



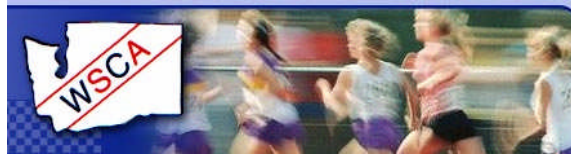
Fall 2008

The clock is ticking down to the start of another cross country season. As I sit on my deck I am mentally preparing for the end of summer and the beginning of a new season. Focus. It's something we ask our athletes to do all the time. How do you focus as a coach? How do you balance your job, family, and other obligations while giving your best to the athletes you work with?



This season will bring some new changes to go with tradition. For example, the Pasco tradition of John Crawford running the finish line at Pasco will continue, but there will be change as well as John steps down from overall race management and Le Burns takes over. The tradition of Pasco will stay for at least two more years. As with any year, there are also several coaching changes throughout the state as coaches change schools or follow other opportunities. In the past, John Crawford kept a pretty good handle on these changes. Now that he has stepped aside from a good deal the meet management comes the challenge of keeping track of all of the coaching changes and e-mails. The WSCCCA will attempt to do this through the wafx.com website. We can certainly use your help to let us know of any changes. You can e-mail them to your district/regional representative or any member of the Executive Board.

This year at the White Pass Coaches Clinic, we shared your feedback from last years state meet. The overall feeling was that the meet continues to be an outstanding event. We did share the concerns about the course layout (tight corners, flagging & possible length) and number of sanikans with Teresa Fisher and she promised to follow up on them. She also expressed concern about the dinner for teams and the coaches meeting. Specifically, how can we make them work without a financial loss for the meet. What has happened is that teams may commit to the dinner and then fail to show. The WSCCCA feels that the coaches meeting is a valuable time to honor our Hall of Fame members, Coaches of the year, and conduct a little (emphasis on little) bit of business. At the same time, we know that each team has their own way of preparing the night before and the team dinner may not fit in your plans. We welcome your thoughts and suggestions. At the minimum, please don't commit to the dinner unless you know you will attend.



Speaking of the coaches meeting, the Washington State Coaches Association has made two significant contributions to our association. They awarded us \$2000 to help with the East/West All Star event, and in a first for any individual sport, we received a special grant that will cover the cost of the remaining plaques for the Hall of Fame Wall at WIAA headquarters. We placed four plaques last year and hope to have the remaining 42 ready for display at this year's state meet. If you have a connection to any of the current Hall of Fame coaches in any way (former coaches at your school, friend, mentor, etc.) we can also use your help. Inductees are on-line at www.watfxc.com We are looking for 5 x 7 photos of past recipients so if you can help us out, please let us know. We have also ordered additional traveling trophies to reflect the B classifications and they will be in place this fall. Both should be on display at this year's state meet. And please, join the coaches association. Without their help, the Hall of Fame project would have taken us several years, and our All Star event would have much less to offer the athletes. You can get more information at <http://www.washcoach.org/>



Speaking of the representatives, here is who will be representing you for the next two years. But before we go there, a little bit about the entire process. We understand that cross country coaches can be pretty laid back (with a few notable exceptions). Still, it would be really outstanding if a few more of you would take the time to cast a ballot. The executive board ended up appointing one representative to fill positions, and making a "regional" adjustment as well since there were no candidates or votes from in some cases. In short, the voter participation was minimal. These representatives are really our eyes and ears since it's difficult to know the issues, concerns, and successes of all of you throughout the state. Really, we do want to hear from you. Our representatives for the next two years are: as follows:

- ☞ District 1: Kevin Ryan (Sehome) & Dan Parker (Glacier)
- ☞ District 2: John O'Leary (Blanchet) & David Miller (Bear Creek)
- ☞ District 3: Jerry Miller (Capital) & Matt Ellis (Bellarmine)
- ☞ District 4: Heather McLaughlin: Centralia & Amber Cruzan W. F. West
- ☞ District 5/6: Jeff Hashimoto (Ellensburg), Robyn Bryson (Sunnyside) & Jamie Monreo (Southridge)
- ☞ District 7: Bill Kemp Riverside. *We are waiting to hear back on another possible appointee.
- ☞ District 8: Chrissy Francek (University) & Bob Isitt (Shadle Park)
- ☞ District 9: Joanna Lanning (Waitsburg)

Your executive board of Phil English (Vice President), Bruce McDowell (Treasurer), Patty Ley (Secretary), Doug Fulton (At Large), and myself, Joe Clark (President) will continue on as well.



