

OACA Newsletter

SPRING 2017



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DIRECTOR'S CORNER

Rob Younger, OACA Executive Director

Rather you are in season, out of season or retired, I hope our 2017 Spring Newsletter finds everyone's spring going well. Do not let this time pass without taking the opportunity to make an impact in someone's life. You lead by example, and actions of courage, leadership, and wisdom are traits that our young people desperately need to help them succeed in the world we live.

We just completed our Spring Executive Board Meeting where we had great dialog on many pertinent topics concerning Oregon High School Coaches. The leadership of the OACA Executive Board and Sport Chairs is outstanding. I appreciate the passion our coaches have for our profession, their sports, and their input on what is best for the student/athletes we work with each day. We are fortunate to have the positive relationships we share with the OSAA, OADA and OAOA.

The OACA Awards Banquet will be held on Saturday, May 20th in Eugene at Autzen Stadium, Club Level. Over 300 coaches and family members will be honored that evening. Special recognition will be given to our NFHS and OACA Coaches of the Year including Assistant and Middle School Coaches. Years of Service recognition will be given to coaches with 25, 30, 35, 40, 45 & 50 years of service. We will also honor ten \$1,000 student scholarship award winners and their families. We greatly appreciate our Sponsors - BSN Sports & Nike, Hudl, MaxPreps, Prime Time Sports, Oregon State Credit Union and Dave Dowling - who provide funds that go directly to our scholar athletes. Presentations will also recognize this year's award winners with the "Marv Heater" Distinguished Service Award, the "Dave Johnson" Contributor Award, the Community Service Award, Media Award winners, and the Officials of the Year. All Award Winners will be listed in our Summer Newsletter coming out in June.

Starting next school year we will no longer provide a hard copy of the Oregon Coaches Directory as a benefit with OACA membership. Cost of production and distribution continues to rise, and our Board decided to provide an online Directory for membership. Beginning in August members can find the OACA directory with School and Athletic Administration contact information and a list of all Head Coaches on our website: www.oregoncoach.org. If we can ever be of assistance, please contact us. We are here to serve the coaches of Oregon.

"The most valuable player is the one that makes the most players valuable"

- Peyton Manning



Rob



LETTER FROM THE PRESIDENT

Jennifer Teeter, Imbler High School

Coaching Beyond the X's and O's

Coaching is a very rewarding career, in which we have the opportunity to positively impact the lives of our student-athletes. It is easy to focus on the X's and O's, skills development and the win/loss record in each of our respective sports, but I would like to challenge each of you to find ways to coach beyond the X's and O's. High school athletics are such a great environment to teach your student-athletes many important life lessons and it is often considered the best classroom for teaching and applying these critical lessons for future success. Many times these lessons will present themselves, without much pre-planning or thought. As a coach, it is easy to take advantage of these situations as they arise, but how can we be proactive and plan for incorporating critical life lessons throughout our seasons? The NFHS Student Services Committee is working to assist coaches with this very task, through the development of educational tools for coaches, athletes and parents.

This past January I had the privilege of traveling to Indianapolis, Indiana to serve on the NFHS Student Services Committee. The committee's mission statement is "To assist member state associations and constituent organizations in developing quality citizens through participation in interscholastic athletics and activities, while ensuring equitable representation and opportunities for all." In the past the committee has focused on the development of programs to promote sportsmanship and citizenship. These components are still considered to be important topics to focus on through athletics and activities, but today our student-athletes need much more. The committee made the decision to focus on several very difficult topics that more and more of our student-athletes are facing in today's society. The tools that will be developed through NFHS, on these topics, will provide coaches and athletes the opportunity to incorporate education, in a proactive manner, throughout each season. For the past two years the committee's work was focused primarily on the following topics:

- Teen Suicide
- Hazing
- Gender Identity Issues
- Dating Violence

With the direction from the Student Services Committee and NFHS Board of Directors, educational tools centered on these topics, will be developed and are projected to be available in the fall of 2017. The NFHS Learn team will be working with experts in each of the topic areas to develop content and relevant education, which will be available as e-courses at www.nfhslearn.com. Additionally, an interactive App will be developed for students to download, with resources and contact information if they are facing a situation in which they need help for themselves or a teammate. NFHS will be sharing information about both of these educational tools as they are completed and ready to use.

