

OACA Newsletter

FALL/WINTER 2016



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DIRECTOR'S CORNER

Rob Younger, OACA Executive Director

I hope this newsletter finds you healthy and having enjoyed an outstanding fall in the remarkable business of coaching and teaching the young adults of our state. The Oregon Athletic Coaches Association is very proud to be the organization of our high school coaches and its membership of over 3,000 coaches.

We have had a great start to the 2016-17 school year and fall sports. This school year, the OACA is celebrating its 82nd year of serving high school coaches in our state. Membership has kept us busy this fall and at the December OSAA Executive Board meeting we will be presenting them with a check for over \$43,000. \$15 per OACA Gold Card is reimbursed to the OSAA for admission into all OSAA sponsored events. Since the 1999-2000 school year when the Gold Card partnership was established between the OACA and the OSAA, over \$716,000 has been sent to the OSAA. The Gold Card is definitely a win/win for our membership and the OSAA.

We are excited to share this edition of our Newsletter with you. There is a wide range of excellent articles that will not only update you on what is occurring in our state but also many that will provide professional development opportunities. I would like to highlight a few of the articles:

Suicide Awareness Campaign:

The Oregon Athletic Coaches Association (OACA) along with the Oregon School Activities Association (OSAA), the Oregon Athletic Directors Association (OADAA) and the Oregon Athletic Trainers' Society (OATS) have joined forces this school year to bring about Youth Suicide Awareness in our state. High School Coaches and Athletic Trainers share a unique role in watching for signs of emotional distress in their student/athletes due to the relationships they share. Our goal is to promote and educate those who have direct daily contact with those who might have signs and symptoms that could lead to the risk of a suicide attempt. We plan on providing to our coaches and athletic trainers Youth Suicide Awareness articles throughout the school year with the initial article featured in this Newsletter. It was written by Ann Kirkwood who is the Oregon Health Authority Suicide Intervention Coordinator. We are working with the Oregon Chapter of the American Foundation for Suicide Prevention in providing presenter(s) that will make two breakout presentations TO our Athletic Directors at the April State Conference. That information then can be shared with each school's athletic department personnel. Similar to our Coaches vs. Cancer Campaign in January (see related Newsletter article) we will designate the month of May as Oregon High School's Youth Suicide Awareness month. Individual schools and communities will provide opportunities for Youth Suicide Awareness to their students and staff. May was chosen as research shows an increase in Youth Suicide attempts in June and July. As Ann states in her articles the ultimate goal for the OACA, OSAA, OADAA, OATS through our 2016 Youth Suicide Campaign is **Zero Suicide** in Oregon High Schools.

Sickle Cell Trait: Practical Considerations for Managing Athletes "At Risk"

This article is of special interest to me as my son and grandson both carry the Sickle Cell Trait. My son, David went undiagnosed until the birth of my grandson, Kaden who was diagnosed at birth. Today both live normal, healthy lives but we are very thankful that nothing serious happened to David throughout his competitive athletic career not knowing he had the Sickle Cell Trait. As you read the article you will see the importance for Coaches and Athletic Trainers to identify those student/athletes that carry the trait and know the complications that can occur with heat and exertion.

You Are Different! You are an Education Based Coach!

This is a guest article written by Buster Mabrey who is the Executive Director of the New Mexico High School Coaches Association. Buster is a good friend and colleague who shares some wisdom on the values of coaching.

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



Gratitude is essential to living well!

Instead of asking,

"Why me" only when bad things happen, begin asking,

"Why me" when good things happen as well.



LETTER FROM THE PRESIDENT

Jennifer Teeter, Imbler High School

An Attitude of Gratitude

A coach's role can be defined in many ways, but I believe one of the most important roles of a coach is to lead your athletes, school, and community in developing an attitude of gratitude. This attitude of gratitude can create a culture of positive energy and helps students become champions in all aspects of their lives. Thinking about all you have to be thankful for can boost your happiness and overall sense of well-being. I believe this concept is vital in our current society that seems to focus more on negative issues than positive events. Teaching athletes how to live with an attitude of gratitude will serve them well throughout their high school years and beyond.

There are three major groups of individuals that we as coaches can work to express our gratitude to, which will in turn encourage our athletes to do the same:

Our Team Parents: This group is often described as a problem within programs. A great deal of negative energy from both athletes and coaching staffs often focuses on issues with parents because of potential conflicts and miscommunication. As the leader of your team you can do many things to change this negative energy towards parents to a positive one for your program. Parents can be a huge asset in many areas of your program when they understand their role from the beginning of the season. Encouraging athletes to continually express their appreciation and gratitude towards their parents can also go a long way to building stronger family relationships.

Our Officials: With the continual decline in the number of officials to serve our high school athletic programs, this is a critical area for coaches and athletes to focus their attitude of gratitude towards. It is important to remember that officials truly do love the sports they serve and enjoy the connections they make with coaches and athletes. Demonstrating outstanding sportsmanship and personally thanking officials after each contest can make a big difference in helping to recruit and retain officials. Encouraging your athletes to do the same is an excellent example of quality leadership.

Our Volunteers & Supporters: This group is often the unsung heroes, the group behind the scenes who make it all possible. It is critical to express your gratitude towards this group, because it is often their only form of payment. Finding ways that your athletes can also show appreciation to this group helps them recognize how important volunteerism is to the success of our schools and athletic programs.

As the 2016 fall sports seasons come to an end and our state champions are crowned, I believe it is a great time to thank all those who made your season a success. Whether it is with personal hand written thank you notes or recognition at sports award banquets, it is a very important and meaningful part of concluding your season. The acts of gratitude you express now will lead to many future successes in your programs.

