddal- White Bainbridge Annette J Duvall Mike Florian Bryan Garoutte Penny Gienger Andy Grimm Cindy Guy Steve Henderson Anne Howard- Lindquist Matthew Pedersen Mike Roe Thomas W Szarynski Neal White	Ballard Nancy Ellen Elster Luke Hagler Robert Mireni William H Rodgers III Theodore L Young Battle Ground Dennis (Ben) Binkowski Eric Boswell Dave Carlile William J Ganley Bradley R Scott Steve Taylor Mark Watrin Bill Wheeler Bear Creek Sherrie Brown Ryan Byram Greg Cheever Scott Moe Scott Nelson Bellarmine Ed Boitano Shannon Casey Matthew J Ellis Robert M Fiorito John Hietpas Sr Thomas E Larsen Brandon Maul Mike Willis Bellevue Bob Burmeister Thresia Busch Tiffani Fuller Michael E Helms John Hill Patrick Jones Cindy Pardee David C Sherbrooke Ronald J Tinnin Bellevue Christian Beth Campbell Rachel Chenoweth Mike Downs Jade Hayes Nicole Jensen Edward T Sloan Bellingham Caitlin Kepler Bethel Jody Coileman Paula J Everdell- Brown Gwen Hundley Ken Iverson Pat W Mullen Tanya Torres-Steen	Bethel-Frontier JH Karissa Alwert Alfred J Lacro Bethel-Pioneer Valley MS Richard M Cieplik Bickleton Tom Whitmore Black Hills Christian Barnes Aaron Elway Lem Elway Thomas Rowswell Jack Zilla Ruthanne M Zilla Blaine Gary W Clausen Steve Dodd Steve Dodd Dave Fakkema Craig Foster John Freal Michael L Grambo Connie S Pilon Jim Rasar Blanchet Ann Alokolaro Luciano Busilacchi Jeff D'Amelio Rick Eberhardt Ron Ellis Mike Finnegan Tim Frost Brett Hecko Bill Herber Nicholas L Kheriaty Kristin Kuzmanich Rachel S McGovern Kristin E Metcalf Nicole Mizuha George Monica Jason Odem Rick O'Leary ATC Lisa Susan Olsen Rob Petschl Michael Pierce Austin Richard James E Rohr Stephen Russell Sullivan O Shaw Sarah M Smith Matt Stadelman Jim Sullivan Terry Wilkinson Bonney Lake Curt Brown Anthony Clarke Peter Esser Joe Ireland Rick Schoengarth Mark T Wheeler	Bothell Tom Bainter Cathy Boyce Robb Clarke Mitch Craig Robert Eichelsdoerfer Andrew Gault Darrell J Lee Paul Moody Bremerton Jeff Barton Tony Boddie Edna Cabalfin Cox Kevin Dotson Nathan D Gillam Bryan Hansen Keith Langholff Casey Lindberg Kara L Lindberg James R Lund Lance McCoy Daniel McInnis Martin V Neyman Ryan Nickels Danitza Nicklow Phil Olwell Kenneth D Plowman Lloyd Pugh Terry Riders Teresa Seim Bremerton- Mountain View MS Rex Green Rick Hayden Brewster Kip Apple Cass Gebbers Randy J Phillips Ryne K Phillips Fred Wiltse Bridgeport Calvin Stark Burlington-Edison Tom Anderson Tawnya D Brewer Mike Buckholz Jim Clem Kevin Gudgel Ted Lundgren Susie Perry Christie Peterson Travis Radich Bruce Shearer Ryan Tesarik Susan Wright Camas Joe Hallead Heidi Tutt	Capital John Jones Jerry Stoddard Lisa Ward Colleen M Wells Cascade Christian Allen Anderson Bobbi Bentley Evan Bratz Bonnie Clifford Don Coltom Randy W Davis Brian Flattum Don Gallion John Garden Mike Kilcup Brian Lidyard Aaron Lindahl Katie Miller Samantha Shackett Doug Sopak Mark Wagner Clay Warren Jerry Waterhouse Justen Waterhouse Jerry Williams Cascade -Everett Jeff Case Steve K Bertrand Dejoy Close Jamie E Gay Tim Gravelle Ronald L Hicks Danielle Marks Lou Stevenson Mike D Wilson Cascade- Leavenworth Elia Ali'ilima-Daley Todd Gilbert Keith Mizuha Cashmere Karin Blomquist Jenn Brunner Mike Carlquist Jeff Carlson Chris Cloakey John M Durheim Dale A Jones Jeff Kenoyer Rod Robertson Ted Smith Amy Rae Som Phil Zukowski Cashmere MS Collin Davidson Dick Langum Castle Rock Sherry Allen Fred Amrine
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WSCA MEMBER COACHES BY SCHOOL

Julie Anderson	Central Valley	Tanya Greenfield	Chimacum	Columbia-Burbank	Jeff Housman
Jim Andrew	Robin Barnhart	Chris Griffiths	Dave Hammericksen	Kevin Alley	Tim Kelly
Joshua Auckland	Steve Bernard	Greg Griffiths	Clallam Bay	Lance Beeson	Bob Lucey
Tom Bate	Charles E Bowden	Joe Harris	Robert W	Dian Burroughs	Ben Mangrum
Dennis A (Sam) Baxter	Kimberly A Brunelle	Phil Harvey	Thompson	Gary Eby	Terry Rice
Jeana Bayes	Mark Butner	Donene Hendricks	Clarkston	Kevin Edwards	Darin Ringenbach
Jennifer Bybee	Ryan Butner	Peter J Larson	Dave Curtis	Audeena Faubert	Gary Spidahl
Gary Carter	Tim M Connors	Kelly Linehan	CleElum-Roslyn	Kevin Goetz	Joe Thomas
Tracy Catlin	James F Ferster	Jerry Lopez	Ian Connell	Michael Hazenberg	Mark Williams
William Collins	Karl W Freeman	Matt Mathews	Devin O'Brien	John Muchlinski	Curtis JH
Darren Daniels	Samuel D Giampietri	Brian P Mayer	Cleveland	Dan Percifield	James B Andrews
Carly Davidson	Ryan Heacock	Jay McGuffin	Kelvin Goliday	Doug Ricard	Michael Andrews
Crystal Davis	Randy Hendrick	Randy McGuffin	Clover Park	Cedric W Samples	Brian Knutsen
Joseph M Godinho	Lee Irving	Jim Mitchell	Deena Christensen	Sandra Savage	Cusick
Tom Golden	Steve Kent	JoDell Mitchell	Merle Hagbo	Mike Steberl	Pamela Treischel
Dean Gray	Jeff McGlocklin	William Nickell	Kyle Hagman	Greg Sullivan	Darrington
Polly Hubbard	Dennis McGuire	Jim Oscarson	Douglas McDowell	David J Traver	Greg Powell
Julie Johnson	Barry Poffenroth	Erik Peterson	Michael T Merrill	Nancy White	Davenport
Kevin Johnson	Gary Rasmussen	Connie Poirier	William P Wilson	Columbia-White Salmon	Aaron Carr
Kim Karnofski	Rick Sloan	Paul Quick	Dick Zatkovich	Kevin L Liddiard	Kevin L Hupp
W Bryan Keatley	Jennifer Stalwick	Lisa Robinson	Clover Park-Hudtloff MS	Larry McCutcheon	Pete Schweiger
Julie L King	Central Valley-Evergreen MS	Tom Robinson	Barry A Crust	Bill Ward	Davis/WhiteSwan
Jason Mackey	Karen Kelly	Brisa Romero	Robert Watkins	Matthew Whitmire	Andy Bush
Don Misner	Centralia	Gilberto C Romero	Catherine Wood	Colville	Dayton
Jim Oliver	Duane Bailey	Marty Rothlisberger	Jason A Wood	William S	Dan L Graham
Kirk Rembold	Ron Brown	Jack Rutter	Clover Park-Lochburn MS	Carpenter III	Scott E Hudson
Jaymie Roberson	Boyd J Calder	Randy Silva	Brenda Anthony	Randy Cornwell	Winton P Lytle
Rick Schlecht	Darrin R Canfield	Wade Simmons	Clover Park-Mann MS	Dean A Fischer	Roy Ramirez
Scott Spencer	Kyle Donahue	Nick Snyder	Joshua R Johnson	Tim Gray	Decatur
Carl Stello	Jessica Elder	Steven H Stamps	Richard N Johnson	Concrete	Patricia A Braun
Jim Van Fleet	Dennis P Faber	JoAnne Strandberg	Colfax	Don Beazizo	Michael M Bressler
Art Walsh	Timothy G Gilmore	Darren Talley	Tony Carter	Cari Dellinger	John Cassens
Neil Williamson	Hal Gronseth	David Talley	Jason M Cooper	David Dellinger	Christy Lynn Gross
Castle Rock MS	Candace Hallom	Del W Talley	Phil Hergert	Jack E Evans	Kevin Olson
Kasey Carroll	Michael McDonald	Chelan MS	Mike Morgan	Ashleigh Howell	Kevin E Rawie
Cathy Woodruff	Andrea McLaughlin	Cheney	Colton	Jesse Howell	Deer Park
Cedar Park Christian	Ken Olson	Gary Blake	Pat Doumit	Kelly Howell	Ron Brazington
Adam Lynch	Susan Parke	Lincoln M Bryant	Heidi Hawley	Carrie Newby	Robert Champoux
Cedarcrest	Tim Penman	Randy Elam	Jim Moehrle	Jim Newby	Stephanie Curtis
Jason Frederick	Scott Phillips	Jesse Erickson	Brad Nilson	Kevik Rensink	Scott Daratha
Christine Hillestad	Chris Putman	Ryan Fitzgerald	Brandon Stell	Mark S Richmond	Zac Farnam
Marc Hillestad	Josh J Rodland	Cassie Hare	Gene Straghan	Ron Rood	Bryan Frost
Bruce McDowell	Jon Rooklidge	Todd Hering	Clark Vining	Randy Sweeney	Dawn Geyer
Tracy Scott	John E Schultz	Kyle C Loughery	Blake Wolf	Robert S Thomas	Cameron Gilbert
Central Kitsap	Neil Sharp	Darrell Miller	Columbia Basin College	Matthew Williams	Angel Hammond
Ken Ahlstrom	Jeremy Thibault	Jeff Pike	Cheryl L Holden	Vanessa Williams	Jamie Henry
Gordon Bushaw	Mark Westley	Terry Regnier	Columbia River	Adam Woodworth	Matt Jorgensen
John Emery	Perry Winkle	Hal Sautter	Darryll Antisdell	Connell	Shannon Jorgensen
Mark Keel	Charles Wright	Wade Schlotter	James Dickey	Zoe DeRuwe	Dean Largent
Lyle Prouse	Pete Philley	Tony E Stoddard	Anthony Liberatoro	David Dixon	Kim Lefler
John Sitton	Chehalis MS	Thomas B Stralser	David Long	Kate Johnson	David Lowther
Glenn Sprecher	Wayne Holmgren	Jason Williams	John O'Rourke	Thomas R Walker	Danny M O'Dell
Mark Ward	Chelan	Chief Leschi	Kevin O'Rourke	Bill Walker	Kevin Oglesbee
Bruce Welling	Mark Anderson	Audrey Adams	Dana Pyatt	Coupeville	Sean O'Neal
Central Kitsap JH	Jim Carter	Bart M Brewer	Joe Reed	Eric Lindberg	Wes Player
Kimberly Kay	KC L Craven	Chief Sealth		Gary Smart	Glenn Poland
Carroll	Kirk Einspahr	Daniel S Hage		Curtis	Ken Ryan
David R Keller	Robert V Flick	Mike E Siva		Clayton Angle	Bryan M Schutz
	Randall Gleasman	Sharon Siva		Lindsay E Bemis	Mark Scognamiglio
					Darren Snyder
					Keith Stamps

WSCA MEMBER COACHES BY SCHOOL

Deer Park cont.

