

# OACA Newsletter

FALL/WINTER 2015



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*"Sports serve society by providing vivid examples of excellence."*

– George F. Will

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## DIRECTOR'S CORNER

*Rob Younger, OACA Executive Director*

We have had a great start to the 2015-16 school year and fall sports. This school year, the OACA is celebrating its 81<sup>st</sup> 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 \$42,000. \$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 \$670,000 has been given to the OSAA. The Gold Card is definitely a win/win for our membership and the OSAA.

One of the perks of my job & one I greatly enjoy is to be able to make different presentations throughout our state. This fall I have had the opportunity to address different coaching staffs, parent groups and official's associations. It is always an honor to represent our Executive Board and the 3,000 coaches that make up our membership. I would like to share two thoughts that I shared recently to a combined coaching staff and parent group for a school that has struggled the last few seasons.

Too often coaches allow past seasons to set the standard for their current attitude. We express such sentiments as, *"That has never been done here before,"* or *"We have never made it to the playoffs."* As a result, we allow the past to dictate the present. If allowed, the past can affect present performance and team morale either positively or negatively. Rather than looking backward, we should focus on doing hard work and creating positive attitudes to prepare for what's ahead. A team must move beyond past seasons in order to reach their full potential, and it begins with the coaching staff.

***Good Thoughts Bear Good Fruit,  
Bad Thoughts Bear Bad Fruit,  
And You Are Your Own Gardener!***

When talking with parents, I discuss the concept of allowing their child to experience the natural consequences of their actions by not making rescuing their default setting. As adults we are experiencing the consequences of decisions made by us and even by others every day. Allowing student/athletes to work through adversity and failures will give them lessons that they will carry with them a lifetime. Most positive life lessons are learned after failures rather than after successes in life. Conflict resolution is a learned behavior. When working with your student/athletes always emphasize their personal growth over their comfort. Look for teachable moments and know that more lessons are caught than taught. I have found that there are two types of parents: those who prepare their child for the path of life, and those who prepare the path for the child. As parents and as coaches, lets raise men & women who will be ready to handle the struggles and difficulties that they will face as adults.

***Sufferings Produce Perseverance,  
Perseverance Produces Character,  
And Character Produces Hope!***

Every coach I had the privilege encountering, junior high through college, influenced me and affected my life in special ways. I would rather be called "Coach" than by my own name. "Coach" exudes respect, the respect that I had for the coaches who coached me and, I hope the respect my players have for me. I have truly been blessed to be able to coach the game of life. I love the coaching profession, but more importantly, I love the people of the coaching profession.



*Rob*

## LETTER FROM THE PRESIDENT



*Jeff Stolsig, Lebanon High School*

**COACH** - one of the most meaningful words to me of all the words in our language. The reason it is so important to me is because of all of the great people that have had such a huge impact on my life either as my coach, my children's coaches, my mentors, or my colleagues. I recall a very critical and impressionable time in my youth where it was my teachers and coaches who had a huge impact on the direction my life took. It was at that time that I developed a love for athletics, and the impact of coaches became even greater in my life. I found myself wanting to imitate those coaches that had such a big impact on me.

Today, along with all of you, I am blessed to have the opportunity to have that same impact on young people in our communities. Every day we get the opportunity to inspire, educate, instruct, and model. We get the opportunity to be a part of a process to bring about change, growth, and maturity in a physical, emotional, intellectual, and spiritual way. I view this as our most important role to our athletes.

I want to thank you for your service to our kids and for the many sacrifices you have made and will continue to make in your service to our kids. Next to a child's parents and immediate family, coaches and teachers are among the most influential people in shaping the character, beliefs, and attitudes of our youth.

I am thankful for the great organization that the OACA is and for its role in giving coaches the best tools possible for doing this work and for effecting change through policies that benefit our student/athletes. The OACA partners with the Oregon Athletic Directors Association, the Oregon Association of Athletic Officials, the Principals and Administrators to act as advisors to the OSAA regarding policy and administration of Oregon high school activities. The OACA also provides education of its coaches through clinics and courses, recognitions of its coaches through our annual banquet, and we act as an information source for our coaches. Your coaches association is led by some very remarkable people. Rob Younger is our Executive Director and Melissa Chambers is our Office Manager. Along with these wonderful people, the Executive Board is made of 14 individuals from around the entire state and representing all sports and classification levels.