For our winter and spring coaches and teams, work to begin your seasons with an attitude of gratitude in all you do. Take time throughout the season to express your thanks for those who volunteer, support, and contribute to your team's success. These efforts will pay big dividends to everyone involved and will most importantly teach your athletes an essential life lesson - *expressing gratitude will lead to a positive and more fulfilling life.*

Thank you to all coaches for the contributions you make each day in the lives of our athletes. I am very grateful for the opportunity to serve all of you through the OACA and I wish you a relaxing and wonderful holiday.

“Seek opportunities to show you care. The smallest gestures often make the biggest difference.”
— **John Wooden**

NFHS COACH OF THE YEAR NOMINATIONS

Each fall, the OACA is honored to nominate outstanding Oregon High School Coaches for State, Sectional and National “Coach of the Year” Awards. The National Federation of High Schools (NFHS), which has been recognizing coaches through an awards program since 1982, honors coaches in the top 10 girls sports and top 10 boys sports (by participation numbers), and in one “other” category that is not included in these 20 categories. Winners of NFHS awards must be active coaches during the year in which they receive their award. The Oregon Athletic Coaches Association selects and contacts the potential state award recipients to complete a coach profile form that requests information regarding the coach’s record, membership in and affiliation with coaching and other professional organizations, involvement with other school and community activities and programs, and coaching philosophy. To be approved as an award recipient and considered for sectional and national coach of the year consideration, this profile form must be completed by the coach and then approved by the Executive Director of the state athletic/activities association.

The next award level after state coach of the year is Sectional Coach of the Year. The NFHS is divided into eight geographical sections. They are as follows: Section 1 – Northeast (CT, ME, MA, NH, NJ, NY, RI, VT); Section 2 – Mideast (DE, DC, KY, MD, OH, PA, VA, WV); Section 3 – South (AL, FL, GA, LA, MS, NC, SC, TN); Section 4 – Central (IL, IN, IA, MI, WI); Section 5 – Midwest (KS, MN, MO, NE, ND, SD); Section 6 – Southwest (AR, CO, NM, OK, TX); Section 7 – West (AZ, CA, HI, NV, UT); and **Section 8 – Northwest** (AK, ID, MT, **OR**, WA, WY). The NFHS Coaches Association has an advisory board, composed of a chair and eight sectional representatives, which considers the state award recipients from the states in their respective sections and selects the best candidates for the sectional award in each sport category. The advisory board forwards those recommendations to the NFHS national office in Indianapolis, Indiana. The NFHS Coaches Association advisory committee considers the sectional candidates in each sport, ranks them according to a point system, and determines a national winner for each of the 20 sport categories, plus one “other” category.

The OACA enlists nominations each year from members of their Executive Board, Sport Chairs, Athletic Directors and OSAA staff. Nominee selections are based on the following criteria: nominees must exemplify the highest standards of sportsmanship, ethical conduct and moral character. They are not only winners in their respective sports, but as individuals in their schools and communities as well. **Longevity in coaching is also an important criteria.**

We are pleased to announce the 2016 Oregon NFHS “Coach of the Year” Award nominees:

Football:	Lane Johnson , Sheldon HS
Boys Track & Field:	Vic Downs , McMinnville HS
Boys Basketball:	Scott Kellar , Century HS
Baseball:	Al Skinner , Glide HS
Boys Soccer:	Monty Hawkins , Sherwood HS
Wrestling:	Jake Huffman , Crook County HS
Boys Cross Country:	Pieter Voskes , North Medford HS
Boys Tennis:	Eric Ball , Roseburg HS
Boys Golf:	Marvin Gibbs , Wallowa HS
Boys Swimming:	Bryan Butcher , Jesuit HS
Girls Track & Field:	Don Berger , North Salem HS
Girls Basketball:	Nick McWilliams , South Salem HS
Volleyball:	Shannon Steele , Vale HS
Girls Soccer:	Ben Durano , Sunset HS
Softball:	Roni Ilias , Beaverton HS
Girls Cross Country:	Scott Ball , Westside Christian HS
Girls Tennis:	Dee Hahn , Henley HS
Girls Swimming:	Chris Richmond , North Bend HS
Girls Golf:	Greg Grant , Heppner HS
Spirit:	Amber Rosa , Sweet Home HS

All of Oregon’s NFHS Coach of the Year Award Winners will be honored on May 20th, 2017 at the annual OACA Awards Banquet.



OSAA UPDATE

Kyle Stanfield, OSAA Assistant Executive Director

The OSAA Classification and Districting Committee is well under way in its efforts to classify schools for the 2018-2022 time block. Currently, the group is looking for feedback on the draft 5-classification proposal and the draft 6-classification proposal. Additionally, the Committee has drafted a 6-classification proposal in football only that would have different cutoffs and include different considerations than the standard ADM used for other activities. If you have feedback on the proposals, please contact Brad Garrett of the OSAA (bradg@osaa.org) and your correspondence will be shared with the Committee at their next meeting.

Starting in February, 2017, the State Championship Committee will start their work in structuring championships from the districts laid forth by the Classification and Districting Committee. Cindy Simmons and Kris Welch of the OSAA staff will be the liaisons to the committee. We ask all coaches to be proactive and start the dialogue with the committee once they convene about the state championship structure, locations and qualifying procedures.

As always, feel free to contact the OSAA staff at any time with questions or comments as we move through this winter season.

“You are not here merely to make a living. You are here in order to enable the world to live more amply, with greater vision, with a finer spirit of hope and achievement. You are here to enrich the world, and you impoverish yourself if you forget the errand.”

- Woodrow Wilson



Who Do You Know?

