

THE WASHINGTON COACH

OFFICIAL PUBLICATION OF THE WASHINGTON STATE COACHES ASSOCIATION



All the best of the holiday season to our coaches and their families!
WSCA Executive Board



WASHINGTON STATE COACHES ASSOCIATION



2009-2010 Membership Application

See our website at
www.washcoach.org

Please PRINT all
information LEGIBLY

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

Date _____

Name _____

Mailing Address _____

City, State, Zip _____

Home Phone _____

School Where Coaching _____

Name of the School District _____

School Phone _____

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

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			_____
<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			_____

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 members while working a scheduled, sanctioned and supervised WIAA sport or event. Contact 1-800-257-4860 X757.

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

*Hall of Fame eligibility.

*Eligibility for Coach of the Year awards.

*Eligibility to coach in WSCA All Star games.

*Enhanced professional growth to continue in the coaching field.

*Window decal upon request.

*Eligibility for publication in your magazine THE WASHINGTON COACH.

*Coaching Clinics.

Send completed form with \$35.00 to:

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

1-360-271-1377
jparrish@donobi.net

Benefits effective upon receipt of application and \$35.00.
Membership is from 8/1/09 through 7/31/10.

____ 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 or awards received;
8. Total years in coaching.

USE BACKOR EXTRA IF NECESSARY



Executive Board

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

For more information contact the below:

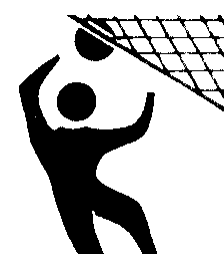
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Do you have an article you would like to have published in the **Washington Coach**?

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

Sprung deadline is February 14.

From The President

Winter 2010

Dear members of WSCA,

I am excited for the Yakima School District to have negotiated giving a Washington State Coaches pass to every coach in the District. By becoming a member the bargaining team realized they could give every coach a \$1,000,000 Liability Life Insurance policy plus opening doors for communication with the State coaches for only \$35 per coach. Each member now gets the coaches magazine four times a year. These new members realize their son or daughter is now eligible for WSCA Scholarships. Cardholders are eligible for Coach of the Year and Hall-of-Fame awards. They are also eligible to coach in All Star Senior games and receive updated information on coaching schools or clinics. Since we have so many District and State tournament events in Yakima coaches are excited to just show their pass and get free entry to all events. Most districts have a fund they use for professional growth and Yakima just took \$35 a person from that fund. The Yakima District Athletic Director said, "This is the best \$35 we have ever spent". I have used my pass for all divisions of the State basketball tournaments for years. I have also gained attendance to gymnastics, wrestling, tennis, football, baseball, fastpitch, swimming, volleyball and track state meets on this little card. I feel this \$35 is the best money ever spent and now I do not even have to pay that. Thanks Yakima School District for giving all of our Yakima coaches an opportunity to attend many events and become better coaches. I wish all districts would give their coaches the same opportunity.

Another topic I'd like you to think about is team chemistry. I have just witnessed a coach fight himself and his team the whole season. He is a great coach and I have watched him coach for many years. I have watched him take a team with very little talent and trophy at state and I have watched him take teams with talent and trophy at state. I watched him take a team this year with plenty of talent and not make the state tournament. Why? Team chemistry. The team wanted to do their own thing and as a coach he tried everything possible but in the end the team did not reach its potential. It made me ask myself: which would I rather coach, a team with great talent or a team with great chemistry? I have been very fortunate that in my 34 years of coaching I have been blessed with several teams that had both and this is the ultimate coaching experience. Obviously, these teams are special and the team members are bound for life. This is like winning the lottery. As a coach I am always most excited about the team that exceeded their potential. In whose eyes did this team exceed? In our team and our coaching staff's eyes, we did our best. One of my favorite teams did not win state but we played 6 loser out games and placed 3rd in state. I felt talent wise we were maybe 3rd in our league, but they believed and overachieved. If you have a group who helps motivate you to give your best every day because they give you their best every day, then you have great team chemistry. When talking to coaches who have coached 20 years or more I have found that they agree they would rather have great team chemistry than talent-maybe that is why they have coached 20 years or more. I wish all of you a great season and have fun everyday.

YOU GOTTA LOVE IT!!!!

Pat Fitterer



FROM THE SIDELINES

by Jerry Parrish



From The Sidelines

ORCHIDS

- ☐ To Susan Doering and daughter Megan for being Mother-Daughter state Volleyball coaching champions.
- ☐ To those who support scholarship programs for WSCA
- ☐ Adrenaline Memorial, H and L Sporting Goods and WSCA membership dues.
- ☐ To the behavior of the football teams involved in Tacoma Dome playoffs for showing class on and off the field. We are proud of you.
- ☐ To Tim Graham (Tumwater High School, Athletic Director) and Scott Nordi (Clover Park High School Athletic Director) and their Tacoma Dome crew for making sure all went well at Football Finals.
- ☐ For the WIAA and Tacoma Dome people who proudly acknowledged the fallen Lakewood Police Officers during the entire weekend of football finals.
- ☐ To the WIBCA coaches who give support to Coaches for Cancer. Squalicum coaches have been leaders in this arena.

ONIONS

- ☐ An onion to those considering tearing down Seattle Memorial Stadium. Any comments?
- ☐ A small onion to those who wash their wallets, misplace their application and want their card yesterday.

“Wit and Wisdom”

Permission from Texas Coach

“The eight laws of learning are explanation, demonstration, imitation, repetition, repetition, repetition, repetition, and repetition.”

John Wooden

“Practice without improvement is meaningless.

Chuck Knox

“When you are a hammer, everything looks like a nail.”

Anonymous

HIGHLITES FROM WSCA EXECUTIVE BOARD MEETING

Insurance for WSCA sanctioned all star games must meet the established dead line for coverage. Date will be shared with all star game coordinators.

WSCA Executive Board is seeking meeting time with WIAA District 7 board to explain and discuss use of WSCA membership at District post-season contests.

Large concern with problems with parents—coaches handling parents and lack of support by the parents of the coaches.

Much discussion about Club Sports and the integrity shown by some of the coaches with schol-

Continued on page 4

Continued from page 3

arship promises. Granger High School has pamphlets that address the problems with booster clubs and parents. WSCA will be investigating materials and make them available for the member coaches.

President Fitterer is going to contact Bruce Brown regarding a program on coach – parent relationships—how to solve them. And to set up a program for WSCA membership.

Discussion about “certified” not paid officials at Track and Field meets.

Classification discussion was good. December 15, 2009 is cut off date for opt ups and January 4, 2010 is date when classifications should be on WIAA web site for viewing.

The following sports submitted to WIAA office recommendations for National Federation awards: Boy’s and Girl’s Cross County; Boy’s and Girl’s Basketball, Fast Pitch, Football, Boy’s Track and Field. ■



Football Head Coaches and Staffs

How about a fun, fast and effective “In-service” mini clinic held at your school? Contact coach Don Papasedero and he will team up with experienced local coaches from your area to present a tailored and personal clinic for you and your staff...let’s talk!

- ☐ Learn how to positively self evaluate your program top to bottom.
- ☐ Explore how to pick a staff and assign duties and how to be an extraordinary collaborative assistant coach.
- ☐ Discover contemporary ways to communicate with players, improve relations and communication with administration, your community, your league, and each other...top to bottom!
- ☐ Find new ways to work with the other sports programs and coaches.
- ☐ Learn new practice ideas, conduct a drills and skills review, and discuss current, up to date, approaches of what we do in coaching.
- ☐ Improve the way you buy, inventory, and maintain equipment.
- ☐ Explore how to get your “numbers” up and the critical importance of being social on staffs.

References certainly provided upon request. Coach Paps has effectively completed 15 or more such mini clinics here in Washington State and in New England.

If this idea may be of interest and value to you, please contact:

Don Papasedero

don_papasedero @misd.wednet.edu 206-719-0492

100% WSCA MEMBERSHIP

HIGH SCHOOL STAFFS

Auburn-Riverside Football Staff
Bellevue Christian Cross County Coaches
Burlington-Edison Football Staff
Central Valley High School Football Staff
DeSales High School Staff
East Valley High School Staff-Spokane
Emerald Ridge (Puyallup) Football Staff
Grand Coulee Middle School Staff
Kentrledge Football Staff
Lake Washington High School Track Coaches
Rogers (Puyallup) High School Staff
Skyline High School Football Staff
Skyview High School Football Staff
Stanwood High School Staff
Tumwater Football Staff

HIGH SCHOOLS

Archbishop Murphy High School
Bishop Blanchet High School
Bremerton High School
Chelan High School
Cheney High School
Colton High School
King's High School
Mt. Baker High School
Naches Valley High School
Okanogan High School
Prosser High School
Riverview High School
Rochester High School

SCHOOL DISTRICTS

Centralia School District
Columbia -Burbank School District
Concrete School District
Deer Park School District
Elma School District
Fife School District
Franklin-Pierce School District
Kelso School District
Kennewick School District
Lakewood School District
Mary Walker School District
Moses Lake School District
North Kitsap School District
Nooksack Valley School District
North Mason School District
Pasco School District
Quincy School District
Reardan School District
South Kitsap School District
Snohomish School District
Walla Walla School District
White Pass School District
Yakima Public Schools



WAY TO GO



BUDDY T. BEAR

Port Angeles High School

Coach Bear has quite a coaching resume. He has been an assistant football coach at PAHS for 18 years, an assistant wrestling coach for 7 years, the head baseball coach for 6 years after being the JV & C team coach for 3 years, and will begin his second year as the girls' fastpitch head coach. He has also coached at Sequim, Capital and Rogers (Spokane) high schools as well as working as an assistant baseball coach at WSU and Spokane Falls Community College. Buddy is a graduate of the Washington State Basic Law Enforcement Academy (2000) and spent 10 years as a part-time and reserve deputy in the Clallam County Sheriff's Department.