A very wise friend of mine has taught me that whenever one gets an opportunity to address a group, they need to leave their audience with a challenge. My challenge to you and to myself is to remember whom we serve as coaches - we serve the kids. May we think, speak, and act in a manner that is worthy of our student/athletes wanting to imitate us.

The best to all of you and let's make this a great year for our kids.

# 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.

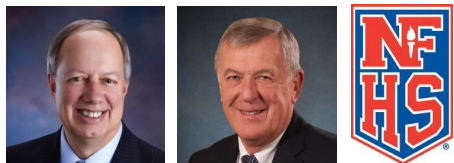
The next award level after state coach of the year is Sectional Coach of the Year. The NFHS is divided into eight geographical sections. They are as follows: Section 1 – Northeast (CT, ME, MA, NH, NJ, NY, RI, VT); Section 2 – Mideast (DE, DC, KY, MD, OH, PA, VA, WV); Section 3 – South (AL, FL, GA, LA, 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 2015 Oregon NFHS “Coach of the Year” Award nominees:**

Football:	<b>George Crace</b> , Horizon Christian (Tualatin)
Boys Track & Field:	<b>Tom Millbrooke</b> , Canby HS
Boys Basketball:	<b>Dave Hancock</b> , South Eugene HS
Baseball:	<b>Brett Wolfe</b> , North Medford HS
Boys Soccer:	<b>Jaime Rivera</b> , Hood River Valley HS
Wrestling:	<b>J.D. Alley</b> , Culver HS
Boys Cross Country:	<b>Jim Babson</b> , Barlow HS
Boys Tennis:	<b>John Carolan</b> , Grant HS
Boys Swimming:	<b>Dan Zimmer</b> , Henley HS
Girls Track & Field:	<b>Dan Duncan</b> , Lost River HS
Girls Basketball:	<b>Josh Grotting</b> , Sutherlin HS
Volleyball:	<b>Paula Toney</b> , Burns HS
Girls Soccer:	<b>Jamie Brock</b> , Summit HS
Softball:	<b>Rob Umbenhower</b> , Dayton HS
Girls Cross Country:	<b>Neil Branson</b> , Seaside HS
Girls Tennis:	<b>Justin Corey</b> , Junction City HS
Girls Swimming:	<b>Gina Dhom</b> , Willamette HS
Girls Golf:	<b>Dan Friedhoff</b> , St. Mary’s Academy

**All of Oregon’s NFHS Coach of the Year Award Winners will be honored on May 21st, 2016 at the annual OACA Awards Banquet.**



## NFHS/OSAA REPORT

### Best Route to Future Success? Multiple Sports in High School

by Robert B. Gardner, NFHS Executive Director, and Tom Welter, NFHS President

Last month, we attended section meetings involving leaders of NFHS-member state high school associations. First, we want to commend these individuals for their tireless work in directing statewide athletic and activity programs. The success of high school sports and performing arts at the local level is due in large part to the efforts of the individuals who direct our member state associations.

In preparation for development of the next NFHS Strategic Plan, state association leaders discussed the obstacles and trends in school-based sports and performing arts. These individuals identified some of the current challenges facing high school sports and performing arts and suggested ways to protect and promote these vital programs.

Although there were many areas of concern expressed by state association leaders, one of the issues that was front and center at every stop across the country was the growing influence of non-school sports on school-based programs. While high school student-athletes playing on club, travel or AAU teams is not a new issue, the prevalence of these programs and their impact on school-based sports seems to be intensifying.

In some cases, the issue is not students (and their parents) choosing non-school programs instead of school-based sports. Rather, quite often these individuals are playing a sport year-round – both for the high school team and on an out-of-school club or travel team.

Hopefully, administrators and coaches at the local high school level know the value of school-based sports and playing multiple sports throughout the school year, but students and their parents must be made aware of the values of these programs.

Currently, twenty-three states allow students to participate on a non-school team in the same sport at the same time they are participating in the sport in high school competition, although five of these states have exceptions in certain situations. The survey indicated 21 states do not permit same season/same sport participation, with seven states noting exceptions for some individual sports.

Although there are many issues surrounding the growth of non-school programs, we believe the biggest concern is the increasing number of young people playing one sport year-round. In some cases, they have been playing the sport year-round for several years before reaching high school and are facing potential burnout or overuse injuries. If the pressure to play the sport year-round continues throughout their high school career, these individuals miss the opportunity to participate in multiple sports.

