



OACA Newsletter

Winter 2011

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"Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are."

-John Wooden

DIRECTOR'S CORNER

Dave Johnson, Executive Director

Time passes faster when we get older and it seems that it was not too long ago when we began the fall sport season and now we are nearing the completion of the winter season. I was observing a famous talk show personality recently and she reminded me of a “coachism” related to the effort needed to REALLY stop and listen to others when they are speaking, especially if directly to us. The message was simply **“Be Here, Be Now”**. Be Here, Be Now simply means put the other things out of your head/hands and listen to the messenger/message. The world of cell phones/text/email messages and the media explosion of information often times cause many of us to not be as good of a listener as we would wish. As we work with our players, parents, administrators and families, perhaps we can all do a better job of “Be Here, Be Now”; I know I am working on it.

I appreciate all the efforts of our OACA Executive Board members and Sport Chairs as we have had several meetings this year that have involved the Spring and Fall Sport Chairs. Several of these proposals are included in this newsletter. Our office continues to be very active in supporting athletic related issues/concerns that impact our coaches, schools and student-athletes. You have heard me say before but a reminder never hurts in that our state is very unique in that we work well with our partners of the OSAA, OADA, and OAOA. Each association attends and is active in our meetings as we also attend their meetings. This positive relationship with all, benefits all!

As the busy time of high school sports continues, hopefully we all will attempt to take the time to stop to “smell the roses” along the journey.

DIRECTOR'S CORNER

Rob Younger, Associate Director

As we start the New Year, I would like to personally thank each of you for your special dedication and commitment to the youth in your community. We are continually reminded on what a positive influence we as coaches have in the lives of our student/athletes.

Our actions tell the world who we are. As coaches we are teachers first. Our lessons must be to develop great people from the student/athletes we work with on a daily basis. Those life lessons we teach, through athletics, must help shape our young people into the best of the best. Our communities need them more than ever before.

As coaches we all maintain a vision of creating programs that are second to none and will gain the respect of our school and community. The greatest responsibility of a coach is to the athletes who come under our influence every day. Being a role model, teacher, mentor, boss, friend and sometimes father is an awesome responsibility. All great coaches possess qualities that enable every player to reach their full potential as a student/athlete and as a person. That is a winning situation reaching far beyond the season.

NOCAD

Dave and I just returned from the NOCAD (National Organization for Coaches Association Directors) annual meeting, held in Wilmington, North Carolina. Thirty-four state associations belong to NOCAD, states reach from Washington to Florida and from Connecticut to California, and all points in between. Large states like TEXAS and smaller states like WYOMING are a valuable part of the association. A benefit that all associations receive is that through NOCAD approximately 144,090 coaches are covered with a \$1,000,000.00 Liability Insurance policy issued by Loomis & Lapann, Inc. and underwritten by The Lexington Insurance Company at a greatly reduced rate than an individual state association could obtain. Throughout the three day conference many interesting topics were discussed that pertain to running a state coaches association. The conference was very informative and brought some new insight to how we can make our association even better. Dave is next year's president of NOCAD and we are excited as Oregon will be hosting next January's meeting. Many of the NOCAD members have never been in the Pacific Northwest and are excited to experience the Great Northwest.

If we can ever be of assistance, please contact us. We are here to serve the coaches of Oregon.

A special thanks to **Brandon Bowling** and **MaxPreps/HUDL** for their continued support and quality programs that they provide to Oregon Coaches. If you have not taken advantage of their programs take a look at their link on our website or go directly to www.maxpreps.com.



Sport Chair Proposals

We have been busy working with numerous proposals that our Sport Chairs have made to the OACA Executive Board. All of these proposals for change were initiated by the individual sport chairs to the OACA Executive Board who then after approval, sponsors the proposal to the OSAA Executive Board. Prior to sending it to the OSAA, we will run surveys to gain the support of all of the coaches and Athletic Directors in their respective sports.

Proposals:

Baseball/Softball: To amend Board Policy #48 “Interrupted Contests” to continue interrupted **OSAA playoff contests** in baseball and softball from “the point of interruption”.

Presently games are replayed in their entirety on the next available day if the game is interrupted prior to becoming a complete game. (i.e. after the team that is behind in the game has had an opportunity to hit 5 times.) The proposal would make such games be suspended. Therefore, they would be resumed on the next playable date from the point at which they were terminated.

