



# OACA Newsletter

Spring 2007

## DIRECTOR'S CORNER

Marv Heater, Co-Director

### **New Look—Website.**

Our website, [www.oregoncoach.org](http://www.oregoncoach.org), has a new look and improved pull down menus for ease of getting information. Take a look and let us know if there is anything you want on the site in the way of information, coming events, etc.

### **2007 Banquet - Another Success.**

On Saturday, May 19th we celebrated our twentieth annual Coach of The Year Banquet at the Casanova Center, University of Oregon in Eugene. Over 260 coaches, family and friends gathered to honor over 100 coaches for Years of Service, Coach of the Year Awards, National Coach Awards and Scholarships. This year's event was the largest ever over the past twenty year period.

National Coaches of the year, Mike Doherty, Tom Rothenberger and Scott McCormick were presented National Coach of the Year Plaques. Vera Sullivan, wife of the late Dewey Sullivan was presented the Contributor's Award in honor of the late Dewey Sullivan and Pete Russo, retired athletic director was given the Distinguished Service Award for his service to athletics. See website for a complete listing of all awards.

Outgoing President Kary Hadden, Sprague HS, turned the gavel over to Vic Lease, Santiam HS, who will serve as the 2007-08 President. Greg Letts, Centennial HS, moves to Secretary/President Elect. Cindy Anderson, Wilsonville HS, will become our new Vice President and John Beck will join the Board as the new 5A representative. For complete list of Executive Board Members visit our web-site: [www.oregon.coach.org](http://www.oregon.coach.org).

### **Membership**

Our 2006-07 membership totaled 3362, the second largest total membership ever for the Oregon Athletic Coaches Association. We are pleased with the yearly increase in interest in our organization and want to work toward a larger participation for the 2007-08 year.

2007-08 Membership Cards will be issued starting after the first of August. **Your current membership card is good through August, 2007.** If you wish to register on-line prior to August your application will be held until then and your card issued mid-August.

**Here is a few of the numerous benefits** of becoming a member of the Oregon Athletic Coaches Association: 1. Insurance Benefit, a \$1,000,000 liability policy as part of your membership. 2. The Gold Card membership is your admittance to all OSAA Playoff and Championship games. 3. Eligibility for National, Regional and State Coach of the Year Awards. 4. The year end Coach of The Year Banquet, two for one or free admission to many college and university athletic events. 5. The E-Newsletter sent three times a year. 6. Representation to the OSAA with a full time Board member. **Don't forget your very important membership to start the new school year.**

Dave Johnson, Co-Director

It was certainly an exciting, interesting and sometimes controversial year for high school sports in the 2006-07. The re-classification of schools into six different levels for competition allowed additional schools and athletes the opportunity to participate in OSAA State Playoffs. The new format added an additional 21% of participants in the state playoffs. State competitions are often times very special win or lose, and the additional players, coaches, school and community involvement enhances the memories of high school athletics.

We do recognize that not all schools favored the re-classification because of the elimination of some long time traditional league relationships and the increased travel time/distance dilemma. Most coaches took the positive route and worked hard to develop new school league ties and relationships. Those schools that joined many others in traveling longer distances for league games used the extra time for study time, team bonding and just getting to know each other better. The pros and cons of the reclassification were debated, scrutinized, evaluated, appealed and finally upheld as a fair process. Most all of us have moved on and look favorable toward the future and feel fortunate to be working with the great people involved in high school athletics.

Most of you in high school athletics work too hard and need to make some time for yourself this summer to re-charge and re-new your energy and soul. Do something good for yourself this summer and remember to stop and take the time to smell the roses along the way. Thanks for all you do for all!!

**"Take rest. A field that has rested gives a beautiful crop." Ovid**

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

## BRUCE BROWN TOUR

Bruce Brown is a nationally recognized speaker and former coach with over 35 years experience working with junior and senior high schools, colleges and school districts. His speaking topics center on character development which is one of the most important goals for student-athletes coaches, and parents. He was one of the outstanding speakers at the OACA/Nike Football Clinic this past March. The Oregon Athletic Directors Association is sponsoring a series of seminars presented by Bruce Brown to educate and lead in the development of our young athletes into Champions of Character. FOR MORE INFORMATION ON THE SPEAKING SCHEDULE, visit the OADA web site [www.oada.8m.com/](http://www.oada.8m.com/)



## 2008 OREGON COACHES/NIKE FOOTBALL CLINIC

March 7-9, 2008 are the dates set for the Oregon Coaches/Nike Football Clinic. The event will be held once again at the Holiday Inn at the Airport starting on Friday afternoon March 7 and ending on Sunday morning March 9. In early November a list of both national and local speakers will be sent to you and also announced on our website.

Last year's event once again had over 1000 attendees from over the Northwest and Alaska. The Portland Clinic is the largest of its kind held on the Pacific Coast and the third largest of all of the Nike sponsored Football Clinics. **Mark your calendar now for the Oregon Coaches/Nike Football Clinic.**



THANK YOU TO OUR SPONSORS



We **have not** raised our membership dues over the past 5 years because of our sponsor's contribution to the OACA and the membership support of over 3200 coaches. This is quite an accomplishment today with the raising costs of everything that it takes to run a quality organization. With the good support of our sponsors, Nike Football Clinic profits and increased membership we have been able to continue to offer eight \$1,000 scholarships for graduating high school children of OACA members. We have been able to offer 96 scholarships (\$96,000) since the scholarship program began in 1994-95.

