

OACA Newsletter

SUMMER 2017



TABLE OF CONTENTS

2	Director's Corner, Rob Younger
3-7	2017 OACA Awards Banquet
8	Membership Information & Professional Development Opportunities
9-11	Oregon Youth Suicide Prevention Campaign
12	"Creating SMART Financial Goals" by Doug Davis, Davis Investment Strategies, LLC
13	2017 Camp Insurance Update
14	Touchdowns Against Cancer Initiative
15	Hudl: Have You Fully Experienced Video's Benefits?
16	Our Sponsors
17	2017-18 Executive Board
18	OACA Mission Statement & Contact Info.

*"If your presence doesn't make an impact,
your absence won't make a difference."*

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DIRECTOR'S CORNER

Rob Younger, OACA Executive Director

With the school year winding down and all the spring sport state championships determined, this year has passed rapidly. We need to thank this year's OACA Executive Board for their outstanding leadership and guidance this school year. Special words of appreciation to this year's Board President Jennifer Teeter, Imbler HS, and our outgoing Board Members: Jeff Stolsig, Lebanon HS, Howard Rub, Astoria HS and Tony Koontz, Harrisburg HS. Our leadership team is excited to have Shawn Stanley, West Salem HS as our 2017-18 OACA Board President. A complete list of the 2017-18 Executive Board and Sport Chairs can be found on our website: www.oregoncoach.org.

Last month, we honored over 350 coaches and family members at the 32nd Annual OACA Awards Banquet. In 1986 the first OACA "Coach of the Year" Banquet was held with 50-60 coaches in attendance. 1986 also marked the year where the OACA began recognizing and honoring graduating senior student/athletes of our association members. This year we received 47 quality applications for our scholarships, with our selection committee choosing ten to receive \$1,000 scholarships. For a complete list of all the scholarship award winners see page 5 of the newsletter. With the ten scholarship award winners this year, a total of \$220,000 have been awarded to OACA families over the 32 years of the scholarship program. We greatly appreciate our Sponsors, **BSN Sports, Hudl, MaxPreps, Prime Time Sports, Oregon State Credit Union** and **Dave Dowling**, who provide funds that go directly to our scholar athletes.

Over 1,800 coaches participated in our coaching clinics offered this year. We are excited to have added a Golf Clinic and two Tennis Clinics to our annual list of professional development opportunities for our state high school coaches. This summer we will be involved with numerous All-Star Games, including the Les Schwab Bowl Football Game, a Volleyball All-Star Series @EOU, separate Boys and Girls Basketball Games and a Softball All-Star Series at the UO.

REMINDERS:

Oregon Coaches Directory:

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 you can find the OACA directory with school and athletic administration contact information and a list of all head coaches on our website: oregoncoach.org

New Camp Insurance Requirement - Participant/Accident Coverage:

As an OACA member benefit, you will continue to have General Liability coverage for your 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. Member coaches have the option of providing proof of existing Participant/Accident coverage or to purchase the coverage at a discounted rate through the NOCAD Camp Insurance Program. Contact our Insurance Administrator with any questions: Greg Joly, email: gjoly@loomislappann.com, phone: 800-566-6479

Coaching is a helping profession. As a coach, we have tremendous influence and impact on our student/athletes. A cardinal principle for all helping professionals is, **"Take care of yourself first, in order to take care of others."** Coaching and teaching today's high school student/athletes is a demanding profession, and the better your mental and physical condition, the better able you will be to help your athletes. A healthy mental and physical lifestyle leads to a better and productive coach. I would challenge each of you this summer to take the time to relax, spend time with family, and reenergize yourself. We have a tendency to put so much of ourselves into others that we often forget to take care of ourselves and our families. Have a great summer, and take the time to do the things that we don't have time to do during the school year. Read, relax, exercise, etc. and prepare yourself for another great 2017-18 school year.

The OACA is here to help and serve the High School Coaches in our state. If we can be of assistance, please contact us

WISHING YOU A GREAT SUMMER!