We have surveyed Athletic Directors, Baseball and Softball coaches, all have given an overwhelming support to the proposal. The OSAA Executive Board at their Feb. 7th meeting will consider the proposal and if approved, the change could take place this spring.

The following soccer and volleyball proposals will be topics of discussion at the Oregon Athletic Directors state wide conference in April. Both deals with reductions in Jamboree length that were proposed by last year’s state championship committee. Their reasoning was to bring the length of soccer and volleyball jamboree games in line with the other team sports which are less than one full contest. With the Athletic Directors support, we would then take the proposals to the OSAA Executive Board for their approval.

Soccer: Return the amount of time a team may participate in a soccer jamboree to 120 minutes

The State Championship Committee recommended that soccer jamborees be reduced from 120 minutes to 60 minutes beginning next school year.

Volleyball Proposal: #1: To make the number of games played at jamborees no more than **six sets**.

Presently, a jamboree is limited to not more than **seven sets** per team and limited to not more than one set appearance against any school (three or more teams). Sets played in jamborees shall use rally scoring to 25 points.

The new rule recommended by the state championship committee that will go into effect next school year is: A jamboree is limited to not more than **four sets** per team and limited to not more than one set appearance against any school (three or more teams). Sets played in jamborees shall use rally scoring to 25 points.

Volleyball Proposal #2: To have all tournament Pool Play at the Varsity levels be 2 games to 25. Thus Pool Play at tournaments can be part of the Power Rankings.

Rational:

- * They will be able to add Pool Play games that have 2-0 outcomes to the Power Rankings.
- * When you go to a Varsity Tournament all pool play will be the same.

Football Proposal:

We are gathering information on a possible future football proposal that would allow players to wear all protective gear on the first practice date, if they had participated in a conditioning camp the previous week.

Tennis Proposal:

Splitting the tennis seasons, where Girls would participate in the spring and Boy's Tennis would move to the fall. This would give tennis players more opportunities and equitable amounts of practice/playing time. We are currently developing a survey that will be sent to all tennis coaches and athletic directors for their input on the proposal.

Any questions regarding proposals may be addressed to the OSA Sport Chairs representing that sport or to the OACA staff.

CLINIC INFORMATION

NIKE/OACA FOOTBALL CLINIC



Our annual Nike/OACA football clinic will be held March 4-6, 2011 in Portland again at the Holiday Inn-Airport. We have become one of the largest annually held football clinics on the west coast with over 30 outstanding speakers from high schools/colleges/others. We have scheduled such top college speakers such as: **Chip Kelly-University of Oregon, Les Miles-LSU, Mike Stoops-University of Arizona, Dennis Erickson-Arizona State University, Robb Akey-University of Idaho and Bruce Brown, a clinic favorite on Character Education.** Our football clinics profits help raise funds for our OACA Scholarship program and representation of all sports to the OSAA, OADA and OAOA. You can view clinic information on speakers/schedules/registration on our website of www.oregoncoach.org

XENITH
FOR THE ENLIGHTENED WARRIOR™

“Xenith, The Official Football Helmet Of The Nike Coach Of The Year Clinics”

OREGON HIGH SCHOOL BASEBALL ASSOCIATION COACHES CLINIC

WHEN: February 11-12 @ Casanova Center, University of Oregon

Contact Information: Corey Nichol森, North Eugene; nichol森@4j.lane.edu; 541-285-6115

OACA GOLF CLINIC

WHEN: FEBRUARY 20-21 @ Trysting Tree Golf Course, Corvallis

Contact Information; Jim Wells, jwells36@frontier.com

Go to the OACA website, www.oregoncoach.org for more clinic info.

OACA AWARDS BANQUET INFO
YEARS OF SERVICE

We will be honoring those coaches who have coached for 25, 30, 35, 40, 45 or 50 years at our May 29, 2011 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, 2011. 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 to be used for either **OREGON ASSISTANT COACH** or for **JUNIOR HIGH/MIDDLE SCHOOL COACH OF THE YEAR**. If you would like to nominate some-

ASSISTANT *or* JR. HIGH/MIDDLE SCHOOL COACH

Deadline: April 1, 2011

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 10 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

2010 FALL STATE CHAMPIONS

Girls Cross Country

6A Tom Rothenberger, Jesuit – 5A Dave Clark, Summit – 4A Chris Johnson, Siuslaw – 3A/2A/1A John Hamilton, Catlin Gabel