Ashley Verzal
Doug Watson
Jack Wood

DeSales

Mike Giusti
Brian Hamada
Michael P Mele
Tom Richard

East Valley- Spokane

Jim Dorr
Adam Fisher
Ed Fisher
Mary Hirst
Nick Lazanis

Dave McCarty

East Valley- Yakima

Susan Cullen
Randall Davis
Rahnie Lee
Dwayne T Morrison
Robi J Raab
Barry Reifel
Denny Stone
Ken Weyrick
Christy Wood

Eastlake

Rob Andrzejewski
Richard V Belcher
Krista Bjorge
Richard Bloomhuff
Maui Borden
Patrick Cabulagan
Joseph J Clay
Kristen Couch
George R Crowder
Gene Dales
Ryan Gilbert
Andrew Hay
Corinne Immel
Steve Jones
Matt LaBrie
Al Leaverenz
Michael S Linker
Bud Peterson
Scott Sartorius
Greg Seeley
Steve Skinner
Stephen G Smith
Stephen Supple

Eastmont

Ed Baugh
Lorrie A Howe
David L Kelley
Douglas R McGill
Dan White

Eastside Catholic
Bill Marsh

Eatonville

George W Fairhart
Daniel Fountain
Bill Guertner

Thomas M Martin
Matt A Mueller

Geoff Olson
Mark W Swartout

Edmonds Woodway

Brianne Cook
Wayne T Edwards
Rick Fillman
Sandy Metzger
Gail Pintler
Michael W Pittis
Richard Walliet

Edmonds- Alderwood MS

Jeffery A Vogel

Edmonds-Brier Terrace MS

Thomas Fridge
Herb Hudson Jr

Edmonds-College

Place MS

Janet Westerlund

Eisenhower

Annette Cook
Christopher D Cook
Dan Eyman
Pat Fitterer
Brandon L Hauver
Gary Hirst
Denton Norwood

Ellensburg

Tara Affholter
Craig Faire
Jeff Hashimoto
Steven E Reeves

Ellensburg- Morgan MS

Clint L Lebo

Elma

Todd Baun
Stan Blanchard
Ben Blankenship
Julie Crawford
Jason K Dick
Sean Ekerson
David Hill
Jim Hill
Ryan Jump
Paul Nadeau
Darcy Potts
Marvin Prince
Rick Rakevich
Scott Rowland
Bryan Schneider
Katie Searle
John Tarman
Bill Zwarun

Elma MS

Zachary Foster
Kim W Kruger
Jeffrey Mache

Emerald Ridge

James W Beauchaine
Cary Bertram
Raymond J Brassard
Brian Howells Jr
Marcus Lewis
Jeff Marsh
Cody Meek
Jim Meyerhoff Jr
Kevin Nishimoto
Vince Tarsi
Shawn Yohn

Entiat

Tom J Wolsborn

Enumclaw

Angela Bushmaker
Jackie Carel
Richard Carel
Dennis Hagan

Ephrata

Brandon E Evenson
David J Johnson
Sally Kaatz
Daniel T Martin
Jay A Mills
David Tempel
Sara Tempel
Dan Williams
Joe Wolf

Everett

Tim K Boyd
Dan Fenner
Doug Hall
Blake E Haug
Roger Haug
Harlan C Jackson
Jane Johnson
John Low
Tim Odell
Darrell Olson
Bruce Overstreet
Kyle Peacocke
Will Soren
Mike Taggart

Everett CC

Nick Amrine
Mike Fridrich
Chet Hovde
Aaron Johnson
Matt Koenigs
Levi Lacey
Pablo Mummey
Ciara Papac
Brandi Prince
Joe Smiley
Randy Smith
Suzan Snow

Larry Walker

Scott Willisie

Everett-Evergreen MS

Mark Bigger
Erica Taggart

Everett-

Heatherwood MS

Ed Lundberg
Reija Ann Watson
M Joan Weiss

Evergreen

Megan Suarez

Evergreen

Lutheran

Stan Cole

Jeffrey D Kurbis

Evergreen State

Jeff Drinkwine

Evergreen-Seattle

Daylene Boehm
Jayson Boehm
Doris Burdin
Tyrone Curry
Terry Dixon
Jario Garcia
Chris Humphries
J Tyler Ivy
Stephen Miguelez
Bethany Tate
Anthony White

Evergreen- Vancouver

Mike Staton

Federal Way

Sam Beesley

John Meagher

Federal Way- Sacajawea MS

Eugene Victor

Federal Way- Totem MS

Fritz J Bushnell

Ferndale

Rick Brudwick
Angela Burgess
Tom Diimmel
Terri McMahon
James M Plenkovich
Vic Randall
Joel Wark

Ferris

Robert P Coulter
Mike Hadway
Ashley Jones
James G Noble
Barry Olson
Jim Sharkey
Don Van Lierop
Gary Van Velson

Fife

James L Amsbary
Arnoldo Arostegui
Jolane Bushnell
Carlton J Cooper
Shawn Gaspaire
Howard Hosley
Brandon Howard
Jeff Ibuki
Mark A Jones
Janice Kirk
Brian Koestler
Kelli Loomis
Shannon MacKinnon
Brian Meyer
Roger A Miller
Kent Nevin
Shane Nixon
Elizabeth Ohlde
Travis Ohlde
Heather Robison
Mike Ryan
Mark Schelbert
Paula Schwan
Teryll Shimoda
Christiann Thomas

Fife-Columbia JH

Caryn Choate-Deeds
Scot Gause
Joe Jordan
Andrew S McClure
Philip Moseley
Edward Scheidt
Jerome Scheidt
Jacob DB Stevens
Raymond VanKat

Finley MS

Randy Lane

Forks

Scott A Justus
Todd McDowell

Foss

Mike Cocke
Ronald J Ellis
Edward C Webb
Roy J Young

Foster

Louis D'Andrea

Franklin

Cliff Brown

Franklin Pierce

Pat Allen
Steve G Andersen
Jeff Beha
Ronald Bitonio
Jennifer Bruce
Marcus Disney
Stephanie Disney
Hollis Elliott
Brandon Feist
Jason Gesser

Rebekah Hardee

Howard Lutton
Wendy Malich
Jeff Melvard
Jason Mendiola
Kelly C Miles
Deon Moyd
Jenny Narciso
David Naron
Tom Picha
Mark Torgerson

Amy Utecht

Erica Walter

Bryan A Zagar

Franklin Pierce- Ford MS

Nicholas J Aloisio
Dietrich Baker
Tyler Borden
Darcy L Claus
Audra Goodman
Richard I Krook
David LaSalata
Neil P O'Brien
Matthew D Shouse
Steven Stoker

Joe Walter

Henry C Whitehead

Franklin Pierce- Keithley MS

Sheryl Alford
Anthony A Braggs
Angela Clyde
Kyle S Foster
Laura Kraig
Robin L McCarver
Sara Stewart
Judy Stumpf
Kyle Wilson

Freeman

Jerry C King

Jim Wood

Friday Harbor

Darrin L Scheffer
Rod Turnbull

Garfield

Nicole Petty
Garfield-Palouse
Phil Weagraff
Bob Wolf

Gig Harbor

Kevin S Eager
Patty Ley
Leon D Likens
Lyle McIntosh
Mike McKay
Shawn McKay
John Medak
Dan Oliver

WSCA MEMBER COACHES BY SCHOOL

Glacier Peak

Nicholas Bender
Thomas Berg
Mark Bircher
John Bonner
Francis P Dauncey
Craig Davis
Darci Desilet
Jordan Gere
Steve Hannan
Andrew Haynie
Brian Hill
Ken Hoerath
Brian Hunter
Brannon Jackson
Wendy Jackson
Brad Johnson
Matt King
Jennifer Klov Dahl
James Kruckenberg
Michael Marshall
Mark P McCallum
John M Mitchell
Bryan J Mossburg
Craig Otto
Christopher Pratt
Rory Rosenbach
Robert W Serviss III
Craig M Smith
Jill Smith
Melinda Torre
Darren Watkins
Christine Windrim
Lisa Zanol

Glenwood

Aaron Oldenburg

Goldendale

Jodi L Bellamy
Don Strother

Gonzaga

David McKenna

Gonzaga Prep

David T Carson
Joe Feryn
Brian Kissinger
Donna Lenseigne

Graham Kapowsin

Mark Conrad
Susan Elliott
James M Hadland
John R Harkness
Bill Jacobs
Eric Kurler
Bryan Streleski
Tina Streleski
Ryan W Zackula

Grandview

Roy Brownlee
Bradley C Charvet
Mackenzie M
Charvet

Matthew Ellis
Ismael Fajardo
Francisco J Garcia
Ramiro S Gonzalez
John LaFever
Dave Uggetti

Grandview MS

Gail Ann Boose
Larry Boose
Jeff Brannan
Kerri Eucker

Granger

Miguel A Bazaldua
Cathy Klarich
Jon Klarich
Katrina Reddout

Granite Falls

James Barth
Robynn Barth
Don Blacker
Eric Dinwiddie
Keith Johnson
Mark Neuman

Granite Falls MS

Michael Thompson

Green River CC

Scott Dillinger
Tim Malroy
Dennis Olson

Hanford

Hugh A Harris Jr
Sean Mars
Kim Mayer
Paul Mayer
Rob Oram
Steve Perez
Lindsey T Tucker
Evan Woodward

Harper

Zena Ingles

Hazen

Donald L Adams
Jim Boyd
Eric Franklin
Jeff Hart
Scott Leick
Todd Leick
Donald Ponds

Heritage

Chelinda Dettorre
Gene Dettorre
Mike LeFore

Highland

LaDonna Nelson
Jerry Prescott

Highline

Joe Cail
David Larson
Mary Lorenzen

Holy Names

Academy
Michael Yee

Hoquiam

Michael Cummings
Curtis Eccles
Kevin Gary
Bryan A Jones
Larry Jones
Jeremy McMillan
Richard A Moore
Edward R Rosi

Hudson's Bay

Janet H Elliott
Steven Stebbins

Ilwaco

Bob Enos
Gene Ford
Kevin McNulty
Kipton Glenn
Meinhardt
Sarah Taylor

Inchelium

Rod Hergesheimer
Brian Myers

Inglemoor

David Allemeier
Greg Lowell
Jeff Skelly

Interlake

Sarah Fox
Sara Grandstrand
Bob Levitin
Dave Unwin

Issaquah

Laura Couty
Raymond Garcia
Kirk E Hyatt
Fred Reiss
Gwen Robertson
Tracy Silva

Jackson

James Anderson
Alex Barashkoff
Michael R Bartley
Larry Boushey
Craig L Bowen
Eric Hruschka
David K Hutt
Stephen R Johnson
Mark Kreutz
Michael V Moran
Ashley Potts
Ryan Simmons
Tracy Theriault
Steven C Till

Jenkins-

Chewelah

Rocky Verbeck

Juanita

Gary Groenen
Shaun Tarantola

Juanita/Mercer

Island
Don Papasdero

Juanita-Kamiakin

JH

Neil Kells

Kalama

Len Hiatt
Ronald E Palmer

Kamiak

Bill Costello
Charles LeWarne
Daniel J Mack
Tim Winsor

Kamiakin

J Craig Beverlin
Shannon Bibe
Todd A Borak
Jennifer Brown
George C Carlson
Steve Conner
Stephen L Davis
Keith Duncan
Terry Duncan
Christine Erikson
Lloyd Erikson
Laura Garrett
Sarah Garrett
Eric Gough
Jeremy Grillo
Gerry O Hexum
Jessica