Rob



2017 OACA AWARDS BANQUET

On May 20th we held our 32nd annual Oregon Athletic Coaches Association Awards Banquet. We had another record turnout this year with over 350 coaches and family members in attendance at this event, which took place in the University of Oregon's beautiful Autzen Stadium Club Level facility. Please see a complete list of award winners on the following 4 pages.

In addition to coaching awards, we also presented plaques to our Years of Service (YOS) honorees. YOS honorees are OACA members who have reached a milestone year in their coaching career. We honored coaches who have reached their 25, 30, 35, 40, 45, or 50th year in coaching. Below is a list of our Years of Service Honorees.

25 YEARS

Moreland Anderson
Tom Anderson
Scott Banks
Will Becker
David Boor
Barry Bowers
Scott Brown
Sam Byrnes
Jim Carleton
Aaron Cook
John Cornet
Sean Coste
Brad Crosby
Bill Crowson
Kelly Darden
Bryan Davis
Scott Dufault
Jason Edwards
James Ellis
John England
Matt Fischer
Randy Fisher
Jeff Flood
Suzanne Grami
Calvin Griggs
David Grossnicklaus
Jerry Hahn
Ron Haynes
Jay Kaltenbach
Don Lindsey
Bill Masei
Joel Matykowski
John McNulty
Terri Miller
Rayburn Mitchell
Loran Monaco

Shelley Moore
Lon Morast
Malcolm Munson
Randy Nyquist
Wes Owens
Kyle Petrik
Scott Phelps
Doug Piquette
Bear Putnam
Vince Randall
Nathan Schmitt
Todd Shirley
Darren Shryock
David Shultz
Mike Solem
Jean-Paul Soulagnet
Rob Spear
Shane Stueve
Julie Taylor
Chuck Thacker
Jeff Waddington
Eric Wadsworth
Greg Wickett
Dan Zimmer

30 YEARS

Norm Ballou
Allan Berry
Rick Cook
Lanay Creech
Dana Croll
Coleen Davis
Blake Dennis
Mike Devenney
Sandy Dickerson
Tim Dodson
Kress Drew

Doug Fendall
Tim Gienger
Floyd W. Halvorsen
Dale Holland
Andrew Jannsen
Glen Lee
Cheryl Madsen
Tom McCarthy
Mark Moore
William Olson
Bill Otton
Gene Potter
Edmund Rivera
Jim Speciale
Ken Stevenson
Sue Suttich
Rich Swartzentruber
Brian Wright
Jeri Young

35 YEARS

Lonnie Beach
Bill Brothers
Debbie Brown
Jerry Buczynski
Dennis Burke
Eric Carlson
Rusty Clemons
Pat Coons
Jeff Davis
Tim Duvall
Nick Garman
Randy L. Gould
Dave Hancock
Terry Haugen
Scott McCormick
Rick Mudrow

Pat O'Dell
Rich Rensburg
John Roberts
Aaron Schermerhorn
Joe Volk
Terry Williams
Jon Wolf

40 YEARS

Jim Babson
Don Berger
Vince Drago
Mark Fick
Dave Gainey
Joe Hagler
Dave Johnson
David Johnson
Judy Storie
Hans Voskes
Steve Wallo
Keith Williams

45 YEARS

Dave Ackerman
James Barks
Dan Fast
Rick Lorenz
Vern Olsen
Greg O'Meara
Rod Rumrey

50 YEARS

Dave Brown
Loren King
Doug Peargin

2017 OACA AWARDS BANQUET

NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS COACH OF THE YEAR AWARD WINNERS