A graduate of WSU ('80), Buddy earned graduate degrees from Gonzaga ('82) and City University ('93) and plans to attend Grand Canyon University in January 2010 pursuing doctoral studies in Organizational Leadership.

Coach Bear and Cynthia, his wife of 28 years, have three children who are Andrew (24), Rachel (22) and Hannah (18).

Buddy was named the Olympic League baseball coach of the year in '93 and the American Baseball Coaches' Association amateur baseball coach of the year for the state of Washington in 1989 after being the runner-up in '88.

Coach Bear coaches to give back what was given to him. He credits several coaches with giving him his passion for sports including Bobo Brayton, Bob Moawad, Cap Peterson, Chris Cherbas, Merle Hagbo and Dan Heltsley just to name a few. Of his several proud moments in coaching, Buddy shares his latest as taking the PA girls' fastpitch team to state for the first time in 34 years. "Those who have the ability to take action have the responsibility to take action."



JAMIE NILLES

*West Valley High School
(Spokane)*

A graduate of Eastern Washington University ('93), coach Nilles has been the head boys' basketball coach for 11 years after being an assistant coach for 6 years. He has also coached tennis for 6 years. Basketball appears to be a way of life in the Nilles household as Jamie's wife of 17 years, Renae, is the assistant coach for the women's team at West Valley. Their daughter, Shaniqua is a junior at WVHS. Jamie was named the LGE coach of the year in 1999, 2004, and 2008 and received the Wayne Gilman All Star Coaches Award in 2003.

Jamie's teams have been very successful with 6 LGE championships, 7 district championships, 5 regional championships, and 7 state appearances. West Valley also posts a 37 game winning streak at home.

The great game of basketball has given Jamie so much in life and coaching allows him to give back to the game. His proudest moments come from seeing all the hours of hard work rewarded with trips to the state tournament.

"Nobody has ever drowned in a pool of sweat. Work Hard!!".

Jamie has been a member of the WSCA for 6 years.



ROBERT EICHELSDOERFER

Bothell High School

Coach "Eich" has coached cross-country for 15 years and track and field for 24 years all at BHS the very high school he graduated from in 1979. Robert attended both WSU (BS Forest Management, '83) and the UW (BS Logging/Civil Engineering, '85). His family includes his wife of 24 years, Petra, and their three children Dan (22), Evvi (20) and Ed (18).

In 2004, coach Eich was named the 4A Kingco boys cross-country coach of the year and in 2008 he was honored as the 4A Kingco boys track and field coach of the year. Bothell was the 4A Kingco boys cross-country duel meet champion in '05 and in '08 they won the 4A Kingco boys track and field championship.

The BHS boys cross-country teams were participants at the state cross-country meet from 2004-08 placing 10th in '06 and '08.

Robert shares he is coaching to share his love of distance running and healthy life style with high school age students.

His proudest moments in coaching have been watching the BHS grow from 18 athletes in 2000 to more than 70 the last few years, seeing the boys cross-country team qualify for state in '04, winning the first ever track and field title, and coaching his daughter Evvi and his son Ed. His favorite quote comes from Steve Prefontaine, "To give anything less than your best is to sacrifice the gift." Robert has been a WSCA member for more than 20 years. ■

Do you have some great pictures?

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

ON THE SIDELINE NOMINATION FORM

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

Nominee's Name _____

Home/School Address _____

City _____ Zip _____

Current teaching/coaching location _____

Send this form to:

Mike Schick, 2110 Richardson Drive, Puyallup, WA 98371

Thank you for your efforts

The Passing Parade

John Fullerton



John Fullerton coached at Newport High School in Factoria for well over 40 years. If longevity in and of itself was the benchmark for coaches to aspire to, he would be in an extremely selective class. To coach the same position at the same school for over 4 decades requires an incredible amount of stamina, self discipline, and servitude. But John was not just about passing the time.

John had an incredible amount of success. Engineering the triple option offense that appeared in two state finals, setting 9 Kingbowl offensive records in a victory over Puyallup in 1992, multiple semi-finals, and a winning percentage that would rank among the state's best during the 90's. If scoreboard success was the ultimate reward of coaching, John would have many treasures. John willingly gave the credit to others however, because he knew that the scoreboard

was not where the integrity and legacy of the profession are located.

John was the consummate teacher. Regardless of whether it was math, which he taught at Newport for almost 30 years, offensive line play, or the javelin, John taught patiently until others' quest for knowledge was satisfied. He stayed many a late night teaching me the finer points of the triple option. If communicating content about one's passions to a willing audience is the measure of a quality teacher, John was at the head of his class. But John only used the mediums of football, mathematics, and track and field, to teach all those around him about a much more important subject- life success.

The irony of using his untimely death to teach others lessons about living would undoubtedly please John thoroughly. In going through his notes, accumulated over many years, here are some things John might have wanted all of us to know:

On one page were scribbles for a clinic he was preparing for in Oregon. Next to the title of "Keys to Coaching" was the word "winning" with a big "X" through it, thoughtfully replaced with, "Playing Good Football". John's message taught it was all about preparing and performing to full potential- outworking your opponent, that one could take pride in. The winning was secondary. (although, this often took care of itself)

On another page: "Sportsmanship"- be respectful and thankful for your opponent. His being there allows

you to test your abilities. During a time when trash talking and self-promotion rule the day, John still held class in the "old school".

Tucked away inside the last pages however, was a simple concept that summarizes John Fullerton's legacy. "Perseverance" – "A faith that something can be done, a belief that you can do it, hard work, and an honest and steadfast course of accomplishment."

This is who John was in every aspect of his life.

John left an integrity footprint that will be felt in the coaching community, the city of Bellevue, and in the lives of all he worked with. Whether coaching, teaching, taking amazing photos, playing the guitar, or casting his fly rod into the river, John approached life the right way, for the right reasons. He persevered.

At his memorial service, Hall of Fame Coaches from multiple sports, former students, parents, and players all remembered John for his impact in their lives. In addition the National Football Foundation has awarded John the "Tony Gasperovich Award". This award is given to a coach who exhibits love and dedication of the game through their principles and leadership with those they work with.

They couldn't have made a better choice. ■

Today's Washington Football Coach

by Don Papasedero

This fall I started my 35th year in coaching high school football. I have been blessed to have worked for, learned from and adored 6 WSFCA Hall of Fame members. In addition, I have competed against, listened to, admired, “broke bread with”, and claimed friendship with a myriad of worthy coaching legends. As I stood in the driving rain at Juanita High School’s practice this week, I scanned the field, watched our fabulous young coaches at work, and looked for mentoring opportunities...I was struck with how much this mystical game has changed. We continue to grow...but we also can claim kinship with those legends from the past here in Washington. We are special group of professionals that need to look at where we came from, where we are, and what the future holds.



With this in mind, I condemn those of you who long for “the good old days” in Washington football coaching. I was there...it was great, but frankly “back in the day” pales in comparison to the expertise, efforts, professionalism, and performance of

today’s coaches. I strongly feel that our roots are so strong that our state is at the very cutting edge of instruction, schemes, and top rate football. In addition, we continue to offer a myriad of growth opportunities for our coaches. The WSFCA is top rate...Washington football is top rate...and the future of this game we love is in great hands. Let’s take a look at what I think we should be doing as a Washington coach in the 2000s!

Today’s Washington Coach Remembers...

Suspension helmets, but adores the helmets of the 90’s and 2000’s. How many games were won by writing plays

on napkins, but craves Power Point presentations. Doing 100% of the athletic taping but is so grateful for athletic trainers and student-trainers. Reel-to-reel and VHS... but is amazed at how much superior our game tapes are today with DVD Bud+Duffy Clinics, The Heinrich Camps, The All-Star Camps...but loves today’s clinics and College camps Muddy practices and games...but loves clean, fast and dry football on the new surfaces. What it meant to “tough it out”...but praises the empathetic, honest approach we now employ. The augments about “State Rankings”, but wholeheartedly support our 32 team playoffs.

