



OACA Newsletter

Fall 2007

Message From The President

Hello,

I hope that we are all off to a great start to the 2007-2008 school year. The Oregon Athletic Coaches Association has over 3,200 members all over the state of Oregon and is still looking to grow. If you are not a member or you know someone who isn't we encourage you and them to join.

Something that I have observed over the years and wanted to share with you is the opportunity that we have with our student athletes as they deal with success and failure. One of the most important things that we can teach our athletes is how to deal with their successes and failures in a positive way. In life as a sport we all will be faced with these situations on a regular basis. How we teach our athletes to deal with these situations is an important part of the development of our young men and women. As a coach, it is easy to get caught up in teaching the X's and O's of your sport but remember that teaching life skills will last a lifetime.

Good Luck!

Vic Lease
President

"It's not what you teach, but what you emphasize."
— Don Meyer

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 at www.oregoncoach.org. Please support Gatorade by using their products.

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 and to NIKE for sponsoring our clinic.



DIRECTOR'S CORNER

Marv Heater, Co-Director

I am pleased to announce that for the second time in the last five years the Oregon Coaches Athletic Association has had four coaches named as **National Coaches of the Year** in their respective sports. It speaks well for the high quality of the coaches in our state. We are justly proud of all of them and we recognize that these coaches represent us all in every sport nationwide. The coaches are **Scott McCormick**, Softball Coach at South Salem High School. Scott has coached for 26 years and has compiled a record of 446 wins. He won the State Championship in 1991. **Tom Rothenberger**, Boys and Girls Cross Country Coach from Jesuit High School. Tom has coached for 25 years, has a 112-4 win loss record and his Boys and Girls teams have won 11 State Titles. **Mike Doherty**, Boys Basketball Coach from Oregon City High School. Mike has coached for 45 years, is the winningest basketball coach in Oregon history with 759 wins which includes 3 State Championships. **Dave Nicholas**, Boys Soccer Coach from Jesuit High School. Dave has coached for 29 years and has compiled a 394 win record and 11 State Championships.

I am also pleased to announce that **Rob Younger**, Sweet Home High School, will receive on January 9, 2008, the **2007 Power of Influence Award** from the American Football Coaches Association. The award will be presented at the AFCA Coach of the Year Dinner in Anaheim, California during the 2008 American Football Coaches Convention. This prestigious national award is given to a head high school football coach based on the power of positive influence he has demonstrated throughout his career to his players, coaches, school and community. Rob was selected over applicants from all states in the nation.

My congratulations to these coaches!

Membership

We are approaching a possible **record membership** for our 2007-08 year, however we must remind all of our coaches that to accomplish this they should join ASAP. You are receiving this newsletter because you have renewed or joined new. What we're asking you to do is to share this newsletter with coaches in your building as a reminder to join. Besides supporting the profession there are numerous benefits that our coaches can enjoy. One is the **Gold Card**, (this year it's green gold), another is the **\$1,000,000 liability insurance**, another is the **scholarship benefit** and still another is the **State and National Coach of the Year** recognition, plus numerous other perks. Get your fellow coaches to join today. Applications are available online at www.oregoncoach.org.

Dave Johnson, Co-Director

I am sure this is a very busy time of year for many of you that have returned to your school as a teacher, coach or both. Our busy time in our office is nothing compared to the intensity of your time if you work in the schools. We have been busy with processing many memberships and working on other coaching related issues. Often, people confuse us (OACA) with the OSAA. When this occurs we explain that we are one of the legs of support under the OSAA that enhances the communication of our membership. This is similar to other legs/organizations such as the OADA (Oregon Athletic Directors Association), and OAOA (Oregon Athletic Officials Association). All of the organizations listed above have representation on the OSAA Executive board and all committees formed by the OSAA.

We, here in Oregon are very fortunate to have a great partnership with all of the above named organizations. Each year I attend a meeting representing 38 states and I find that many of them are envious of the communication/partnership model we have here in Oregon. Have a great year! Thanks again coaches for all you do for all!!

NIKE/OACA 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 membership fees the same over the past years. The clinic has become the largest football clinic on the west coast and one of the largest in the U.S with over 1000 coaches attending last year. Nike provides us with some very top notch college football coaches. This year we are excited about having Pete Carroll-USC, Dan Hawkins-U of Colorado, Rich Brooks-Kentucky, Chris Petersen- Boise State, Mike Bellotti- U of Oregon, Jack Siedlecki- Yale, and many other college and high school coaches. The final clinic info will be listed on our website: www.oregoncoach.org in mid December and brochures will go out to those coaches that attended last year.

Mark MARCH 7-9, 2008 on your calendar for the OACA/NIKE FOOTBALL CLINIC.

PERFORMANCE PLAYBOOK



Gatorade
Sports
Science
Institute

gssiweb.org

Sports Nutrition Myths

CHRIS ROSENBLUM, Ph.D., R.D., L.D., is a professor in the division of nutrition at Georgia State University and the sports dietitian to Georgia State University Athletic Association.

Athletes are always looking for an edge against the competition, and what an athlete chooses for fuel can help. Because sports nutrition is an evolving area of sports science, it is prone to myths and misconceptions. You've probably heard all of these myths, but do you know the facts?

Myth No. 1: Sugar should be avoided before training and competition.

Sugar eaten before competition increases blood levels of glucose and insulin, which is not a bad thing. Carbohydrate, whether in food or drink, taken before exercise can improve performance. An athlete who is not fueled is a tired athlete who can't perform at his or her best.

Myth No. 2: Sports drinks are only needed for exercise lasting more than an hour.

Sports drinks can be beneficial in activities that last less than one hour, especially if the exercise is intense or occurs in hot, humid conditions. Professional athletes aren't the only ones who benefit from sports drinks. Competitive athletes who play football, soccer, tennis, field hockey, or basketball can benefit from the carbohydrate and electrolytes in sports drinks. Drinking sports drinks encourages athletes to drink more, which is important since dehydration can occur in exercise lasting less than one hour. Using sports drinks is an easy way to improve performance and to fight dehydration.

Myth No. 3: Body image distortion is only a women's issue.

Men are increasingly exposed to supermale images, from the bodies of professional athletes to the covers of men's magazines, men are increasingly dissatisfied with their body appearance. Body dysmorphic disorder, the preoccupation with an imagined or slight defect

in one's appearance, is recognized as a psychological disorder. Many coaches and athletes may be unaware that it occurs in both males and females.

Myth No. 4: Vitamins and minerals give athletes extra energy.

Vitamins and minerals act as co-factors to unlock the chemical energy stored in food, but by themselves they do not give an athlete extra energy. A meal plan rich in grains, vegetables, fruits, meat, and dairy gives athletes energy. This food is also a vehicle of entry for the vitamins and minerals that the body needs to unlock food energy. A multivitamin mineral supplement might be necessary for some athletes, but by itself, it will not provide extra energy.

Fight sports nutrition myths.

- Be wary of products not backed by published research.
- Look for information provided by respected organizations, such as the American College of Sports Medicine (ACSM), the American Dietetic Association (ADA), and Sports, Cardiovascular, and Wellness Nutritionists (SCAN).
- Bring in a sports dietitian for a workshop with your team on translating the science of nutrition into food plans.
- Check the Gatorade Sports Science Institute Web site at www.gssiweb.org for information.

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.

“Don’t let what you cannot do interfere with what you can do.”

—John Wooden

**OACA 2007-08 CALENDER, for more information email:
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: oregon-

coach@msn.com