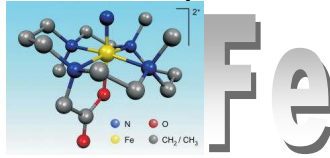
This past July we hosted the East West All Star. The race is held on the traditional Lower Woodland Park course, and once again, fast times ruled the day. While it is often difficult to get athletes to take part in a mid July race, our numbers continue to grow, and the times have steadily dropped. For this we thank all of those coaches who have promoted the event and encouraged their senior athletes to participate. Also, a huge thank you to Super Jock and Jill, Brooks, and all of the coaches who helped out on with this event as well as with the Run of the Mill, one of our key scholarship sources.

Along with the race, we were able to award \$5000 in scholarships to deserving athletes. The process was a competitive one, with a record number of applicants and we are looking at expanding our scholarships next year. We currently award a scholarship in the name of Jeff Munroe, another comes from Brooks, and the majority of the additional funding comes from the “Run of the Mill” race in Mill Creek. We are actively seeking other sources for potential donations to enhance our scholarship program. Complete information on this years race and scholarship winners can be found on our website at www.watfxc.com. There also was an article in this month’s Northwest Runner. We have also decided to change our volunteer focus for the event just a little bit. Rather than one large commitment, we are looking for coaches who can commit to just a smaller portion. These include things like working the finish chute, timing, working the registration table, handing out uniforms, barbecuing burgers, helping with the Run of the Mill (a major scholarship donor), contacting your local running store or business with a scholarship funding request (we have letters ready to go) etc.

B's

There was a good deal of discussion at the White Pass clinic as to what could be done to increase the number of participating teams in the B classifications to 16 entrants. As with anything, this will be a process and may take some time and patience. Brad Donovan of Willapa Valley is gathering information and suggestions. That way we will have a better idea of what our memberships concerns and ideas are, so we can then look at potential solutions. I have been in contact with Teresa Fisher and Jim Meyerhoff at the WIAA, and if we were to request a change it would need to go through the Representative Assembly. The simpler solution however is to find a way to increase participation. I know that it is much more difficult that it sounds like. **However, the B schools missed having a 16 team tournament for boys by just one school.** In reality, there were probably several schools with 3-4 runners. Any one could have made the difference. The girls side had a different problem. **They were just a couple of schools away from having to combine with the A schools.** Still, I believe that it’s not a case of coming up with 17 more teams (the number needed for a 16 team tournament). I believe

it's more that 17-20 schools (or more) need to find 1-2 more girls each. There has to be a way to find those other athletes. If you have something that has helped to increase numbers, please share it. We will pass it along. Whether we are 1B or 4A, this affects all of us. Let's pull together and get over this hump.



Finally, as you prepare for the upcoming season, there are a couple of things that the WSCCCA would like to emphasize. We are seeing an increased number of student athletes who are suffering from anemia, both girls and boys. While tests for anemia are not a standard part of a physical, we strongly encourage cross country athletes to be tested. It is a condition that is treatable if detected. Second, we are in a state with an outstanding array of invitational meets of all sizes. If you don't already take advantage of these, go for it. They really go a long way towards helping to develop your team and are one of the things that separate our sport from all of the others. And finally, we want to thank the WSCA again for their support of "All" sports. Chances are you are already a member, and aware of most of the benefits you get. But you may not know that the WSCA has provided insurance for all star events, grants to help with those events (for things like uniforms and athlete perks), and is helping us to honor those in our Hall of Fame as well. Please encourage those coaches you know to join as well. They really are working hard for all of us.

Have a great season.

Joe Clark
President
Washington State Cross Country Coaches Association