At this point in time, the growth of non-school sports programs has not affected the overall participation in school-based athletics – at least according to the annual NFHS High School Athletics Participation Survey; however, that trend may not continue unless leaders at all levels increase their efforts to promote the benefits of year-round involvement in school-based sports.

A school's entire athletic program – from the coaches to the athletic director – must be committed to the school-based philosophy. Coaches of individual-sports teams should not require or suggest that athletes play their sport year-round, which works against the school's philosophy and prevents students from participating in multiple sports.

Whether it is through a preseason meeting or some other form of communication, parents have to be educated about the downside of year-round involvement in one sport. Involving their son or daughter on a club or travel team can cost parents thousands of dollars and certainly does not guarantee a college scholarship as some would suggest. More and more college coaches are recruiting student-athletes who were multi-sport participants in high school. In addition, playing the same sport year-round can lead to overuse injuries.

In building a promotional presentation to parents, school administrators must share the facts that set high school sports apart from non-school programs. In high school sports, students:

- Focus on development, striving, improvement – not winning.
- Learn to be part of a team.
- Play for the pride of their school.
- Learn more than the X's and O's of the game.
- Are required to prioritize academics in order to compete.
- Have no pressure to "achieve or else."
- Have fun participating and competing with their friends.

Although these messages to parents are essential as students enter high school, in some cases it may be too late. If possible, parents should hear these messages before their kids start middle school/junior high school.

We would suggest that the only year-round involvement in sports should be playing multiple sports in the high school setting.



OREGON ATHLETIC  
OFFICIALS ASSOCIATION

*One Rule - One Interpretation - One Mechanic*

## “Without Officials, It’s Just Recess”

The above quote may be amusing, but unless more sports officials are recruited and retained, recess may become more of a reality.

The number of Oregon sports officials continues to decline. A lot of reasons have been identified...low pay, poor sportsmanship, the time and cost commitment necessary to be an official, a perceived lack of advancement opportunities, and the like.

The challenge is to come up with solutions to turn this trend around. And that’s what a newly-formed OSAA committee made up of officials, coaches, athletic directors and OSAA staff hopes to accomplish.

Not all graduating student athletes will go on to play sports. Coaches can emphasize the benefits of officiating to former players as a way of continuing their interest and love for their game(s). Coaches can encourage current athletes to become an official as a way to stay in shape and earn a few extra dollars. In Oregon, prospective officials under the age of 18 may officiate with approval from the OSAA Executive Director.

Some schools are already having to re-schedule athletic contests to times and days when there will be available officials. And there’s always the risk that lower level programs could be eliminated because officials are not available to work those contests.

OAOA is looking forward to hearing what this committee comes up with and recommends. One thing is for sure, nobody wants to see interscholastic sports in Oregon become recess.



***Clark Sanders***  
*Associate Executive Director*  
*Oregon Athletic Officials Association*

## UNIFIED SPORTS – INSPIRING PEOPLE TO FIND THE BEST WITHIN THEMSELVES

*by Mark Hinthorn, McMinnville High School*

Unified Sports is one of the greatest, most rewarding programs that I've ever implemented in my 12-year career as a school administrator! Bringing together students with physical and/or intellectual disabilities and non-disabled peers to form a competitive sports team at McMinnville High School has brought the inclusive nature of our school to new heights, while at the same time establishing new traditions.

Three years ago, when I became an Athletic Director, I first read about Unified Sports programs in the Oregonian when programs in Forest Grove and Hillsboro were being highlighted. Afterwards, I knew that I had to learn more about Unified Sports and begin my quest to implement this amazing program at MHS. Key in all of this was attending a workshop during the COSA conference where Jean Hansen from Special Olympics and Jennifer Spencer-Liams, Director of Student Services in West Linn/Wilsonville presented an overview of the program. In addition, they provided resources and offered their services to assist with implementation at the school level. So, I took Jean up on her offer and over the next few months we met a couple of times to begin the process of adding MHS to the list of schools in Oregon to offer Unified Sports to their student body.