By Debi Hanson, Associate Executive Director, OAOA

Twenty-five years ago, with two very young children at home, coaching became a difficult option for me. **A friend suggested I should try officiating.** I had no idea when I attended my first volleyball officials' training meeting this would be the beginning of a lifelong avocation. Simply put, what started out as a hobby and way to keep in the sport turned into something much more than that!

Sports officials are someone every high school athlete and coach need the services of but do not give much thought to (outside of the contest they are involved in at that moment). I think there are many individuals out there who, with a little encouragement from their coach or their athlete's coach, would consider officiating as an avocation.

Do you know a person who loves sports but may not play beyond the high school level?
Someone not able to commit to the time element of coaching but then want to stay involved?
Do you know someone like me?

Your local officials' association is made up of people who want to provide the best service they can to their local community **through the avenue of sports.** With the expanse of sporting events and high school students involved in those events, the expansion of officials needs to happen as well.

With the cooperative efforts of the OSAA, OACA, OADA, and OAOA, officiating in Oregon doesn't have to match nationwide statistics. We need all Coaches to work with us in pointing student athletes, parents, family members, and former coaches toward their local officials' association. Help us stem the tide in Oregon. There has never been a better time to be an Official!!!

"Officiating is the only occupation in the world where the highest accolade is silence."
- NBA Referee Earl Strom

The quote is true for officials of all sports but the time for silence does not extend beyond the court or playing field. We need officials! Now is not the time for silence. Help us spread the word!!!

For further information, contact Jack Folliard or Debi Hanson at the OAOA at 503-682-6722 or check us out at www.oreofficials.org.

Unified Sports® Programs Growing in Oregon High Schools

This year over forty-five Oregon high schools will have Unified Sports teams participating in Unified Soccer, Unified Basketball or Unified Softball during the 2016-2017 school year.

Unified Sports® combines approximately equal numbers of athletes with and without intellectual disabilities on sports teams for training and competition. Special Olympics Oregon provides assistance and resources to schools to get teams started, but all teams represent their high schools. Unified Sports teams play by high school association rules and practice prior to league games and regional tournaments.

The goal of Unified Sports® is to create more inclusive school communities through sport and to give students with intellectual disabilities the opportunity to feel the same thrill and excitement on the court and field as other high school athletes.

Jill Hertel coaches teams for Unified Soccer and Unified Basketball at Forest Grove High School. According to Hertel, “Unified Sports is a great way to include students who have traditionally never participated on school athletic teams. Disabilities are cast aside and everyone has a chance to be celebrated as an athlete. It’s great to see the Unified teams compete and also receive the same recognition as other high school athletic teams.”

Congratulations to the following high schools for having Unified Sports® programs: Bend, Central Medford, Century, Cleveland, Corvallis, Crater, Douglas, Elmira, Forest Grove, Grant, Glencoe, Hillsboro, La Salle, Liberty, McMinnville, McNary, Milwaukie, Mountain View, Newport, North Medford, North Valley, Oregon City, Parkrose, Philomath, Rainier, Redmond, Ridgeview, Roseburg, Roosevelt, Sherwood, Silverton, Sisters, South Albany, South Medford, Stayton, Sutherlin, Taft, Tigard, Tualatin, West Albany, West Linn, Wilson, Wilsonville, Wilsonville Art and Tech and Woodburn.

If you would like to coach a team or begin a Unified Sports® team at your high school, contact either your Athletic Director or Jean Hansen, VP-School Engagement and Outreach for Special Olympics Oregon jhansen@soor.org or 503.248.0600 ext 16.



Century High School unified game



Forest Grove Unified Soccer

YEARS OF SERVICE

We will be honoring those coaches who have coached for 25, 30, 35, 40, 45, 50 or 55 years at our May 20, 2017 Awards Banquet. We need to hear from you if you fall into one of these categories. Please check for your name at www.oregoncoach.org under **Awards**. If you have reached a milestone year and your name is not on the list, please email us at: melissa@oregoncoach.org. We receive this information from the membership application/renewal form submitted by our members each year.

SCHOLARSHIP INFORMATION

The OACA will award nine \$1,000 scholarships to sons and daughters of OACA members this year. We greatly appreciate the following OACA sponsors who generously fund these scholarships: **Nike/BSN Sports, Hudl, MaxPreps, Oregon State Credit Union, Prime Time Sports and Dave Dowling.**

Completed scholarship applications, including a copy of the student's transcript and two letters of recommendation, are due April 1, 2017. Scholarship applications will be reviewed by the OACA Executive Board, who will evaluate applications in the areas of academics, athletic participation and honors, extracurricular activities, and community service. Online applications can be found at www.oregoncoach.org under **Scholarships**. If you have any questions, please call the office at 541-928-2700 or email: melissa@oregoncoach.org.

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The following is a Nomination Form to be used for either **Oregon High School Assistant Coach or Junior High/Middle School Coach of the Year**. If you would like to nominate a coach, please fill out the following form and mail it to the address below.

### ASSISTANT or JUNIOR HIGH/MIDDLE SCHOOL COACH OF THE YEAR

Deadline: April 1, 2017

|                     |                     |
|---------------------|---------------------|
| Name: _____         | Nominated by: _____ |
| School: _____       | Name: _____         |
| Address: _____      | School: _____       |
| City/St./Zip: _____ | Position: _____     |
| Email: _____        | Email: _____        |

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, 222 First Avenue West, Suite 220, Albany, OR 97321  
- or - [oacarob@gmail.com](mailto:oacarob@gmail.com)



# OACA CLINICS & WORKSHOPS

## *NIKE FOOTBALL CLINIC, PORTLAND - MARCH 3-5, 2017*



The Portland Nike Football Clinic is the largest football-only clinic on the West Coast. Held at the Portland Airport Holiday Inn, over 900 football coaches attend this 3-day event. This coming year, our clinic will feature over 50 presentations given by 30+ speakers from all over the U.S.