Even though these topics can be extremely difficult to address and often times are avoided because of the stigma attached, I urge you think about how you can change the culture of our teams and schools by taking a proactive approach to addressing this sensitive topics. As coaches we have the great privilege of working with the next generation. I challenge each of you as coaches to look beyond the X's and O's of your sport and decide how you can enrich the lives of your student-athletes by incorporating these essential life lessons. Even if your efforts can save one athlete from tragedy, I believe whole heartedly that your efforts would be worth it. Be present in your athlete's lives and help them develop the skills needed to overcome these difficult issues. Work to remove the stigma and change the culture, in order for your athletes to learn how to deal with these issues in a healthy manner. **As a coach your influence is great – never under estimate your ability to make a difference.**

"Don't chase success. Instead make a difference and success will find you."

- Jon Gordon, American author



UPDATE FROM THE OSAA

The OSAA Classification and Districting Committee is continuing its work as they look toward the 2018-2019 four-year time block. As always, the Committee is looking for feedback from member schools, including coaches, about their perspectives on how the structure should look in the future. You can view the current recommendation and future meeting dates at <http://www.osaa.org/governance/committees#classification-and-districting-committee>. To have your voice heard, please submit written correspondence to Brad Garrett of the OSAA (bradg@osaa.org).

On Friday, April 7 the OSAA State Championship Committee began its review of the OSAA State Championships structures in all activities. If you have feedback on your activities current qualifying procedure, event location and dates – you can send those directly to Kris Welch of the OSAA (krisw@osaa.org).

The roster for the state championship committee can be found at: <http://www.osaa.org/docs/committees/statechampionship/rosterpost.pdf>.

The OSAA thanks the OACA for their continued work on behalf of the coaches throughout the state. We look forward to the Spring Championships and finishing up the 2016-17 year with some great events.

“There is an old saying about the strength of the wolf is the pack, and I think there is a lot of truth to that. On a football team, it’s not the strength of the individual players, but it is the strength of the unit and how they all function together.”

- Bill Belichick

First-Ever High School Unified Exhibition Basketball Championship



Forest Grove and West Albany play in the first-ever Unified Basketball championship game

History was made last month at the Oregon School Activities Association / U.S. Bank / Les Schwab Tires 2017 State High School Basketball Tournament in Forest Grove in which the first-ever Special Olympics Oregon High School Unified Exhibition Basketball Championships were held. This historic event was the result of an exclusive partnership between the OSAA and Special Olympics Oregon to fully align Unified Sports with other competitive high school athletic programs. Unified Sports is a unique Special Olympics program that joins students with and without intellectual disabilities as partners on the same teams, sharing sports training and competition experiences while representing their high schools

Unified Basketball teams from Forest Grove, West Albany, Bend, and Wilson High Schools advanced from their regional tournaments for the opportunity to compete in the state championship. Congratulations to the Forest Grove Vikings for being the FIRST Unified Exhibition State Champion.

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 as other high school athletes.

“Everyone on the team is an equal member —attempting shots, passing, cheering,” Bend head coach Robert Tadjiki said.

“To get to be part of the first ever Unified Exhibition Championship is pretty special. Our team was very excited to have the chance to compete at this level and be included in a state championship like any other high school team.” Tadjiki said.

This incredible milestone could not have taken place without the partnership with OSAA. 54 Unified High School basketball teams participated from 36 Oregon high schools during the 2016-2017 Unified Basketball season. Congratulations to the following high schools for including a Unified Basketball team into their basketball program: Bend, Century, Cleveland, Corvallis, Crater, Douglas, Elmira, Forest Grove, Glencoe, Grant, Hillsboro, Liberty, McMinnville, McNary, Milwaukie, Newport, Oregon City, Parkrose, Philomath, Rainier, Redmond, Roosevelt, Roseburg, Sherwood, Silverton, Sisters, South Albany, Sutherlin, Taft, West Albany, West Linn, Wilson, Wilsonville, and Woodburn.

If you would like to start a team at your school, contact Jean Hansen, Vice President, School Partnerships and Outreach at Special Olympics Oregon at jhansen@soor.org or 503.248.0600 ext. 116.



Forest Grove Vikings - 1st Place,
West Albany Bulldogs - 2nd Place



Bend Lava Bears - 3rd Place



Wilson Trojans - 4th Place



OREGON ATHLETIC
OFFICIALS ASSOCIATION

One Rule - One Interpretation - One Mechanic



The Little Things

by Debi Hanson
OAOA Associate Executive Director

This past November at the 5A/6A State Volleyball tournament I had a front row seat to an amazing act of kindness and class. A number of my GPVOA Officials had shared with me about a volleyball player that always stopped after each match to shake their hand and thank them. They stated often how this small act of kindness made their day. I had witnessed it myself at a sub-round and was very impressed that, in the midst of all the excitement of winning, this young lady still took the time to thank each member of the officiating crew.

