

Happy New Year to all of you. This next year will certainly be an interesting one, with reclassification and all of the changes it will bring. For every change, there are likely to be a variety of reactions depending on the circumstances. On the positive side, the chances for qualification to state will be equalized from a mathematical state (I think, I am not a math guy though). The flip side is that there ends up being a greater enrollment range in some schools than the past.

As we head into 2010, there are a few things to share regarding the Washington State Cross Country Coaches Association. First of all, our membership numbers keep growing. According to Bruce McDowell, we have steadily increased our membership over the past four years, and we now have 199 coaches who are WSCCCA members. Who will be the coach to put us over the magic 200 mark this year? Speaking of the WSCA, I just attended the Washington State Coaches Association winter meeting and I have some good news to share. You may remember that they gave us a grant to jump start the WIAA Hall of Fame Plaques. They also provide insurance for the East/West All Star event. Now they will also provide an annual amount (tentatively set for \$750) to help with expenses for all WSCA sanctioned All Star Events. Our event is one of those. This will be a great help. At the meeting I also inquired about the uniform rule change for volleyball. They were able to get the hair pin rule changed since volleyball is not a contact sport. I would like to see that rule changed along with the rolling of shorts. Since the jersey must meet the shorts, rolling cannot be an issue from that standpoint. With many vendors having only three sizes and limited budgets, rolling shorts or tying a singlet is often more a matter of fit than style. Sometimes an athlete simply wants to race without feeling like their singlet will fall off their shoulders or they will take two strides before their shorts catch up. I know I'm editorializing here but basketball shorts are now down near the knee (or longer). Although that is the way that they may have been manufactured, it certainly appears to be more style than performance. Rolling shorts may be for fit, it may be for style, and it may be a touch of both. But with the other rules in place regarding jerseys, and the proliferation of spandex and other fabrics, it seems to me that it is an interpretation that should be looked. And running with bobby pins etc. is actually safer for some than trying to keep their hair out of the way with a cloth tie or headband. This is an area where we should work through our AD's to bring some common sense back to the rules. Our goal would be to get the issue on the NFHSS agenda next year when they discuss rules. I am pretty confident that our officials and the WIAA would prefer to focus on issues other than bobby pins, but they are bound to uphold the rules as set forth by the national body. Speaking of membership, we (the WSCCCA) has always sent our newsletter out to all coaches, and based our post season and Hall of Fame awards based on performance, regardless of WSCCCA membership. However, it is the membership that funds these awards. In a typical year, we spend close to \$1000 on the Coach of the Year and Hall of Fame awards. Since 2007 when we expanded our Coach of the Year awards to all classifications, about 30-40% of the winners *have not* been WSCCCA members. Our conundrum is this. Do we base our honors on a coach's achievements AND their membership, or their achievements alone? You can make this easy for us by making sure that you are a member, rendering the whole point mute.

This year we were once again able to display the latest round of Hall of Fame plaques at the state meet. Judging by the number of people looking at them, they were a hit. After the state meet they are sent to the WIAA headquarters where they are on

permanent display. This year we are also going to add another element. We will be creating a virtual display of all the Hall of Fame Winners, and will have them on-line so that you can view their plaque and biography on line rather than driving to Renton to see them. It's not that Renton isn't a fine place to visit, but viewing the Hall of Fame on-line is a more economical and greener alternative. Hopefully it will provide more coaches with an opportunity to see the honorees as well. . Our goal is to have it complete before the 2010 cross country season.

I would also like to thank all of you who were able to attend this year's Hall of Fame and Coach of the Year Awards ceremony. As you know, the WIAA is no longer providing a coaches meeting on the day before their events. The WSCCCA is committed to honoring our coaches, and the state meet is still the best opportunity to do so. Certainly that requires some flexibility on the part of all of you who try to attend and we appreciate it. Know that the honorees appreciate your attendance as well. Next year we will be in the Best Western, right next to the race course. If you have any specific thoughts or suggestions as to what we can do to improve the event, please don't hesitate to contact your advisory board member or one of the executive board officers.

Now for some "All State" facts. The breakdown is courtesy of Bruce McDowell. The 2009 team had 50 Boys and 51 girls (because of a tie). There were 56 schools represented out of the 101 runners. 30 schools were represented by 1 runner in either gender. Both genders combined: North Central, Ferris, Lewis & Clark, Eisenhower all had five "All State" runners. Gig Harbor, Columbia River, and Shadle Park had four. Stanwood, Eastlake, Tahoma, Jackson had three. That makes 44 of the 101 runners coming from 11 schools. Boys: 30 from 4A, 17 from 3A, 3 from 2A, 1 frosh boy, 4 sophomores, 14 juniors, 31 seniors. Girls: 27 from 4A, 17 from 3A, 5 from 2A, 1 from 1A, 1 from 1B/2B, 9 frosh girls, 14 sophomores, 12 juniors, 16 seniors.

Along those lines, the WSCCCA will be sending out invitations to this year's All Star team. Once again, the race will be in July at Magnusson Park. As we did last year, we will be partnering again with the Washington State Games. We encourage coaches to help with the meet as well. There are several ways you can do this. First would be simply encouraging your seniors to take part in the race and apply for one of the scholarships. Any senior cross country runner can apply for a scholarship, and those seniors (and underclassmen too) can enter the race and run in the open division. If you can be in the Seattle area, we can always use your assistance as well. And finally, you can help us to raise funds for the scholarships themselves. We give out around \$5000 in scholarships each year to athletes from around the state. Sadly though, almost 100% of the scholarship funding comes from just a few sources in the Puget Sound region. We really would like to increase the amount of money we offer to our seniors but we need your help. If you know of a potential donor, or just want to help us seek additional funds, please let us know by contacting your advisory board member or the executive board. Every little bit can help make a difference.

Coming shortly is the Track and Field Coaches Convention. As they did last year, the Track Coaches have asked us to partner with them, and they have scheduled several sessions specific to distance running. There will also be a Washington State Cross Country Coaches Association Q&A session as one session. This will be a chance to meet the executive board and address any cross country questions or concerns that you may have. The clinic is on January 15 & 16 in Everett. You can get more information at

<http://www.wstfca.com/convention.php>. There are 16 Hours available and with registration you get the 2009 Track Annual. If you are staying at the hotel there is a complimentary breakfast as well. The reps from the WIAA will also be there to talk about changes in State meet schedules as well as venue information. There will be a first aid session too (open to the first 35 only).

Finally, this spring will see the end of the terms for the Executive Board and Advisory Board members. The members of the Executive Board have indicated to me that they will run again for one more term of office. They have also asked me to stay on for one more term as President. I have not yet asked the advisory board of their intentions. However, here are the basics. Any member in good standing can run for the advisory board. If you are interested in doing so, please let me know by the end of January. Any Advisory Board member may run for a position on the Executive Board with the exception of President. The President is selected from the current Executive Board membership. A more complete breakdown of the process can be found in our constitution at <http://www.watfxc.com/XC/WSCCCA/Constitution.htm> You can also find our past newsletter, the Hall of Fame and Coach of the Year winners, past newsletters, and information on nominating a coach for the Hall of Fame.

Have a great year!

Joe Clark  
President WSCCCA

## Washington State Cross Country Coaches Association

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4 – Amber Cruzan – W.F. West – 2A  
4 – Andrea McLaughlin – Centralia – 2A  
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5/6 Jamie Monroe — Southridge – 4A  
7 – Open  
7 – Bill Kemp – Riverside – 2A  
8 – Chrissy Francek – University – 4A  
8 – Bob Isitt – Shadle Park – 4A  
9 – Joanna Lanning – Waitsburg – 2B