Hollandsworth

Tammy Hutchison
Leonard Johnson
Phil Jones
Tim Maher
Pete Martin
Kevin W McAfee
Ryan McCallum
Nancy McLean
Brian Meneely
Mary Opitz
Phil Owen
Matthew W
Patterson
Chad Potter
Reid Preppernau
James W Ramsey
Matt Rexus
Dennis Rose
Cheryl B Schauble
Don Schumacher
Shaun Suss
Teresa Thoeke
Kathryn Tocco
Jamie Whitmire
Cheryl L Yoke

Kelso

Tom Akins
Rick Ames
Tyler Beavers
Pat Berg
Ray Berg
Michael Birch

Holly Budge
Jason Coburn
Pat Connors
Liz Crosby
Rick Davis
Lacey DeWeert
Sean Doebele
Bob Freund
John Fromdahl
Jason Frost
Darin Gardner
Greg Gardner
Lauren Hartley
Pat Hymes
Rob Johanson
Joe Kinch
Adam King
Peter Kooiman
Joe Krieder
Jason Langenbach
Jim Langenbach
Amber Lemiere
Andrew Lemiere
Tyson Lindeman
Aaron Lunday
Marcie Lynne
Malone
Mike McMahon
Scot Meeker
Erinn Morton
Michelle Murry
Deadra Navolynski
Michael Neves
Brad Phillips
Bob Pliler
Dave Provolt
Jerry Ralston
Jennifer Rinard
Kevin Sawyer
Jeff Schrock
Michael A Skeie
Dean Sorensen
Joe Stewart
Fred Sunday
Annie Swanson
Abby Tate
Breanne Tomalin
Dan Twiss

Kelso-Coweeman

JH

Larry Arlint
Carol Bryan
Brenda Cowan
Bob Lucas
Todd J Mayther
Trevor Phillips
Kandi Rupe
Kathy Scalesse
Jason Ziegler

Kelso-Huntington

JH

Rob Birdsell

Nick Crowe
Nicholas Ferguson
Zachary Holter
Tami Johnson
Darlene Mongeon
R David Parsons
Elizabeth Roffler
Robbin Treadway

Kennedy

Joe Faccione
Dino Josie
Kim Katzenberger
Susie Scholes

Kennewick

Robert Arnold
Lenny Ayers
Hiedi Berry
Steve Buckingham
Scott Carswell
Kara Coleman
Angela N Courtney
Phillip Dron
Patti C Elder
Oscar P Garnica
Bradyn Leyde
Aaron Machart
AJ Marquardt
Giana Marquardt
Adrian Mercado
Nicholas Otto
Andrew M Prein
Todd Puckett
Randy R Scott
Jason Slagle
Alexandria Sparhawk
Cory Stemp
Arnie Sullivan
Bill Templeton
Tarah M Troutman
Kate Weir
Jason Woods

Kennewick-Desert Hills MS

Cindy Charboneau
Jill Meyer
Claudia Minnich
Doug Minnich
Eric Otheim
Josh Pasma
David C Phillips
Richard G Rallens
Ben Schuldheisz
Thomas M Thoeke
Kennewick-Horse Heaven Hills MS
Natausha Burris
David L Coulson
Herb Coulter
Michael Dean
Kenneth W Elder
John M Ganley
Ryan Gaumer

WSCA MEMBER COACHES BY SCHOOL

Kennewick-Horse Heaven Hills MS cont.	Kentwood	Heidi L Uher	Lake Stevens- Cavelero Mid- High	Jacob Kon	Matt Kitna
Boyd Gebers	Jon Aarstad	Kingston-Kingston MS	Mike Levan	Tasha Kryger	Mark A Lovelady
Charlie Hingston	Justin Buckner	Kittitas	Jeff Lynass	Roy A LaRue	Pat Lynn
Melanie Hingston	Bil Caillier	Marc Eylar	Mark McCoy	Kristi Lentz	Ron Mattila
Tonie Ann Reiboldt	Karl Cordes	Kathleen S Curtis	Lake Washington	Andrew Lien	Brad McKnight
Doug Reppe	Robert Fenton	Shileah Heistand	Steve Becher	Diane Meyer	Tim Paige
Laura Root	Rich Hargett Jr	Lance Hyatt	Michael C DeAguiar	Jonathan Murray	Lincoln
Maria Scott	Keith Hennig	Nathan R Phillips	Neil Hanson	Amber Nash	Duane Lee
Cindy Steinborn	Dean Montzingo	Frank Reno	Shelby Jacobs	Carrie Nunnally	Cal-Jean Lloyd
Randy Taylor	Rex D Norris	Judy Schomer	James Johnson	Thomas A O'Hara	Jim McCuen
Michelle Thompson	Bill Ogle	Cheryl Uceny	Nykolas L Minke	Mitch Robbins	Lindbergh
Kelly Zimmerman	Kenneth Paul	Merle J Watkins Jr	Thomas I Noon	Monica Rooney	Matt W Leamer
Kennewick-Park MS	Kurt Phelps	Zak Webb	Tom Sinclair	David Rost	Jef Rettmann
Brenda Coomes	Aaron Radford	Rob Weber	Renee Wageman	Jeff Sowards	Robert J Stewart
David Elkins	Steve Roche	Klahowya	Jared Wright	Bradley C Ubert	Jeffrey Stuart
Hollis Erikson	Anthony Schmid	Steven Detweiler	Lake Washington- Evergreen JH	Vaughn Vandelac	Lind-Ritzville
Crystal Greer	Ken Sroka	Robert Detweiler Jr	Alexander Hyres	Chris Walster	Dwight Pflugrath
Kevin K Hale	Robert J Stepan	Chris Hiatt	Lake Washington- Kamiakin JH	Jeremiah Wohlgemuth	Longview-Mount Solo MS
Francine Haughton	Melvin Wells	Loree Hippe	Todd Brink	Lakewood MS	John M Daniels
Bobbi Judy	Jason Wisor	William Hippe	Lake Washington- Rose Hill JH	Craig Henderson	Lopez Island
Jon A Koker	Melissa York	LaCenter	Rodney Thornley	Amy Lewis	Larry Berg
Andrea Mann	Kettle Falls	Richard A Boyle	Lakes	LaSalle	Stephanie D Fowler
Chris Oatis	Tyler Edwards	Matthew Cooke	Wayne Bridges	Greg McMillan	Lummi
Dwane A Sitrer	Don Fox	James Hudson	Joe Clark	Jack McMillan	Daniel J Williams
Patty Williamson	Norman M Gaston	John Lambert	Ruben Cortinas	Joe Tanasse	Lyle
Kent Meridian	Kilickitat	Randy Martinez	Curt Corvin	Ray Zeutenhorst	David Barthlow
Brian Lockhart	Joe Bales	Jeff Nevels	Patti Hoeks	Lewis & Clark	Don Smith
Mike Simmons	King's	Thomas E Rice	Karl L Kearney	Barrie Florko	Lynden
James Sutrick	Steve Bain	LaConner	Caleb Kelcy	Dave Hughes	Rob Adams
Randy Werner	Dan Blackmer	Suzanne Marble	Dave Miller	Jim Redmon	Randy J Anderson
Kent-Meridian MS	Rachael Blackmer	Peg Seeling	Scott Shellgren	Jeff Reyburn	Edward W Bomber
Rick Weinbrecht	Nicole Gabelein	LaCrosse/ Washtucna	Willie C Stewart Jr	Daniel M Thew	Russ Dorr
Eric Werner	Daunte Gouge	Michael Dorman	Cassandra Yearsley	Mark Vandine	Curt Kramme
Kentlake	Bill Liley	Brian Koller	Deborah Yearsley	Julie Yearout	Jason Marlowe
James B Hewson	Kathy Jo Menzyk	Gerald Martin	Lakeside	Tom E Yearout	Brian Roper
Kelli Kelsch	Eric Rasmussen	Sandy Martin	Lakeside-NMF	Liberty Bell	Jeff Seey
Scott Simmons	Jim Shapiro	Jeff Nelson	Brian Dunn	Steven L Avery	Charlie Weinheimer
Barry Smith	Ben Somoza	Brian Sisk	Bob Hesselgesser	Liberty Christian	Lynden Christian
Jared Walsh	Rod Wilcox	Lake Roosevelt	Gayle Hesselgesser	Chris Holway	Kent De Hoog
Kentridge	Jeff Wright	Lori K Adkins	MacArthur L Mikkelsen	Lois J Roberts	Darren Johnson
Brad Broughton	King's West	James Caddy	Cam Preston	Liberty-Issaquah	Darren Postma
Glen Dacus	Dan Dittmer	Gary Darnold	Mike Reeder	Manuel Brown III	Victor Wolffis
Craig W Dougherty	Jason R Meeder	Steve Hood	Lakeside-Seattle	Andy Hall	Lynnwood
Steve Fenton	Martin Prehm	Lee Largent	Bill McMahon	Brian Hartman	Jayne Horn
David C Fowler	Scott Rouse	Linda Lindh	F Takashi Yamada	Mark A Little	Jean Kellogg
Matt Griffith	Dennis Sheline	William Nicholson II	Lakewood	Darren Tremblay	Duane Lewis
Harold Hawken	Susan Sheline	Bradley E Wilson	Steve Barker	Stephen J Valach	Dorian Manza
Bill Johnson	Rick Walker	Jennifer Wilson	Eric Carlson	Melissa Wyman	Mabton
Staci Mattson	Kingston	Lake Stevens	Jay Carlson	Liberty-Spangle	John Durham
Charlie Mitchell	James C Andrews	Rodger Anderson	Larry Delaney	Christopher Chandler	Brandon Harting
Marty Osborn	Roger Coffman	Steven C Berg	Matthew Hart	Aaron Fletcher	Manson
Kyle Patrick	Chris Gilbreath	Cliff Chaffee	Amy Hendry	Rod Fletcher	Brad Barnes
Robert Sandall	Tresa Grimm	Stuart Chaffee	Nancy S Jensen	Duke Hammond	Jack C Hill
Jeff Shumake	Karla Laubach	Ernie Goshorn	Chris Knight	Rick C Johnson	Mariner
Julie Taylor	Scott McKay	Mike Hahn		Kyle Kimble	Brad Agerup
Al Waltner	JW (Jack) Nannery	Gilman McKinnie		Life Christian Academy	Thomas V Myre
Stephen Wimer	Dan Novick	Jeff Page		Todd Myles Corrigan	John Ondriezek
Doug Wollen	Tim Olson	Robin Sundvor		Don Gustafson	Mark Morris
	Craig C Smith				Bill Bakamus
	Kevin Strozier				Charles Byers