Now, after having lost in a state quarterfinal, I wondered how this senior player would respond. As she walked off in tears toward the locker room I watched her stop, turn around, and still with watery eyes, take a moment to shake the hand and thank each supplemental official at the table. It was a moment of pure class and the genuine appreciation shown toward the table officiating crew made their day.

One of the most common comments when talking to someone about officiating is “I could never do that, I don’t want to be yelled at”. It’s very understandable, in this day and age, why someone would feel that way. But, then I think of moments like these and so many others, and remember in providing a service to our Oregon high school athletes, officials do have moments that make it all worth it.

Coaches, as part of your preparation with your teams each season, would you please take a moment and think of a “little thing” that your team could do to encourage the officials who service your games? It might be one of these small things that encourages the official to keep at it! A small word of encouragement or an act of kindness can go a long way toward our recruitment and retention of officials in Oregon.

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



OREGON YOUTH SUICIDE PREVENTION CAMPAIGN

by Ann Kirkwood, Oregon Health Authority Suicide Intervention Coordinator

Suicide Prevention Resources for Coaches, Athletic Directors and Trainers

Children and teens learn better when they aren't depressed or anxious. They learn better when their school is safe, when they feel supported and connected, and when they feel they belong in their school community. **Anxiety, depression and suicide risk can affect any student, regardless of grades, extra-curricular activities, peer group or history of discipline.** According to the Oregon Healthy Teens Survey, 17 percent of eighth and 11th graders reported seriously considering suicide in the past 12 months (2013). Nearly ten percent of eighth graders and eight percent of 11th graders self-reported having attempted suicide one or more times in the previous year.

Coaches, athletic trainers and athletic directors have a unique role in their schools. They are school leaders, role models and often mentors to their athletes, and they are known and trusted by parents. They also spend significant amounts of time with their athletes and may be the first adult to notice when a student is depressed or potentially suicidal.

A comprehensive approach to school suicide prevention includes:

- Planning proactively to prevent suicides
- Promoting emotional well-being and connectedness among all students
- Identifying students who may be at risk for suicide and learning to assist them in getting help
- Learning to be “safe” adults that youth will talk to
- Being prepared to respond when a suicide death occurs

Steps you can take and resources your school can use in each of these areas are:

Planning

Learn what your school is doing for suicide prevention. Does your school have a protocol or procedure for suicide prevention and post-suicide intervention? Are you ready as an organization to support a suicidal student? Are mental health and suicide risk factors taught in classes as a matter of routine? Does your school have a suicide prevention program for and by students? If not, encourage your school administration to establish a suicide prevention program. Resources that would aid in this effort are listed at the end of this article.

Promoting emotional well-being and connectedness

Students who are part of a sports team can feel connected to their peers and to their school community. Athletic staff can help students build positive social relationships, emphasizing respect, resiliency and mutual support. Athletes also can be opinion leaders in their schools to support good mental health and reduce stigma. There are many best practice student-led programs and can be matched to the needs of your schools. One of them, Sources of Strength is being used in Oregon schools.

<https://sourcesofstrength.org/>.

(Continued on next page)

Identifying at-risk youth

Previous columns have focused on how to identify youth at risk for suicide and refer them to care. Know your school policy on how refer, whether to the administrator or to a school counselor. If you don't have procedures and guidelines in place, be an advocate for creating them. The SAMHSA Toolkit for Schools can help if you don't have procedures and want to create one.

Learning to be “safe adults”

Many students don't reach out to adults when they are depressed, anxious or thinking of suicide. They say they don't feel they have any adults in their lives that will not judge them, minimize their feelings and emotions, or deny that a youth's problems are significant enough to seek help. There are trainings to help school staff learn how to be that “safe adult”. Many Oregon schools are training all faculty and staff in Question, Persuade, Refer (QPR) at <https://www.qprinstitute.com/>. Oregon trainers are available and online self-study courses are offered. The 90-minute training can be taught at staff meetings. Additional, more detailed trainings are available for school counselors and administrators to whom suicidal youth are referred. A recent development in Oregon is free access to a virtual high school staff suicide awareness training called Kognito. If you are interested in getting Kognito in your school or have questions, contact Liz Thorne, MPH at liz@cairnguidance.com.