Today’s Washington Coach Speaks About...

How much the game has improved, the value of sportsmanship, the importance of joining the WSFCA, the evils of specialization in high school, the emphasis on academics, the merits of team play, avoiding the glitz and phony behavior of pro football, how classy some of the college recruiters are, deploring the advent of these “club sports” like Lacrosse, training without illegal substances, how the youth of today is GREAT, the importance of coaches who are educators, teaching safe play, the quality of friendship in the coaching fraternity and what a joy it is to be around youth and football!

Today’s Washington Coach Feels...

Pride when they call him “Coach”... **Pain** when administration forces good people out of coaching, **Glee** when young coaches have passion for long hours, **Sadness** when kids quit football, **Outrage** when gutless opponents run up the score, **Emptiness** when the players don’t want to hug you and his teammates, **Grief and Sadness** when he lost...Mick Naish, Jim and Terry Ennis, Gary Moore, Rollie Robbins, John Boitano Sr, Tony Gasparavich, Dick Armstrong, and John Fullerton.

Continued on page 10

Gasparavich, Dick Armstrong, and John Fullerton.

Today's Washington Coach Should Know...

How AWESOME Seattle Prep, Newport, Interlake, Wenatchee, Snohomish, Everett, Lake Stevens, North Kitsap, Shelton, Tumwater, Lake Washington, Kelso and South Kitsap teams were at various eras. These teams were virtually unbeatable. The names...Coaching legends like Don Reed, Black Tom Perry, Paul Walroff, Bill Alexander, Wayne Purdom, Everyone's pal...Randy Hart, Jack Stark, Lee Bofto, John Goodwin, Kevin Thomas, Dave Lutes, Chuck Tarbox, Tom Merrill, Dick Nicholl, Ed Laulainen, Jerry Parrish, Dave Carson, Rollie Robbins and Ed Fisher. If you coach, and do not know these names, fix it immediately.

Today's Washington Coach Should....

Celebrate the way we treat head injuries, ignore the media attention devoted to some of professional footballs' bad behaviors, keep telling kids to play more than one sport, be valuable teachers in our buildings, follow The WIAA directives with impunity, encourage ex-players to become coaches, go to clinics, keep fighting off those sore throat practices, laugh a lot, and keep loving this wonderful game! ■

LOST YOUR MAGAZINE?

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

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

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



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Lacey, Washington 98503
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TOLL FREE 877.413.5047

Scholarship for **Student Teachers**

BURNETT-ENNIS STUDENT TEACHER 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 student teaching during the next year.

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 College Education Department.
- Submit your College Transcripts.
- Submit a short essay (250 words or less) that would include the answers to the following questions.
 - a. Why do you want to teach?
 - b. Previous experience coaching and teaching kids?
 - c. What do you want kids to say about you?
- After being awarded the scholarship, you must submit a letter from your college student teacher advisor as to verification of your placement.

Personal Information (please print clearly)

Name _____
Last First M.I.

College 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

Check list: ☐ Application ☐ Letter of Recommendation ☐ College Transcript ☐ Short Essay

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.



ELICITING PHYSIOLOGICAL CHANGE IN THE ATHLETE

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

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

Physiological change in the musculature and nervous system, and the neuromuscular coordination between the two demands that an appropriate amount of stress is placed on these structures long enough for them to adapt. These changes do not happen overnight.

In many instances, the training effect does not take place in the muscle and nervous systems until several days to even weeks after the sessions have been in progress.

Rapid program changes diminish the desired outcomes because the body cannot make sufficient physiological adaptations rapidly enough to achieve the desired training effect. It is only when the body has been subjected to an appropriate overload for an indeterminate length of time that changes can be measured. Once the physical changes have taken place then adaptation has occurred.

Once this happens, the stimulus on the neuromuscular system is no longer great enough to generate further growth, therefore it is time to move on to a different training schedule.

Nevertheless, resist the urge to immediately add more exercises or to completely change the entire schedule. Don't be in a hurry to jump to another training schedule until every last bit of training adaptation is used up in the present program. Your trainees will benefit from this.

Instead dramatically change the reps, followed by the sets and finally by a new series of exercises designed to both eliminate any weak points and to emphasize the strong portions of the individual skills.

Get as much as possible from the schedule before moving on to something new.

Granted, changes in the schedule do create new opportunities for growth. However, the key to remember is this: You must know when to change the program in order to generate a new positive stimulus on the nervous system. This stimulus is the direct cause of greater strength and a higher level of sports proficiency in the athlete.

There are preceding and predictive events that present themselves in the lead up to when it may be time to change the schedule.

One of them is the social climate in the room, if it is too

hard the trainee will soon stop making an effort to continue. Sometimes this may be due to nervous system fatigue and if severe, this can take a long period to overcome. Keep a look out for the ones who seem to have quit and are no longer trying their best in the room.

Other social clues to look for are when they are finished way before the others in the room or if there is an abundance of talking before, during and after the set are finished. In my opinion either of these tell me the weights are too light or they are not engaged with the program. The first instance is usually the problem.

One of the time honored ways of determining when to change the program is a close examination of their workout logs. In looking over the trainee's logbook of their activity in the weight room a clear picture is presented. If they have kept accurate notes, you will clearly see when the program has outlived its usefulness.

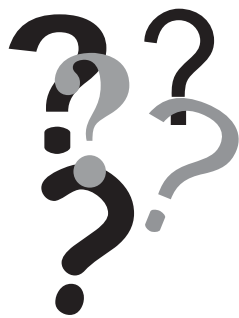
Logbooks that indicate the schedule is no longer effective will have some of the following notations.

The notes will show a steady increase in weight, reps, or sets. This is followed by a leveling off and then lifting with a constant weight and fewer reps or sets with that weight. That final marker shows the weights, sets and reps are no longer being handled the way they were mid cycle. Their body has adapted and it's time to change. The quickness of these adaptations happens at differing times depending on the person.

Exercise adaptation sometimes happens relatively quickly with certain individuals and the exercise program for them is no longer of value because it has outlived its usefulness.

Summary

Achieving an exercise specific training effect in the athlete means repeating an exercise until it has outlived its usefulness. This can happen within a few days to upwards of several weeks and the speed of this adaptation depends on the individual. Once these physiological changes have taken place it is time to replace the exercise program with another one that continues to stress the targeted muscles. ■



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



Jeff Allen, son of Rogers High School track coach Stephanie Tucci, has completed 2 years at WSU where he writes for the "Daily Evergreen". The "Daily Evergreen" is the WSU newspaper and Jeff will be the sports editor this coming year. Jeff was a Burnett-Ennis scholarship winner in 2007.

Craig Kent, son of Steve Kent, graduated from the University of California-Berkley in 2008 with a degree in American Studies. He threw the shot put and discus for the Bears and was elected track team captain his senior year. Craig works as a salesman for Peterson Equipment in San Leandro, California. Craig was awarded his scholarship in 2003. ■

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



"WHERE ARE THEY NOW?"

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

Name _____ Parent-Coach _____

Year Scholarship Awarded _____

Brief summary of scholarship recipient's status _____

PROVIDE YOUR EMAIL ADDRESSES - One of the major cost increases the WSCA has experienced over the past five years has been printing and postage. Each issue of the Washington Coach runs the WSCA nearly \$4,000 with printing and postage costs. Considering all the mailings we do with All-State selection, coach of the year balloting, etc., WSCA has found we do much more communication with email than phone calls or letter mailings. This is why it is imperative that when you complete your WSCA membership application, please make sure you include your email address. Thanks for your cooperation. ■

THE JOURNEY THROUGH COMPETITION CHEER

Pam Headridge
President, WA State Cheer Coaches Association
WOA, Judge

Competition cheer is growing in Washington. In 2008-2009 school year, over 60 school teams competed here in Washington. A school team does not have to be declared as a sport in order to compete. School cheer teams can compete whether they are an activity or a sport. In 2005, WIAA wrote a piece called STATUS OF CHEERLEADER and/or DANCE/DRILL PROGRAMS. This paper states that "Each WIAA member school/school district will determine if cheerleading and/or dance/drill programs will be classified as an activity (performance) or as a sport." It also stated "Activity squads are also allowed to compete." Most cheer programs that compete in the state are listed as an activity.

If your team has decided to compete this year, you, as their coach, need to plan for the season and set the mood and focus. Often too many coaches get caught up in the winning side and forget that the road to State is just as important. Arthur Ashe wrote, "Success is a journey, not a destination. The doing is often more important than the outcome." For the cheerleader, the destination to State is a journey of learning, succeeding and developing confidence. The coach sets the atmosphere. It is important to remember a school coach is both a coach and an educator. Coaches often focus only on the destination – winning at State – but years from now the cheerleader will mostly remember the journey – the day-to-day practices and the competitions that lead them to State. Most cheer teams compete at only two competitions a year. A competition routine is only two and a half minutes long. The cheer team spends most of their time learning the routine, developing their skills and perfecting their moves. Make this part of the journey the most memorable.

