

WSCCCA Newsletter  
Winter 2019

Greetings to all of you. I hope this newsletter finds you well. We just finished our annual Washington State Track and Field/Cross Country Coaches Association Convention, and there is a lot to share.

The convention was held in Tacoma once again, with over 220 attending. More than a fourth were cross country coaches. If you didn't attend, we hope you can in the future. This year Ed Santos, Jeff Brady, Patty Ley, Matt Rexus, and Dr. Mark Harrast of the UW Sports Medicine clinic were speakers. Their convention notes are on the WSTFCA website. We also had our coach of the year, President's Service, and Hall of Fame inductions. President's service awards went to Denis Villeneuve of Redmond, and Tim Thomsen of the Sumner/Bonney Lake School District. Our coaches of the year were:

B: Boys-Tim Gundy, Asotin Girls-Eric Brooks, Liberty Bell  
1A Boys-Dayle Massy, Cascade Girls-Rod Wilcox, Kings  
2A Boys-Bill McClement, Bellingham Girls-Kevin Ryan, Sehome  
3A Boys-Matt Rexus, Kamiakin, Girls-Shaun Suss, Kamiakin  
4A Boys-Jeff Brady, Tahoma Girls-Dan Parker, Glacier Peak

Next year, the WSCCCA executive board is looking at making a slight change to our coach of the year, and changing it to "program of the year." This way we can also honor all of those assistant coaches who are so integral to a team's success.

This year, for the first time, we combined with the Track and Field Coaches Association to induct our Hall of Fame members together during an dinner banquet that was attended by well over 200 people. The WSCCCA inducted Gary Darnold of Lake Roosevelt, Tim Irwin of Squalicum, and Milk Mills of Richland while on the track side they inducted Terry Rice of Stadium, Mike Strong of Yelm, and Phil Longberg of River Ridge. All three of them also coached cross country. Our hall of Fame members can be found on our website, [www.watfxc.com](http://www.watfxc.com) as well as the other award winners. You can also find a form there to nominate any deserving coach.

In other convention news, we had a lively discussion about the state meet. The general feeling was that the loop course was successful. Coach Fuller of Pasco was in attendance, and helped with explaining some of the points about the course design and layout. He is involved with the organizing committee, and will share with them his thoughts from the meeting as well. There was discussion about the times being slower. One thing that wasn't covered is that the course had rain during the previous week as opposed to 2018 when conditions were very cold and the course was firm. From the perspective of the Executive board, we were pleased with what how the organizing committee was able to completely redesign the course in such an short amount of time.

In other news from the meeting, we are looking at a proposal to add an ambulatory race to the state meet, and are looking for a group of coaches to work on that. Many of us have athletes who are running on our sub varsity teams with physical challenges including loss of sight, cerebral palsy, and a host of other conditions that they overcome to run on our high school teams. We are looking at a way to give them the state meet opportunity. If you are interested in being on this committee, please contact your advisory board representative or a

member of the executive board no later than February 5 as we want to move quickly. In other board news, Ed Santos Jr. Of South Kitsap was appointed to the Executive Board in the place of outgoing board member Denis Villeneuve. Ed's Primary responsibility will be to increase funding for our scholarship program as well as our expanded programs of the year. Expect to hear from Ed soon. There will also be executive board elections in the spring for the positions of Vice President, Treasurer, and Secretary. Our incumbents will be running, and information for how others can as well will be on the website as well next month.

The East West All Star race will be held in June again, and scholarship information is available on the WATFXC.com website. Please let your graduating seniors know about this and encourage them to apply. Also, if you feel you have a deserving athlete who should be in the East West All Star Race but didn't have a qualifying time from the state meet, you may nominate them by contacting [Doug Fulton](#). Guidelines are also on watfxc.com.

Sadly, Cross Country lost two Hall of Fame coaches recently. Brock Hogle of Nathan Hale, and Cliff Nixon of Bellevue & Newport passed away. The WSCCCA made a donation to the fund for Cliff's memorial and expenses. There will be a celebration of his life on February 10. You can find more information [here](#).

Also, Tom Campbell, the founder of our association and Hall of Fame Member is looking to do a video project where we gather the video stories and knowledge of our Hall of Fame Coaches. The plan is to arrange a meeting this spring, and also collect video information for those who cannot attend. Right now they are looking at Late June, possibly at Central Washington University. You can contact [Tom Campbell](#) for more information.

Finally, we really want to thank Dusty Patrick for all he has done to update and maintain our website. We appreciate his work. There have been a number of updates. If you have not visited the website, check it out.