Responding when a suicide occurs

The June column will focus on post suicide interventions for schools. The Connect program is being piloted in Oregon to help schools and community partners develop plans for post suicide intervention (called “postvention”). To learn about Connect, visit: <http://www.theconnectprogram.org/>. For information on Connect in Oregon, contact Cheryl Ramirez at the Association of Community Mental Health Programs, cramirez@aocmhp.org. The Suicide Prevention Resource Center has a toolkit for postvention in schools available at: <http://www.sprc.org/resources-programs/after-suicide-toolkit-schools>

**For more information on the programs listed in this column, contact
Ann Kirkwood, Suicide Intervention Coordinator, Oregon Health Authority,
ann.d.kirkwood@state.or.us.**

Additional Resources

- Suicide Prevention Resource Center: <http://www.sprc.org/settings/schools>, <http://www.sprc.org/resources-programs/after-suicide-toolkit-schools>
- American Foundation for Suicide Prevention: <https://afsp.org/our-work/advocacy/public-policy-priorities/suicide-prevention-in-schools/>
- The Substance Abuse and Mental Health Services Administration has a toolkit for high schools to implement prevention programs in a strategic way: <http://store.samhsa.gov/product/Preventing-Suicide-A-Toolkit-for-High-Schools/SMA12-4669>
- A self-study course and accreditation for suicide prevention for schools is available from the American Association of Suicidology. Learn more at <http://www.sprc.org/resources-programs/school-suicide-prevention-accreditation>.
- The *Response* best practice program, developed in Oregon, also is available at <https://public.health.oregon.gov/PreventionWellness/SafeLiving/SuicidePrevention/Pages/response.aspx>. It is a comprehensive middle and high school program that increases awareness about suicide among staff, students and parents. The program is designed to heighten sensitivity to depression and suicidal ideation, as well as offer response procedures to refer a student.

**SATURDAY
JUNE 24TH, 2017**



**HILLSBORO
STADIUM
KICKOFF AT 5:00PM**

Les Schwab Tires Bowl presented by
Express Employment Professionals

TICKET PRICES:

Reserved Adult: \$15
Reserved Student/Senior: \$12
General Admission Adult: \$8
General Admission Student/Senior: \$6
(Student: 4-18yrs / Senior Citizen: 65+)
Kids 3-Under: Free

TICKETS: Available NOW on LesSchwabBowl.com

RADIO: The 2017 Les Schwab Bowl will air live on 1080 The Fan

ABOUT:

2017 marks the 70th anniversary of the annual North vs. South High School All-Star football game and features the top graduating seniors from Oregon's 6A and 5A high schools. The 2017 Les Schwab Tires Bowl will be played on Saturday, June 24th at Hillsboro Stadium with kickoff at 5:00pm.

Prior to the actual game, the players and coaches share a week of activities that build lifelong friendships. The teams are housed at Pacific University and practice twice a day in preparation for the game. Throughout the week, players go out into the community with various nightly activities and service projects, including hospital visits and coaching/mentoring at-risk youths.

Proceeds from the Les Schwab Tires Bowl presented by Express Employment Professionals benefit the Oregon Athletic Coaches Association general scholarship fund and all of Oregon's 5A and 6A schools. The OACA represents over 3,000 members/coaches involving all OSAA sanctioned sports. Charitable work is done through a partnership with the Oregon Athletic Coaches Association, Les Schwab Tires and Prime Time Sports. The OACA has been involved with the game since its inception as the Oregon Shrine Game in 1948. The Les Schwab Tires Bowl presented by Express Employment Professionals is marketed and managed by Prime Time Sports, a sports marketing and event management firm located in Wilsonville, OR.



OREGON COACH

by Joe Franks, Assistant Director of the
North Carolina Coaches Association

First of all, let me express my gratitude for the opportunity to contribute to your newsletter. I began working with the North Carolina Coaches Association in 1987. Like most of you, I knew what I knew about coaches associations because of our organization, clinic and all-star games. In 1998, I was fortunate to be able to represent North Carolina for the first time at the annual NOCAD (National Organization of Coaches Association Directors) meeting, and to meet folks like Marv Heater from Oregon. I had never been to Oregon – heck, in 1998 most of my travel was confined to the east coast. Yet, when NOCAD had its meeting in Portland a few years ago, I fell in love with your state.

When NOCAD gets together each January, we share ideas on common themes that affect high school coaches across the country. I'm sure Rob Younger has told you at some point that NOCAD, through its state associations, represents well over 150,000 coaches. Comparing associations to one another is like comparing apples to oranges because each state has procedures and policies that work within it and have been successful over the years. But it is when we begin to discuss the issues that affect our members, these topics take a singular focus because so many issues are universal. What that tells me is that with us – the coaches that work with young men and women – we share a commonality in a way akin to what makes us Americans, regardless of which state we are from. The fact that a coach in North Carolina or Texas deals with the many of the same issues that coaches in Oregon face binds us together in that “coaching fraternity”.