Boys Cross Country

6A Justin Loftus, Crater – 5A Jake Pusey, Hermiston – 4A Joe Fulton, Philomath – 3A/2A/1A Tom DeLong, Nyssa

Football

6A Chris Casey, Aloha– 5A Greg Lawrence, Sherwood – 4A Dave Johnson, Baker – 3A Thor Ware, Rainier– 2A Kyle Braa, Scio – 1A Tony Smith, St. Paul

Girls Soccer

6A Steve Fennah, Jesuit – 5A Jamie Brock, Summit – 4A Angela Durant, Mazama—3A/2A/1A Mark Lawton, Catlin Gabel

Boys Soccer

6A Chris Thurley, Jesuit – 5A Luis Del Rio, Woodburn– 4A Chris Shields, Stayton – 3A/2A/1A Mike Davis, Catlin Gabel

Volleyball

6A Rick Lorenz, Central Catholic – 5A Emily Gustafson, Sherwood – 4A Rosi Honl, Crook County – 3A Kim McLain, Santiam Christian – 2A Shawn White, Weston-McEwen – 1A Darcey Johnson, Cove



2010-11 *Fall* All-Sports Standings

6A TOP BOYS

Jesuit 39
Beaverton 22
Aloha 16
Crater 16
South Salem 16

5A TOP BOYS

Corvallis 31
Sherwood 21
Wilsonville 21
Mountain View 17

4A TOP BOYS

Siuslaw 19
Baker 16
Philomath 16
Stayton 16
Douglas, Hidden Valley 14

3A TOP BOYS

Dayton 22
Philomath 20
Catlin Gabel 16
Nysaa 16
Rainier 16

2A TOP BOYS

Kennedy 17
Scio 16
Union 12
Kennedy 11
Knappa 11

1A TOP BOYS

St. Paul 16
Camas 14
Cove 11
Triad 11

6A TOP GIRLS

Jesuit 46
Central Catholic 16
Grant 14
South Eugene 14
South Salem 13

5A TOP GIRLS

Summit 42
Mt. View 31
Crescent Valley 23
Sherwood 21
Marist 16

4A TOP GIRLS

Hidden Valley 31
Sisters 20
Scappoose 19
Crook County 16
Mazama, Siuslaw 16

3A TOP GIRLS

Catlin Gabel 40
Santiam Christian 16
Valley Catholic 16
St. Mary's 28
Bandon, Burns 12

2A TOP GIRLS

Weston-McEwen 16
Faith Bible 14
Regis 12
Reedsport 10
Union 10

1A TOP GIRLS

Cove 16
Powder Valley 14
Ione 12
St. Paul 10
North Lake, SW Christian 8

6A BOYS & GIRLS

Jesuit 85
Central Catholic 30
South Salem 29
Crater 28
Tualatin 23

5A BOYS & GIRLS

Summit 50
Mt. View 48
Sherwood 42
Corvallis 40
Crescent Valley 39

4A BOYS & GIRLS

Hidden Valley 45
Siuslaw 35
Phoenix 25
Baker 24
Gladstone 22

3A BOYS & GIRLS

Catlin Gabel 56
St. Mary's 42
Santiam Christian 30
Valley Catholic 30
Dayton, Nyssa 22

2A BOYS & GIRLS

Union 22
Kennedy 17
Scio 16
Weston-McEwen 16
Faith Bible, Gold Beach 14

1A BOYS & GIRLS

Cove 27
St. Paul 26
SW Christian 16
Camas Valley 14
Powder Valley 14

"The strength of the group is the strength of the leaders"

—Vince Lombardi

WHERE ARE THEY NOW?

New to our Newsletter is a section on our past OACA Scholarship winners. If you have a son or daughter who was a Scholarship winner or are a past winner yourself, we would love to hear from you. Send all inquiries to: suzette@wvi.com

Jason Letts, is the son of Greg (OACA Past President) and Kathy Letts and was the recipient of the OACA Scholarship in 2001-2002. Jason Graduated from Sam Barlow High School in 2002. He enrolled & graduated from the University of Pennsylvania in 2006. His degree was in Political Science with a concentration in International Relations and a minor in Business. Jason is currently working for Adidas as an Expense Analyst-Global Expense Management.