Our clinic is much more than just football X's and O's. We have speakers presenting on topics ranging from strength and conditioning training to character development and finance. You will experience a great week-end of networking with high school and college coaches from throughout the Northwest and beyond.

Our confirmed Nike college speakers are: **Bret Bielema** - University of Arkansas, **Chris Petersen** - University of Washington, **Rich Rodriguez** - University of Arizona, **Craig Bohl** - University of Wyoming, and **Gary Andersen** - Oregon State University.

We will also feature many other outstanding speakers from various colleges and high schools. Our clinic will begin on Friday, March 3rd and end Sunday, March 5th at the Portland Airport Holiday Inn. You can register to attend our football clinic on the Oregon Athletic Coaches Association website, [www.oregoncoach.org](http://www.oregoncoach.org).

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## *OREGON WOMEN SPORTS LEADERSHIP NETWORK WORKSHOP - JAN. 28TH, 2017*



The annual Oregon Women Sports Leadership Network (OWSLN) workshop is coming up on January 28<sup>th</sup> at Gladstone HS. The program will include Dr. Gary Domby, DC DIBAK on Eating for Success in Athletics; Kelly Foster, OSAA & Marci McGillivray, PIL Athletics presenting on Promoting Your Team/Program Through Social Media and panel discussion on what college coaches look for in a college athlete. The program is slated to run from 9 AM to 1 PM. Registration will open in December. Registration information can be found on the OACA website at [www.oregoncoach.org](http://www.oregoncoach.org).

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## *9TH ANNUAL NIKE/OACA BASKETBALL CLINIC*

We recently completed our 9th annual Nike/OACA Basketball Clinic, held once again at Westview High School. The clinic was an excellent opportunity for professional development and networking for the 300-plus basketball coaches who attended. Many thanks to **Pat Coons** - Westview Head Boys Basketball Coach, and his staff for the use of their beautiful clinic site and on-site organization. We would also like to thank **Tony Dorado** - Nike Basketball Rep, for securing some top college and high school speakers for our clinic. We are also thankful to the many coaches who took part in our clinic.



Presenters at our clinic included **Lorenzo Romar** - University of Washington, **Paul Biancardi** - ESPN Analyst, **Sue Phillips** - Archbishop Mitty HS (San Jose, CA), **David Long** - Columbia River HS (WA), **Ron Hittner** - Blanchet Catholic, **Rob Casteel** - Westview HS, **Jill Noe** - Lakeridge HS, **Tiffany Behary** - Westview HS, **Dan Clark** - Sheldon HS, **Craig Rothenberger** - Junction City HS, **Dave Brown** - Horizon Christian, **Dan Dickau** - ScoreBookLive, and **Elliott Waksman** - Portland Sport Psychology.

We look forward to the continued success of our basketball clinic, and invite you to attend next year on the same statewide school in-service day: Friday, October 13th, 2017.



Prime Time Sports | 503.482.5744 | fax: 971.224.4394  
John McCallum, President – [jmac@primetimepdx.com](mailto:jmac@primetimepdx.com)  
Reggie Walker, Director – [rwalker@primetimepdx.com](mailto:rwalker@primetimepdx.com)

**Portland, OR** – The Les Schwab Invitational presented by Express Employment Professionals – one of the most prolific holiday high school basketball tournaments in the country – returns to Liberty High School this December for four days of entertaining basketball games and fun for the entire family. This year marks **The 21<sup>st</sup> Anniversary** for the holiday basketball tournament and it will once again feature future college and NBA stars that the tournament has been accustomed to showcasing for two decades. The tournament will take place **December 27<sup>th</sup> – 30<sup>th</sup>** at Liberty High School in Hillsboro, Oregon.

The 2016 Les Schwab Invitational presented by Express Employment Professionals returns two familiar teams in **Gonzaga (Washington, DC)** and 2015 LSI 3<sup>rd</sup> Place Finisher **Garfield (Seattle, WA)**. Making their LSI debut will be **Sierra Canyon (Chatsworth, CA)** and **Nathan Hale (Seattle, WA)**. All four national schools figure to be ranked in the Top 25 of the preseason national polls when they release later this month.

With potentially the most star talent in the history of the LSI, the 2016 field will be headlined by Sierra Canyon's [Marvin Bagley III who is the No.1 ranked junior in the country.](#) Many believe Bagley III - who is considering Duke, Kentucky Arizona, and Oregon – to be the top prospect in high school basketball regardless of class. Nathan Hale – coached by former Portland Trailblazer great **Brandon Roy**- features the [No.2 ranked player in the senior class, University of Washington commit, Michael Porter Jr.](#) Garfield will return their top two players from last season in Top 50 senior guards **Daejon Davis** and **Jaylen Nowell**. Gonzaga will be led by one of the nation's most exciting players, [5'6 Guard Chris Lykes.](#)

Headlining the list of Oregon teams is **West Linn**, the four-time defending State Champion; and **Jefferson**, who returns virtually everyone from last season's team which finished fourth in the state. The Democrats have bolstered an already strong group with the addition of Top 30 junior forward **Kamaka Hepa** - who has scholarship offers from nearly the entire Pac-12, Gonzaga, Oklahoma, Texas, among others.