One of the things I have come to more thoroughly understand over the years as I have made new friends across the country is the universal commitment that coaches have for helping young people. We have to be some of the luckiest folks around, given that we are able to direct young lives through a job that motivates us and fuels our passion. Having taught and coached for many years, I believe that we, as coaches, have an awesome responsibility to our student-athletes, families, schools and the communities we serve. We have the power to touch lives and impact the direction of these future citizens. There is no greater feeling than to have a former student or player tell you what a difference you made in their life – and it usually is attached to a story about an event at a practice or game.

In North Carolina, we are currently putting together our summer all-sports clinic which is held every July. Like all associations, we want to have a slate of quality clinicians that we hope will do a great job of instructing eager coaches. While the sessions are no doubt valuable, I wonder if we give enough credit to the networking and sharing of ideas that happens in a convention lobby, motel room or around a pool. During our clinic, it's always amazing to see folks jotting down x's and o's on everything from scratch pads to napkins. And isn't it amazing that when you go to a clinic, you don't have to remember anyone's name – a simple, “Hey Coach” does the trick every time.

Thanks for allowing me to share some thoughts with you and I'll leave you with this final one. A few years ago, a couple of my graduating seniors gave me a framed quote that stayed conspicuously in front of me on my desk and still does to this day. “It isn't what coaches teach us through words that make us winners. It's what they teach us through example. It's what they teach us about life.”

Thanks Coach!

Where Are They Now?

Featuring: Gabrielle Alley, 2014 OACA Scholarship Winner



My name is Gabrielle Alley and I originally became eligible for the OACA scholarship because my dad, JD Alley, is the head wrestling coach at Culver High School. I received this scholarship at the OACA banquet in May of 2014, and went on to attend Pacific Lutheran University (PLU) later that fall. Since then I have been calling PLU home, and have been very busy getting a well-rounded educational experience. I am still a student-athlete, and continued my love for volleyball into college. In my three years in the program, PLU's volleyball team has either won the Northwest Conference or placed second, including a trip to the NCAA regional tournament my freshman year. I am proud to say that I will be representing PLU's volleyball program even further my senior year, as I was elected by the team as one of the captains for our upcoming 2017 season. I also represent my team by being a member of our schools Student Athlete Advisory Committee (SAAC), which is responsible for enhancing and protecting the student-athlete image and experience. SAAC also sponsors and organizes a number of community service events throughout the year, including a Youth Sports Clinic and a partnership with our local Special Olympics program.

Although, it may sound like my life is consumed with athletics that isn't the entirely case. I am on track to graduate with a degree in business May of 2018, with a 3.96 business GPA and 3.74 cumulative GPA. Every semester thus far, I have earned a spot on PLU's Academic Dean's List. Through my involvement in PLU's School of Business, I currently am the Vice President of PLU's Society for Human Resource and Management Club. I also was recently inducted into the International Honor Society Beta Gamma Sigma, which is only eligible to business students who are in the top ten percent of their class. I am also a member of Chi Alpha Sigma, the National College Athlete Honor Society.

While at PLU, I also am very proud to say that I achieved my goal of studying away. I spent all of January Term in various areas of Greece, studying religions of the ancient Mediterranean. I have heard the cliché saying that studying away is a life changing experience. Well, after returning from my trip, I couldn't agree more. I was able to immerse myself in a completely different culture, while learning more about myself and those that I had the pleasure of traveling with. Studying away was truly a dream come true.



My experience at PLU has been challenging yet rewarding. PLU not only provides a quality education, but this university has also allowed me have access to a well-rounded learning experience. I look forward to taking these experiences, and applying them to my career as I enter into the insurance industry. I am in the process of taking over my Grandmother's insurance business, considering I received my Oregon Life and Health Insurance Producer License almost a year ago and have been working part time ever since. I intend to extend my client base into the Long Term Care insurance market after graduation.

Thanks to the OACA scholarship I have been able to accomplish some of my life goals and get the college experience I have always wished for.



A Coach's Long-Term Financial Apathy

Typically Produces Fourth Quarter Failure

In advising the sports community on financial matters, I'm often asked, "What is the biggest problem this group faces when it comes to their finances?" Probably more than any other factor, it's their attitude towards retirement. Many in the sports community simply don't care enough to get knowledgeable or plan their future, much less to consistently save anything for when their coaching / playing / administrative days are over. That's a long time from now. "I'll get to it when we make more money." "We'll sit down and talk about it after the season."