Step one: Learn how to praise.

Sounds simple, but often coaches focus on the critiquing side and they forget to praise the things that the cheerleaders do right. According to Psychology professor, Carol Dweck, praise your cheerleaders for their effort not their ability. Dr. Pam Enders, on her Confident Cheerleading Blog, wrote, "(Carol Dweck's) results showed that 90% of young people who were praised for effort 'you worked really hard on this,' 'your persistence is helping you suc-

ceed,') wanted to perform tasks which were challenging and from which they could learn (and not necessarily immediately succeed). Two-thirds of young people praised for ability wanted to carry out a task, which ensured further success; they weren't as interested in being challenged... The group that had been praised for ability also showed a significant decline in performance compared to those who had been praised for effort. The group that had been praised on effort continued to enjoy the task even when they encountered problems and they were more likely to persist when they confronted challenges. This group (effort) on the whole performed much better than the other group (ability). "Bottom line, your cheerleaders must learn that effort is the most important factor in succeeding."

Step two: Teach them confidence and how to control their fears.

Structure your practices to set them up for early successes to build confidence. When something goes wrong, teach them how to "release or forget" about a stunt that fell or a forgotten move. Help them to understand that doubt & fear are a reality. They need to learn how to recognize it and deal with it. Several ways are to take a deep breath, and use verbal cues/phrases that help them get through the tough parts like, "It is ok, I learn from mistakes. I am in control of my feelings and I can do this stunt". Explain that their emotions can work to their benefit. Have them visualize themselves doing the routine perfectly with proper technique and confidence. Again reinforce their efforts. Develop that competition mindset that they can do the tasks needed. I learned very early in my coaching career that if I believed in them, they, in turn, believed in themselves. I always told my teams that they performed better under pressure and they always did!

Step three: Make it fun!

Practices are hard work but they can still be fun. Set a theme for the season that the team can use to motivate themselves. Use songs to inspire their ideas for a theme like "Ain't No Mountain High Enough", and "We Can Do

Magic” or phrases like “Building a great team one stunt at a time”, “We all are an important piece of the puzzle”, and “Be a Hero: hardworking, enthusiastic, responsible, optimistic, encouraging”. Have a motto that the cheerleaders can say at the beginning and end of every practice. This verbal mantra brings them together and unifies them as a team. Have a team song that you play at the beginning of each practice. Use motivational quotes and challenges to inspire your cheerleaders. Document their successes on a bulletin board using charts, photos, goals, and news clippings. Schedule “fun days” where they can

dress up like “Nerd Day” or “Dress as your favorite holiday”. By taking the time to create this fun atmosphere, the cheerleaders will look forward to practices. They develop a spirit of team unity and an atmosphere of caring which generates a willingness to work hard.

Follow these three steps on your journey through the competition season to help develop confident and positive memories for your cheerleaders. In the end, you and your cheerleaders will look back and remember all the successes not just the trophies. ■

WA State Cheer Coaches Association Receives National Recognition

Washington State Cheerleading Coaches Association was selected as 2009 Best State Association by the Spirit Industry Trade Association. This is a merit award to recognize outstanding accomplishments, significant growth, philanthropic programs, scholarship support, professional outreach, and creative contributions to the spirit industry by a state coaches association. To qualify for this award, a state association must have 501c3 status. WSCCA was announced as one of the seven finalists in June of 2009. The others were Georgia Cheer Coaches Association, Illinois Cheerleading Coaches Association, Iowa State Drill Team Association, Mississippi State Coaches Association, New Jersey Cheer and Dance Coaches Association, and Oregon State Cheer Coaches Association.

Some highlights of the association are:

- Distribute yearly scholarships
- Provides educational opportunities including a required stunt certification program for all school coaches, AACCA, NCSSE, NFHS classes
- Hosts a yearly conference
- Provides region reps that send updated information to school coaches across the state.
- Created an extensive web site - <http://www.wscca.com/>
- Continues a yearly recognition program for coaches, members, and administrators - <http://www.wscca.com/Accomplishments.html>
- Instituted a Hall of Fame - <http://www.wscca.com/Accomplishments.html>
- Emails a monthly newsletter
- Hosts a Friday Night Lights web page featuring cheerleading teams at weekly games - <http://www.wscca.com/FridayNightLights.html>
- Supports and encourages teams to reach out to their community. They host a web page labeled “Just Cause” - <http://www.wscca.com/JustCause.html>

WSCCA is honored and so happy for this national recognition! ■

WSFCA Mid-Winter Football Conference

January 22, 23, 24
Bellevue Hilton

FRIDAY, JANUARY 22

- 9:30 – 11:00 **Registration**
11:00 – 11:30 **“Creating and Marketing Your Program”**
Ron Hopkins – Athletic Supply
11:35 – 12:00 **“How to Use On-Line Video”**
Rick Anderson – Digital Sports Video
12:15 – 1:30 **“Speed, Agility & Quickness Training”**
Spencer Wood – President, Icebox Athlete, Philadelphia, PA
2:00 – 3:00 **Panel Discussion – “The Lystedt Bill & the IMPACT Program and How it Relates to Return to Play”**
Dr. David Coppel – Head of Neuropsychological Services, Seattle Concussion Program
Dr. Stan Herring, M.D. – Seattle Concussion Program; Seattle Seahawks & Mariners
Dick Langum – Risk Manager
John Miller – WIAA Staff
John Olson – WIAA Legal Counsel
3:10 – 4:00 **“The State of Helmet Technology”**
Dr. Vin Ferrara – Xenith
4:00 – 5:30 **East-West Selection Meetings**
East 3A/4A (Redmond)
West 3A/4A (Kirkland)
West A/B (Newcastle)
5:30 – 7:00 **Round Table – “Small School Issues and Concerns”**
Rob Friese – Willapa Valley High School – Moderator (King County I)
Round Table – “Junior High/Middle School Issues”
Mike Schick – Edgemont Jr. Hi, Puyallup
Sandy Coopridier – Foothills Middle School, Wenatchee (King County II)
7:00 – 7:30 **Coach of the Year & Gold/Silver Helmet Awards**
7:30 – 8:30 **Dinner**
8:30 – 9:30 **Keynote Speaker: Spencer Wood** – President, Icebox Athlete, Philadelphia, PA
“Mental Skills & Toughness Training for the 21st Century Athlete”

SATURDAY, JANUARY 23

- 7:30 – 8:30 **Registration**
8:30 – 9:20 **“CWU Passing Game”**
Blaine Bennett – Head Coach, Central Washington University

“Wildcat Special Teams Philosophy”

Stacy Collins – Defensive Coordinator/
Special Teams, CWU

“Cougar Linebacker Fundamentals & Drills”

Travis Niekamp – Linebacker Coach,
Washington State University

“Cougar Run Game – Inside/Outside Zone”

Harold Etheridge – Offensive Line Coach,
WSU

9:30 – 10:20 “Central Washington Red Zone Offense”

Blaine Bennett – CWU

“Wildcat Defensive Line Progression”

Stacy Collins – CWU

“Linebacker Play in the Cougar Defense”

Travis Niekamp – WSU

“Blocking in the Cougar Pass Game”

Harold Etheridge – WSU

10:30 – 11:20 “Philosophy & Offensive Evolution: From the I to Option Football”

Herb Meyer – Retired Head Coach, Oceanside & El Camino, CA High Schools (1959-2003) – “338 Wins”

“Guaranteed Yardage with Your Power Play”

Tim Murphy – Clovis East High School, Clovis, CA
“Assessing Your Program from Top to Bottom” Bill Diedrick – University High School, Spokane

“Quarterback Development in the No Huddle Spread Offense”

Chris Snyder – Offensive Coordinator, Mendocino College, Ukiah, CA

11:30 – 12:20 “Tying Together I and One-Back Run Schemes – Speed Option – Inside/Outside Veer – Midline and Counter Option”

Herb Meyer – CA
“Three Outside Run Plays with Huge Results” Tim Murphy – Clovis, CA

“The West Coast Offense At the High School Level—Paring it Down”

Bill Diedrick – University HS
“Trojan 3-3 Stack Defense” Kjel Killsgaard – Assistant Coach, Auburn High School

12:30 – 1:20 “Mendocino 3-Step Passing Game”

Chris Snyder – Offensive Coordinator/QB Coach, Mendocino College, CA

“Coaching the High School Receiver”