Ten other Oregon schools (League and State Classification) round out the 2016 field:

**Beaverton** (Metro League – 6A)  
**Central Catholic** (Mt. Hood Conference – 6A)  
**Century** (Metro League – 6A)  
**Churchill** (5A Midwestern League)  
**Clackamas** (Mt. Hood Conference – 6A)  
**Grant** (Portland Interscholastic League – 6A)  
**Jesuit** (Metro League – 6A)  
**Lake Oswego** (Three Rivers League – 6A)  
**South Salem** (Greater Valley Conference – 6A)  
**Westview** (Metro League – 6A)

 [www.facebook.com/LesSchwabInvitational](http://www.facebook.com/LesSchwabInvitational)

 [@LSInvitational](https://twitter.com/LSInvitational)

Fans are encouraged to visit [www.LesSchwabInvitational.com](http://www.LesSchwabInvitational.com) for additional event information



The Les Schwab Invitational presented by Express Employment Professionals is marketed and managed by Prime Time Sports. Based in Portland, Oregon, Prime Time Sports is a premier sports and corporate event marketing company dedicated to creating elite events for athletes, participants, fans and sponsors.





The OACA is proud to join forces with the OSAA, OADA and OATS in the prevention of youth suicide. Please refer to the Director's Corner on page 2 for a complete introduction to our collaborative youth suicide awareness campaign.

## OREGON YOUTH SUICIDE AWARENESS CAMPAIGN

Ann Kirkwood, Oregon Health Authority Suicide Intervention Coordinator

Youth suicide in Oregon is a serious and preventable public health problem. The aspirational goal of the state Youth Suicide Intervention and Prevention Plan is *Zero Suicide* for Oregon.

Oregon's rate of suicide per 100,000 population ranked 12<sup>th</sup> highest among US states in 2013-2014. Oregon's rate of completed suicides among youth has been increasing since 2011.

Thirty-eight of the 2014 suicides were among elementary, middle and high school youth or recent high school graduates. Of the total, 77 percent were male. Forty-eight percent of youth died by firearm and 35 percent by hanging/suffocation.

There is no single cause of suicide. For each person, the risk factors are multidimensional and it's unlikely those left behind will ever know "why" with certainty. Suicide most often occurs when stressors exceed the coping capacity of someone with a mental health condition. However, not everyone with a mental health condition will attempt or complete suicide.

When looking at the life circumstances for youth completing suicide in 2013-2014, 76% of youth mentioned mental health problems to others before they died. Forty-four percent had a diagnosed mental disorder and 58 percent had a current depressed mood. Relationship break-ups and family stressors were involved in their life circumstances, as was experiencing a crisis within the two weeks leading up to the death. Forty percent had a history of expressed suicidal thought or plan, and 27 percent recently disclosed intent to die by suicide.

The fact that youth talk about mental health and suicide or disclose their intent to die at a relatively frequent rate opens a window for prevention. Due to their close relationships with athletes, coaches are in the position to watch for warning signs to identify students at risk. These warning signs fall into three main categories: talking about suicide, exhibiting behaviors that demonstrate suicide risk, and indicators about mood problems associated with risk.

While not every suicidal person will specifically talk about the intent to die, the following statements are risk factors:

- Being a burden to others
- Feeling trapped
- Experiencing unbearable pain
- Having no reason to live
- Killing themselves

*(Continued on next page)*

Youth often exhibit specific behaviors that can be indicators for suicide risk:

- Increased use of alcohol or drugs
- Looking for a way to kill themselves, such as searching online for materials or means
- Acting recklessly
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression

People who are considering suicide can display one or more of the following moods:

- Depression
- Loss of interest
- Rage
- Irritability
- Humiliation
- Anxiety

Other factors adults should monitor that can contribute to feelings of hopelessness and disconnect-  
edness from school, peers or family include:

- Substance use disorders
- Serious or chronic health conditions or pain
- Stressful life events, including a death or parents' divorce
- Previous suicide attempts or family history of suicide
- Prolonged stress, including bullying, harassment
- Access to lethal means, including firearms or drugs
- Exposure to another person's suicide or to graphic or sensationalized accounts of suicide

**If you are in a crisis or are concerned about someone who is, call the  
National Suicide Prevention Lifeline at 1-800-273-8255 (TALK).**

Sources:

Suicide Prevention Resource Center  
American Foundation for Suicide Prevention



coaches vs cancer



WHO? OACA & OADA  
 WHAT? COACHES VS. CANCER  
 WHEN? JANUARY 23-27 OR JANUARY 25-FEBRUARY 3

The Coaches vs. Cancer program is a statewide collaboration between the Oregon Athletic Coaches Association (OACA), Oregon Athletic Directors Association (OADA), and the American Cancer Society that empowers coaches, their teams, and local communities to make a difference in the fight against cancer by participating in awareness efforts, advocacy programs, and fundraising activities to help people with cancer today and to find cures to end the disease tomorrow. The program leverages the personal experiences, community leadership, and professional excellence of coaches statewide to increase cancer awareness and promote healthy living.

Because cancer has touched so many in our coaching community, Coaches vs. Cancer offers a unique opportunity to fight the disease. Through integrated fundraising activities and public awareness campaigns, participating schools can truly make a difference in the fight against cancer and raise awareness in their communities about the importance of cancer prevention, early detection, and making healthy lifestyle choices.

The OACA & OADA would like for schools to choose either the week of January 23-27 or January 25-February 3 to promote Cancer Awareness throughout their community. There are various ways you can use your voice and leadership to help fight cancer. Each school's Cancer Awareness Week would be structured to best fit their individual needs.

**Goals would include:**

- Increase awareness of the importance of cancer prevention, early detection, and healthy lifestyle choices.
- Raise funds in the fight against cancer to help support the American Cancer Society's lifesaving efforts to eliminate the disease.
- Share the importance of nutrition and physical activity in reducing one's risk of the disease.
- Promote the American Cancer Society as a place for people facing cancer to turn for free information, help, and support 24 hours a day, seven days a week.

