



FALL NEWSLETTER SEPTEMBER 2007

Hello Coaches, we are well into the season and I hope you and your teams are doing well. There are lot's of things to share with you this time around. However, before I begin I must apologize for the lateness of this missive. After 15 years of teaching in the elementary, I have moved up to the high school, where the kids are certainly much taller. It's been very exciting, but also a lot of work as I made the change in August. So now, finally, I'm getting this out to you.

One of the first changes I know you saw was the rules clinic. I don't know many people who relish the thought of taking an additional test, but we felt that it was time for several reasons. With the increase in new schools, we have a large number of new coaches coming in. Many of them do not coach track, so they don't have the opportunity to do a rules clinic in the spring. And honestly, from a professional standpoint, we felt we should have the same accountability as any other sport. In the long run, like eating your broccoli, it will be good for you.

EAST WEST ALL STAR RACE AND SCHOLARSHIPS

This past summer saw another edition of the East West All Star Race. The support from Brooks and Super Jock N Jill has been tremendous, and the participants ended up with a uniform, T-shirt, and some other goodies as well. The race was outstanding, with Jake Riley and Max O'Donoghue-McDonald finishing one second apart in 15:48 & 15:49 on the tough Lower Woodland Course. All Star Tess Granneman and freshman Annie Moore battled in the girls division, with Annie winning by 4 seconds in 19:11. A complete list of the entrants can be found on-line at www.watfxc.com

As part of the event, we again awarded scholarships to several deserving runners. Thanks to the hard work of many board members, we were able to give out more money than ever before. Jeff Sowards has taken the lead in soliciting funds from sources across the state and we believe our funds will increase again. If you have an event, a business, or group that would like to be involved, please contact Jeff. Currently we have Brooks, Seafair, The Run of the Mill, and the Jeff Munroe foundation as major supporters with several running stores, individuals, and organizations coming on board as well. Now we just need more applicants. To be honest, the pool was very small this year. They were all well qualified, but coaches, we need you to encourage your seniors to apply.

Here were the winners for the class of 2007.

\$500 WSCCCA Scholarship: Ann Hinkley, Hazen HS

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\$500 WSCCCA Scholarship : Kris Brown, Garfield HS
\$500 Brooks Scholarship: Charlie Williams, Gig Harbor HS
\$500 Brooks Scholarship: Kate Southcote-Want, Edmonds-Woodway HS
\$500 Scott Skiles Memorial Scholarship: Corrine Gogert, Lakewood HS
\$1000 Jeff Munroe Scholarship: Tyson Rickman, Cascade HS
\$1000 Seafair Scholarship: Lauren Briehoff, Mountain View HS

COACH OF THE YEAR

This year you will see a change in the Coach of the Year awards. Rather than award two coaches, we will be honoring coaches in each classification. Each group faces their own challenges, and we felt that it was time to expand the awards. We will also announce our candidates for the National Coach of the year at State. Of course, this leads to a shameless plug to join the association. You need to be a member to be eligible, and your dues help us fund the awards. If you aren't already a member, what are you waiting for?

HALL OF FAME

Another change this year will be our Hall of Fame. In addition to the plaques presented to our individual honorees, we will also be putting up plaques on our new Cross Country Wall in WIAA headquarters. We will be starting with previous inductees, and hope to have the entire class up within the year. Each new group of plaques will be on display at the state meet prior to going on display at the WIAA. The initial cost is significant, and we are looking at fundraising options (along with increased membership, please see the previous paragraph).

STATE MEET

There are a few tweaks to the state meet schedule to try to make sure that coaches, parents, and athletes don't miss out on awards ceremonies. The spectators viewing access proved to be a hit last year, and moving the podium into the driving range was also beneficial. Please do yourself and meet management a big favor and take the time to visit the state meet website, review the schedule, syllabus, and map. This is John's last year as the Competition Director, although we suspect he'll still be involved at some level. I think we can all agree that John has set a high standard for meet organization. John will leave a huge set of footsteps to follow.

LENGTH OF SEASON

This past week, after over 9 months of gathering data, collecting votes, and answering questions, we once again presented our proposal to add one week to the season. Two years ago it was defeated on the third reading, and we were charged to do a better job of communicating with our membership. The week would have been added at the end, beginning in 2008. This time, over 170 schools responded, about 65% of those who run cross country. Of those, 73% were in favor of adding a week. Districts 1,2,3, 5, and 8 led the way with the majority of their schools voting. Voting was sparse in district 4 and 6, but still substantial enough to be valid. Interestingly enough, support was strong in all classifications, with the 2B, 2A, 3A, & 4A classifications strongly in favor. The 1A and 1B classifications were slightly opposed. In the districts it was similar. Districts 1,2,3, 4,5 were strongly in favor. District 8 was slightly in favor, district 9 was even. Districts 5 & 6 were slightly opposed. However, in the end it did not matter. The WIAA Executive Board voted against extending the season. We haven't seen the discussion from the

minutes, but the sentiment seemed to be that the current situation was working, and making a change would be difficult. While the board respectfully disagrees, it is also best to table this issue for now. Certainly it would be worthwhile to continue the dialogue because increased communication and understanding can only help us all. I would like to thank the advisory and executive board members in all of this. Their dedication to our sport (regardless of which side of the aisle they were on) was awesome. Our proposal and the vote counts will be part of the public record, and will be posted on the website as a pdf file within the week. Please feel free to contact an executive board member if you have any questions or thoughts.

FINAL THOUGHTS

Take a moment and reflect on the impact you have on the lives of our young men and women. They are better off for your efforts. We all are. I hope that the year is a good one for you. I encourage (perhaps even plead) for more coaches to get involved in the “workings of our sport.” Sometimes it’s hard to look beyond your own team, or league, but so many of you have things to share. Together we can do so much. Please feel free to contact an Executive Board member or advisory board member. If you have a question, please ask your advisory board member, or feel free to contact your executive board. We’re here to serve. That’s why we get the big bucks (\$0 + lots of time = volunteer service). This is a great sport. Keep up the good work.

Joe Clark
WSCCCA President
Lakes High School

And don’t forget your membership dues. The website is <http://www.washcoach.org/links.php>

Executive Board

Joe Clark (Lakes): President Phil English (Eisenhower): Vice-President
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Dist. 5: Robin Bryson, Dan Colby **Dist. 6:** Susan Valdez
Dist. 7: Mary Downey, Bill Kemp **Dist. 8:** Chrissy Francek, Bob Isitt **Dist. 9:** Joanna Lanning