NFHS National Coaches of the Year

Scott Ball, Girls Cross Country - Westside Christian HS

Don Berger, Girls Track & Field - North Salem HS

NFHS Section 8 Coaches of the Year

Lane Johnson, Football - Sheldon HS

Vic Downs, Boys Track & Field - McMinnville HS

Al Skinner, Baseball - Glide HS

Monty Hawkins, Boys Soccer - Sherwood HS

Eric Ball, Boys Tennis - Roseburg HS

Marvin Gibbs, Boys Golf - Wallowa HS

Brian Butcher, Boys Swimming - Jesuit HS

Nick McWilliams, Girls Basketball - South Salem HS

Chris Richmond, Girls Swimming - North Bend HS

Greg Grant, Girls Golf - Heppner HS

Amber Rosa, Spirit - Sweet Home HS



NFHS Oregon State Coach of the Year

Scott Kellar, Boys Basketball - Century HS

Jake Huffman, Wrestling - Crook County HS

Pieter Voskes, Boys Cross Country - North Medford HS

Shannon Steele, Volleyball - Vale HS

Ben Durano, Girls Soccer - Sunset HS

Roni Illias, Softball - Beaverton HS

Dee Hahn, Girls Tennis - Henley HS

2017 OACA AWARDS BANQUET

In addition to Years of Service and NFHS Coach of the Year Awards, the following awards were also presented at this year's banquet:

Ian Berge of Valley Catholic, **Kenny Bresnihan** of Hood River Valley HS, **Erin Gould** of Salem Academy, **Mark Hess** of Dallas HS, **Jody Reeg** of Southridge HS, **Greg Rohr** of Sam Barlow HS, **Geraldine Rumpf** of Sherwood HS, **Matt Scrivner** of Heppner HS, and **Troy Walker** of North Salem HS were named **Assistant Coaches of the Year**.

Rich Vasey of St. Mary's School was named **Middle School Coach of the Year**.

The **Unified Sports Coach of the Year Award** was presented to **Charlie Newton** of Rainier HS and **Robert Tadjiki** of Bend Senior HS.

Teena Toyas of North Coast Officials and **Vern Loy** of Rogue Valley Basketball Officials Association (RVBOA) were named **Officials of the Year**.

The **Community Service Award** was presented to **Lyle Mordhorst** of Les Schwab for his many contributions to Salem-area sports programs.

The **Media Award** was presented to **Craig Birnbach** of KATU and **Nick Daschel** of OregonLive.

Larry Binkerd of Hillsboro HS, **Dave Gasser** of Astoria HS, and **Brian Morse** of Cascade Christian were recipients of the **Coaching with Character Award**.

The **Dave Johnson Contributor Award** was presented to **Tony Koontz** of Harrisburg HS.

The **Marv Heater Distinguished Service Award** was presented to **Cindy Simmons** of the OSAA.

The Oregon Athletic Officials Association (OAOA) presented their **Meritorious Sportsmanship Award** to **Jennifer Teeter** of Imbler HS.

The OACA annually awards eight \$1,000 student-athlete scholarships to graduating sons and daughters of OACA members. Scholarship applications are reviewed by the OACA Executive Board, who evaluate applications in the areas of academics, athletic participation and honors, extracurricular activities, and community service. Due to the number of excellent scholarship applications received this year, the OACA board voted to award a ninth scholarship for 2016-2017.

The following are our **2016-2017 OACA Scholarship Winners**:

Carli Feist, Burns HS	Logan Grieb, Heppner HS
Joseph Kellar, Century HS	Hunter Knox, Harrisburg HS
Mack Little, Culver HS	Micah Masei, West Salem HS
Allison Pyne, Central Catholic	Hannah Schanz, Crosshill Christian
Rylie Tiffin, South Salem HS	

In addition to the nine \$1,000 student-athlete scholarships, the **Coach Dave Johnson \$1,000 Scholarship** was awarded to **J.J. Perez** of Century HS. The Coach Dave Johnson Scholarship is awarded to a college-bound student athlete who has overcome obstacles in his or her personal life in order to reach a level of success, both on and off the field of play, that makes them a credit to their team, school and community. The Scholarship is sponsored by Dave Dowling, South Salem HS graduate, in honor of Coach Johnson's meaningful impact on his life as a young student athlete.