Paul Skansi – Former Husky & Seahawk Great & now San Diego Charger Scout

	<p>“Teaching Read Progressions in the Papermaker Passing Game” Jon Eagle – Head Coach, Camas High School</p> <p>“Offensive Line Play in the Spread Offense” Tom Gang – Head Coach, Mendocino College, Ukiah, CA</p> <p>Lunch – Visit Vendors</p> <p>“Playing Cover 4 With the 3-3 Defense” Kent Rodseth – Assistant Coach, Auburn High School</p> <p>“Play Action Pass in the Fly Offense” Glen Fowles – Offensive Coordinator, Willamette University</p> <p>“Wing-T Inside Run Game” Mark Reiland – Austin Anderson High School, Austin, Texas</p> <p>“Pass Protection in the Spread Offense” Tom Gang – Mendocino College</p> <p>“Inside Run Game in the Fly Offense” Glen Fowles – Offensive Coordinator, Willamette University</p> <p>“Wing T Outside Run Game” Mark Reiland – Austin Anderson High School, Austin, Texas</p> <p>“41 Years of Coaching and Still Learning How to Coach Better” Craig Beverlin – Head Coach, Vermillion Catholic HS, Abbeville, LA</p> <p>“Defending the Spread Offense with the 3-4 & Multiple Covers, Part 1” Chad Barrett – Head Coach, Bonney Lake High School</p> <p>“Game Planning vs. the Spread Offense, Part 2” Chad Barrett – Head Coach, Bonney Lake High School</p> <p>“Keeping the Offense Simple with Multiple Sets” Randy Afftholter – Head Coach, Ellensburg High School</p> <p>“Bulldog 4-3 Base Cover 2 vs. Multiple Offenses” Steve Reeves – Defensive Coordinator, Ellensburg HS</p> <p>“Add some FUNK to Your Offense” Tom Moore – Tom Moore, Prosser High School</p> <p>Dinner and Hall of Fame Inductions (dinner included in registration fee)</p> <p>Social</p>	
1:20 – 2:20		
2:20 – 3:10		
3:20 – 4:10		
4:20 – 5:10		
6:30 p.m.		
8:30 – 9:30		
		<p>SUNDAY, JANUARY 24</p> <p>Registration</p> <p>“The 4-4 Swarm with the 3-5 Monster” Tim Murphy – Clovis East HS, Clovis, CA</p> <p>“Wing-T Bootleg Pass Game” Mark Reiland – Austin Anderson HS, Austin, Texas</p> <p>“Offensive Line Drills & Fundamentals” Aaron Best – Eastern Washington University</p> <p>“Drills & Fundamentals for the Secondary” Torey Hunter – Eastern Washington University</p> <p>“Linebacker Play in the 4-4 Swarm with the 3-5 Monster” Tim Murphy – Clovis East HS, Clovis, CA</p> <p>“Complimentary Plays to Your Base Offense” Mark Reiland – Austin Anderson HS, Austin, Texas</p> <p>“Offensive Line and the Screen Game” Aaron Best – Eastern Washington University</p> <p>“Secondary Philosophy” Torey Hunter – Eastern Washington University</p> <p>“Zone Pressure Package with Multiple Covers, Part 1” Patrick Libey – Defensive Coordinator & Secondary Coach, University of Idaho</p> <p>“Counter Schemes & Play Action Pass Off Option Runs” Herb Meyer</p> <p>“Using Multiple Fronts in the 3-3 Stack, Part 1” John Johnson – Head Coach, Capital High School, Olympia</p> <p>“Pass Concepts – How to Beat Various Covers” Luther Carr – Wide Receivers Coach, University of Idaho</p> <p>“Zone Pressure Package with Multiple Covers, Part 2” Patrick Libey – University of Idaho</p> <p>“How to Practice the Option & Develop a Game Plan” Herb Meyer</p> <p>“Using Multiple Fronts in the 3-3 Stack, Part 2” John Johnson – Capital High School</p> <p>“Pass Concepts – Blocking & Yards After Catch” Luther Carr – University of Idaho</p> <p>“What We Look for When Recruiting the High School Receiver” Luther Carr – University of Idaho</p> <p>“The Impact of Trust” Bruce Brown – Proactive Coaching ■</p>
8:00 – 8:30		
8:30 – 9:20		
9:30 – 10:20		
10:30 – 11:20		
11:30 – 12:20		
12:30 – 1:30		

Washington State Football Coaches Association Mid-Winter Conference

January 22, 23, 24, 2010
Bellevue Hilton

"A CLINIC SPONSORED **BY** HIGH SCHOOL COACHES **FOR** HIGH SCHOOL COACHES"

Name_____

School where coaching_____ League_____

Home mailing address_____

City

Zip

Home phone_____

CHECK ONE BOX ONLY

A. Seminar Fee (Friday Only) ☐ \$50.00

B. Seminar & Clinic Fee ☐ \$100.00 WSCA member

☐ \$120.00 – Late Registration (after January 16)
Member or non-member, on-site or by mail

WSCA membership application ☐ \$35.00

Purchase Order to follow (School) ☐ PO # _____

TOTAL Cash or Check (payable to WSFCA) \$_____

Total for Seminar Fee and membership (if non-member)

Pre-Registration must be postmarked by January 16, 2010

Please mail form to:

Jerry Parrish
18468 8th Ave. NE
Poulsbo, WA 98370
Phone: (360) 271-1377

For more information:

Ed Laulainen
Clinic Coordinator
(360) 423-7378

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.

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
9/1/2009	Mark Stewart Meadowdale	Jack McMillan LaSalle HS
9/7/2009	Shaun Tarantola Juanita	Jeremy Scroggins Grandview
9/14/2009	Bill Diedrick University HS	Roger Hoell Othello HS
9/21/2009	DJ Sigurdson South Kitsap	Rock Winters Zillah
9/28/2009	Scott Devereaux Wenatchee	Elia Ala'ilima-Daley Cascade - Leavenworth
10/5/2009	Steve Valach Liberty HS, Renton	Randy Affholter Ellensburg HS
10/12/2009	Clay Angle Curtis HS	John Hallead Onalaska HS
10/19/2009	Jon Eagle Camas	Mike Morgan Colfax
10/26/2009	Tom Bainter Bothell HS	Dennis Dahl Orcas Island
11/2/2009	Pat O'Grady Lindbergh	Darren Talley Chelan

Coach of the Year	Steve Valach Liberty High School
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Colfax, SJE titles cap big week for Doerings

by Scott Sandsberry of the Yakima Herald-Republic
reprinted with permission, Published November 15, 2009

When Sue Doering got a big hug from her 26-year-old daughter, Megan, on Saturday night after being inducted into the Washington State Volleyball Coaches Association Hall of Fame, it didn't get to last as long as the emotion of the moment called for. Both of them had things to do.

Sue was preparing to coach the Colfax Bulldogs to their second consecutive Class 2B state championship and sixth overall, the previous four having come in the 1A ranks, and the school's 10th title under Doering. Megan was preparing to lead St. John-Endicott to its first-ever state championship in her third year as the Eagles' head coach.

Megan played for her mother from 1997 to 2000, the Bulldogs improving each year from fourth to third to second to the championship - the third of Sue Doering's 10 career titles.

"I liked playing for Mom, because she's a good coach," she said. "At times it might have been harder for me because she pushed me a little harder, but overall it was a good experience - and I'm sure it made me a better coach."

As if this week wasn't going to be emotional enough this week - - Megan's third team as Eagles coach coming to state with a chance at a big trophy, and her mother's hall-of-fame honor - things got even more interesting on Tuesday.

As the Eagles' practice was coming to an end, Megan was called from the gym by the school secretary, part of a ruse concocted by her boyfriend, LaCrosse-Washtucna girls basketball coach Mike Dorman, and the girls on her SJE team. When she returned to the gym, seemingly half of the SJE athletic community was on the periphery of the gym and her players grouped together on the court, holding up a large sign that read, simply, COACH DOERING.

Then the players put down the sign to reveal a second sign that read, WILL YOU MARRY ME? Then that sign was dropped, revealing Dorman - - on one knee, ring in hand. Yes, she said yes.

After their June wedding, the state's volleyball coaching ranks will be back to having just one Doering - - in name anyway - but the family imprint on the state's small-school volleyball history has grown even more immense.

Sue Doering's Bulldogs rolled over top-ranked LaConner 25-19, 25-20, 25-16 in Saturday morning's much-anticipated quarterfinals, which many observers considered the de facto championship match. "I got really nervous before the LaConner game," Doering said, especially when I saw the caliber of their team." The Bulldogs, though, were up to the task, and after drilling No. 3 La Salle in a three-game semifinal, they routed Northwest Christian (Colbert) 25-21, 25-19, 25-10 in the almost anticlimactic finale.

Senior all-stater Kayla Johnson was sensational for Colfax with 24 kills, while Rachel Johnson has 20 assists, Christa Nyholm came up with 16 digs and Shaina Simonson added 11 kills.

"This has been the perfect week," Doering said. "My daughter gets engaged on Tuesday to a great guy, this is my 10th championship, and it would be even better if" - - she glanced across the SunDome to the 1B title match on the far court - - if they won it." At the moment, the Eagles were rallying behind senior middle hitter Kelly Van Lith, scoring 10 straight points to turn a 24-14 second-game deficit into a 24-24 deadlock. Their championship foe?