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Timothy D Clark	Curtis Eskeback	Juan Peralez	David Galbraith	Hoover L Hopkins	Robert M Case
Jerry Kiekow	Montesano	Ty Perkins	Rob Gray	Newport-Bellevue	Tim Eaton
Shawn Perkins	Chad Allan	Doug Philen	Tonian Gray	Brad Bendix	North Mason
Kim Ulman	Terry Jensen	Jeremy Pitts	Chad Hoidal	Gary L Core	Steve Anderson
Lisa Verage	Julie Mattson	Samantha Pleitez	Ron Lepper	David J Davis	Brian Barker
Marysville MS	Judy VanDinter	Jared Pope	Brandon Welch	Farrah Griffin	Julie Barker
Darrell Walker	Morton	Johnny Rodriguez	John Weston	Dan Holden	William Beisley
Marysville-	Warren Dunlap	JR Snider	Mount Rainier	Michael D Miller	Jeff Bevers
Cedarcrest MS	Steve Hanson	Tony St Onge	Frank Brandt	Dave Olzendam	Bishop Bielec
Benjamin Castaneda	Jim Johnson	Dan Stevenson	Brian Jacobson	David Poplawski	Stephanie Clarke
Marysville-	Ronald N Nilson	Matthew R Strophy	Mount Si	Nooksack Valley/	Kathy Copp
Pilchuck	Mose Lake	Amy L Utter	Jennifer Batton	Meridian	Tony Coppinger
KT Allyn	Carlos Adamy	Chad Utter	Jessica Easthope	Bill Kelly	Renee Dolfen
Michael D Cull	Sarah Aiken	Jonathan Valencia	Bonnie Foote	Gerald W Smoot	Mike Gastineau
Paul Dockendorf	Lori J Baker	John W Wagner	Christopher M	North Beach	Bill Geyer
Kimberly Edens	Bill Bertram	Hans Warkentin	Jackson	Rick Leighty	Al Gleich
John Hodgins	Billy R Brice	Nicki Weiland	Charlie Kinnune	Hugh Wyatt	Paula Grande
Brian Kesler	Logan Brown	Quintz Whitaker	Brian Peterman	North Central	Steve Hackett
Melanie Kreiger	Lonny Brown	Kevin Whittall	Dennis Sherrer	Grady Emmerson	Cliff Harris
Eric Lefstad	Mikey Carlile	Brady Wiltbank	Mount Spokane	Chuck Filippini	David Hawkins
Jaclin LeGore	Jennifer Carpenter	Kimberly Wiltbank	Annette Helling	Jon Knight	Jay Hultberg
Hodgins	Ricardo L Char	Jamie Wise	Mount Tahoma	North Kitsap	Marla Hunt
Mike Lowery	Loren Childers	Duke Wood	Jim Berwold	Ed Amick	Steve Hunt
Mead	Fran Christensen	Jon E Wrigley	Dan Gurash	Joe Amick	Wayne Jackson
John Barrington	Deena Christensen-	Moses Lake-Chief	Calvin McHenry	Greg Braun	Judi Johnson
Sean Carty	Pugh	Moses	Karen M Mulkey	Richard Christopher	Karen J Johnson
Laurie L Chadwick	Charles Cox III	Jason Betts	Terry Lynn Thayer	Jonathan Erickson	Heather King
Vernon J Hare	Lydia DeLeon	Will Caballero	Mount Vernon	Dave Falk	Kris Klusman
Judy Kight	Jay Dickinson	Robin Garrison	John Banaszak	Christopher D	Mike McDonnell
Bob Litton	Pete Doumit	Bart Gish	Mac Fraser	Franklin ATC	Robert Meeder
Philip A McLean	Samantha Duke	Sherri Hickman	Dave Riddle	Steve Frease	Allen O'Brien
Jason Reich	Maritza Enriquez	Jason Humphrey	Jason Rinker	Tim French	Jody Olson
Dori Robertson	John M Forsberg	Lori Loera	Torey Swanson	Kristina Goodfellow	Bob Patterson
Stephanie Splater	Rolando Gonzales	Chris Mason	Mount Vernon	Tom Harney	Phil Pugh
Meadowdale	Dave Gregory	Shawn Richter	Christian	Bob Henderson	Brian Stave
Kristy Maraveller	Todd Griffith	Randy Sandberg	Dick Gudmunson	Bill Hobaugh	Howard Thoenke
Chad McGuire	Noel Brett	Mark Thompson	Linda Gudmunson	Nikolaus Hoffman	Miranda Thygesen
Troy Parker	Hammond	Keith Uhlinger	Mountain View	Willie Joe	James Webb
Andrew H Streit	Rolland Hansen	Moses Lake-	Ted Beyer	Christopher W May	Kristy Whitcher
Medical Lake	Larissa Hanson	Columbia Basin	Adam C Mathieson	Craig L Middlebrook	North Mason-
Arnold K Brown	George Hara	SS	Mountlake Terrace	Marie Moore	Hawkins MS
John Giannandrea	Kris Hendrickson	Gregory J Haglund	Steve C McCary	Sheila R Moore	John Beard
Sam E Petersen	Scott Hirz	Terri Pixlee	Tony Umayam	Tennis Olson	John A Comstock
Phillip J Tennison Jr	Mike Hofheins	James Shank	Naches Valley	Trish Olson	Mike Honeycutt
Mercer Island	J Jacob Hunt	Moses Lake-	Bill Walker Jr	Jerry Parrish	Michelle Johnson
Tami Baddeley	Mike Hymes	Frontier MS	Napavine	Brandon Pedersen	Kursta Joslin-Moore
Kurt R Boyd	Carolyn Johnson	Terry Balthazor	Rod Anthony	Ken Shawcroft	Alan C Lee
John B Frazier	Wayne Johnson	Kristen M Daus	Jon Pannette	Dave Snyder	Frank Lopez
Erica Hill	Kip Jones	Rita Gardner	Shane Schutz	Will Snyder	Jason Urlacher
Kelly John-Lewis	Greg Kittrell	Steven Gjeffe	Rex G Stanley	Greg St Peter	North Thurston
Leonard Lewis	Kellie Knauss	Santiago Gonzales	Jay Terry	Joan M Starr	Dean Janz
C Creighton	Chris Koester	Mike Koon	Naselle	Brent Stenman	Nick Miller
Laughary	Cathy Lane	Jay Louthback	Kimberly D Eaton	H Dee Taylor	Rocky Patchin
Ed Pepple	Lanny Ledebor	John A Nelson	Lonnie R Eaton	Virgil Taylor	Northshore JH
John A Williams	Stephanie Lopez	Dan Robertson	Rhiana Jacot	Jeff Weible	David E Boze
Meridian	Robert McCaffery	Gloria Rubio	North Kitsap-	Kingston MS	Northwest
Robert A Ames	Jason McLean	Tracy L Strophy	Brian Macy	Jay DeVries	Christian-Lacey
Clint Avery	Ed McNamara	Scott Wilson	Paul Wirkkala	Robert Good	William S Kehoe
Dan Hollod	Jeff B Mullin	Mossyrock	Timothy E Wirkkala	North Kitsap-	Oak Harbor
Michael Holz	Jim Nielsen	Mount Baker	Nathan Hale	Poulsbo MS	Peter Esvelt
Monroe	Derek O'Konek	Booie Borden	Eugene Burt	Hollie Anderson	Lawrence B Falcon
Jennifer Carrol	Ryan Palmer		Colleen Davis		Michael N Fisher
			Ben Hazelwood		

WSCA MEMBER COACHES BY SCHOOL

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Robin Gohn
Pamela Headridge
John Matzen
Tom Mueller
Jerry (Jay) Turner
Jim Waller

Oakville

Larry L Helms

Ocosta

Michael Allton
Aaron Anderson
Robert E Erickson
Kevin Goodrich
Michael J King
Ken Martinson
Russ Roehl
Rich Swiergula
Tim Wahl

O'Dea

Jeffrey D Anderson
Michael F Crotty
Erasto L Jackson
Monte Kohler
Pat Raney
James Reese III
Andrew M Slatt III
James M Walters

Odessa

Leslie Fink
Steven D Fink
Myron Kramer
Kenneth P Scherr
Bruce E Todd

Okanogan

Trisha Bradley
Jeff Cheeseman
Kevin Daling
Shawn Davisson
Mike Gariano
Dean Klepec
Andrew L Knutson
Jancey Marsh
Brad McGaha
Dennis R Neely
Aaron Nickelsen
Gordon Pitts
Zach Spaet

Olympia

Bill Beattie
Laurie A Creighton
Robert Darin
Steven J Davis
Dana Fraser
Phil Harlan
Rockey Isley
Todd McDougall
Steve Roth
Luke Salme
Denis Shea
Tim Sokolik
John Willmarth

Olympia-Marshall

MS

Dan J Helms

Olympic

Timothy R Allbee
Nate Andrews
Greg Chapman
John Freeman
Scott Peck
Daryl Schruhl
Laurie A Shaw

Olympic College

Richard Lowry

Omak

Melody Pecha
Kayla Wells

Onalaska

Dennis Bower
Johnny R Garcia
John Hallead
Wayne Nelson
William J Schwall
Dustin Workman

Orcas Island

Dennis Dahl

Oroville

Brett Fancher
Michele L Fancher

Orting

Karlana Bowers
Jerry Clyde
Chad Nasinec
Marty Parkhurst

Othello

Daniel Gonzales
Roger Hoell
Michael B Jensen
Anna Martinez
Jacob J Martinez
Ruben Martinez
Ernestina Mendez
Rudy Ochoa
Rudy Ochoa II
Peter B Patitucci