As with any initiative, one must examine the current systems in place and then make decisions from there. Here at McMinnville High School, our Lifeskills program has had an Adaptive PE class already in place for many years, which is taught by one of our math teachers who has an extensive coaching background in multiple sports. It seemed natural to me that this class could be tweaked in a way that it would become an Integrated PE class that doubled as our Unified Sports practice time. That way, team practices were embedded within the school day and avoided issues of gym space, transportation, etc. This class would be a credit-earning elective class and would allow regular education students and students from our Lifeskills and Structured Learning Programs the opportunity to learn basic skills, first for basketball, then for soccer and progressively develop as a team where they were doing drills, scrimmages and eventually exhibitions at assemblies and halftimes, then full on games of their own, with all of the components that a varsity level contest entails (announcer, starting lineups, national anthem singer, band, cheer, posters with names of team members, dance team performing at half-time, officials, team uniforms and warm-up shirts, etc). By far, the impact of watching the athletes compete, their partner's assist, parents taking pictures and cheering on their kids, students and community members supporting the efforts of the teams was profoundly moving. Whether it was a goal scored or a basket made, the experience was moving for all involved and memories of a lifetime were being made.

The Unified Sports Team here at McMinnville High School has had an amazingly positive impact on our student body and entire community, with articles and pictures in the newspaper, students being honored at recognition assemblies alongside other sports teams, student's forecasting for the Integrated PE class, (which has been included in our school's annual Course Bulletin pamphlet)...even to the point where it was celebrated by one of our valedictorian's in her graduation speech last June. Our school has embraced Unified Sports with open arms and we continue to grow our program and learn along the way.

I would like to challenge you to examine the levels of inclusion within the athletic department at your school and consider the possibilities of implementing a Unified Sports Program in this coming year. There are many people willing to help and support you along the way, as the network of schools involved with Unified Sports continues to grow and strengthen each year.

You can contact Jean Hansen at Special Olympics [jhansen@soor.org](mailto:jhansen@soor.org) or 503.248.0600 ext. 16 and she will be glad to help you.

## 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 21, 2016 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](http://www.oregoncoach.org) under **Awards**. If your name is not on the list, please email us at: [melissa@oregoncoach.org](mailto:melissa@oregoncoach.org). We receive this information from the membership application/renewal form submitted by our members each year.

## SCHOLARSHIP INFORMATION

The OACA annually awards eight \$1,000 scholarships to sons and daughters of OACA members. We greatly appreciate the following OACA sponsors who generously fund these scholarships: **Nike/Lids Team Sports, Hudl, MaxPreps, Sports Authority, and Prime Time Sports.**

Completed scholarship applications, including a copy of the student's transcript and two letters of recommendation, are due April 1, 2016. Scholarship applications will be reviewed by the OACA Executive Board, who will evaluate applications in the areas of academics, athletic participation, honors, and extra-curricular activities. Online applications can be found at [www.oregoncoach.org](http://www.oregoncoach.org) under **Scholarships**. If you have any questions, please call the office at 541-928-2700 or email: [melissa@oregoncoach.org](mailto: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, 2016

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

## *NIKE FOOTBALL CLINIC, PORTLAND MARCH 4-6, 2016*



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 education. You will experience a great weekend of networking with high school and college coaches from throughout the Northwest and beyond.

Our confirmed Nike college speakers are: **Gary Patterson** - Texas Christian University, **Sonny Dykes** - University of California, **Gary Andersen** - Oregon State University, and **Bryan Harsin** - Boise State.

We will also feature many other outstanding speakers from various colleges and high schools. Our clinic will begin on Friday, March 4th and end Sunday, March 6th 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).



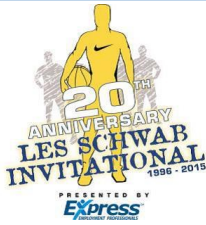
## *8TH ANNUAL OACA/NIKE BASKETBALL CLINIC*



We recently completed our 8th annual OACA/Nike Basketball Clinic, held once again at Westview High School. The clinic was a great opportunity for professional development and networking for the 350 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 **Wayne Tinkle** - Oregon State University, **Leon Rice** - Boise State University, **Dave Thorson** - De La Salle HS (Minneapolis, MN), **Clif Wegner** - Clackamas Community College, **Willie Graham** - McMinnville HS, **Rahim Tufts** - Scappoose HS, **Tyler Coston** - Point Guard College, **Chad Reeves** - David Douglas HS, **Nick Mucci** - 3 Dimensional Coaching, and **Nick Hagen** - Kor Physical Therapy & Athletic Wellness.

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 14th, 2016.



Prime Time Sports | 503.482.5744 | fax: 971.224.4394

John McCallum, President – [jmac@primetimepdx.com](mailto:jmac@primetimepdx.com)

Reggie Walker, Director of Operations – [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 20th 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 will take **December 27th – 30th** at Liberty High School in Hillsboro, Oregon.