Having heard these excuses and many others, such rationalizations trip up millions of families all over America ... where months and years of potential savings are wasted on buying "stuff" – and those years turn into decades of no planning, no savings, and a struggling retirement filled with regret. It's a bitter lifestyle pill to swallow.

YOU CAN HAVE
RESULTS
- OR -
EXCUSES
NOT BOTH

Frankly, a lot of coaches should be "ripped a new one" for this negligent behavior, because while they preach "**commitment**", "**toughness**", "**character**", "**teamwork**", "**leadership**", and other life lessons to their players ... untold numbers of coaches can't manage their own fourth quarter needs. Life moves quickly, and it will arrive much sooner than you think. At some point, a new staff will replace your current staff – and you may never get another attractive coaching opportunity, again. That's the profession of coaching ...

The more serious and committed coaches I've advised have told me that many of their colleagues often look at this profession as an extension of their high school or college playing days. Sure, there's always pressure to perform and win, but lots of coaches refuse to "grow up". Their wardrobe is sweats and t-shirts. Their work environment is informal. Jokes and pranks are daily events. Then, it's time to go home – often too late in the day, briefly see the family, and start all over tomorrow. I can easily relate with three generations of SEC athletes that also includes football coaches at Miss. State, LSU, Georgia Tech, and The University of Texas.

Having spoken at the AFCA Convention and coaching clinics, to professional sports teams and D-1 athletic departments, my challenge to you is very simple: **TAKE OWNERSHIP** of your fourth quarter. **BE ACCOUNT-ABLE** to your family's financial future. It often helps to start with exciting financial **GOALS** – and I'd bet very few coaching families have ones that are a high priority. You need to build a retirement game plan. You need to get your kids through college. You need to pump up cash reserves. You need to understand what "high risk vs. low risk" is. You need to save money vs. spend money. *Ultimately ... many of you need to get knowledgeable.*

In future columns, I'll get into the basics of these financial subjects and others – in ways that educate and are easy to grasp. Maybe this initially seems overwhelming. It won't be. During his Green Bay Packers coaching career, Vince Lombardi didn't need a highly complex playbook to be extraordinarily successful. You don't either. But what you do need is an ability to "know your assignments" and understand how to execute a handful of strategic and timely plays very, very well. Just know the clock is always ticking ... and the game has already started.

Please feel free to shoot me an email on financial subjects you'd like to see addressed in upcoming newsletters, and I'll do my best to oblige. You can also access several educational articles from the Sports Community tab on my website at www.davisinvestmentstrategies.com.

Doug Davis is Managing Principal of Davis Investment Strategies, LLC, in Lake Oswego, OR. Recently, he has been a guest speaker at the AFCA Convention, the Nike Football "Coach of the Year" Clinic, and at universities providing investment & retirement education for coaches and athletic staff members. Doug has written articles for "This is AFCA", "AFCA Weekly", and "Inside Pitch" (American Baseball Coaches Assoc.) magazines. For more information, please visit his website at www.davisinvestmentstrategies.com. Phone: 503-534-3690 w / 503-805-2997 c. Email: doug@davisinvestmentstrategies.com. Investment products and services are offered through Wells Fargo Advisors Financial Network, LLC (WFAFN), Member SIPC. Davis Investment Strategies, LLC is a separate entity from WFAFN. CAR# 0417-00834



The Oregon Athletic Coaches Association is proud to be an official partner with Touchdowns Against Cancer (TAC). Oregon High School Coaches strive to teach their student/athletes lifelong lessons that will produce young men & women of character who will be outstanding spouses, parents and positive contributors in their communities. The TAC campaign not only impacts families affected by childhood cancer but provides many opportunities that complement those skills coaches teach their student/athletes beyond the athletic arena.



Cancer is the leading cause of death by disease for teens. Pediatric cancer ruins lives. Even when treatment is successful it can devastate a family. No community in America is immune from pediatric cancer.

Fortunately, great progress has been made in treating many forms of pediatric cancer due to the outstanding work of researchers and doctors. Recognized throughout the world as a leader in this effort, St. Jude Children's Research Hospital is committed to curing childhood cancer and openly shares their research benefiting every family fighting this deadly disease.

Last fall, MaxPreps launched Touchdowns Against Cancer to help bring high school football and their communities across America together to raise money to help St. Jude continue their great work. Over two hundred schools participated by raising over \$100,000!

This coming fall, we would love to include you in our 'good works network' of high school football teams making a difference on and off the field. The program is easy and fun:

1. Sign-up your team at TouchdownsAgainstCancer.com and set a fundraising goal for your community.
2. Assign a team parent or booster to help raise awareness among your fans. Your fans pledge for each touchdown your team scores from your MaxPreps team page.
3. Score touchdowns in late September and watch the pledges add up to help St. Jude fight pediatric cancer.