Koleka Sequeria, daughter of OACA member Pete Sequeria was the recipient of the OACA Scholarship in 2003-2004. Koleka graduated from South Salem High School in 2003. Koleka used her scholarship to attend Linfield College where she graduated cum laude. While attending Linfield, she earned a varsity letter in volleyball, was a member of Fellowship of Christian Athletes, Hawaiian Club, SPURS Honor Society, Delta Mu Delta Business Honor Society and Residence Life Staff. As a Senior, Koleka was awarded the Harold C. Elkinton distinguished business award. Currently, Koleka is employed by WESD and serves as the ELL Program Coordinator at Robert Farrell High School.



The Oregon Women's Sport Leadership Network **From Coach to Athletic Director and Beyond**

The Oregon Women's Sport Leadership Network (OWSLN) was originally designed back in 1994 to encourage more women to become involved in athletic administration roles. Oregon like every other state in the country, had a dearth of women in athletic leadership positions. So in an effort to increase the representation of women as high school Athletic Directors (AD), a Leadership Development Program was conceptualized. The Program goals were to:

1. Provide substantive information concerning the role and responsibilities of an AD or Administrator.
2. Foster a supportive and nurturing environment through mentoring and networking activities.
3. Encourage a greater involvement in appropriate state and national professional organizations.

It has been over a decade now that there has been an OWSLN representative on the OACA Executive Board. This has allowed women to become more competitive and has helped to develop the leadership skills necessary for taking on the responsibilities of an administrator's role. The OWSLN has been involved over the years developing a mentoring program, and conducting a statewide workshop. The workshop is an opportunity for women involved in athletics to connect with each other. Additionally, it is intended to encourage young women to become involved in athletics beyond simply playing.

Each year the workshop includes: 1) Three sessions with relevant information for women in coaching; 2) A Continental breakfast & lunch; 3) An opportunity to network with other women in athletics; and 4) a trip to the Nike Employee Store.

The 2011 OWSLN workshop Speakers included Ann Schatz (Sports Broadcaster/Motivational Speaker) - Developing leaders/Preventing bullying, Susan Glen (PhD Sports Psychology/MAT Education) - Dealing with competition anxiety in your athletes, and a panel discussion on current issues in sports. This year's workshop had over 80 women attending and was held on Saturday, January 29th at Gladstone High School.

For Women who would like to get involved or have questions contact Anna Maria Lopez (503 721-7714) or Joan Kintz (503 655-2544). It's an experience of a lifetime!

TONY KOONTZ SELECTED AS THE OACA ADVISORY POSITION ON THE OSAA EXECUTIVE BOARD.

Tony Koontz has been selected to replace Rob Younger on the OSAA Executive Board as the Oregon Athletic Coaches Association (OACA) Representative beginning next fall. Rob served in this position for 6 years and his position will expire at the end of this school year. He retired from education last spring and began his new OACA Associate Director position this past fall. Tony was selected by members of the OACA Executive Board & Directors. He was appointed to a three (3) year term. Tony is a veteran coach and athletic director who currently is an Athletic Director and coach at Harrisburg High School. Tony has coached at Central Linn, Philomath, Corvallis, Santiam Christian and Lebanon high schools. He has served as both a head coach and assistant in baseball and football.

He served as our OACA Rep on the recent OSAA Championship Committee. His involvement in this committee gave him a broader perspective related to the many athletic & activity issues/concerns that surround schools at all classification levels.

His wife Barbara and Tony have been married for over 34 years and have two grown children Kyle and Kalyssa. Kalyssa was a 2009 OACA Scholarship recipient. Kyle and Kalyssa were both outstanding high school athletes. Tony is a former Beaver football player and proud alumni. In his spare time (rare), he enjoys managing his family's 800 acre cattle/timber property, hunting, fishing reading and spending time with his family.

We are pleased and excited to have Tony represent our many coaches in this advisory position (non-voting) on the OSAA Executive Board. His duties involve working closely with OACA Directors Dave Johnson & Rob Younger related to representation/communication of OACA needs.





OREGON ATHLETIC OFFICIALS ASSOCIATION

When the 2010-2011 school year started in September, 2010, Oregon sports officials were able to register on-line with the OSAA and OAOA. As a result of that registration process, demographic data was obtained for 2,872 officials that officiate fall and winter sports. OAOA would like to share some of what we've found out with you.