L a C r o s s e -
Washtucna - -
yes, where
Megan's future
h u s b a n d
coaches and
teaches. SJE ultimately lost that game and the third, but came back to win the fourth and fifth games, with Van Lith getting a kill and a block on the final two points to close out the 26-24, 26-28, 23-25, 25-21, 15-10 victory. ■



HALL OF FAME INDUCTEES

By Jan Kirk, WSCA Board Member

The WSVCA inducted 3 new members into its hall of fame this past state tournament. The criteria for this induction is as follows:

- Minimum of 300 career wins
- Coached high school volleyball for a minimum of 15 years
- Made a significant contribution to the development of volleyball
- Must have been or is currently a member of the Washington State Coaches Association.

**Note: 300 career wins has been waived in the past for some of our pioneers, as women could not participate until 1972.*

The newest members of our hall of fame are:

Susan Doering

Sue devoted 30 years to coaching volleyball at the 2A, 1A, and 2B levels, including four years as varsity coach at Deer Park and 22 at Colfax high School. She was selected as the 1A coach of the year nine times; WSVCA Coach of the Year three times; NFHS Washington Coach of the Year, twice; NFHS Sectional Coach of the Year in 2007; and NFHS National Coach of the Year in 2008. Sue's teams have made 24 state appearances, placing in the top six 20 times and the top four 17 times. Her teams have competed in 13 state championship matches, and have won 10 state titles. Her career record to date is 670/193. Sue is an elementary physical education teacher and lives in Colfax with her husband, Eric.



Bertha Koplitz

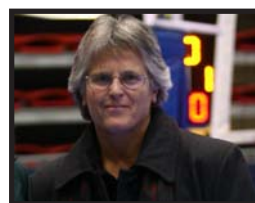
Bertha is a pioneer in the coaching ranks of women's sports. She spent 23 years coaching volleyball at South Bend High School and also coached badminton, basketball, and track. Her teams qualified for the state



tournament four times. During her career, her teams were third in league twice, but in all the other years, they were either first or second. The community of South Bend honored Bertha and her husband, Con, also a long time coach, by naming the fieldhouse after them. Bertha's career is 384/84. She is now retired but is still active in the sports community.

Terri McMahan

Terri spent her coaching career of 15 years at Ferndale High School, where she also held the position of athletic director for four years. She received many coaching awards, including Northwest League Coach of the Year six times, and Whatcom County Coach of the Year and Washington State Volleyball Coaches Association Coach of the Year in 1987. Terri's teams won nine league championships, five district championships and one state championship in 1986 with a 27-0 record. Her teams had an 85 march league contest win streak to 5 until mid-season in that ran from mid-season in 1990. Her career record is 239-82. Terri was also president of the Washington State Volleyball Coaches Association from 1987-1991. Following coaching, Terri served as the director of athletics for the Edmonds School District. She earned the Washington State Athletic Director of the Year award in 2008 and Northwest Region Athletic Director of the year presented by the National Interscholastic Athletic Administrators Association. Terri retired in June of 2009 and returned to Bellingham where she lived when she attended Western Washington University and worked for the Ferndale School District. She now co-owns BTWorks, a general contracting business specializing in energy efficiency and the latest technology for her home builds and remodels, with her partner, Betty.



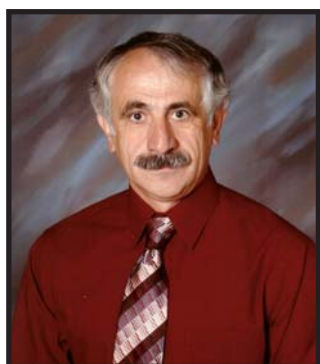
The total list of recipients to the hall of fame can be viewed on the WSCA website.

NOTE: A REMINDER TO ALL VOLLEYBALL COACHES THAT THE ALL STATE VOLLEYBALL TOURNAMENT WILL BE MARCH 12 AND 13 AT FIFE HS. INQUIRIES MAY BE MADE TO JAN KIRK AT vbmojo@comcast.net ■

WSCCCA SELECTS ANNUAL HALL OF FAME RECIPIENTS

by Steve K. Bertrand

The Washington State Cross-Country Coaches' Association has selected its annual Hall of Fame recipients. Honorees must be retired cross-country coaches from the state of Washington who have achieved a level of success &/or contributed significantly to the advancement of the sport. This year's recipients are definitely deserving of these honors.



Bob Barbero

Bob Barbero grew up in Spokane, Washington. A student at West Valley High School, he graduated in 1970. During his high school years, Barbero ran cross-country/track & field.

Following high school, Barbero continued his running at Spokane Falls Community College & Eastern Washington University. He graduated from EWU in 1974 with a B.A. degree in mathematics.

Barbero chose education primarily to teach math, chemistry & coach cross-country/track & field. "Every coach in my junior high, high school & college running career inspired me in some way to become a coach," stated Barbero. "I knew in high school I wanted to teach & coach."

Barbero's cross-country/track & field coaching career included stints at Davenport High School (1977), University High School (1977-2001), & Mount Spokane High School (2001-2004). Since 2001, Barbero has been assistant track & field coach at Mount Spokane High School. Starting his thirty-fifth year this fall, Barbero continues to teach mathematics, chemistry & computer programming.

During Barbero's coaching career, his University boys'

teams claimed three league titles. His Mount Spokane girls' teams claimed two. Barbero has had eleven boys' & two girls' teams qualify for state. His University boys claimed state titles in '97, '98 & '99. They were second in '89, '90, '96 & 2000.

Ian Johnson claimed the individual state title for the Titans in '98. He was also the state 1600/3200-meter champion in '98. Kris Martin claimed the 800-meter championship in '98 & '99. Megan O'Reilly is the 3200-meter state record holder. Other notable runners include Ty Whitten, Seth Mott, Ryun Cross & Chelsea Smith.

Barbero also worked the Clear Lake/White Pass Cross-Country Camp from 1980-2004. While students at University High School, his two sons, Mike & John, ran cross-country/track & field. They continued their running in college. Mike Barbero is currently head boys' cross-country coach at University High School.

Presently, Barbero is teaching mathematics at Mount Spokane High School. He coaches the girl distance runners in track & field. Following back surgery five years ago, Barbero gave up full-time coaching. He still helps out with local meets, runs to stay in shape, & enjoys watching his son begin his coaching career. Bob Barbero has been married to his wife, Kathy, for thirty-three years.



Steve Llewellyn

Steve Llewellyn grew up in Spokane, Washington. He attended East Valley High School & graduated in 1964. During high school, he lettered in cross-country, basketball & track & field.

Llewellyn continued his track & field at WSU where

he ran the 440 & relays. He then served three & a half years in Vietnam. Following military service, Llewellyn earned his law degree from Gonzaga University (1975). He practiced law in Walla Walla from 1975 – 1982. Wishing to make a career change, Llewellyn completed his teaching degree from Gonzaga University in 1983.

In '84, Llewellyn took a teaching job at University High School. He taught Government (civics), Law & Sociology from '84 to 2005. Llewellyn was hired as assistant girls' track & field coach & assistant cross-country coach under Bob Barbero. "This was a dream opportunity," said Llewellyn.

His coaching career included cross-country/track & field positions at West Valley High School – Spokane (1983-1984) & University High School (1984-2005). Llewellyn was head girls' cross-country coach from 1988 – 2005. He was also head girls' track & field coach from 1986 – 1998.

During this time, Llewellyn's girls' cross-country teams had nine state meet appearances. They claimed the state title in '92. Outstanding individuals included Emily Johnson, Amie Dahnke, Brooke Daehlin, Rachel Jaten, Jamie Miller, Kris Kent, Lynde Johnson, Lindsay Daehlin, Katherine Hough & Adrienne Wilson. "In their own way, I think that all my athletes were outstanding," said Llewellyn.

Llewellyn has also coached Junior Olympic cross-country/track & field teams. He has taken athletes to regional & national meets. Llewellyn coached at the Clear Lake/White Pass Cross-Country Camp for fourteen years. He has been a Greater Spokane League & Washington State "Coach Of The Year".

Llewellyn has been married to his wife, Mary, for the past twenty-six years. They have three children – Matt (40), Erik (37) & Jon (33). All continue to be involved in sports.

Retired from teaching, Llewellyn continues to do volunteer legal work at the Center for Justice in Spokane, some environmental work, church work, & Search & Rescue for Spokane County. Steve & Mary enjoy family & travel.

Llewellyn still volunteers at cross-country/track & field meets. Running, cycling, fly-fishing, backpacking, mountain climbing & reading are his passions. "Life is good," said Llewellyn. "I feel blessed & I am thankful!"



Michele Mathay

Michele Mathay grew up in Seattle, Washington. She graduated from Lincoln High School in 1970. Because there weren't girls' sports, she studied ballet at the Cornish School Of Art. For the next nine years, she dedicated herself to dance. During this time, she put herself through two years of school at Shoreline Community College. While attending, she met & married Walter Mathay.

Since 1985, Mathay has worked as a para-educator in the Puyallup School District. She works in the special education resource program alongside the biology, history & English teachers. "The variety of subjects, levels of student learning, & number of resource students keep me very busy & never bored!" exclaimed Mathay.