Together, we can remind America that football is about a lot more than points on a scoreboard.

Visit TouchdownsAgainstCancer.com for more information and to register your team.



The Bridge Between Great Coaching and a Personal Life

Football, basketball, lacrosse, soccer and volleyball coaches - leave the tagging to us and get your stats fast

Mike Sharp didn't love the fact that his staff met each Saturday during the fall to review their games, but there was simply no getting around it. The head coach at Park Hill South in Kansas City, Mo., Sharp accepted that the extra time was the nature of the beast — if the coaches didn't meet, they wouldn't be fully prepared.

That is, until [Hudl Assist](#) came around.

Sharp knew Assist would deliver [a comprehensive, accurate report](#) to him within 24 hours of submission, eliminating the busy work that often bogged down his weekends. With the workload significantly lightened, he gave his staff Saturdays off this past season.

"It gives time back to our coaches and families," Sharp said. "A lot of that information is mindless — down and distance, ODK... it doesn't take somebody with a specialized talent to figure that out. By the time we get in the playoffs and you're maybe breaking down six or seven games, it takes a lot of time. It gives those guys more time with their families."

The Panthers went 2-8 in 2015, Sharp's first season. They jumped up to 10-2 last year.

“It saves us hours on the weekend. It's like having a graduate assistant, to be honest with you.

Jeffrey Vlk, head coach at Buffalo Grove HS (Ill.)

Stories like Sharp's poured in from all across the nation as coaches reaped the benefits of skipping the tagging process. All they had to do was submit their video to Assist and wait for the reports to roll in.

“I personally am extremely busy,” [John Spencer, the head soccer coach at Servite High School \(Calif.\)](#), said. “I spend most of the year doing a lot of scouting, so I have a pretty

good eye for the game, but my main thing was that I don't always have enough time in a day to take care of doing all the video analysis. The reason why I jumped on Assist was they they're breaking down parts of the game that I can easily click and look at, versus me having to go and find it.”

Once they had the data, coaches were free to choose what they wanted to do with the time they got back. Like Sharp, many allowed their staffs to take [some much-deserved time off](#), letting the coaches spend time with their families and visit their kids in college.

Others simply repurposed that time into more film study. Instead of having to pick through the film and look for certain situations or plays, these coaches were able to access playlists of specific moments with a single click.

“We wouldn't have gone to state if it wasn't for [Assist],” [A.C. Clouthier, the girls' basketball coach at Xavier High School \(Wisc.\)](#), said. We won a lot of basketball games because of it. I think our kids were always ready and prepared for the next game. I firmly believe throughout the season, the amount of time I saved and the amount of being able to practice plan and scouting other teams certainly gave me the advantage.”

Coaches work extremely hard, and much of the extra hours go unnoticed. Long nights at the office have become the expectation now, as coaches feel they'll fall behind and see their team suffer the consequences of not burning the midnight oil.

So let Hudl help. More than 4,200 teams benefitted from Assist last year, but we want to save more schools and sports the time and effort. That's why we're adding soccer, volleyball and lacrosse break-downs in 2017.

“You can't put a price on time. This thing right here allows you to have that time, time on your hands to put a game plan together.

Mike Setzer, head coach at Lumberton HS (NC)

“It's just the little things that save us four hours every weekend, and that's a ton of time to coaches,” Randy Barnes, the head coach at Rains High School (Texas), said.

Even the hardest of workers deserve a break every once in awhile. Coaches raved about the extra time they received in 2016. [Will you join them this season?](#)



NEW CAMP INSURANCE REQUIREMENT: PARTICIPANT/ACCIDENT COVERAGE

As a member benefit of your coaches association, your members will continue to have General Liability coverage for their coaching activities (for example, State Association sanctioned All-Star Events, camps, other coaching activities and classroom coverage). The new requirement from the General Liability Company is that if a coach operates/conducts a camp he/she must have Participant/Accident coverage for all participants/campers attending the camp. Your member coach has the option to provide proof of existing Participant/Accident coverage or to purchase the coverage at a discounted rate through the NOCAD Camp Insurance Program.

WHY THE CHANGE?

When a coach is coaching at his/her school, student athletes are always covered by an Accident Insurance Policy that is provided by the school or the High School Association. The coverage is in place to help schools and High School Associations eliminate potential litigation; because when someone is injured, the Participant/Accident Insurance Policy can pay medical bills.