The nation's top ranked team, and tournament mainstay **Oak Hill Academy (Mouth of Wilson, VA)**, returns to the LSI looking to win its unrepresented sixth championship. The 2010 LSI Champion, **DeMatha Catholic (Hyattsville, MD)**, returns with a star studded roster and defending 3A Washington State Champion **Garfield (Seattle, WA)**, will make its LSI debut. All three national schools will be ranked in the Top 10 of the preseason national polls when they release later this month. Rounding out the list of out of area schools is **Foss (Tacoma, WA)** who also makes their LSI debut.

Oak Hill Academy features four players from the ESPN Top 100 recruiting list for the class of 2016 - including the nation's No. 1 ranked player **Harry Giles**. Giles is considering Duke, Kansas, Kentucky, North Carolina and Wake Forest. DeMatha features the nation's No. 12 ranked player and University of Washington commit **Markell Fultz**. Fultz figures to be an LSI fan favorite possessing a Jamal Crawford-like handle and flair for scoring that few players in the country possess.

Headlining the list of Oregon teams is three-time defending State Champion **West Linn**. Returning the majority of their team from last season that lost to eventual National Champion Montverde Academy in the LSI Championship, West Linn has the experience to compete for the tournament trophy. Led by University of Oregon commit **Payton Pritchard**, one of the most heralded players in the history of the state; Pritchard already has a reputation for the big stage at the LSI having hit a buzzer beater to defeat Whitney Young in 2013 - who was led by #3 overall NBA Draft pick Jahlil Okafor. Pritchard will also try and become the first player in the history of the Les Schwab Invitational to be named all-tournament team in three consecutive years.

**Liberty** will make their second ever appearance in the LSI, having hosted the event since 2004. Ten other Oregon schools (League and State Classification) round out the 2015 field.

- Beaverton** (Metro League - 6A)
- Central Catholic** (Mt. Hood Conference - 6A)
- Clackamas** (Mt. Hood Conference - 6A)
- David Douglas** (Mt. Hood Conference - 6A)
- Jefferson** (Portland Interscholastic League - 6A)
- Jesuit** (Metro League - 6A)
- Lake Oswego** (Three Rivers League - 6A)
- Parkrose** (Northwest Oregon Conference - 5A)
- Southridge** (Metro League - 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.





## 3 WAYS TO INSTILL CONFIDENCE IN YOUR PLAYERS

By Elliott Waksman, Sport Performance Consultant

### #1. TRUST THE PROCESS

*Mental toughness involves trusting the process.* As a coach, preach the message of, "If we put in the work, good things will pan out down the line." At practice, trust that the process goals you consistently grind out every week in the gym and between the chalk lines will lead to team success. At competitions, trust that executing your plan will lead to team success. As a coach, modeling the principle of trusting the process will translate into confident players.

### #2. BE PREPARED

*Preparedness builds confidence.* Relay the importance of preparedness to your program by reminding the players, "We have put in the work to be prepared for competition today. Our mental and physical training leading up to competition has put us in the best position for success." A confident piece of mind comes from completing everything on your preparation to-do list.

### #3. FOCUS ON THE RIGHT THINGS

*Narrow the focus on game day.* Unfortunately, many coaches on the sidelines often make the mistake of barking out too many instructions to players. Research suggests that when athletes narrow their focus down to one or two focal points that performance improves. Consider the philosophy when communicating focus to your players: "If our team executes \_\_\_\_\_ and \_\_\_\_\_ today, we will live with that. We will walk off the field feeling satisfied."

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

| 503.309.7215

| [elliott.waksman@gmail.com](mailto:elliott.waksman@gmail.com) |

# A MESSAGE FROM



## Silver Sponsor of the OACA

We are always looking to make coaches' lives easier here at MaxPreps. But we also have an eye towards the bleachers, and we are excited to share a couple offerings that we think your fans, parents and athletes will be certain to love.

MaxPreps has released an app for both iOS and Android that gives users the chance to follow their favorite teams and to be updated whenever new information surrounding their favorite teams is posted to the site. Notifications now make it to where when rankings, scores or photos/video are updated for chosen teams, the app will automatically alert the user.

And it's not just for your favorite teams. The app can also alert users when information is posted regarding other teams in the area, teams of the user's choosing, of course.