Mathay began her coaching career in 1983. She was an assistant to Jerry Joyce. They coached together until he retired from coaching in '89. "Jerry was a wonderful mentor & friend," said Mathay. "I will always be grateful for his encouragement & support."

Mathay was also an assistant track & field coach. She primarily coached the 800, 1600 & 3200-meter girls & boys. She held this position for twenty years.

In 1990, Mathay became the head cross-country coach at Puyallup High School. She coached the Vikings for seventeen years. Mathay retired from coaching in 2007.

While at the helm, Mathay's boys' dual meet record was 125 wins & 15 losses. They claimed eleven league championships. The Vikings had ten state meet appearances. The girls' dual meet record was 107 wins & 31 losses. They claimed four league & two district championships. On eight occasions the girls qualified for state.

Outstanding individuals include Jim Pickens, Brandon Bowers, Jenny Egan, Chandra Longnecker, Alayna Post, Joe Morgan, Chelsea Jorgensen & Rob Webster.

For the past twenty-five years, coaching has been a huge part of Mathay's life. The decision to retire wasn't easy. "I have taken all the effort & love I have for this wonderful sport & redirected it," said Mathay.

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Though she still works at Puyallup High School, Mathay has become an avid spin & yoga class fanatic. "It keeps me in terrific shape!" she said. Mathay has been married to her husband, Walter, for thirty-seven years. They have two children – Laura & Heather. Michele Mathay has the prestigious honor of being the first woman ever inducted into the W.S.C.C.A. Hall of Fame.



John Payne

John Payne grew up in the Rosedale area of Gig Harbor. He graduated from Peninsula High School in 1968. During that time, he participated in football, basketball & track & field. There was no cross-country till his senior year of high school.

Following high school, Payne attended the University Of Puget Sound. He was a three-year letterman in football. Payne graduated with a degree in history in the spring of '74.

He began his teaching career at Curtis Junior High School ('74-'77). Payne coached football & track & field. In 1978, he moved to Curtis High School. He was the cross-country/track & field coach from 1978-2001.

Viking teams during Payne's coaching career were huge. "We averaged 60-100+ kids every year," he said. "It was also very rewarding to work as an assistant to Coach Burt Wells for two years."

Curtis had quite an impressive run of state meet appearances from 1989 through 1998. Their girls' & boys' teams consistently qualified for the state meet. Both squads finished third & fourth in '92 & '93.

Outstanding individuals for the Vikings include Bret Goller, Andrea Warner, Laura Ganje, Jason Hickman, James Pippin & Zane Prewitt.

"It's nice to have had so many athletes continue their running in college," said Payne. "Equally rewarding is to have two children, Spencer & Kesslee, who have found the same joy through cross-country."

Payne is still active educating youth at University Place. this is his thirty-sixth year teaching. He is also an elder at Harborview Fellowship in Gig Harbor. Payne serves as meet director for the West Central District Cross-Country Championship at American Lake/Veterans Golf Course.

In his free time, Payne runs, skis & enjoys watching Kesslee & Spencer compete in cross-country/track & field at their respective schools.

John Payne, a past South Puget Sound League "Coach Of The Year", has been married to his wife, Phyllis, for the past thirty-three years. They have three children – Molly, Kesslee & Spencer.

These four outstanding coaches will be inducted into the Washington State Cross-Country Coaches' Association Hall of Fame during a ceremony before their coaching peers at Pasco's Red Lion Inn on Friday evening, November 6th, prior to the 2009 State Cross-Country Championships at Sun Willows Golf Course. ■

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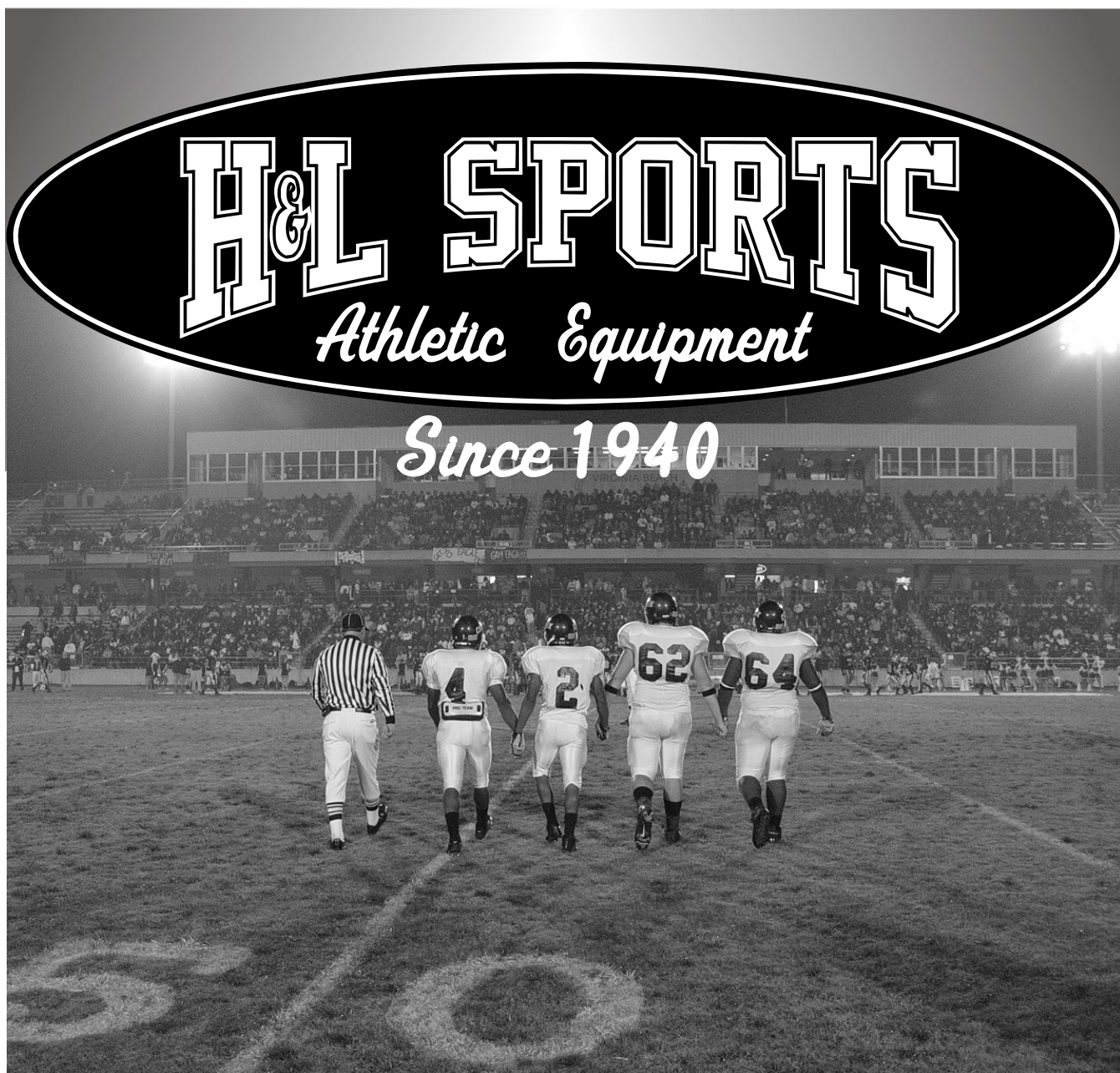
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They say time makes a man mellow. This is not so in my case as we entered the Kingdome of Squawks. The point is that the prep scene is ever changing, and the blending of the old with the new is most interesting. Let's go front and center with some trivial squawks and a few serious squawks.

FOUR BOOKS FOR YOUR CONSIDERATION

It is not often that a sports book comes along, which should be read by all coaches, regardless of sport. In the book "Uncommon," Tony Dungy has written about the importance of having a life of significance. This he has done through coaching. This book was recommended to me by Bob Klock, the retired Port Angeles basketball coach who now lives in Arizona. My friend said this book was a must read, and he was so right! The bottom line is that the book needs to be in your library and copies given as presents during the Christmas season.

Another book soon to be published, is a basketball book entitled "Virtual Play." This is written by Troy Miles. Coach Miles' guidebook speaks about "MPT," which refers to the right Materials, proper Pressure, and ample Time. The use of MPT results in quality coaching. This could be an individual guide, could be used as reference material, or both. The chapter on the six Fs of shooting discusses the shooter's finish or follow-through as being the radar system to the bas-

ket. If you coach hoops, you need to read this book.

Thirdly, I would like to call to your attention to another book yet to be published. Bart Wright, the former Tacoma News Tribune sports editor, is putting together a book on Jack Elway. Jack was one of the first innovators to bring the passing game into the college level. John Elway, Jack's son, has written the forward. This book tells the story of the man who mentored so many successful coaches and taught them how to use the pass effectively. Bart has researched in depth what made this coach such a character and a great football teacher. It goes without saying that when the book is released, this coach will be the first in line to read about the man who was his own mentor.

