



OACA Newsletter

Fall 2008

MESSAGE FROM THE PRESIDENT

Welcome to the 08-09 school year.

The OACA (Oregon Athletic Coaches Association) is an association made up of coaches throughout the state of Oregon involved in coaching athletes in various sports at all levels. With your dedication, our association has been very instrumental in developing strong programs and clinics that benefit not only our members, but also those associated with our association.

The OACA works closely with the OADA (Oregon Athletic Directors Association), and the OAOA (Oregon Athletic Officials Association) in developing policies for high school athletics. All three associations are represented on the OSAA Executive Board and all committees formed by the OSAA.

Going to the OACA webpage, www.oregoncoach.org, you can link up to the following: Contact Info, Coaches Certification, Membership Info, Coaching Clinics, Coaching Opportunities, Newsletter, All Star Games, Board Info & Minutes, Scholarships and links to other websites.

I would like to encourage every coach to support high school athletics and activities by joining the OACA. Many benefits are available by joining. You may apply on our website. Registering online is the quickest way to receive your membership. An added benefit adopted this year is a \$5,000 Life Insurance Policy covering OACA members 24/7, business or pleasure.

This coming March 6-8, 2009, the OACA will again put on the OACA/Nike Football Clinic in Portland, which has been one of the of largest and most successful clinics in the nation. Over 1000 coaches will attend along with Nike providing college coaches as presenters. (Go to the OACA website for clinic information and schedule).

Over the years, Oregon coaches have received National Honors for their coaching expertise. The following were selected National Coaches of the Year: Tony Vandermeer-Redmond HS for Boy's Soccer; Leon McKenzie-Benson HS for Girl's Track; Burt Stratton-David Douglas HS for Swimming; NHSACA and NHSACA Hall of Fame, Rick Lorenz-Central Catholic HS, Girl's Volleyball. Congratulations for your dedication and commitment to high school athletics.

In closing, two men, Marv Heater and Dave Johnson (Co-Executive Directors of the OACA), have worked tirelessly in making the OACA an outstanding association that we can be proud of. Thank you both for your commitment to high school athletics.

Greg Letts
OACA President
Centennial High School

W R A M Y O N R M V O R O P W M I C A O O G Z - < R M S

DIRECTORS CORNER

DAVE JOHNSON, CO-DIRECTOR

Another year is on the way and most all of you are again involved in your coaching season or are in the planning phase for your upcoming season. We have been busy here in the office with Suzette processing memberships, Marv recovering from a new hip replacement and me keeping busy with other office needs. We are looking forward to another exciting year and will attempt to represent coaches well as we look forward to working with the OSAA, OADA and OAOA. Our Oregon Athletic Coaches Association (OACA) has representation on all of the above named associations. Our OACA Executive Board represents every Oregon High School classification and we have Sport Chairs representing every OSAA sanctioned sport. We are fortunate in our state to have this positive relationship with these organizations. Remember that in your busy world to attempt to take time to do something good for yourself each day and also to stop and smell the roses.

Thanks again for all you do for all!!

“LIFE IS 10% OF WHAT HAPPENS TO YOU AND 90% OF HOW YOU HANDLE IT.”

DIRECTOR'S CORNER

MARV HEATER-CO-DIRECTOR

*I am pleased to announce that once again we had three coaches from Oregon named as national coaches of the year. **Tony Vandermeer, Boys Soccer, from Redmond HS; Leon McKenzie, Girls Track & Field, from Benson HS; and NHSACA COY Burt Stratton, Swimming, from David Douglas.** Congratulations to these coaches. We are fortunate to have great coaches in Oregon and to have them recognized nationally.*

Our Congratulations also to **Rich Taylor**, Directory Editor, for being awarded the **USTA 2008 Starfish Award**, given to high school coaches who run a no-cut program. Rich was one of two coaches given this recognition August 25, 2008 in New York City. Rich has been involved in tennis for over 35 years.

LIFE INSURANCE - I am sure many of you are not aware of a new benefit we were able furnish with your membership this year. All members are covered with a **\$5000 dollar life insurance policy**. It is a 24 hour coverage and for any cause. We were very pleased that we were able to add this valuable benefit for our members this year. Please call or write if you have questions.