Also, if your team is playing in a game where a user has signed up to provide play by play updates, fans can follow along with each update posting without refreshing – which is a great tool for fans who can't make it to the game. And of course we highly encourage fans in the stands to get involved and post play-by-play updates.

Speaking of play by play, it's not just for football. We have enabled users to do updates for Baseball, B/G Basketball, Field Hockey, Football, B/G Ice Hockey, B/G Lacrosse, B/G Soccer, Softball, B/G Volleyball and B/G Water Polo.

Keep in mind this is in addition to the separate MPCoach app that enables coaches to update their team pages instantly after games are completed. No longer do coaches need to wait to use a desktop computer – now everything from schedules to rosters to game results can be done through the app, any place, any time.

Anybody who might have questions is more than welcomed to reach out to the Coach Support department or myself, anything we can do to help with navigation of our mobile products that we take exceptional pride in. The goal is to provide the full MaxPreps experience on mobile devices.

Send an email to [Leland.gordon@cbsinteractive.com](mailto:Leland.gordon@cbsinteractive.com) with any questions you might have – and coaches, thank you for everything you do for us!

## A MESSAGE FROM



Silver Sponsor of the OACA

### Hudl for Hoops

Because we believe a new season should always come with new tools, we've been working hard to improve existing features—and release a few more you've never seen.

Whether you're recording a hard drive camera or live in the Hudl app for iOS, the uploading process is now easier than ever. Get your video online with a few clicks and go back to focusing on what really matters—coaching.

Take analysis a step further with advanced stats like transition buckets, points in the paint, points per possession and more. You can even see where your team is most effective with interactive shot charts that link to specific moments in the video.

This is really just the beginning—more features are due out later this season.

I would love to fill you in on these tools with a quick demo to see them in action. If you're interested, don't hesitate to reach out.

**Jon Meier**

Hudl | Sales Representative

[jon.meier@hudl.com](mailto:jon.meier@hudl.com)

402-578-3413 (cell)

[www.hudl.com](http://www.hudl.com) | <https://twitter.com/joncmeier>

## THANK YOU TO OUR SPONSORS



We are proud to have **MaxPreps** as 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 Silver Sponsor partnership with **Hudl**, 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.

We appreciate our continued partnership with **Sports Authority**. In addition to an annual \$1,000 scholarship, Sports Authority also provides numerous opportunities for our membership to receive discounts for coaches, players, schools and families.

**Neff Company** with **Trent Ellis** provided all of our plaques for our 2014-15 annual Awards Banquet. The plaques are outstanding and add to the class of our banquet. We appreciate Trent and Neff for their continued support of the OACA. Please consider Neff for your needs: [www.neffco.com](http://www.neffco.com). You can reach Trent directly at [trent.ellis@neffco.com](mailto:trent.ellis@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. This game 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. Prime Time Sports manages the game/teams while the players/coaches stay in the Portland area.

**Nike** and **Lids Team 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.



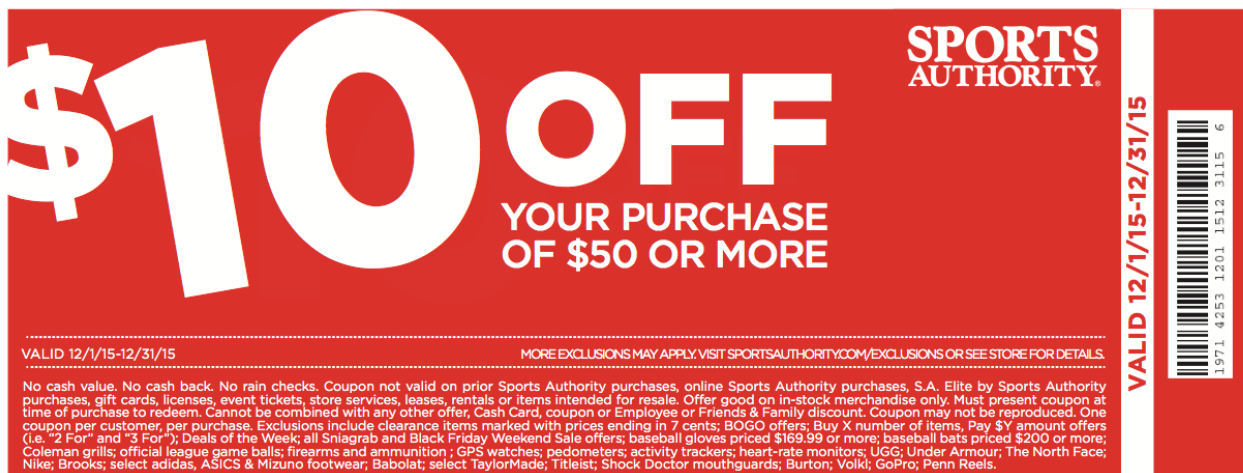
# SPORTS AUTHORITY®

Sports Authority is proud to support the Oregon Athletic Coaches Association and its member coaches. This December you can save even more on great deals and the best gifts for the holidays!

