



OACA Newsletter

Winter 2008

DIRECTOR'S CORNER

Dave Johnson, Co-Director

Hope you are all doing well as you move into the last half of the school year.

Our Nike Football Clinic will be held March 7-9 at the Airport Holiday Inn-Portland. This clinic is a major fundraiser for the OACA and helps keep our membership cost down and helps provide funds for our eight \$1,000 scholarships offered to graduating seniors of OACA members. Our clinic has become the largest on the west coast and one of the largest football clinics in the country with over 1000 attending last year. Clinic brochures have been sent out to over 2000 coaches in the northwest and registration and schedules can be viewed on our web site, www.oregoncoach.org. We have many outstanding college and high school speakers presenting at our clinic such as: Pete Carroll-USC, Dan Hawkins-Colorado, Mike Bellotti-Oregon, Mark Banker-Oregon State, Chris Petersen-Boise State and Rich Brooks-Kentucky. So get signed-up early as rooms are limited at the hotel.

We recently added MaxPreps as one of our sponsors. MaxPreps is the most comprehensive high school sports information Web Site in the world. We believe that the site differs from others in that it does not include chat groups or other controversial media issues. We have encouraged MaxPreps to send an email/letter to each Athletic Director in Oregon and hopefully the AD will forward it to coaches to provide you more information on their outstanding services. As we continue to move forward in the tech world, it is important that we are aware of methods to enhance our athletes experience and positive media exposure...we believe that MaxPreps is one of those that can do a good job for our coaches and athletes. You can view the site by going to our OACA web site, www.oregoncoach.org and click on the sponsor logo at the top of the page.

I just returned from a National Organization of Coaches Association Directors (NOCAD) meeting where I had the opportunity to share information and ideas with people representing 35 states. The meeting reminded me again that we are very fortunate here in Oregon to have such a positive and professional working relationship with the OSAA, OADA and OAOA. Many states do not work together as we do and thus have more problems with the many issues that surround high school coaches and athletes. There are over 16,800 high schools in the U.S. representing 16 million athletes that participate in over 17 million games/events each year. We appreciate and value all the work and efforts that so many coaches of Oregon and other states provide for our many athletes.

Thanks for all you do for all.

Marv Heater, Co-Director

In December, we (the OACA) had the privilege of presenting to the Oregon School Activities Association (OSAA) a check for \$44,850.00 which represented the Gold Card membership for the OACA for the 2007-2008 year. This is the largest amount we have ever given to the OSAA as well as representing the highest number of gold card members ever, 2990 members.

For those of you who do not know, \$15 of the Gold Card membership is given to the OSAA for the benefit that they extend to our association giving Gold Card holders free admission to all OSAA playoff and state tournament events. This program, which started in 1999-2000, has been a most positive one for both the coaches and the OSAA. We certainly appreciate the relationship the OACA has with the OSAA Executive Board. If you have the opportunity, give a thank you to the OSAA Staff and Board for their fine support. We are fortunate to have this relationship.

"The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand."

-Vince Lombardi

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

AWARDS AND RECOGNITION

Younger presented Power of Influence Award

On January 11, 2008 in Anaheim, CA at the American Football Coaches Association (AFCA) Coach of the Year Banquet before a crowd of over 500, **Rob Younger** of Sweet Home High School was presented the **Prestigious Power of Influence** award given to outstanding high school football coaches. The AFCA gives only one such award a year for the entire nation. The award recognizes the coach for his influence, work and dedication to his community. Rob has been at Sweet Home High School for 23 years. Congratulations Rob for this well deserved award.

COACHES RECOGNIZED FOR SECTIONAL AND NATIONAL AWARDS

Two long time career coaches were selected as **NATIONAL COACHES OF THE YEAR FOR 2007** in their respective sports. This is the **NATIONAL FEDERATION OF HIGH SCHOOL COACHES ASSOCIATION (NFHS)** top award and these coaches represent the best in their sport for 2007. They are:

LEON MCKENZIE– Benson High Girls Track and Field
TONY VANDERMEER - Redmond High Boys Soccer

The following coaches were selected as the **NFHS-SECTION 8 COACHES OF THE YEAR FOR 2007** (top eight in the nation in their sport)