Pasco

Kentin Alford
Jack Anderson
Aaron Barcot
Scott Bond

Robert Booth
Jeff Boothe

Chet Canode

Dan Carey

Justin Carey

Jose Carrasco

Teresa Chavez

Mike Clayton

Jay Covington

Kim Cox

Wendy E Dammarell

Steven Davis

Joe Dubsy

Jeni Duvall

Scott Estes

Breanne Florence

Richard Garza

Bob Gelston

Richard Gibson

Steve Graff

Gary R Hackney

Courtney Halverson

Tim Harrington

Jose Herrera

Chad Herron

Kelly Herron

Tyler Hockaday

Don Hogue

Randy Hoover

Russ Hunt

Brent Johnsen

Brad Johnson

Gary Jonas

John Kerr

Grover C Kerr Jr

Brooke Lanning

Janae Loeber

Gilbert Marquez

Kirston McBride

Gil McCargo

Courtney Moss

Myra Muniz

Nick Nastri

Patsy Northam

Devin Olson

Mike Pardini

Curtis Paxton

Kevin Pedersen

Elena Peterson

Matt Potter

Manuel Ramos

Robert Reid

Cassandra Rosas

Leah Rouleau

Becca Schwan-Story

DJ Search

Dustin Snediger

Troy Sommerville

Dave Spray

Amanda Stueckle

Charles Villanueva

David Wilson

Lane Winsor

Laurie Yocum

Pasco-Horse

Heaven Hills MS

JL McKinstry

Pasco-Longfellow

MS

Janie Agee

Pasco-McLaughlin

MS

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Maria Bias

Sarah Dalen

Kecia Daos

Michelle Daos

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Julie Estes

Chris Fowler

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Hugh Fulton Jr

David Gonzales

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Hultgrenn

M Doug Hughes

Gregg Huisingh

Seth Johnson

Ben Larson

Ryan Mattson

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Craig Nighswonger

Kim Palmer

Diana Partida

David Price

KC Rallens

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James Tamez

Paul Valdez

Pasco-Ochoa MS

Tammy Burrier-

Gelenaw

Stephanie Doherty

Kim Estes

Carolyn Frankenfield

Dale Harper

Ruthie Hyslop

Sandra Kerr

Suzy Kirchner

Jason Landram

Mark Piper

Arnulfo Ramirez

Angie Sessions

Jim Steach

JaiLynn Stoker

Shannon Stover

Jake Stueckle

Corey Williams

Pasco-Stevens MS

Jan Bolson

Leslie Coker

Trevor Curtis

Gail Freitag

M Dwayne Hughes

Rashad Lathan

Kathy Marquard

Nadia Marquez

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Jennifer Tiegs

Matthew Whitehead

Eric Whitmarsh

Pateros

Bill Haley

Peninsula

Kathy Crowley

Ron Powers

Peter A Pratz

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Pierce College

Bill Mendelson

Pomeroy

Jim Greene

Fred Knebel

Port Angeles

Buddy Bear

Erik Gonzalez

Dwayne Johnson

Lee Sinnes

Matt Sinnes

Port Angeles-

Stevens MS

Scott R Soule

Port Townsend

Tim Black

Joey Johnson

Port Townsend-

Blue Heron MS

Jennifer Little

Prairie

Mark Ball

Kyle Brooks

Terry Hyde

Wade Janssen

Philip J Phimister

John R Reed

Rob Smith

Prosser

Ryan Allen

Ivan J Campos

Leticia Campos

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Kevin Cole

Sandra Desserault

Travis DeVore

Doug Fassler

Andy Gilbertson

Rich Harris

Lance Hattemer

Josh Jelinek

Robert D Johnson

Jason Kintner

Mark Little

Tom Moore

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Rick Plata

Joe Prior

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Michae JI Rodriguez

Jeanice Schmick

Mark Sundberg

Rob Witcraft

Scott Yetter

Prosser-Housel

MS

Rose Brown

Linda Brownlee

Pullman

Craig Brantner

Catherine Harner

Mike Hinz

Philip Morgan

Marj Struckmeyer

Peter Zukowski

Puyallup

Tony Batinovich

Dorinda Carpenter

Tom Ingles

Andrew H Pederson

Kevin M Thomas

Puyallup-Aylen

JH

Kevin J Cummings

Puyallup-Ballou

JH

Kari Aune

Sue Williams

Puyallup-

Edgemont JH

Dan Schick

Karen Schick

Michael H Schick

Puyallup-Stahl JH

Michael E Hanson

Linda Hoerling

Quincy

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Scott Alexander

Cheryl Anthony

Mike Benedict

Amanda Bierlink

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William W Clifton

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Cully Donovan

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Ann Marie Edburg

Rick Feller

Robert Garcia Jr

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William A Gonzales

Tod Heikes

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Matthew Kimmel

Darrell Lembcke

Greg Martinez

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Cory Medina

Michael L Mills

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Kathy Ornelas

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RA Long
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Ralland Wallace
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Denny Gowan
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Rainier Beach
Michael Bethea
Rainier Christian
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Reardan
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Eric J Nikkola
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Tiger Peone

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Kayla Soliday
Patsy L Soliday
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Redmond
Pat Bangasser
Jeff Chandler
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Denis Villeneuve
Regro Melea/Hogs
Dwayne Hatch
Republic
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Rory Rickard
Richland
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Ben Jacobs
Mary Ann Radliff
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Ridgefield
Arthur E Osmundson
Casey Potter
Ritzville
Jason Aldrich
Harriet Lynch
Michael D Lynch
Greg L Whitmore
River Ridge
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Jeremy Landram
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Eric Britain
Karri Britain
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Rachel Merkley
Bruce Moore
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River View-Finley
MS
Kimberly Andersen
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Richelle Hendrix
Tina Johnson
Jessica Suitonu
Riverside
Ron Beard
Ron Davis
Allen Martin
Randy Miller
Riverside
Christian
Bruce R Siebol
Rochester
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Marilyn Haskins
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Jerry Striegel
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Rogers-Puyallup
Rico Ancheta
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Peter J Collins
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Kris Cosme

Tarey Donovan
Jason R Farias
Mandy Flores-
Handley
Eric Han
Heather Hoskins
Alicia Hulse
Doug James
David Johnston
Tammy Kelly
Melissa Knutson
Steve M Lynch
Moe Orcutt
Jaclyn Ramsey
Brianna Seston
Joel Starr
Paul Stoltenberg
Anna Sutherland
Dave Templin
Dan Thompson
Kebra Thompson
Tom Tripple
Stephanie Tucci
Debra K Turver
Nathaniel Whitley
Kenneth C Zentz
Rogers-Spokane
Barbara Farnsworth
Tyrone Hoard
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Donna Jorlin
James Neff
Rosalia
Robert W Hudkins
Rob Watson
Royal
Wiley Allred
Bruce Jensen
Karen J Lasen
Paul S Olsufka
Saint George's
Allie Bailey
Josh Hayes
Bob Pate
Ryan Peplinski
Sammamish
Gary McGregor
Robert Moretti
Jerrold B Penney
Steven M Wood
Seattle Christian
Shaun De Yager
Seattle Lutheran
Bruce W Carlson
Seattle Prep
Michelle Hall
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Bryan Alexander
Kevin Campbell
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Justin DeVore
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Kevin F Johnson
Mark Kerr
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Steve Kirk
Ken Marshall
Katrina Plewinski
Kevin Ryan
Stacey Turrell
Selah
Mike Archer
Rick Becker
Jeff Jamieson
Bill Powell
Sequim
James B Fleisher
Harold R Huff
Shadle Park
Ron Brooks
Chad Dezelle
Tim Gaebe
Mark Hester
Robert D Isitt
David Wagenblast
Shelton
Brian M Brickert
Michael E Fox
Matt Hinkle
Mark Jansen
Chris Lacy
Shorecrest
Kelly Edgerton
Richards
Brady Sharpe
Mike Wollan
Shoreline Center
LeEtta Rogers
Shoreline
Christian
Bud Bakker
Glenn Hoogerhyde
Shorewood
Julie Bugai
Clifford B Hogle
Paul S Lee
Arnie Moreno
Lance Neubauer
Clark Norton

Kimberly Parker
David Tadlock
Wyatt Tonkin
Paul Villanueva
Skagit Valley
College
Steve Epperson
Skagit Valley
Yellow Jackets
Seth Lilly
Jay Peth
Skyline
Chad Barrett
Don Braman
Dawn Geiser
Brett Ogata
Paul Ringstad
Mathew Taylor
Skyview
Bob Benson
Nathan Botnen
Nicole Cox
Jim Gray
Matt Hamlin
Aaron Hazel
Steve Hook
Steve Kizer
Eric Rice
John Skoog
Jeff Thompson
Joni Tommerup
Jeremy Tortora
Julian Williams
Snohomish
Jay Adams
Bruce Anderson
Kim A Anderson
Jeff Armstrong
David L Ballinger
Matthew R Bell
Jenny Beste
Bob Blair
Leonard Bone
Joel Boyer
Curt Britton
Brian Danielson
Dan Dole
Jennifer English
Tuck Gionet
Kim Hammons
Ken Hansen
Jeff Hise
Carla Hoines
Sara Hulse
Vince Ivelia
Richard Jansen
Cliff Johnson
Kristin Jones
Louis Kennedy
Kalee Larson
Sara Larson
David LeWarne

**THE TRACK AND FIELD
CONVENTION WILL BE
HELD IN EVERETT WA
ON JAN 16 AND 17, 2009**
**www.wstfca.com is web site
for viewing about
convention.**

WSCA MEMBER COACHES BY SCHOOL

Snohomish cont.

Francisco V Lopez II
George Mankabi
David Martina
Wayne D McMaster
Daniel G Mundell
Joseph R Mutcheson
Shelby Nicoletti
Daniel G Parker
Erin Parker
Mark Perry
Heidi L Pike
Matt Raney
Steve Riedeman
Ken Roberts
Barry Rodland
Gerry Salvadalena
Courtney Schneider
Lindsay Smith
April VanAssche
Stephen Ver Hoeven
Rodney M Wagar
John L Wales
Brigitte Wheeler
Kristine Wheeler
Jim Wilson
Rob Zabel

Snohomish-Centennial MS

Elizabeth Bailey
Traci Bianchini
Gary Evans
Candace Hammer
Joseph J Hammer
Marc S Jaramillo
David S Larson
Larry Taylor
Al Vance

Snohomish-Valley

View MS

Malcolm S Bates
Matthew J Brown
Casey Clinch
Misha Dacy
Brian J Johnson
Kathleen L Massarelli
Jeremy McIver
Tracey Morley
Cameron Stewart

Snoqualmie MS

Lynnette Wiegardt
Snoqualmie-Chief

Kanim MS

Chris Blake
Mickey Fowler
Joyce R Kjorsvik

Soap Lake

John A Turner
Wayne D Turner
South Bend

Shane Byington
Steven Lazelle
Jon D Pearson
Mike Rogers
Chuck Spoor
Gary A Wilson
South Kitsap

Jessica Anderson
Kathy Ballew
Darren Bowden
John Callaghan
Eric Canton
Charla Cole
Joey Dame
Joshua Emmons
Freda Evans
Jim Fairweather
Tammy Helwig
Adam Kanouse
Nick Kenyon
Michael Krug
Tamara A Lester
Dame

Mark Lutzenhiser
Chad Nass
Ron Ness
David A Olson
Patrick Olsen
Todd Olson
Jay Powers
LaRae Rodriquez
Betsy Romine
Dennis (DJ)
Sigurdson
Joanne Warren
Paul Zimmer

South Kitsap-Cedar Heights JH
Jeanne Blair
Eric Grieve
Kate Grieve
Sara Hatfield
Jim Horan
Michael-Paul Koontz
Carey T Krumsick
Ruby Markstedt
Teresa Messing
Frank Moppins
Shannon Woods
Ryan K Yingling

South Kitsap-Sedgwick JH
Kevin Darcey
Kenneth W Durham
Linsey Emmons
Corey Frood
Kirsten Frood
Debbie Kehrer
Annette Kingsbury
Christopher Korbelt

Larry E Nelson
Arnie Otterbeck
John E Richardson
Charles J Riley
David A Rodriguez
Nicole Settlemeyer
Jeff Winn

South Kitsap-Whitman JH

Wayne D Anderson
Scott Appleby
Kelly Balzarette
Michael Bray
Bruce W Daily
Matthew Davis
Teresa Fay
Joseph H Outhwaite
Casey P Robbins
David M Sparks

South Whidbey

Doug Fulton

Southridge

Heather Bjorge
David A Brown
James Canada
Stephen R Coomes
Jake Davis
Kristen Davis
Jason W DeVore
Riley Dodson
Lawrence P Elferring
J Ty Fischer
Heidi Fryer
Mark German
Charles R Hamaker-Teals

Jason W Hart
Nicole Hatcher
Charlie Heimbigner
Ryan Helms
James Hendricks
John Hogg
Ted Homme
Dave Hurst
Sharok Khabir
Brian N Klos
Dana Lee
John

Lengphounpraseut
Matthew Mandell
Jamie Monroe
Kathy Morrey
Jill M Pfeiffer
Christine Pohjola
Crystal R Ramos
Rick Regan
Anthony S Reiboldt
Spencer A Reiboldt
Dave Rockstrom
Tim Roloff
Carly Ross

Greg Sambrano
Michael Sandbeck
Kristin Seffens
Dustin T Smith
Sheila Rae Smith
Wade C Spence
Elizabeth Stiles
Scott Stiles
Andrew B Troxel
Kelly Weber
Anne M Wendt
Johanna M Wiens
Andrew Wright
Spanaway Lake

Pat Davis
Chris Ferrier
John C Robak
Spokane-Shaw MS
Colten L Yeigh
Terrance L Yeigh

Sprague-Harrington

Darin Reppe

Squalicum

Chris Benson
Jason Bergman
Dave Dickson
John Inge
Rodney L Kammenga
Steve Ness
Reed Richardson

St John

Doug W Schuster
St John-Endicott

Megan J Doering

Stadium

Jess Nelson

Stanwood

Dick Abrams
Trudy Abrams
Matt Brennan
Rita Brennan
Jason Femrite
Paul E Johnson
Jeanne L Kelly
Dennis D Kloke
Ray Mather
Nancy Rink
William (Tom) Scott
Lori Stunz
Erik Titus
Bruce Van Scoy
Zach Ward
Tom Wilfong
Art Wiper
Steilacoom

Kyle Haller
Bruce D Hayes
Brian Koch
Elmer Lago

Eric Miller
Gary Wusterbarth
Stevenson
Reenie Kiehn
Clifford W Leeson
Glenn A Stump

Sultan

Peter Riehle
Tanner Swanson

Sumner

Michael J Fitzpatrick
Louise King-Taylor
Kristin Martin
Kimmie Marton
Timothy Scott
Sumner-Mountain