88% of those 2,872 officials are male. 44% are high school graduates with some college, vocational or technical school attendance. 36% have a bachelors degree while 20% have advanced or professional degrees.

The average age of these 2,872 officials is 45 years. 42% are between ages 41-55. 31% have 0-3 years of officiating experience; that figure jumps to 47% when combined with those having 4-6 years experience. 34% have been officiating for 13 or more years.

What do these numbers tell us? For openers, we would like to see more females join the officiating profession. That's one area where we can focus our recruiting efforts. It is also obvious that we need to attract younger folks to become officials, and then work hard to retain them.

It will be interesting to see how these numbers change following the spring sport registration for baseball and softball umpires. In future articles, OAOA will share more of this information with you.

Article Submitted by Clark Sanders, OAOA Associate Director



OSAA Endowment Games making an Impact around the State

Nearly 90% of OSAA member schools have participated in an Endowment Game since their inception in 2005. Funds created by Endowment Games are split evenly between the host school and the OSAA Foundation. The OSAA Foundation has had more activity now than ever before. In the summer of 2010, the OSAA Foundation granted scholarships to 13 member schools to implement the ImPACT Concussion Program. This program has been an incredible tool for schools to help them diagnose a student with a concussion and then test them before they return to play.

With new investment steps taken by the OSAA Foundation and the increase number of endowment games, allocations to member schools is only going to grow. We thank the participating schools and coaches for playing in endowment games. You can be rest assured that the money generated from Endowment Games is not lost or stashed away for a rainy day, but it will be used to enhance the future of Oregon High School Activities.

Endowments and the OSAA Foundation are not short sited in nature, therefore we look forward to great things to come in the future.

Kyle Stanfield—Oregon School Activities Association

25200 SW Parkway Ave. Suite #1 , Wilsonville, OR 97070

503.682.6722 ext 239, 503.919.8525 cell, 503.682.0960 fax

www.osaa.org

COACHES FOOD FOR THOUGHT

We receive a number of excellent articles on coaching related ideas related to all sports. This new feature will include some information not only on non-sport specific X's or O's but on articles regarding character education for coaches. We hope you may find of use with your team, coaches, parents or yourself.

Article 1—"Proactive Coaching Tips"

From Bruce Brown: www.proactivecoaching.info

Bruce will be one of our outstanding speakers at our Nike Football Clinic **March 4-6 in Portland. For more clinic info go to our OACA website of www.oregoncoach.org**

Random Thought #1

Coach as if every parent was present, including your own.

Building a Professional Coaching Team – Qualities of Great Coaches #1 – Never Stop Learning

In the course of the year, our Proactive Coaching team gets to be around thousands of coaches at all levels. Some traits separate the good from the great. One of the first things you look for when hiring coaches is how much they know and how much they desire to keep learning. Knowledge is the first step to gaining credibility. Your best players want to know how much you know. Most coaches have a solid knowledge base, but it is the ones who never stop learning who arrive at and stay at the top. The best coaches are always looking to get better, to find an edge and never fall into the trap of "status quo".

"Show me a thoroughly satisfied man and I will show you a failure" – Edison

There are small things you notice about the great ones. They regularly attend clinics and use clinic time to listen, meet and share ideas. They are still there for the last presentation of the coaching clinic, sitting in the front row taking notes. They ask questions. They get clarification. They seek out people to learn from. They are not afraid to challenge themselves.

In the past 6 months I have had the opportunity to work with two of the best coaches in the nation. Chip Kelly football coach from the University of Oregon and Tim Corbin, baseball coach from Vanderbilt University.

Coach Kelly invited me down to Eugene for 3 days in April during spring football and then again during pre-season camp in August. Last month Coach Corbin made the trip from Nashville to Camano Island to spend a full day at our home. There were some very definite similarities between these two leaders. They both came to the meeting with a series of questions on topics they specifically wanted to talk about. They both immediately pulled out something to write with. Coach Kelly always carries a small notebook in his back pocket. They both listen intently, process things quickly and ask for clarification on anything that is not explained to their satisfaction.

every single day – no wasted days; but it doesn't just apply to the athletes. they don't talk about practice, it is constantly investing in the team. All the athletes on these two teams need to do for inspiration is watch their coaches. At Vanderbilt they don't talk about practice, it is constantly investing in the team. All the athletes on these two teams need to do for inspiration is watch their coaches.