Mark Shoff , Lake Oswego HS	Boys Basketball
Dave Gaser , Astoria HS	Baseball
James Archer , Beaverton HS	Boys Cross Country
Curt Berger , Hermiston HS	Wrestling
Luke Roth , Sheldon HS	Girls Basketball
Tom Trunt , Taft HS	Softball
Doug Rostron , Tualatin HS	Girls Tennis
Chris Richmond , North Bend HS	Girls Swimming

National High School Athletic Coaches Association Finalists (NHSACA)

Also selected and named as Finalists for National Coach honors for the National High School Coaches Association were:
(Top eight in the nation)

James Archer , Beaverton HS	Boys Cross Country
Rosie Honl , Crook County HS	Volleyball
Leon McKenzie , Benson HS	Girls Track and Field
Burt Stratton , David Douglas HS	Swimming

Congratulations to all of these Coaches!!

National Federation of High School Coaches Association Citation Award

OACA Co-Executive Director **Marv Heater** was awarded the **NFHS Citation Award for 2007**, the highest recognition given by the Federation. His selection was based on longevity and contributions to athletics for 55 plus years of service (21 as a coach, 4 as an athletic director, 8 as an administrator, and 22 as Director or Co-Director of the OACA. Marv will be presented with this award at the OACA Banquet on May 24th, 2008.

YEARS OF SERVICE

We will be honoring those coaches who have coached for 25, 30, 35, 40, 45 or 50 years at our May 24, 2008 Award Banquet. We need to hear from you if you fall into one of these above categories. Please check for your name at www.oregoncoach.org under *Coaches Award*. Email us at: suzette@wvi.com if your name is not on the list. We receive this information from our member's application form he/she submits.

SCHOLARSHIP INFORMATION

The OACA annually awards eight scholarships to sons and daughters of OACA members. Completed scholarship applications, including a copy of the student's transcript and two letters of recommendation, are due April 1, 2008. Scholarship applications will be reviewed by the OACA Executive Board, who will evaluate applications in the areas of academics, athletic participation, honors, school activities and out-of-school activities. Online applications can be found at www.oregoncoach.org under *Scholarships*. If you have any questions, please call the office at 503-399-9132 or email: suzette@wvi.com.

The following is a Nomination Form for **OREGON ASSISTANT COACH/JR. HIGH COACH OF THE YEAR**. If you would like to nominate someone please fill out the enclosed form and mail it to: OACA, 3295 Triangle Dr., Suite 100, Salem, OR 97302

ASSISTANT/JR. HIGH COTY

Deadline: April 1, 2008

Name: _____

Nomination by: _____

School: _____

Name: _____

Address: _____

School: _____

City/St./Zip: _____

Position: _____

Nominee Information:

Years in coaching: _____ Years at current: _____ Sports Coached: _____

- Should not previously have been a head coach in the past 5 years.
- Should have a minimum of 15 years experience as an assistant coach.

Please include one letter of recommendation from an athletic director, principal or head coach.

RETURN TO:

Oregon Athletic Coaches Association
3295 Triangle Dr., Suite 100
Salem, OR 97302

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 continued 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.



2007-08 *Fall* All-Sports Standings

6A TOP FIVE BOYS

Central Catholic 37
Grant 37
Tualatin 25
Sheldon
Westview 16

5A TOP FIVE BOYS

Glencoe 30
Ashland 28
Bend 22
Mountain View 22
Crater 21

4A TOP FIVE BOYS

Marist 30
Sisters 24
North Bend 21
Hidden Valley 19
McLoughlin 16

3A TOP FIVE BOYS

Catlin Gabel 21
Gold Beach 16
Oregon Episcopal 16
Riverside 14
Vale 14

2A TOP FIVE BOYS

Oakridge 19
Lakeview 17
Culver 16
Union 16
Heppner 14

1A TOP FIVE BOYS

Mohawk 16
Imbler 14
Southwest Christian 12
Crane 11
South Wasco County 11

6A TOP FIVE GIRLS

Jesuit 40
Central Catholic 26
Lake Oswego 21
West Linn 20
Lincoln 19

5A TOP FIVE GIRLS

Summit 31
Ashland 25
Wilsonville 25
Corvallis 17
Crater 16
Crook County 16
Sherwood 16