View MS

Sean Ryder
Sunnyside

Mikal Aberle
Stacy Alseth
Tyler Alseth
Brandi Berg
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WSFCA Mid-Winter Football Conference

January 23, 24, 25
Bellevue Hilton

FRIDAY SEMINAR – JANUARY 23

- 7:30 – 8:30 Registration
8:30 – 8:40 Welcome & Agenda
8:40 – 9:30 **Digital Sports Video Demo – “Winning Through Game Preparation and Technology”**
Jeff Schmidt – WA State Rep
9:35 – 10:10 **Varsity Gold – “Fundraising, The Life Blood of Your System”**
Ken Holden & David Wright
10:15 – 11:00 **“Preparing Yourself, Your Staff & Team for Summer Programs”**
Dick Langum – Risk Manager
11:10 – 12:10 **Panel Discussion – “The Evils of Specialization in High School Athletics”**
Moderator: Coach Don Papasadero – Mercer Island H.S., Panelists: Bill Lavaroni, Craig “Sideline Smitty” Smith, and Tim Crowder
12:10 – 1:00 **Lunch** (Included in Registration Fee)
1:00 – 1:55 **“Program Development, Part 1”**
Mike Hastings – Pt. Loma High School, San Diego, CA
2:00 – 2:55 **“Program Development, Part 2”**
Mike Hastings
3:00 – 3:50 **“Important Aspects of Training the High School Quarterback”**
Hugh Millen – Baden Sports Rep.
Presented by Gear Athletics & Baden Sports
3:55 – 4:30 **Open Forum – “Weight Training for the Multi-Sport Athlete”**
Moderator: Rick Giampietri – Head Coach Central Valley HS, Spokane
4:30 – 5:30 **East-West Selection Meetings**
East 3A/4A (Redmond)
West 3A/4A (Kirkland)
West A/B (Newcastle)
5:30 – 6:30 **Round Table – “It’s Not All X’s & O’s – A Small School Discussion”**
Rob Friese – Willapa Valley H.S. – Moderator (King County I)
Round Table – “Issues & Concerns At the Jr. Hi/Middle School Level”
Mike Schick – Edgemont Jr. Hi, Puyallup
Sandy Coopridier – Foothills Middle School, Wenatchee (King County II)
6:30 – 7:30 **Dinner & Refreshments** (Included in Registration Fee)

7:30 – 9:00

Featured Speaker: Jim McElwain – Offensive Coordinator, University of Alabama
“Crimson Tide Football”

SATURDAY, JANUARY 24

- 7:30 – 8:30 **Registration**
8:30 – 9:20 **“Offensive Line Techniques for the Wing T”**
Phil Willenbrock – Head Coach, UPS
“Defensive Line Drills & Techniques”
Mark Keel – Head Coach, Central Kitsap High School
“Quarterback & Receiver Play at Central Washington University”
Blaine Bennett – Head Coach, CWU
“Defensive Back Drills, Technique & Covers”
Joe Lorig – D.B. Coach, CWU
9:20 – 9:40 **Visit Exhibits**
9:40 – 10:30 **“Important Decisions in Developing the Wing-T Linemen”**
Phil Willenbrock
“The No-Huddle Spread Gun Wing T”
Jeremy Plaa – Head Coach, Thomas Downey High School, Modesto, CA
“3-3-5 Alignment & Assignments”
Randy Heath – Defensive Coordinator, Jesuit High School, Portland, OR
“Offensive Line Play in the Double Wing”
Tim Murphy – Head Coach, Clovis East High School, Clovis, CA
10:40 – 11:30 **“The Canby Delaware Wing T Sweep Series vs. Odd & Even”**
Mike Doty – Head Coach, Canby High School, Canby, OR
“The Double Wing- Backfield Play”
Tim Murphy – Clovis, CA
“Building Every Day”
John Tully – Head Coach, Whitworth University
“Defensing the Double Wing with the 4-3 Multiple Covers”
Mark Speckman – Head Coach, Willamette University
11:40 – 12:30 **“Put the Rocket into the Spread Gun Wing T”**
Jeremy Plaa – Modesto, CA
“The Canby Wing T Down & Belly Series vs. Even & Odd”
Mike Doty – Canby, OR

WSFCA Mid-Winter Football Conference

January 23, 24, 25
Bellevue Hilton

	<p>"Defensing the Wing T with the 5-2" Jim Sutrick – Defensive Line Coach, Kent Meridian High School</p> <p>"Out of Season" Mike Hastings – Head Coach, Pt. Loma High School, San Diego, CA</p>		<p>"In- and Out-of-Season Strength & Conditioning for Football" Lele Te'o – Strength & Conditioning Coach, Juanita High School</p> <p>"Eagles Multiple I with Variations" Eric Kurle – Graham Kapowsin High School</p>
12:30 – 1:10	Lunch & Visit Exhibits		
1:10 – 2:00	<p>"Screens, Specials & Hidden Hand-off Draw in the Spread Gun" Jeremy Plaa – Modesto, CA</p> <p>"3-4 Tampa 2 – Rerouting the Receivers" Wes Warren – Defensive Coordinator, Bellevue High School</p> <p>"Q.B. Options & Runs in the Fly Offense" Mark Speckman – Willamette U.</p> <p>"Lewis & Clark Single Back Inside/Outside Zone Offense" Dave Hughes – Offensive Coordinator, Lewis & Clark High School, Spokane</p>	6:30 p.m.	<p>Dinner and Hall of Fame Inductions, Gold & Silver Helmet Awards, and District Coach of the Year Awards (dinner included in registration fee)</p>
			SUNDAY, JANUARY 25
			Registration
2:10 – 3:00	<p>"3-4 Zone Blitzes" Wes Warren - Bellevue</p> <p>"Single Back Bootleg & 3-Step Passing Game" Dave Hughes – Lewis & Clark, Spokane</p> <p>"3-3-5 Blitz Pressure Packages & Schemes" Randy Heath – Jesuit HS, Portland</p> <p>"The No Huddle Offense – Where Do I Start" Eric Young – Head Coach, College of The Siskiyous, Weed, CA</p>	8:30 – 9:00	"4-3 Multiple Cover vs. Spread Option" Mark Speckman – Head Coach, Willamette University
	Visit Exhibits	9:00 – 9:50	"Attacking the 3-3 Stack with the Double Wing" Tim Murphy – Clovis East HS, Clovis, CA
3:00 – 3:15	"The Canby Wing T, Counter & Trap Option Series" Mike Doty – Canby, OR		"High School Approach to the Air Raid Passing Game" Jeremy Plaa – Thomas Downey HS, Modesto, CA
3:15 – 4:05	"Defensing the Spread Option with the 5-2" Jim Sutrick – Defensive Line Coach, Kent Meridian	10:00 – 10:50	"Defending the Wing T with the 3-3-5" Randy Heath – Defensive Coordinator, Jesuit HS, Portland, OR
	"The Fly Offense – Inside & Outside Sweep" Mike Hastings – Pt. Loma High School, San Diego, CA		"Defending the Spread Gun with a 4-4 Cover 3" Eric Young – College of The Siskiyous
4:10 – 5:00	"Stop the Wing T with Your Base 4-4" Eric Young – College of The Siskiyous		"The Wing T vs. a 3-3 Stack" Mike Doty – Canby HS, Canby, OR
	"Special Teams" Mike Hastings – Pt. Loma HS		"The 3-4 Tampa 2 vs. The Spread Option" Wes Warren – Defensive Coordinator, Bellevue HS
	"The Best of the Double Wing" Tim Murphy – Clovis East HS, Clovis, CA		"The Moses Lake Triple Gun & Blocking the Blitz Out of the Gun" Greg Kittrell – Head Coach, Moses Lake High School
		11:00 – 11:50	"Team Building & Staff Development" Mark Speckman – Head Coach, Willamette University
		12:00 – 12:50	"Team Building Through Conditioning" Bruce Brown – Proactive Coaching ■



100 ways to talk to your Football Players in the 2000's

by Coach Don Papasedero

Early this Fall, an old coaching pal of mine, (who has not been on the field since the mid-eighties), dropped in to watch a couple days of practice. He exclaimed that I was still working at a feverish pitch, sweating, stomping around, making a ruckus, and shoving my nose into every drill. More importantly, he recognized that the way I was communicating with the athletes had changed a great deal. It occurred to me that this was a backhanded compliment and a testimony to learning to adapt instruction to the player we see in the 2000's.

Certainly, we can all self-evaluate how we use our language to "teach" this game we love. The athletes have changed dramatically...it is our challenge to make positive changes in our delivery to match their needs and be effective football coaches. Below is a list of ways to speak to our guys. Consider giving them a try!

- 1) We will win with that kind of effort
- 2) You're doing a good job
- 3) You did a lot of improving today
- 4) Now you've figured it out
- 5) Effort should be a habit
- 6) You can't make a better play than that
- 7) That's the way we do it around here
- 8) You're a pleasure to coach today
- 9) Your choices are great
- 10) You're showing leadership around here
- 11) I am proud of you
- 12) You are progressing along very well
- 13) Good try...keep at it
- 14) You are trusting our teaching and it shows
- 15) You are a team player
- 16) FANTASTIC
- 17) You're a scary player
- 18) You're an unblockable stud
- 19) ...simply tough to handle out there
- 20) That's better...better and better each day
- 21) EXCELLENT
- 22) You are fun to coach
- 23) You are the kind of player who inspires me
- 24) Let's get your performance to match that great effort
- 25) That's the best you've ever done
- 26) SON
- 27) Keep hitting people and we will keep noticing you
- 28) You are going to "see the field" with that effort
- 29) Good 'n violent
- 30) Keep up the good work
- 31) You know what we are doing out there and it shows
- 32) You are much quicker
- 33) You are practicing to win for us
- 34) I like your thinking on that
- 35) Exactly right.....perrrrrfect
- 36) This is what will shake them up
- 37) You take coaching well
- 38) You make it look easy
- 39) I've never seen anyone do it better
- 40) You are doing all you can to keep improving
- 41) Way to show your aggressiveness
- 42) You could coach that skill
- 43) You're a good friend
- 44) You're better today than yesterday
- 45) WONDERFUL
- 46) I knew you could do it
- 47) We admire your work ethic
- 48) You're doing beautifully on this new stuff
- 49) That's why we are in the weight room
- 50) That's unselfish of you
- 51) Nobody is going to outwork you
- 52) Your training is paying off
- 53) Nothing can stop you now that you understand it
- 54) That is an All-League type of play
- 55) You are using precision...a real craftsman
- 56) You are showing others how to play
- 57) Your leadership is certainly appreciated

- 58) Your teammates just love you
- 59) You are so strong
- 60) That was the best you have ever done that drill
- 61) I'm happy to see you working like that
- 62) You know this scheme very well
- 63) Now, isn't that fun
- 64) Hummm Babe
- 65) You are really reducing your breakdowns
- 66) Our guys are starting to want to be like you
- 67) That kind of work makes me so happy
- 68) Our team dreads practicing against you
- 69) Now you've figured it out
- 70) Brilliant decision there...this really fits what we are doing
- 71) That's you...the real you
- 72) Instant reaction...that's it
- 73) You are ready for "Prime Time"
- 74) Practice is never a drudge with you out here
- 75) You've figured that out fast
- 76) You remember
- 77) You're really improving your technique
- 78) I think you've got it now
- 79) A great choice
- 80) You show us class on and off the field
- 81) TREMENDOUS
- 82) You must just love football
- 83) You never take "a down off"
- 84) Your practice is at game speed already
- 85) Now, that's what I call a fine job
- 86) You are a grizzly, tough dude
- 87) I can't guess how much better you will become
- 88) That was first class work
- 89) Right on
- 90) SENSATIONAL
- 91) That's the best ever
- 92) You are the first in line...always hustling
- 93) You haven't missed a thing
- 94) Its a pleasure to coach when you work like that
- 95) You really make my job fun
- 96) You must have been practicing
- 97) You've just about mastered that
- 98) One more time and you'll have it
- 99) You are actually wearing the scout team out
- 100) Let's remember how far you have come ■

As a football coach at Juanita High School, I am COMMITTED to working on every down!

by Coach Don Papasedero

...."Are you doing this?" should be asked each time.