Even if the injured party has Primary Medical Insurance, most policies no longer pay 100% of the medical bills and parents could have high out-of-pocket expenses. For example, if a student has a \$50,000 ACL injury and the parents' Primary Medical Insurance Policy has an 80/20 co-pay, the insurance company is going to pay \$40,000 and the parents would have \$10,000 in out-of-pocket expenses.

In today's legal climate, everything possible must be done to protect our General Liability Policy from lawsuits being filed for negligent acts when someone is injured. Camp Liability Policies could be unavailable in the near future if Participant/Accident coverage has not been added.

Thank you,

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Lori George: lgeorge@loomislapann.com

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Insurance Administrator

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2016-2017 ALL-SPORTS FINAL STANDINGS

(Spring 2016, Fall 2016, Winter 2017)

6A TOP FIVE BOYS

Jesuit	104
Central Catholic	43.5
Grant	36
Sunset	35.5
Clackamas	35

5A TOP FIVE BOYS

Summit	94
Wilsonville	48
Crater	45
Hood River Valley	45
Lebanon	38

4A TOP FIVE BOYS

North Bend	63
Valley Catholic	57
Newport	42
Henley	37
Crook County	36

3A TOP FIVE BOYS

Catlin Gabel	51
Harrisburg	48
St. Mary's	39
Dayton	38
Salem Academy	34

2A TOP FIVE BOYS

Regis Catholic	46
Stanfield	36
East Linn Christian	28
Union	24
Bandon	22

1A TOP FIVE BOYS

Sherman	31
Powder Valley	30.5
North Douglas	26
Lowell	25
Crane Union	22

6A TOP FIVE GIRLS

Jesuit	103
Sunset	84
Sheldon	29
Grants Pass	28
Lake Oswego	28
Lincoln	28

5A TOP FIVE GIRLS

Bend Senior	85
Summit	85
Marist Catholic	55
Crescent Valley	54
La Salle Prep	44
Lebanon	44

4A TOP FIVE GIRLS

Banks	38
Sisters	36
Scappoose	33
Tillamook	32
Crook County	28
Marshfield	28

3A TOP FIVE GIRLS

Catlin Gabel	48
St. Mary's	45
Cascade Christian	40
Blanchet Catholic	35
Oregon Episcopal	34

2A TOP FIVE GIRLS

Kennedy	33
Grant Union	31
Union	31
Monroe	26
East Linn Christian	24

1A TOP FIVE GIRLS

Adrian	36
Country Christian	30
Nixyaawii	24
North Douglas	22
Crane Union	20

6A BOYS & GIRLS

Jesuit	207
Sunset	119.5
West Linn	75
Central Catholic	64.5
Sheldon	61

5A BOYS & GIRLS

Summit	179
Bend Senior	110
Marist Catholic	92
Lebanon	82
Crescent Valley	78

4A BOYS & GIRLS

North Bend	89
Valley Catholic	83
Banks	64
Crook County	64
Marshfield	63

3A BOYS & GIRLS

Catlin Gabel	99
St. Mary's	84
Cascade Christian	70
Dayton	66
Oregon Episcopal	65

2A BOYS & GIRLS

Regis Catholic	58
Union	55
East Linn Christian	52
Kennedy	49
Monroe	39

1A BOYS & GIRLS

Adrian	52
North Douglas	48
Crane Union	42
Powder Valley	36.5
Sherman	31

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. The OACA is proud to partner with MaxPreps on their Touchdowns Against Cancer Initiative that is featured on page 13.

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, such as Hudl Assist, which is featured on page 14.

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 or call Mike Corwin at (541) 714-4286.

Neff Company with Kendra Lindemuth will be providing the plaques for our 2016-217 annual Awards Banquet. The plaques are outstanding and add to the class of our banquet. We appreciate Kendra and Neff for their continued support of the OACA. Please consider Neff for your needs: 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. Please see the information on page 9 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

President: Jennifer Teeter, Imbler HS
President Elect/Secretary: Shawn Stanley, West Salem HS
Vice President: Chris Roche, Wilsonville HS
Past President: Jeff Stolsig, Lebanon HS

Members At Large:

1A - Aimee Esplin, Adrian HS
2A - Tony Smith, St. Paul HS
3A - Paul Henderson, Riverdale HS
4A - Howard Rub, Astoria HS
5A - Jaime Rivera, Hood River Valley HS
6A - Chris Knudsen, Centennial HS

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Staff:

Rob Younger, Executive Director
Dave Johnson, OACA Consultant & Football Clinic Co-Director
Melissa Chambers, Office Manager

Executive Board and Sports Chair contact information is available on our website:
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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