4A TOP FIVE GIRLS

Sisters 30
Hidden Valley 20
Marist 20
Siuslaw 16
La Grande 14

3A TOP FIVE GIRLS

Burns 22
Catlin Gabel 19
Valley Catholic 17
Oregon Episcopal 14
Santiam Christian 12

2A TOP FIVE GIRLS

St. Mary's 16
Weston-McEwen 14
Blanchet 12
Union 10
Bonanza 8
Lakeview 8

1A TOP FIVE GIRLS

Dufur 16
Adrian 14
Griswold 12
Heritage 12
Days Creek 10

6A BOYS & GIRLS

Central Catholic 63
Jesuit 54
Grant 37
Tualatin 25
Lake Oswego 21

5A BOYS & GIRLS

Ashland 53
Crater 37
Summit 31
Glencoe 30
Wilsonville 25

4A BOYS & GIRLS

Sisters 54
Marist 50
Hidden Valley 39
North Bend 21
Siuslaw, McLoughlin 16

3A BOYS & GIRLS

Catlin Gabel 40
Oregon Episcopal 30
Santiam Christian 23
Valley Catholic 17
Gold Beach 16

2A BOYS & GIRLS

Union 26
Lakeview 25
Oakridge 19
Culver 16
St. Mary's 16

1A BOYS & GIRLS

Imbler 22
Mohawk 16
Dufur 16
(Adrian, Griswold, Heritage,
SW Christian) 12

CONCUSSION PRESENTATION

At our last OACA meeting, Dr. Koester from Eugene, gave an excellent presentation regarding the new *Concussion Awareness and Management Program*. We are very excited about being supportive of this program and encourage you to read this important article.

It is with great excitement that we announce the development of the Oregon Concussion Awareness and Management Program. The Oregon Athletic Director's Association and the OSAA Medical Aspects of Sports Committee have teamed together to create a program which will place Oregon at the national forefront of caring for high school athletes who experience sports-related concussions.

A concussion is a mild traumatic brain injury that interferes with normal brain function. The Center for Disease Control and Prevention estimates there are 300,000 sports concussions among children and adolescents each year in the United States. Using even the most conservative estimates, roughly 700-800 high school athletes in Oregon suffer at least one concussion each school year. Concussions are usually caused by a blow to the head, but may occur with a whiplash injury, or when the head strikes the ground.

The past decade has seen a revolution in the management of sports-related concussions. What was once considered a relatively benign condition is now recognized as a critical medical issue with distressing and potentially permanent consequences. Having one's "bell rung" or being "dinged" has far more serious repercussions than were previously suspected. Symptoms usually resolve within a few days, but may last for months.

We have also learned that an athlete doesn't have to be rendered unconscious to have suffered a concussion. In fact, only about 5% of all concussed athletes are "knocked out." Perhaps even more surprisingly, recent studies show that concussions are not just a "football injury" as increasingly larger numbers of girls playing soccer are being injured. More disturbingly, evidence shows that girls playing soccer are not only more susceptible to concussions than their male counterparts, but they may also take longer to recover normal brain function.

As our understanding of concussions has evolved, so has our approach to diagnosing and managing athletes with brain injuries. Key to this understanding is that athletes who are still having symptoms from a concussion (headache, confusion, difficulty concentrating, etc) should never return to activity. If they do return to playing their sport while still suffering symptoms from a previous head injury, they are at greater risk for a more serious concussion, or a potentially devastating brain injury.

The Oregon Concussion Awareness and Management Program will focus on educating physicians, coaches, administrators, athletes, parents, and others on the signs and symptoms of head injury, as well as management strategies, safe return to play, and prevention. As part of a partnership with ImPACT, the program will also help make computerized neurocognitive testing available at a discounted rate to all high schools across the state. We ask for your participation and support as we unveil this exciting new program in the coming months. If you have any questions please contact Michael C. Koester, MD, ATC (michael.koester@slocumcenter.com) or Bill Bowers (billbowers2@comcast.net) for further details.

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.

“To succeed....you need to find something to hold on to, something to motivate you, something to inspire you”. -Tony Dorsett

**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 15, 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
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Phone: 503-399-9132 Fax: 503-399-7867
Email: oregoncoach@msn.com
web: www.oregoncoach.org