1. Create an atmosphere for teaching, where the player is motivated to accept instruction...both new and old.

- a) Explain what they will learn today first.
- b) Be exact about the expectation and pace
- c) Have your drills organized and ready
- d) REVIEW what was taught today

2. Demonstrate and explain: It is important for a coach to be able to demonstrate techniques to reinforce retention in his players.

- a) Practice demonstrating before trying to teach the technique on the field
- b) Be loud and quick while demonstrating
- c) Repeat yourself a lot...check for understanding
- d) Break a sweat at practice everyday...be suited up

3. Demand that the player do his "job" and don't allow a "busted" assignment without instruction on the spot. Coach on the run and keep the teaching pace as rapid as

practice/game pace..."jump in" on each opportunity

a) do not allow players in your area to make a mistake without being coached...especially on effort

b) Be picky...have very high expectations

4. Show your players that you believe in them, inspire them to develop self-confidence in what they do on the field...praise effort towards improving first!

a) They don't care how much out know, until they know how much you care...let 'em know that you are genuine...be yourself

b) Touch your guys

5. Accept and follow your exact coaching assignment.

a) Do not "wonder off" or gravitate to a position not assigned

b) You are accountable for exact areas...even if you do not like it

c) Help everyone set up the next drill...anticipate equipment needs

d) Keep a close eye on your position first ■

HURDLE WORKOUTS WITH A PURPOSE

“12 Workouts to Maximize Performance”

Bryan E. Hoddle-BryanHoddle.com
Head Coach-2004 USA Paralympic Track and Field
Northwest Track and Field Clinic Director

With a 13-week seasons and multi-event athletes, purposeful time spent with your hurdlers is crucial. Identifying strengths and weaknesses, implementing a well thought-out plan, and communicating a plan with the athlete, will maximize performance for your athletes and expedite hurdling excellence.

Nothing will frustrate today's athlete more than going through workouts with no purpose other than fill time until 5:30pm. (When a coach cannot answer why a workout is being done, that is a quick recipe for failure and questioning.) However, nothing will win over an athlete more than a purpose to their hurdle workouts. The biggest mistake in high school hurdling is over hurdling your athlete. More isn't better.

There are a few items to be aware of before hurdling. Among those items is the often overlooked area of joint range of motion of the athlete. This is especially important in the hip area. Another area is the foot strength of the athlete. If the feet aren't strong enough to sustain the violent foot contacts that will take place in hurdling, continual injury problems will occur. Another area is proper sequencing. The fire sequence must be hip, knee ankle. Sometimes you will see an athlete fire, hip-foot. This sequence will often result in foot hurdling and the hips will drop going into the hurdle. The final area is rhythm. A hurdler must have rhythm. If an athlete can develop good hurdle rhythm, they'll press at points in a race



and leave their race pattern.

Hurdle workouts are typically done on Monday or Tuesday. This enables the athlete to rest adequately for the Thursday meet or Friday/Saturday Invite. More is not better and can be a pitfall for the athlete and coach. Chart your volume and listen to your athlete. Initially a young hurdler will want to set the hurdle at normal distance and normal height and start hurdling. Soon they will fail to accomplish given technical aspects. Fatigue will begin to set in, bad habits form and a cycle of failure will begin.

Many coaches and athletes will look at early season spacings and settings listed below and panic. Don't panic! Many hurdlers set the hurdles at the regular height and distance and the athlete just fires away at practice taking one hurdle after another. Those who can 3 step in the short hurdles (100/110) will be able to 3 step and those who can't, can be trained correctly to accomplish 3 stepping with correct instruction, proper workouts and an adequate amount of time given to succeed. Fatiguing a hurdler at normal distance spacing and settings will only magnify the problem. Hurdles are placed a rung down for practice. Again, don't worry. When the meet arrives and adrenaline sets in, the ath-



Bryan Hoddle

lete won't even notice the difference.

Below are 12 workout plans with the purpose for the workout listed. As you will see **rhythm** is critically important in hurdling.

Workout #1-Early Season

6 x 6 flights set at 6.50 meters-down 1 rung (Rhythm and avg. speed)
or

5 x 8 flights set at 6.80 meters-down 1 rung (Rhythm and avg. speed)
or

5 x 8 flights set at 7.20 meters-down 1 rung (Rhythm and avg. speed)

Workout #2-Mid Season

5 x 8 flights set at 7.50 meters-down 1 rung (Rhythm and avg. speed)

5 x 12 flights set at 7.50 meters-down 1 rung (Rhythm and avg. speed)

Workout #3-Late Season

5 x 12 flights set at 8.25 meters-down 1 rung (rhythm and avg. speed)

4 x 9 flights set at 8.50 meters-down 1 rung (rhythm and avg. speed)

Workout #4

Hurdling in a 5-stride rhythm over hurdles set at 11.50 to 12.0 meters-down 1 rung (avg. speed and stride frequency)

Workout #5

Hurdling with a gradual shortening of the distance between the hurdles from 8.50 to 8.10 by 10cm at a time (shortens stride length and increases avg. speed)

Workout #6

Running at the hurdle with the lead leg going past the hurdle (Increases speed-stride frequency)

Workout #7

Running with a 3 stride frequency over ghost hurdles (shortens flight distance and time)

Workout #8

Towed hurdling for advanced hurdlers. (Reduces time between hurdles. Increases speed over the hurdle.)

Workout #9

300 hurdles-1 rung down-5 to 7 flights set at 11.5- to 12.50 into and out of corner. The athlete will be 5 stepping the hurdles. This workout will model the rhythm patterns needed without running the race distance. (rhythm, technical adjustments in and out of corners, focus)

Workout #10

300 hurdles-1 rung down-3 shoes in toward the starting line at the first hurdle, 6 to the 2nd, 9 to the 3rd and so on, through 7 to 9 flights. (Touch down times)

Workout #11

300 hurdles-Place your back to a hurdle and walk away. Go on coaches command. (taking hurdles with either leg)

Workout #12

300 hurdles-Hurdle scatter-Scatter hurdles in a lane on the track at various distances. (take hurdle with leg the hurdle comes to you at)

On non-hurdling days, have the athletes perform walk over work or in place hurdle work can take place. Once your football coach sees these drills, you can plan on a visit from the coach. Nothing will maximize footwork for all sports better than these hurdle drills.

- Scissors
- 2 up and 1 back
- Led leg and trail leg
- Over-Over Back-Back
- Lead Leg Over and under
- Zig Zags
- Continuous Lead Leg
- B-Skips
- Quick Draw
- Lunge balances
- Heel-ees
- Toe-es

Correct hurdling takes time and patience. If you identify an athlete with good speed and good bi-motor abilities, solid rhythm, you may have your sights set on a state caliber athlete. It will not happen overnight but with a well thought out plan and workouts or drills to address the different aspects of hurdling, you may well be on your way to state with a cadre of hurdlers. Maximize the time you have and pinpoint the type of hurdle workout your athlete needs.

Coach Hoddle is the former head coach of the 2004 USA Paralympic Track and Field Team. He has spent countless hours helping hurdlers from around the state. He's the director of the Northwest Track and Field Clinic to be held on February 13, 14, 15 at the SeaTac Double Tree Hotel in Seattle, WA. www.allsportsschool.com ■

MOVING?

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

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

Be an "active" member of the WSCA.
Get Involved!
Take advantage of the services provided.

HAWKES SQUAWKS

by Dee Hawkes
Retired



Ready or not, winter is upon us, and that means we can go inside to watch the preps play. There's always something special about watching competition up close in a warm gym. There is no need to button up, wear gloves, or deal with what Mother Nature delivers. Although at times you just have to have some popcorn.

BEHIND THE SCENE

Much, probably too much, has been made of halftime prep talks. There are times when a coach can inspire a team to return and take over the second half. These coaches know how to say exactly what the team needs to hear. My rant is with coaches who use profanity to make their points. This may include calling their team names and the use of female verbiage. . . . By the way, did you know that Aberdeen and Hoquiam have the oldest continuous high school football rivalry in the state? This fall the two teams met for the 103rd time. Aberdeen won 21-12. . . . One of my pet peeves is when players on the field pump their arms in the air to encourage fan noise. My take is that they should be focusing on their opponent.

TAKE TIME FOR A HISTORY LESSON

If you coach football, it is certainly understandable that you may want to learn the history of the sport. As a rule, most coaches have limited knowledge of the history of the game. In any case, I suggest you get a copy of the *The Real Americans* by Sally Jenkins. Keep it in your football library and read it from cover to cover. In her book, the author connects the dots and explains how the football played a century ago paved the way for the game we coach today. In 1912, a Native American football team, led by Jim Thorpe, defeated Army at West Point. Pop Warner, their coach, brought trick plays, reverses, end-around, and flea-flickers, which was so different from Army's style of smash-mouth power football.

It staggers the mind that this happened a hundred years ago. In those days, marijuana was legal, 95 percent of all births took place at home, 90 percent of all doctors had no college, and only 6 percent of all Americans had graduated from high school.

IT IS FITTING THAT THEY MEET AGAIN

It wasn't supposed to happen this soon, but Gary Moore, the former Issaquah High School football coach, died suddenly last summer. He was preceded in death by his father-in-law Budd Pripp, who had a long and distinguished coaching career at West Seattle High School. You might think that God gave St Peter the assignment to find two related coaches and bring them on to His heavenly team. We have to believe that Budd is teaching Gary how to bunt while Gary is showing Budd that throwing a baseball is not the same as passing a football. I'm sure that the gate keeper coach Jim Ennis and his son Terry were also there to welcome them aboard.

ODDS AND ENDS FROM THE FALL

It is the sign of our times that television viewers are allowed to pick the high school football game of the week. Comcast's decision to televise these games has not involved getting approval from the teams that are playing. It just doesn't make sense that commercial television seeking ratings can step into the circle without giving the schools an option to turn it down. We already know how demands of television have affected the placement of UW football to late afternoon or evening, which does not please most fans in attendance. Please understand that for this old attendee the game should be for those students and fans sitting in the stands and not for the viewers at home. However, it's a horse of a different color when coverage is arranged for the state playoffs.

TIME TO KEEP THE GOOD ONES HOME

Have you ever been bothered by the fact recruited athletes leave our state to play somewhere else? Have you ever wondered why an athlete chooses to cast his or her lot out of state? This can partially be blamed on the advancement of technology, especially the internet. According to some coaches, now is the time to turn it around and push for athletes to stay and play in the neighborhood schools. Recruiting is the focal point in college programs. While some programs are above board and follow the

rules, others do not and find ways to creatively cheat. The key thing, however, is that the athlete must learn from the beginning whether the school is a good fit.

NIBBLE ON THIS: AN EVERY DOWN OFFENSE

The game of football has changed significantly since Rutgers and Princeton squared off in the first game on November 6, 1869. At that time, the rules were decided by the two team captains and there was no running or passing, just kicking. We have come a long way since then in our fascination with Xs and Os. Football coaches seldom do or see things the same way. Differences are especially apparent in the variety of offensive schemes.