The same can be said for USC Athletic Administrators Pat Haden and Dr. Donna Heinel. On a recent trip to USC to speak to team leaders, both arrived early, sat with the captains, took notes, asked questions and were obviously invested. My prediction is that Pat Haden will restore a culture of excellence in both competence and character to that program.

It doesn't change at the high school level; the best coaches are constantly challenging themselves, their staff and their players to get better every day. Status Quo is not in their vocabulary.

Wake up every day and ask yourself what you are doing today to get better so you can reach your goals.

Random Thought #2

From the movie Serendipity - The Greeks didn't write obituaries, they only asked one question when a man died – did he have a passion?

Book Recommendation: *Leadership Lessons from West Point* – Edited by Major Doug Crandall

Each chapter is written by a different person looking at leadership from different perspectives.

Random Thought #3

Swear off shortcuts – “the longest distance between two points is a shortcut”

Squad Selection - The Toughest Cut The beginning of a new season brings so much excitement and then reality sets in. I have to tell some young athletes that they will not make the team. All coaches of significance get into the profession because they like young people and are trying to help them. You get into the profession to help kids, not hurt them. But cutting is part of job for many sports; basketball, baseball, softball, volleyball, dance, and cheer. Some decisions are easy and others are more difficult.

Low skill and poor attitude – easy – remove

High Skill and great attitude – easy – keep them and move them into leadership positions

Low skill and great attitude – try to find a place and a role – they will help your team

High Skill and poor attitude – this is the tough one

FOOD FOR THOUGHT CONTINUED (Article 1 - Proactive Coaching Tips)

Trying to compare and assess talent is not always easy but it can be done. We must try to give kids a fair chance to show what they are capable of performing against the available talent. Cutting for attitude is a different story. Attitude is actually easier to see than talent. But cutting based on attitude can be much more difficult because it often means getting rid of a talented performer who violates your team values. The selfish selective participant is often a very talented individual who uses their talent when it benefits them. (See *Life Lessons* and *Teach Attitude First* booklets)

I just went through this process with a young coach who had to make a decision if he was going to keep or eliminate a young man who had proven to be untrustworthy. The coach had done the right thing by working with the young man year round trying to get him to understand the “core covenants” of the team. He had very clear behavioral expectations that would allow his team to reach their potential. The young man had repeatedly violated those expectations and standards. He continually arrived late or missed meetings or practices. He always had an excuse. He treated teammates disrespectfully, was lazy, acted out in negative ways, reacted poorly to referees decisions, and was in trouble in several of his classes. Two weeks before the season was to begin, he got caught on campus smoking pot. When school administration said that part of his punishment would be missing the first three games of the season, his dad argued that it wasn't fair (wonder why the kid is the way he is?). Upon hearing the punishment, the young man's first response was “I will still play and I will still start”.

One hard day of removing a talented but selective participant is so much better than having to live with him for four months of competition.

If the coach had decided to keep this person, he would have dramatically impacted the culture of the team. The message to other players would have been, “if you have enough talent, normal team rules or expectations do not apply to you”. A sense of entitlement kills the energy, attitude and effort of teammates who are all making good team decisions. Keeping that player also means you must cut another player to make room. That other player is normally one who would die to be on the team, and who has bought into all the team culture.

If you really don't want to hurt kids, think about the kids who are negatively impacted by the selective participant. Tough day but by placing the needs of the team first in his decision, he was doing the right for everyone.

Coaches' Food For Thought - Article #2

“Five Keys Steps to Successful Coaching”

We have come to the midpoint of our school year, and our profession needs to be proud of the level of achievement that is being taught and played throughout our state. I personally take great pride in pointing out to all who will listen to me that the reason for the high level of excellence is that we absolutely have the best-educated and most highly-motivated coaches our profession has ever known. With more than 3,000 members in the Oregon Athletic Coaches Association, coaches are receiving the best support and training we have ever received and thus our student athletes are being coached better than ever before.

Unfortunately success on the field, or the lack of it, is usually what determines the longevity of coaches. Seldom do administrators and those in authority measure coaches by the lives touched and changed. Therefore I believe the greatest responsibility of a coach is to the athletes who come under his/her influence every day. Being a role model, teacher, mentor, boss, friend and sometimes father is an awesome responsibility.