Finally, I want to recommend a book that is off the sports path. It was written by Eileen Allen, a former college professor. This book needs your attention. Her book, "I Like Being Old," is a personal guide to making the most out of aging. Even though the author is deaf and blind and is at the age of 92, she is a very happy person. This book is a very good read, and it is a perfect present for the older members of your family who need satisfaction in their lives. This classy lady says it all.

CHALK THIS ONE UP FOR LONGEVITY

It's no secret that good coaching pays off. The football staff at La Salle High School (Yakima) has a combined 168 years of coaching experience. Topping the list among six coaches is Tom "Mister" O'Brien, who is followed by Jack McMillan, Paul Rogers, Joe Tanasse, Greg McMillan, and Keegan LaCoussiere. You might expect lots of story telling going on in the staff meetings while they craft their game plans. There's probably never a dull moment! Can there be another staff with such a coacher that pushes those numbers? If you don't know,

HAWKES SQUAWKS

WAD-JA-GET by Dee Hawkes

There has been much talk recently about grades. Any given school determines whether the athletes in attendance are academically eligible. Most maintain a regular grade monitoring system within a nine week period. The traditional grading system, which uses A's, B's, C's, and D's is still the norm in most districts. We know some school districts are more restrictive in the academic progress of their athletes. However, whichever standard is used, it must then be enforced and not just given lip service. One school in the playoffs lost its starting QB because of grades. Ugliness comes when grades get changed for a variety of reasons, but unfortunately sometimes a change is made to keep

an athlete athletically eligible. That old phrase is still spoken today, “Wad-jaget”?

SHORT SQUAWKS

A little football trivia: Walter Camp devised the first set of signals. In the past, the QB might call out, “Look out Jack,” which could simply mean that Jack was to carry the ball around left end. The left side was indicated by the first letter of the sentence. Today, the signaling system for play calling is light years different. Everything under the sun is used to communicate with words and numbers in addition to sideline signs. Certainly, telling Jack to “look-out” or “right-on” is not the system. . . . In the good old days, sand and mud fields made everything go in slow motion compared to the plastic and rubber fields of today where speed prevails This quote from Dick Nicholl, retired Mercer Island football coach, really makes sense. He said, “The ideal booster club should support the team in a healthy way. They shouldn’t support a team with money, but with time and loyalty.” . . . The phones and faxes are buzzing around the Seattle School District. After 30 years, the school board unanimously approved the return of students to neighborhood schools with boundaries. The decision to racially integrate the schools never did get high marks due to the need for long bus rides. The parents’ first concern is that students must get a high-quality education. However, with a local feeder program, maybe the Seattle schools will better compete in all sports. . . . Although the score was 96-82, it wasn’t basketball, but rather Texas style six-man football. What makes this version of prep football special is that everyone is eligible to catch a pass. . . . Judging by its success, gymnastics is an especially good fit for the schools. It was first intro-

duced as a sport to schools in 1830 with the use of very primitive equipment. It is time to praise the athletes who risk body injury by vaulting, catching swinging bars, tumbling on the beam, and flying high on the floor.

TO BE SURE, THERE ARE PROBLEMS

A big prep issue is looming on the horizon. More often than not the problem has just been given lip service. The issue of select team programs vs. high school programs isn’t a new problem, but recently the simmering fire has turned into a blaze. Select and travel teams definitely want recognition from local area competition to the national scene. The sad truth is with few restrictions they cramp in as many games as possible. The wide open approach fuels coaching egos, corporate sponsors, and encourages the kids who specialize and seek college scholarships into year around play. While individual sports run the gamut, the team sports involved include basketball, volleyball, baseball, and soccer. It’s a fact that not all clubbers have talent. Some are there just because their parents can afford it. What bothers most school coaches is that many of these players lack basic fundamentals, which creates bad habits. Putting kids first requires coaches to teach fundamentals on a continuous basis, regardless of the sport. Around here, we’re still putting out fires, but across the nation these fires are burning with no relief in sight. This tug-of-war gets especially serious when school athletic programs are poorly funded.

HERE’S THE RUB – REPLAY BRINGS CRITICS

Sports technology is streaking along at such a dizzying clip. Because they are used as teaching tools, it makes sense for coaches to use the latest in film, computer software, and

cameras. One wrinkle that caught my attention is having players watch their own game performances on their computers instead of in the film room with teammates. My beef is in the endless access to controversial replays that are shown on the internet and on television with high-definition video. Whether or not you like it, officiating is still the cornerstone for competition. The speed of the games requires officials to be more fit, to position themselves to see the play, and to be able to make an instant judgment call on what they see. Replays may belong in the entertainment world of pro sports, but they should be limited in college and certainly not with the preps. To officiate is a tough assignment at any level, and a reduction of replays would be the correct call.

BREAKING OUT

Kenny Rogers bawled about gambling – you have to know when to hold ‘em and know when to fold ‘em! Lately, the hand dealt was a 32-team football playoff instead of the original 16. Most coaches bought the idea lock, stock and barrel. This provided a chance for their team to play post season, because there were twice the openings. These cards looked mighty good, for a team does not have to have a winning season to secure one of the slots. This also provides a nice swan song for senior players who can brag that they made the playoffs. But, reality comes forth when we dial up almost any of the teams seeded to fill the last 16 slots. What has happened is that the majority of teams are a total mismatch for their opponent. Getting beaten by six or more touchdowns or having a game out of reach by half-time is not playoff football. It’s time to reshuffle the deck, fold the current playoff hand, and deal up cards that carry value. Teams should have a

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chance to win in the final draw. Whether you agree or disagree with me, it is my intent that our current football playoff system should be reviewed and a better system put in place.

TURF TALK TIDPICS

Many assistant college football coaches make a good salary. They have job security plus lots of novel bonuses paid out. Their contracts are front and back end loaded with so many clauses according to how their team performs. What caught my eye is that San Diego assistants receive no bonuses unless the team's scholarship players have at least a 2.2. GPA and the teams APR is at least 925. At Oregon, a bonus package includes extra money for being in the top three in PAC-10 kickoff coverage and having the best third down conversion defense. There are an additional 70 incentives for defense/special teams and 50 more for the offense. Surely it may be said that more dollars for coaches don't always result in better coaching for players. It could be coaching in a pressure cooker.

AS AN ASSISTANT, HIS NAME IS ETCHED IN STONE

"Less talk and more blocks" were the encouraging words said by the veteran Newport HS line coach John Fullerton. It seems Saint Peter was asked by the lord to bring home a "Wishbone" offensive line coach whose footprint with students and players was personal integrity. Age 67, John died during a steelhead fishing session with his life time friend Paul Lund. After 44 years in the trenches, he liked to coach wearing old Bike shorts, tube socks, and a lanyard around his neck to keep his reading glasses, sunglasses, and trustee whistle very handy. He was a sight for sore eyes! There is a good chance he's talking "Wishbone" blocking schemes to any coach who will listen up in heaven. You see, John did not want to shine in the spotlight but rather liked to serve his whole career in the trenches as a loyal assistant. His head coaches all knew that the guys up front (OL) were in his good hands. His impact was felt not only as a coach but as a man who really cared about kids.

A FEW MORE SQUAWKS

Without question, it's overkill. Lifting weights every day in season and

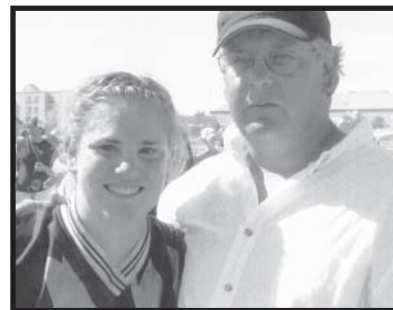
off-season as some programs do is totally out of bounds. . . . Still a hot topic in baseball, but do we continue to use aluminum bats or return to the wooden ones which are safer, but break more and cost a pretty penny? . . . The real fun in coaching comes from teaching the sport and seeing individual and team improvement. You can't coach for any length of time unless you can motivate your players to want to learn. . . . There was so much hype on Tiger Woods, which took an ugly turn. Call this a teaching moment: Much depends on your reputation as a coach, so guard it with your life.

Like string around my finger, this column is ready to be put to bed. Over the years I've always wanted to bring something to the party. Judging from previous columns, many of you have something to say and need a sounding board. So, you're welcome to agree or disagree with the Squawks, and if you feel the urge to comment, then send an email to: hawkes32@comcast.net. I will finish with a coaching gem given to my high school basketball team. "You are to have very few day dates during the three months of basketball. Do not bring girls to the basketball games."

See you around, I hope.

Burnett-Ennis Scholarship Winner!

Rachelle's photo was inadvertently left out of the Burnett-Ennis Scholarship winners printed in the Fall 2009 issue. *Congratulations Rachelle!*



**Rachelle Ridout
with dad**

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

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

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

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

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

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

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

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

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