Nibble on this. In this era of wide open offensive football, another innovative true spread offense, the A-11, is causing lots of controversy. This offense is the brainchild of two coaches in a small California high school. In the A-11 offense, any of the team's 11 players can become eligible to catch a pass. It's something like schoolyard ball where everyone can go out for a pass. The goal is to confuse the defense as much as possible. This is done by using an exception to the "scrimmage kick" rule. If you recall, the rule was put in to allow more flexibility on punt plays. It exchanges big players with faster ones. Therefore, in this offense, no players on the team wear jersey numbers from 50-79. Every player on the field has an eligible number.

For fun, take out your white board and draw this base formation: Diagram a center flanked by two TEs, put two three receiver sets out wide to each side, and place all on the LOS. In the backfield, two backs align 7-yards deep for a direct snap, which is the legal scrimmage kick depth. Using a number system and voice signals, seven players establish the line while the others line up legally to catch a pass. They set for one second; then the called play is executed.

Called a "stupid offense," opponents are scrambling to teach their defense how to stop it. The confusion factor is driving officiating crews crazy as they determine who the seven are that must be on the LOS and who is eligible to go out for a pass. So far, A-11 has been banned in five states. In North Carolina, a team is given a 15-yard penalty when it is shown. After the second time, the head coach is gone. In Texas, preps play under the college rule, which is different.

As we watch the game today, the methods of scoring reads like a farmer's almanac. Offenses that survive are based on sound concepts, not just on a whim. Yet, offenses come and go as fast as the defenses are devel-

oped to stop them. We'll stand back and watch whether A-11 is allowed or drowned by a change in the rules. Facing a 3 and 17, or the need for a momentum change, this wide open offense just might be the ticket. This is especially true if your offense can't move the chains and score. Whether you like it or not, A-11 offense demonstrates how football is evolving. Who knows, it may be a great fit for your skilled players.

ON THE SAME PAGE

Perhaps lost in the shuffle is the requirement that volunteer coaches must be approved by the school board in order to coach. There could be some rubber stamping going on. . . . Open gyms and weight rooms are great for an athlete to use out of season, but my peeve is when coaches can't offer this as an option. It's easy to understand why, but it's against the rules. Remember, no coaching is to go on during these times.

SAVE FINAL PLAUDITS FOR ADS

Athletic Directors are in the middle of their season, which started last August. They must take care of everything from eligibility, sportsmanship, and coaching coaches, to financial issues. Other parts of the job that go with the territory can be either good or bad. Dealing with parents can be smooth as silk or sticky as a wicket. This alone makes it a legitimate full time job. Floating around this winter are stories of parents who found fault with how their kids were being treated. Most of it had to do with breaking the Code of Conduct behavior. The best principals understand how valuable a good athletic director can be to their school.

TALK ABOUT OUTSIDE THE BOX

This spring, 214 Illinois high schools will compete in the first ever Bass Fishing Competition. They will start with sectional tournaments and then hold state finals early in May. Teams are allowed two boats per school, and they may be coed. Winners will be judged on the weights of up to five fish per boat. School officials believe this sport will only continue to grow. Who can deny that we live in an era where the face of prep athletics has changed? You think you've seen everything and along comes a sport called bass fishing, which is certainly outside the box. The question is whether these fish are to be the evening dinner or given freedom by catch and release!

MAYBE YOU HEARD

The web site eurosportsscoreboard.com warrants attention if you are a soccer fan and want to plug into other

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high school teams across the country. . . . There's been a lot of talk about school booster clubs over stepping their boundaries. The usual suspects are parents who want to do more than contribute money to help a particular sport. Under proper guidelines, they should be a fund raiser but nothing more. . . . Kudos go to the Cedar Park Christian High School varsity volleyball team. These ladies made and sent about 100 Christmas cards to troops in Iraq. . . . The opportunities missed, and the work undone has taken its toll among some King and Kitsap football coaches who didn't follow through with the National Football Foundation Scholarship Program. Simply put and done right, your scholar-athletes should be nominated. Something is wrong

if you think that this is not important to the athlete and his family. Last year, a perplexed father asked why his worthy son was not a finalist. The committee had to say, with great regret, that the scholar-athlete's coach had not completed his part in the application process. I mean no disrespect, but not following through is like playing hooky.

Even if you don't agree with me, all e-mails are welcome (hawkes32@comcast.net). At times, I feel like I'm Andy Rooney (60 Minutes) giving you my opinion of what's going on in the prep world. The ability to scan the horizon from my perch on the retirement ladder gives me an advantage, because my global warning system works everywhere.

See you around, I hope. ■

Washington State Football Coaches Hall of Fame

Nominee Information Sheet

Nominee Information

Name: _____

Phone #: _____

Address: _____

City: _____

State: _____ Zip: _____

Email: _____

WSCA Member?

Lifetime _____

Former _____

Current _____

Offices Held _____

Total Years Coaching

Head _____

Asst. _____

Advocate Information (you)

Name: _____

Phone #: _____

Email: _____

Nominee Coaching History

Year	School	Record
------	--------	--------

_____	_____	_____
-------	-------	-------

_____	_____	_____
-------	-------	-------

_____	_____	_____
-------	-------	-------

_____	_____	_____
-------	-------	-------

Career Record

W _____ L _____ T _____

Honors Received : (Chronologically)

Year _____ Honor _____

Year _____ Honor _____

Year _____ Honor _____

Year _____ Honor _____

Year _____ Honor _____

Year _____ Honor _____

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WSCCCA SELECTS ITS ANNUAL HALL OF FAME INDUCTEES

by Steve K. Bertrand

Each year members of the Washington State Cross Country Coaches' Association select recipients to be inducted into the WSCCCA Hall Of Fame. Inductees are chosen based upon their years of experience, success & contributions to the sport of cross country. Recipients were honored at a banquet prior to the State Cross Country Championships on Saturday, November 8th, at Pasco's Red Lion Inn. Here's a look at the 2008 inductees:

Jim Berry

Photo Not Available

Jim Berry grew up in Spokane, Washington. He attended West Valley High School & graduated in 1948. During that time, he was a three-sport athlete (football, basketball & track). After high school, Berry attended the University of Washington for one year on a track scholarship. He then transferred to Eastern University where he earned an education degree in 1956. While at Eastern, he participated in track. His main event was the 2-mile.

Berry taught social studies & history for ten years. He got his start coaching cross country under Tracy Walters at Rogers High School (Spokane). When the cross country job opened up at Shadle Park High School, Jim applied. He coached for ten years eventually giving it up to start a business in the medical field. During his coaching career, Jim Berry had four state qualifying teams. They won two state titles, placed second & third.

Berry's fondest memories include the many great kids he had the privilege of coaching. He has been married to his wife Barbara for the past fifty-eight years. They have three children (Katherine, Bruce & Luanne) & six grandchildren. Recalling his coaching days, Jim Berry had this to say – "Life was simpler when I was a coach. We didn't travel much, & when we did, it was usually to somewhere like Moses Lake. The biggest worry was whether or not the van would make it there & back!"

Mark Cullen



Mark Cullen was born in Boston, Massachusetts. Five weeks later, he moved. This set the tone for things to come. Cullen never went to the same school more than two years in a row. He attended a boarding school during high school & graduated from The Athenian School in Danville, California in 1970. After high school, Cullen attended Hampshire College in Amherst, Maine, for one year. He then transferred to the University of Oregon where he graduated with a degree in history in 1975.

Cullen began running in the fall of 1971 in Bill Bowerman's "Hamburgers" beginning jogging class. He was a devoted runner for seven years until an injury brought his running career to an abrupt end. His two best performances included a 1:10:49 20K & 1:15:50 half marathon.

His professional career involved teaching history & geography for thirty-two years at Seattle's University Prep. This included a twenty-one year stint as athletic director. Cullen coached cross country from 1981 to 2006. During that time, he had five state qualifying teams. His 1983 boys' squad was the only "B" team to qualify for the A/B state meet. Cullen's '91 & '92 teams placed 5th in the "B" boys' state meet.

Cullen considers his most rewarding achievements as developing the cross country/track & field programs at University Prep. He also sights his relationship with his athletes & the profound long-term impact running has had on their lives, as well as his association & friendship with coaches across the state. Mark Cullen is the past president of the Washington State Cross Country Coaches' Association (2000-2006).

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Mike Evans



Mike Evans grew up in Marysville, Washington. He graduated from Marysville High School in 1967. From 1967-1970, he served in the navy. Evans began his teaching career in the Lakewood School District in 1974. He spent his entire thirty year career at Lakewood.

Evans started the cross country program in 1981. He held the head coaching position until his retirement in 2004. During his career, Evans' teams claimed four state titles. The boys won in 1989 & the girls won state titles in '91, '93 & '94. Second in 1984, the boys' team earned their first state meet appearance at Spokane's Hangman Valley Golf Course. Since then, the boys have been back to state every year.

Mike Evans most rewarding achievements include his great family (Cindy, Lance & Devony), who have always supported him through the good & bad times. He also sights his ability to surround himself with great people, such as current Lakewood cross country/track & field coach Jeff Sowards & his family. Finally, Evans treasures the relationship that he still has with many of his former athletes.

Reflecting on his coaching career, Evans had this to say – "Wins & losses have never been my 'guiding light' in coaching. I just knew that if I studied hard, taught to the best of my abilities, surrounded myself with self-motivated people, tried hard to give each young athlete the tools they needed to be successful on & off the field, &, as a result, the wins would fall in line with the program."

Bob Mathews



Bob Matthews admits to growing up an "army brat". He spent his early years jumping between California, Japan, Washington D.C., Fort Bragg, North Carolina, Bogota, Columbia, & Hong Kong. He graduated from Hong Kong's LaSalle College (high school) in 1967. During that time, he participated in cross country, swimming & track & field.

Matthews continued his running at the University of Tennessee (1967-1971) where he competed in the high hurdles. He was on winning relay teams at the Penn Relays & Florida Relays. His degree was in history.

After college, Matthews taught history & coached cross country/track & field at Seattle Lutheran High School from 1981 to 2001. While the head coach of cross country/track & field, his teams claimed sixty-four league titles & three state championships (boys' & girls' cross country teams in 1992/boys' track & field in 1989).

Following his career at Seattle Lutheran High School, Matthews moved to Las Vegas where he coached at Faith Lutheran, a "AA" high school, from 2001 to 2006. During that time, his teams claimed ten league titles & three state championships (boys' cross country in 2002 & 2003/boys' track & field in 2004).

Matthews considers working with young people as his most rewarding achievement. "I view running as formative to a person's character & life," he said. Bob Matthews has been married to his wife Pamela for thirty-four years. They have five children (Bobby, Rachel, Tommy, Jon & David). Presently, they live on Long Lake in Port Orchard where Bob continues to teach & coach. ■

CONGRATULATIONS!

BURNETT-ENNIS SCHOLARSHIP

Deadline: April 15th

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(s) are members of 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 one letter of recommendation from your principal, counselor, or teacher.
- Submit your High School Transcripts.
- Submit a resume of your high school activities (including community, school, or church activities)

Personal Information (please print clearly)

Name _____
Last First M.I.

High School Attended _____ Date of Birth _____

Permanent Address _____
Street City Zip Code

Permanent Home Telephone number ____ (____) _____

Parent/Guardian _____ Years Member of WSCA _____

Address of Parent/Guardian if different from applicant:

Street City Zip Code

Academic Information GPA _____

Briefly describe any scholastic distinctions or honors you have won since the 9th grade

Athletic or Extracurricular Participation

Sport _____ Years _____ Letters _____ Honors _____

Please continue with application on reverse side.

continued from previous page

BURNETT-ENNIS SCHOLARSHIP

Deadline: April 15th

College Goals. College planning to attend _____

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

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

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

Check list:

☐ Application ☐ Letter of Recommendation ☐ Transcript ☐ Resume

Your application must be received before April 15th.

Mail To: WSCA Scholarship, 708 S. Lake, Colfax, Wa 99111

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

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