**GATORADE** does a wonderful job of contributing funds to our Oregon Athletic Coaches Association and offers many reduced purchase programs through our web site of [www.oregoncoach.org](http://www.oregoncoach.org).

**PRIME TIME SPORTS** owned by John McCallum and Gerrit Wood also contribute funds to the OACA and do a great job in management of the Les Schwab Bowl. This game features 5A/6A football All-Stars from Oregon High Schools. The OACA is involved in the selection of the coaches who in turn select the players. Prime Time Sports manages the game/teams while the players/coaches stay in the Portland area with the final contest at PGE Park.

We also appreciate the support of **WILSON** ball products and the **OSAA** as they provide the many door prize gifts at our annual OACA Coach of The Year Banquet.

Our biggest fund raiser is the **NIKE FOOTBALL CLINIC** held every March in Portland. This clinic usually raises at least \$15,000 for our coaches association. With the hard work of our OACA Executive Board/Staff and football coaches committee, our clinic has become the largest football clinic on the west coast. We appreciate the support of coaches and vendors from the Oregon/Washington area.



June 22, 2007 • PGE Park





## Heat Illness Prevention Tips

### GAToRADE SPoRTS SciEncE InSTITuTE

The topic of heat illness has received a great deal of attention following the tragic experiences of athletes in hot climates. Heat illness can happen to anyone in a hot environment and is an issue that athletes especially need to be aware of — and know how to prevent.

Athletes increase their risk of heat illness as they become dehydrated. According to the National Athletic Trainers' Association, it is not uncommon to reach dehydration levels significant enough to place athletes at risk of developing exertional heat illness in an hour of exercise. Athletes can reach this level even more rapidly if they begin the workout, practice, or competition dehydrated. This is a common occurrence. Many of the risk factors for heat illness can be eliminated to help prevent heat injury to the athlete.

#### 10 Tips to Beat the Heat

**Recognize the early warning signs of dehydration.** These can include noticeable thirst, muscle cramps, weakness, decreased performance, difficulty paying attention, headache, nausea, fatigue, or dizziness. If left untreated, more extreme symptoms can occur.

**Allow for acclimation.** Acclimation is the body's adaptation to a hot environment. Slowly increase practice intensity and duration over the first two weeks of training. Most cases of heat illness occur in the first 2 to 3 days of training.

**Drink up.** Once acclimated, fluid intake needs to be greater because sweat losses will be higher.

**Have fluids within arm's reach.** Fluids should be easily accessible during workouts, practices, and games.

**Don't rely on thirst.** Weigh in and out of practices and games, and note any weight loss. Drink during exercise to minimize losses in body weight, but don't over drink.

**Favor sports drinks over water.** Research demonstrates that the carbohydrate in sports drinks fuels muscle and sodium encourages voluntary drinking and promotes hydration.

**Drink it. Don't pour it.** Pouring fluid over your head may feel great but won't help restore body fluids or lower body temperature.

**Exercise in the morning or evening.** This is when the weather is coolest. Also, avoid the direct sun to minimize radiant heat from the sun and hot playing surfaces.

**Dress for the weather.** Keeping cool in hot weather means wearing less clothes and frequently removing gear, like helmets, during breaks.

**Break it up.** Increase the frequency and duration of rest breaks to help you stay hydrated and cool.

## 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.

The strength of the group is the strength of the leaders.

***“The strength of the group is the strength of the leaders.” — Vince Lombardi***

## THANK YOU TO OUR SPONSORS:



NIKE - Sponsor of our football clinic.



GATORADE - Gatorade is our major monetary sponsor. Support Gatorade by using their products. The link to their web site is on our web site- [www.oregoncoach.org](http://www.oregoncoach.org)

**OACA 2007-08 CALENDER, for more information email: [oregoncoach@msn.com](mailto:oregoncoach@msn.com)**

**AUGUST 9, 2007 SUMMER EXECUTIVE BOARD MEETING SALEM-Dave's 9:30 a.m.**

**NOV. 6, 2007 SPRING SPORTS REC.-OSAA OFFICE WILSONVILLE-9:30 a.m.**

**JANUARY 8, 2008 FALL SPORTS REC.-OSAA OFFICE-WILSONVILLE-9:30 a.m.**

**MARCH 7-9, 2008 NIKE/OACA FOOTBALL CLINIC-PORTLAND**

**APRIL 15, 2008 WINTER SPORT REC.-OSAA OFFICE-WILSONVILLE-10:00 AM**

## OREGON ATHLETIC COACHES ASSOCIATION

3295 Triangle Dr. Suite 100 Salem, OR 97302

Phone: 503-399-9132

Fax: 503-399-7867

Email: [oregoncoach@msn.com](mailto:oregoncoach@msn.com)

web: [www.oregoncoach.org](http://www.oregoncoach.org)