**School Activities could include but limited to:**

- At home athletic events (Boys/Girls Basketball, Wrestling, Swimming) during the week raise awareness & raise funds.
- A school assembly to raise awareness and an all school fundraising activity.
- Have your coaching staff participate in Coaches vs. Cancer Suits & Sneakers.

## Coaches vs. Cancer Suits & Sneakers

Coaches vs. Cancer Suits & Sneakers is where coaches across the country unite for a common cause – saving lives from cancer! Coaches and their staff are encouraged to wear sneakers with their suits while coaching games to raise awareness about the fight against cancer.

With funds raised the local school can donate to a local cancer program or send the funds to the OACA office and all monies would be donated as a lump sum from the OACA & OADA to the American Cancer Society. Last year, Oregon high schools collectively raised over \$8,000 in support of local, state and national cancer programs.

**Join the fight against cancer and support Coaches vs. Cancer Week!**





## You Are Different! You are an Education Based Coach!

by Buster Mabrey, Executive Director of the  
New Mexico High School Coaches Association

If you coach at an educational institution, whether it is at a public or a private school, you are different. You are an education based coach. What makes you different from the local youth league coach or the elite traveling team coach are the expectations of professionalism and the educational perspective from the state of Oregon, from your school district, from your principal, from your athletic director, and from the community that your team represents. It is important that education based coaches understand both the power of their opportunity to change the lives of their athletes, as well as the high level of professionalism required of them to perform their roles properly.

As with all professions, the best of the best strive to be better at every opportunity. It is a tangible characteristic of great doctors, great lawyers, great scientists, and great coaches. The best coaches in Oregon, New Mexico, Nebraska, Florida, and across America are the coaches committed to the values and professionalism of coaching, especially in our high schools and our junior highs. The best coaches attend coaches' clinics. The best coaches join their state associations. The best coaches understand that the profession of coaching is bigger than the game and or themselves. Great coaches commit to the concept of advancing the profession of coaching within themselves and their associates. In 2010, Coach Eric Roanhaus of Clovis, New Mexico became the all-time winningest football coach in the state. The following summer at our annual coaches' clinic, I walked into a session and found him standing in a chair to get a better view of a clinician demonstrating on the floor. He was a sixty-seven year old man that had won more football games than anyone in the state, and he didn't want to miss a single moment of the presentation. The top coaches in Oregon do the same thing.

My junior high and high school coaches impacted my life in profound ways. They provided so much more than the X's & O's of the games we played. My coaches provided me the foundation needed to be successful beyond the game and beyond graduation. I, often, reflect back and remember my coaches and their characters, their lessons, and their love. Every one reading this article can do the same thing. Kids do need coaches. You are different. Now, it is your responsibility to make an impact on your athletes, your community, and your profession. You are different. You are an educator first and foremost! Thank you for coaching.

Go Cowboys!

## DEVELOPING A CHALLENGED MINDSET WITH YOUR TEAM

By Elliott Waksman, Sport Performance Consultant

Some teams seem to thrive on pressure.

Ever wonder why? Or more importantly, how your team can do the same?

The key is by developing a *challenged mindset* - interpreting pressure as a dare to be attacked with confidence and optimism.

**Waksman's guest article explains the research behind the benefits of a challenged mindset and offers insight on how to help develop it with your team.**

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### The Benefits of a Challenged Mindset:

#### **It helps you come through in the clutch.**

*"Our research shows that the stress response you have when thinking about an event predicts how well you'll perform. This is true not just for sports, but also other high-pressure performances like exams and public speaking. If you have a threat response while thinking about an event, you're more likely to freeze under the pressure. If you have a challenge response, you're more likely to excel." (1)*

#### **It helps you keep pushing.**

*"Our research suggests that [challenged mindset] individuals focus more on behavioral factors (effort, problem solving strategies) as causes of negative achievement outcomes and tend to act on these mediators (try harder, develop better strategies) to continue to work toward mastery of the task." (2)*

#### **It helps you problem solve.**

*"A [challenged mindset] is characterized by a focus on effort and strategies, along with persistent striving and generation of new problem solving strategies. The helpless response pattern by contrast is characterized by negative self-judgment, along with negative affect, a lack of persistence, and performance decrements." (2)*

#### **It helps you be a better teammate.**

*"A [challenged mindset] individual focuses more on how specific psychological factors may influence a wrongdoer's behavior and tend to favor interventions that address these causes (reasoning with the wrongdoer, providing assurance or skill training)." (2)*

#### **Resources:**

(1) McGonigal, K., The Upside of Stress, New York, New York: Penguin Random House, 2016, Print.

(2) Dweck, C., Chiu, C., Hong, Y., "Implicit Theories and Their Role in Judgments and Reactions: A World From Two Perspectives." *Psychological Inquiry*, 1995, Volume 6, No. 4, 267-285

*(Continued on next page)*

## How to Develop a Challenged Mindset:

### 1) View challenges as opportunities.

"Remember John, a big stage is a time to show off what you can do."

### 2) Emphasize process over outcome.

"Hey Zach, despite our fumble at the end there, that was a great play. We need that from you. Long-term, it will be there!"

### 3) Praise effort, not talent.

"Love the hustle, Jen. That big-time lay up we had came from your tenacity with the lose ball."

This month, consider this: while we have **no control over the stressors** our team faces, we can always help student-athletes develop a healthy mindset to **better react to them**.

The ability to **attack pressure with confidence and optimism** is a learned skill. Through polite reminders and healthy reflection, you as the coach can help develop a challenged mindset with your players. And **what better platform to learn these skills than through athletics?**

Regardless of what hurdles your players face this season, mindset will propel them to their goals.