Although they are imposing, do not let the complexity or the challenge of the responsibilities of coaching deter you. Head coach or assistant, we all need to know our responsibilities and live up to them.

Be Accountable

Being accountable for your actions and your decisions goes with the leadership role that a coach assumes when he/she enters the profession. The mind set of accountability requires that you make decisions with forethought, not off the cuff. You should make entirely accurate statements based on the information available. You should teach methods and techniques valid for the application and thoroughly check them for safety.

Be Part of the Solution

In facing the problems in life, coaches should always try to be a part of the solution. For example, a coach has a wonderful opportunity to help eradicate prejudice in America. Few places in America are more diverse than the athletic field. Athletes of all races, creeds, social and economic standing become a team, setting common goals and playing with a singular purpose. If we can work together in harmony on the athletic field, why can't we in America do the same in the streets, businesses, churches and government? The answer is that we can, but we must learn to. Therein lays an important responsibility of the coach. Together We Can.

Be Self-Disciplined

Self-discipline is part of most every aspect of athletics. How can a coach discipline their players if they are not a disciplined person? Self-discipline has to do with control of your emotions and your decision-making process.

COACHES' FOOD FOR THOUGHT CONTINUED.....

Be a Role Model

Many people in prominent positions do not like to hear the term role model. Some high profile people even deny that they are role models. No matter how vehemently they deny it, they are role models, as we all are. Someone is looking up to each of us right now, emulating what we do and what we say. Being a role model means that we are influencing those who look up to us through our actions and/or inactions. I am who I am today because of the influence of others. First, my family, particularly my parents and my wife. They influenced me to accept a set of values and standards that have guided me throughout my entire life, and that I have taught to others. My father's work ethic still has a great influence on my life. I saw him successfully blend commitment to work and devotion to family. Second, my teachers and coaches taught me how to win on and off the football field.

Every coach I encountered, junior high through college, influenced me and affected my life in special ways. My coaches taught me the total importance of giving total effort in all that I do. They taught me self-discipline through their own self-discipline and self-motivation.

Be Above Reproach

A coach's conduct on and off the field should be exemplary. Common sense, sound judgment and conscious diligence should be your guide. Never put yourself in a compromising position. If an action or gesture could be misinterpreted, don't do it.

Perception is reality to most people. Everyone in your community will know more about your personal life than you can imagine. Many potentially great coaches have lost the chance to pursue their coaching dreams because of poor judgment.

In the end, our responsibilities boil down to four points: Set the Example; Set the Standard; Be a Leader; Guard the Family.

The title "Coach" should not be taken lightly. I would rather be called "Coach" than by my name. The title exudes respect, the respect that I had for the coaches who coached me and, I hope, the respect my players had for me. In every war these words have been heard over and over, "My coach said....." A coach by his words and actions teaches grace under fire and how to overcome adversity. If in reading this, you say, "Wow! Coaching has way too many responsibilities," please remember this: "To whom much is given, much is expected."

THANK YOU TO OUR SPONSORS

Sponsors are a very important part of our organization. They provide funds for us to keep our membership at a lower rate, which includes liability (\$1 million) and other important benefits. MaxPreps, Gatorade and Neff are our 3 financial top sponsors. We also appreciate the support of Prime Time Sports, Wilson/OSAA and the vendors that display at our clinics.

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. Prime Time Sports manages the game/teams while the players/coaches stay in the Portland area.

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.

MaxPreps joined us last year as an excellent sponsor. **Brandon Bowling** has worked hard to get schools involved in an outstanding athlete and team recognition program. Most all high schools in California and several other states are now using this site. We would like to encourage all Oregon coaches to get involved with this program. They provide significant funds to us (OACA) so that we can offer 8 \$1000 each year to graduating children of our members along with many other benefits. Look at the web site at www.maxpreps.com and contact Brandon Bowling, bbowling@maxpreps.com. This technology is the way to enhance your teams stats and highlight your team and players.

Neff Company with **Steve Hunker** provided all of our plaques for our 2008-09 annual Coach of the Year Banquet held again in Eugene this past May. The plaques were outstanding and added to the class of our banquet. We appreciate Steve and Neff for stepping forward to help support our Oregon Athletic Coaches Association. Please consider Neff for your needs. www.neffco.com You can reach Steve at shunker@neffco.com.



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.
- Representation of Oregon coaches at the local, state and national levels.



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