I am starting my 21st year with the Oregon Athletic Coaches Association and once again looking forward to a great year with the coaches in our state. It seems like just yesterday that I began my journey with the association. And I look forward to the start of this year just like it was my first and striving to make one of the best. We (OACA) look forward to continuing our fine association with the Oregon School Activities Association (OSAA), Oregon Athletic Directors Association (OADA) and the Oregon Athletic Officials Association (OAOA). We are fortunate to have such fine working relationships with these associations that we do. Many states have no cooperation with their Activities Associations. We certainly know that we are all doing the best we can for the kids in our state.

I also want you to know that our OACA office operates to serve you. Do not hesitate to contact us by email , mail or fax if you have question or concerns. We have a fine Administrative Assistant with Suzette Livingston. She makes our office special with her efficiency, hard work and friendliness. I also want to compliment Dave Johnson, Co-Executive Director. He has been able to develop some great sponsorships for our association as well as giving great leadership to all of our operations.

Have great year ahead, Marv Heater

THANKS TO OUR SPONSORS

Our sponsors are very important to the financial operation of the OACA and allow us to offer the many benefits associated with being an OACA member.

MAXPREPS has joined us this year and provides financial support for our organization. MaxPreps is owned by CBS and is devoted to providing a free service that offers a nationwide Internet publishing platform for schedules, scores, rosters, statistics, rankings and other types of exposure for your team and athletes. Some of us may often wish we were in the simpler and past days of playing the game and reporting the game statistics to the local newspaper and then moving on but.....times have changed and media exposure seems to be more influential than ever for player, teams and coaches...so we carefully selected what we think is the best of the best in providing such information. Go to www.maxpreps.com and check it out. You can also reach Brandon Bowling, the Oregon/MaxPreps Rep at bbowling@maxpreps.com.

GATORADE continues as one of our long time sponsors who also provides financial support to the OACA. They allow teams to purchase product and informational programs at a reduced rate. They are a great resource for proper hydration and fitness information. They have taken some financial hits here in Oregon the last couple of years with the vending restrictions in schools but they have continued to be supportive to our organization. To find out more information on Gatorade, go to our website, www.oregoncoach.org and click on the Gatorade logo.

NEFF is one of our new sponsors and will provide the major support at our OACA Annual Coaches Association Awards Banquet in the spring of each year. Steve Hunker, the Oregon Neff Rep does an outstanding job in working with schools. You can go to their website, www.neffco.com or contact Steve at shunker@neffco.com

PRIME TIME SPORTS continues to be one of our sponsors by contributing funds for our overall operation. They are the management team for the Les Schwab Bowl which features the 5A/6A All Star Football game. The OACA office conducts the selection of the coaches and players and then turns the management of the team and game over to Prime Time Sports.



NIKE/OACA FOOTBALL CLINIC & OTHER CLINICS



NIKE FOOTBALL CLINIC

We are in the process of assembling our football clinic for this coming March. As many of you know, this football clinic is a major fundraiser for the OACA. The clinic profits have allowed us to keep our OACA fees the same over the past years. Our clinic has become the largest annually held football clinic on the west coast and one of the largest in the U.S. with over 1100 coaches attending last year. Nike provides us with some very top notch college football coaches. This year we are excited about having, **Gary Pinkel-Missouri, Stan Brock-Army & also from Beaverton; Pat Hill-Fresno State; Rocky Long-New Mexico; Stan Harbaugh-Stanford, and Troy Calhoun-Air Force & Roseburg HS** as well as many other outstanding college and high school coaches. We will also have back one of our past outstanding speakers, Bruce Brown speaking on Character Education. Some clinic info is now listed and will be updated monthly with final information in mid-December on our web site (www.oregoncoach.org). In mid December, brochures will go out to those coaches that attended last year and every high school in Oregon. Mark MARCH 6-8, 2009 on your calendar for the OACA/Nike Football Clinic.



OTHER CLINICS

We are attempting to expand our OACA clinics by conducting an OACA Basketball Clinic on October 10th at Westview HS and a possible OACA Volleyball Clinic in the spring. Information on the basketball clinic was sent to all AD's to forward on to their basketball coaches a couple weeks ago. Thanks to the efforts of our basketball coaches, Dennis Murphy-South Medford and Pat Coons-Westview for this first year. We hope to build on this first clinic for the future and involve more of our Oregon High School Basketball Coaches.