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## About the Author:

Elliott Waksman earned his MA in Sport Psychology and maintains a private practice in Portland, Oregon, working with athletes and teams on the mental game of sport.

His is the author of Waksman's Sport Psychology Program: A Practical Mental Skills Workbook for Student-Athletes.

Please visit: [www.PortlandSportPsychology.com](http://www.PortlandSportPsychology.com)



# Sickle Cell Trait: Practical Considerations for Managing Athletes “At Risk”

By Declan Connolly PhD, CSCS

*Learn how to prevent complications when training athletes with this blood disorder. From the NSCA's Performance training journal.*

Humans have an innate ability to survive in extremes of heat and cold. Furthermore, humans also have the ability to exercise in such extremes. However, exercise in the heat is arguably one of the most common and difficult challenges that face competitive athletes. Humans are homeotherms (i.e., body temperature functions independently of the surrounding environmental temperature and must be maintained within a fairly narrow range).

However, under conditions of high heat and humidity, the challenge to maintain the core temperature between 36.5-37.5°C is difficult and potentially life threatening. It is of fundamental importance for strength and conditioning coaches and athletes to understand the challenges and the limitations of exercise in the heat and, above all, know how to recognize early signs of heat stress to allow timely and safe responses.

The continued deaths of athletes due to heat-related stresses reinforce the fact that current knowledge and practices are still inadequate. A continued focus on heat stress deaths, specifically sickle cell-related incidences, increases the urgency and need for continued education in this area.

Recent research reported that in the last decade 16 deaths have occurred from exercise conditioning for American football (1,3). According to this research, these 16 deaths occurred specifically from conditioning and not from actual playing in a game situation (1). Ten of these 16 deaths were attributed to sickle cell trait (SCT). With appropriate education and management, those 10 deaths may have been preventable. The Center for Disease Control estimates that over 7.5 million students participate regularly in high school sports and data from the National High School Sports Related Injury Surveillance Study for the period of 2005-2009, shows that 118 heat illnesses were reported among the 100 schools sampled (2).

This equates to 116 per 100,000 athletes exposed. Moreover, when the data is viewed specifically for American football, the incidence of illness increases to 4.5 per 100,000 athletes exposed (2). This represents an almost 10 times higher incidence than other reported sports. Sickle cell trait is the most prevalent condition in American football-related heat stress injuries (1,2).

## What is Sickle Cell Trait?

Sickle cell trait is a condition in which an individual inherits a normal (Ha) and an abnormal gene (Hs) for hemoglobin (Has) as opposed to two normal hemoglobin genes (Haa). Hemoglobin “Ha” is a normal functioning hemoglobin molecule, whereas hemoglobin “Hs” is an abnormal molecule. The Hs molecules change normally round, disc shaped, red blood cells into curved, or “sickle” shaped cells.

These cells have the impaired ability to the flow and transportation of oxygen, and hence the term “logjam” is often used to describe their clotting or bottle-necking action within the circulatory system. They can lead to rhabdomyolysis, a condition where damaged blood cells release a toxic substance, myoglobin, which can cause kidney failure, and ultimately, death. It is important to note that the presence of SCT doesn't necessarily mean these events will occur. However, there is an increased likelihood that they can occur. Individuals of African American descent are the most at risk for SCT, as SCT occurs in 8-10% of the African American population versus less than .0002% of the Caucasian population.

*(Continued on next page)*

## Causes of Sickling

The obvious cause of sickling is the presence of hemoglobin “Hs.” However, other conditions often trigger catastrophic sickling and education in this area is crucial for all types of sports personnel (e.g., coaches, athletes, and trainers). The most common cause of severe sickling in athletes is exertional related, high-intensity exercise (3). When coupled with high ambient temperature, this exercise causes significant increases in body temperature which can cause sickling (1,3).

## Preventing Athlete Complications

The most effective approaches to preventing collapse and sickling are proactive and merely require the coach, athlete, trainer, etc. to be educated and knowledgeable in advance. Here are some guidelines to help coaches (1,3):

1. Know the SCT status of the athlete - this will allow for closer monitoring of the individual athlete.
2. Keep a log of the athlete’s normal physiological responses to the exercise routine - this will help determine an atypical response.
3. Allow identified “at risk” athletes slightly longer recovery times between maximal or near maximal efforts and modify exercises that place such demands on the athletes.
4. Monitor hydration and be sure “at-risk” athletes are appropriately hydrated - this will help regulate core temperature.
5. Avoid punishment exercises or “toughness” in presenting workouts. Instead, preach sensibility and being realistic about effort.
6. Be intuitive so when an otherwise healthy and fit athlete complains of fatigue, breathlessness, or is generally struggling to complete a routine set of exercises, you can act immediately and appropriately.
7. Allow identified “at-risk” athletes longer warm-up or build-up times to maximal bouts to allow appropriate circulatory adjustment.
8. Advocate for a slow and progressive off-season and pre-season conditioning program especially if conducted in a hot environment.
9. Refrain from having an athlete exercise if they are sick especially with any condition involving a fever.
10. Communicate constantly with medical personnel and be adequately prepared to deal with emergencies.
11. Have a specific emergency protocol in place to deal with heat stress.

## Treatment Response to Suspected Heat Stress Sickling

- Stop all exercise immediately and call emergency help
- Remove athlete from heat/sunlight immediately
- Cool down athlete (Having an ice bath present would be a practical precaution)
- Remove excessive clothing, padding, helmet, shirt, etc.
- Check vital signs and refer to qualified emergency professionals if necessary

Sickling collapse and death can be avoided. Coaches and athletes must recognize the severity of the condition and then educate themselves to recognize the early signs and symptoms of this heat stress. An emergency medical plan specific to SCT is advised in warmer climates and where there is an increased “at-risk” population. Note that the presence of SCT is not reason to have a “white gloves” or “soft” approach to conditioning athletes. It is simply a more realistic and safer approach to maximizing an athlete’s potential without putting them at undue risk.