Use the attached coupon at any Sports Authority store to save **\$10 off your purchase of \$50, or \$20 off your purchase of \$100 or more**. Simply print the coupon or show it on your smart phone at checkout. The coupons are valid December 1 through December 31 in-store only.

Whether you need cold winter essentials, holiday gift ideas or winter sports gear - Sports Authority has you covered. **Please share this offer with coaches, students, and the friends & families of your school community.**

[Find a Sports Authority store near you](#)



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## OACA MEMBER LIABILITY INSURANCE COVERAGE

As the coaching and teaching profession continues to receive increased responsibilities, expectations and scrutiny, the Oregon Athletic Coaches Association (OACA) receives inquiries regarding one of the association's most significant membership benefits – **Commercial General Liability Insurance**. The following information is intended to give you, the OACA member, a better understanding of what General Liability Insurance is and the coverage it provides should you be involved in a claim.

In Oregon, by state law, employment as a coach receives very little protection. A coach employed by a school district is an *at will employee*. Simply put, a school district is not required to give a reason for termination or non-renewal of a coaching position. Most local school districts have a policy for employees that wish to appeal such actions. This can be through open and/or closed hearings. This process can be a painful one for the coach and can often split communities. How does liability insurance affect this process? - - Simply, it does not. Liability insurance has absolutely nothing to do with your employment status as a coach or classroom teacher.

Note: As a classroom teacher, your rights can be far more protected, largely in thanks to the efforts of the Oregon Education Association (OEA). For several years the OACA and the OEA have encouraged coaches to be members of both organizations if employed as both a teacher and coach in a school district. Contact the OEA for further benefits and details.

The General Liability Coverage that the OACA offers to its members is a policy written through the National Organization of Coaches Associations Directors (NOCAD). Member state coaches associations join together to create a larger pool of coaches which then allows an organization such as the OACA to offer this important insurance coverage as a membership benefit.

So if the General Liability Policy does not protect your job as a teacher and/or coach, what does it cover? The policy provides a \$1,000,000 liability limit per member from claims made by negligent acts accidentally committed resulting in bodily injury, personal & advertising injury or property damage to others.

*\*\*For complete insurance details, please see our web site, Membership tab\*\**

According to Loomis & LaPann Insurance Senior Vice President, Gregory Joly (NOCAD Insurance Administrator), the number one area in which coaches get themselves into trouble is *a lack of organization*. Coaches should keep written documentation of several aspects of the daily functions as a professional teacher and coach, such as:

- Written practice plan/lesson plan;
- Record and keep on file a summary of athletes' injuries and the care provided, as well as how parents or guardians were contacted;
- A written emergency plan in place for your classroom, practices and competitions;
- If offering camps or clinics, are you covered by the school's liability insurance? In most cases coaches assume they are covered, when in fact they are not. Get it in writing from the school if you are covered for any extra events such as camps or clinics you are providing. As an OACA member you are eligible for additional camp coverage at a discounted rate. See the OACA web site under the Membership tab for details.

As we move forward in a society that is quick to file litigation against a coach, the value and importance of the OACA liability insurance will continue to increase. As a coach, athletic administrator and/or classroom teacher, the ability to prove you have met the standard of care for each individual will be critical. I encourage you to make time to have real discussions within your profession that will provide a daily safe environment for students and athletes while protecting yourself from future litigation.

***“Confidence... thrives on honesty, on honor, on the sacredness of obligations, on faithful protection and on unselfish performance. Without them it cannot live.” - Franklin D. Roosevelt***



## 2015-16 OACA EXECUTIVE BOARD

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Rob Younger, Executive Director  
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Melissa Chambers, Office Manager

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



**THANK YOU TO OUR 2014-2015 EXECUTIVE BOARD**

## 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.



### OREGON ATHLETIC COACHES ASSOCIATION

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