PERFORMANCE PLAYBOOK

**Gatorade
Sports
Science
Institute**

gssiweb.org

Volleyball: The Ultimate Match

ANN SEMENSKE, M.S., R.D., is a sports dietitian at Lean on Me, Ltd.

The thrill of volleyball lies in speed. **SERVE, SET, SPIKE, SCORE** – within seconds, a point is made. The combination of agility, strength, accuracy, and explosive power is required during practice, matches and especially multimatch tournaments. Fueling the body before, during and after competition is essential to maximize the performance of each athlete.

SERVE Powerful Foods Pre-Game

The evening before a competition is critical for loading the body with adequate carbohydrate. The choice: lots of carbohydrates (like bread, pasta and rice) with moderate protein (like lean chicken, fish, or beans) and moderate fat (like frozen yogurt or oatmeal cookies). And don't forget an evening snack. Cold cereal with low-fat milk or a turkey sandwich is great.

After-school matches require planning. Athletes should take pre-game foods along to school so that they have high-carbohydrate foods as soon as the bell rings. Try these portable high-carbohydrate snacks:

HIGH-CARBOHYDRATE SNACKS

Graham crackers or low-fat crackers	Fruit snacks
Trail Mix	Fresh fruit
Applesauce or fruit cups	Gatorade
Low-fat granola bars	Peanut butter and jelly sandwich
	Dried fruit

SET an Accurate Hydration Plan

Dehydration can foil the efforts of the most skilled athletes. Gatorade replaces carbohydrates needed for volleyball's bursts of energy. Dehydration is easy to prevent with the following few simple steps:

- Monitor fluid losses by weighing in and out of practices. Teach athletes to aim to drink enough during practice so that they don't lose or gain weight. During recovery and for every pound of weight lost through sweat, drink 20 to 24 ounces of fluid.

- Remind athletes to check the color of their urine. If it is pale like lemonade, that's a sign of good hydration. If it's dark like apple juice, they need more fluids.
- Favor a sports drink over water, because electrolytes replace the sodium lost in sweat, carbohydrates fuel working muscles, and flavor encourages drinking.

SPIKE Energy Reserves During Tournaments

Keeping fueled during daylong matches is often a challenge. With anywhere from minutes to hours between matches, athletes can forget or be too nervous to eat or drink. Be prepared. Pack a cooler full of high-energy snacks, like those listed. Good choices during longer breaks when you can go out for food include submarine sandwiches, vegetable or cheese pizza, milk shakes, nutrition shakes, and smoothies. Keep the fluids flowing so that athletes start each match with a well-hydrated body full of energy.

SCORE a Strong Nutrition Win

Following a few simple guidelines and planning ahead gives athletes the nutrition they need to perform for each and every match while keeping their bodies strong for the next practice and competition. Foods after practice and competition are important, as they replace nutrients the body has burned and are critical for season-long success. Reload the muscles 30 minutes after exercise by consuming 0.75 grams of carbohydrate per pound of body weight.

Nutrition and hydration – a perfect match for a winning season.

OACA MISSION STATEMENT

The OACA is committed to serve its members by promoting:

- Education through athletics and coaching which will enhance a positive experience for coaches and athletes.
- Coaching Profession certification.
- Enhancement and support of the Coaching Profession.
- Current and pertinent information regarding the Coaching Profession.
- Affordable liability insurance to coaches.
- Recognition of outstanding individuals in coaching and athletics.

**OACA 2008-09 CALENDER, for more information email:
oregoncoach@msn.com**

AUGUST 7, 2008 SUMMER EXECUTIVE BOARD MEETING SALEM-Dave's 9:30 a.m.

NOV. 6, 2008 SPRING SPORTS REC.-OSAA OFFICE WILSONVILLE-9:30 a.m.

JANUARY 8, 2009 FALL SPORTS REC.-OSAA OFFICE-WILSONVILLE-9:30 a.m.

MARCH 6-8, 2009 NIKE/OACA FOOTBALL CLINIC-PORTLAND

APRIL 14, 2009 WINTER SPORT REC.-OSAA OFFICE-WILSONVILLE-10:00 AM

MAY 23 2009 COACH OF THE YEAR BANQUET—EUGENE, U OF O - 6:30PM

OREGON ATHLETIC COACHES ASSOCIATION

3295 Triangle Dr. Suite 100 Salem, OR 97302

Phone: 503-399-9132 Fax: 503-399-7867

Email: oregoncoach@msn.com