### References

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- Eichner, ER. Sick cell train in sports. *Current Sports Med* 9(6):347-351, 2010.



## A MESSAGE FROM



HUDL is a valued Silver Sponsor of the OACA as our Official Video Software Company. Their sponsorship help us keep membership costs low as well as fund an annual \$1,000 scholarship to a graduating child of an OACA member. Many of our school's athletic programs use HUDL products and have had Jon Meir as their HUDL representative. We would like to introduce & are looking forward to working with Jake Wesch who will now be Oregon High School's HUDL representative. Please see below a short bio introducing Jake.

*I'm excited to introduce myself. My name is Jake Wesch and I am the new Hudl rep for the state of Oregon. I was born and raised in North Bend, Nebraska, where sports played a vital role in shaping my adolescence. I was fortunate to continue my football career at the University of Nebraska from 2004-2008.*

*Immediately following, I began my graduate studies in Educational and Athletic Administration and became a member of the Nebraska Football team staff. For the next 7.5 years, I worked in a variety of administrative and recruiting roles within the program. Each position gave me an even deeper appreciation for the work high school coaches and administrators do on a daily basis.*

*I have now been a part of the Hudl team for close to a year and a half. I am very excited for this new opportunity as your Hudl rep, and look forward to working with you. As always, please don't hesitate to reach out if I can be of assistance.*

*Best Regards,*

***Jake Wesch***

*Territory Manager | Hudl*

*[@Hudl](#) | +1 (402) 219-1969 (Cell)*

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# Oregon State Credit Union

December 1, 2016

Dear OACA Members:

Oregon State Credit Union is proud to continue as an OACA sponsor and provider of a \$1,000 college scholarship to a deserving family member of the OACA!

Through my decades-long association with Rob Younger and many of you within the OACA during my 25 years with Oregon State University Athletics, I have come to respect what the OACA achieves in developing today's well-rounded youth into our future leaders.

Now in my 13<sup>th</sup> year as Assistant Vice President here at Oregon State Credit Union, we have a similar commitment to youth and education. Further, devoting our community investment dollars toward recognizing the coaching profession and the involved families is a perfect fit.

We are a member-owned, not-for-profit financial cooperative, open to anyone who lives or works in 24 western or central Oregon counties. In addition to this OACA scholarship, we annually award \$2,000 scholarships to ten Oregon high school seniors within our membership and more than 65% of our community investment dollars are dedicated to education and youth-related donations and grants.

Additional information about 96,000-member, \$1.1 billion Oregon State Credit Union is available at [oregonstatecu.com](http://oregonstatecu.com) or by calling Mike Corwin at (541) 714-4286.

Best of your seasons to you and yours,

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PO Box 306, Corvallis, Oregon 97339  
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[oregonstatecu.com](http://oregonstatecu.com)



## THANK YOU TO OUR SPONSORS



**MaxPreps** is a valued Silver Sponsor and The Official Statistician for the OACA. They have worked hard to get schools involved in an outstanding athlete and team recognition program. We highly encourage school athletic programs to get involved with MaxPreps. We appreciate MaxPreps' sponsorship as they help support the many services we provide for the coaches in our state.

We are excited by our continued partnership with **Hudl**, Silver Sponsor of the OACA and the OACA's Official Video Software Company. Funds provided by Hudl help keep membership costs low as well as fund an annual \$1,000 scholarship. We urge teams to explore Hudl's innovative and unique video software technology. Please see page 19's introduction of Jake Wesch, Hudl's new rep for the state of Oregon. Welcome, Jake!

We are proud to have **Oregon Sate Credit Union** as our latest provider of a \$1,000 college scholarship to a deserving family member of the OACA. Oregon State Credit Union is an 96,000 member-owned, \$1.1 billion not-for-profit financial cooperative that serves an expanded coverage area of 24 western and central Oregon counties that includes a majority of Oregon. Membership with the credit union is open to anyone who lives or works in these counties. For more information, please visit [oregonstatecu.com](http://oregonstatecu.com) or call Mike Corwin at (541) 714-4286. Don't miss Mike's letter to our membership, which is featured on page 20.

**Neff Company** with Lori Davis provided all of the plaques for our 2015-2016 annual Awards Banquet. The plaques are outstanding and add to the class of our banquet. We appreciate Lori and Neff for their continued support of the OACA. Please consider Neff for your needs: [www.neffco.com](http://www.neffco.com).

**Prime Time Sports**, owned by **John McCallum**, also contributes funds to the OACA and does a great job in management of the Les Schwab Bowl and Les Schwab Invitational. The Les Schwab Bowl features 6A/5A football All-Stars from Oregon high schools. The OACA is involved in the selection of the coaches who in turn select the players. The Les Schwab Invitational is one of the most prolific holiday high school basketball tournaments in the country that features future college and NBA stars. Please see Prime Time's write-up on page 10 about this fantastic event.

**Nike** and **BSN Sports** have partnered with the OACA to sponsor two \$1,000 student scholarships in honor of **Bill Bowerman**, co-founder of Nike and OACA President in 1938-39 and 1947-48. We also appreciate their annual sponsorships of our Nike/OACA Football and Basketball Clinics.

**Jostens** is the Official OACA Souvenir & Championship Rings Sponsor. We appreciate the Executive Board President's Ring they supply annually.



## 2016-17 OACA EXECUTIVE BOARD

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Executive Board and Sports Chair contact information is available on our website:  
[www.oregoncoach.org](http://www.oregoncoach.org)



## 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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