2017 OACA AWARDS BANQUET

2016-2017 OACA Coaches of the Year

Baseball

6A Colin Griffin, Jesuit HS
5A Alan Embree, Summit HS
4A Tim Cleland, Henley HS
3A Bryan Johnson, Stanfield/Echo
2A/1A Kevin Feist, Burns HS

Basketball, Boys

6A Pat Strickland, Jefferson HS
5A Chris Roche, Wilsonville HS
4A Bill Westerholm, Seaside HS
3A Ron Hop, Dayton HS
2A J.D. Hill, Santiam HS
1A Bill Blevins, Sherman Jr./Sr. HS

Basketball, Girls

6A Michael Bergmann, Southridge HS
5A Kelli Wedin, La Salle Prep
4A Josh Grotting, Sutherlin HS
3A Ron Hittner, Blanchet Catholic
2A Tony Parker, Monroe HS
1A Jeremy Maddern, Nixyaawii
Community School

Cross Country, Boys

6A Dave Frank, Central Catholic
5A Justin Loftus, Crater HS
4A Chris Boyle, Valley Catholic
3A-1A Brent Hutton, Bandon HS

Cross Country, Girls

6A Tom Rothenberger, Jesuit HS
5A Carol McLatchie, Summit HS
4A Patrick Zweifel, Tillamook HS
3A-1A Anna Connor, Catlin Gabel

Football

6A Chris Miller, West Linn HS
5A Ty Tomlin, Lebanon HS
4A Gary Prince, North Bend HS
3A Scott Phelps, Harrisburg HS
2A Davie Salas, Stanfield Secondary
School
1A Jack Henderson, Dufur HS

Golf, Boys

6A Jason Owens, Lake Oswego HS
5A Andy Heinly, Summit HS
4A Zach Lampert, Crook County HS
3A-1A Jerry Johnson, Cascade Christian

Golf, Girls

6A Bob Turnquist, West Linn HS
5A Louis Bennett, Summit HS
4A-1A Kevin Dixon, St. Mary's School

Soccer, Boys

6A Jason Bell, Lakeridge HS
5A Stan Baker, Woodburn HS
4A Ollie Richardson, Newport HS
3A-1A Peter Shulman, Catlin Gabel

Soccer, Girls

6A Katie Hartman, Sherwood HS
5A Adam "Gaff" Leyland, La Salle Prep
4A Nicole Kersten, North Valley HS
3A-1A Justan Wolvert, Oregon Episcopal

2017 OACA AWARDS BANQUET

2016-2017 OACA Coaches of the Year

Softball

6A Jim Speciale, Jesuit HS
5A Eric Leyba, Churchill HS
4A James Wise, Banks HS
3A Jim Knox, Rainier Jr/Sr HS
2A/1A Darin Fitzpatrick, Pilot Rock/
Nixyaawii Community School

Swimming, Boys

6A Brian Butcher, Jesuit HS
5A Fred Anderson, Hillsboro HS
4A-1A Doug Peargin, Sweet Home HS

Swimming, Girls

6A Adam Farber, Sunset HS
5A Tamas Bessenyei, Bend Senior HS
4A-1A Doug Peargin, Sweet Home HS

Tennis, Boys

6A Jeff Wood, Jesuit HS
5A Josh Cordell, Summit HS
4A-1A Maureen Harwood, Oregon
Episcopal

Tennis, Girls

6A Sue Branam, Lake Oswego HS
5A Andy Hackethorn, Corvallis HS
4A-1A Norman Harris, Catlin Gabel

Track & Field, Boys

6A Erin Regalli, Sheldon HS
5A Donnie Herneisen, Hood River Valley
HS 4A Brad Smith, Henley HS
3A Chris Skrapits, Catlin Gabel
2A Mike Bauer, Regis HS
1A Aimee Esplin, Adrian HS

Track & Field, Girls

6A Brian Valley, Jesuit HS
5A Dave Turnbull, Summit HS
4A Garrett Parks, Astoria HS
3A Joe Volk, St. Mary's School
2A Sonna Smith, Grant Union HS
1A John Roberts, Joseph HS

Volleyball

6A Rick Lorenz, Central Catholic
5A Kristin Cooper, Bend Senior HS
4A Rod Jones, Sisters HS
3A Rob Kleker, Cascade Christian
2A Shawn White, Weston McEwen HS
1A Janin McGrath, Country Christian

Wrestling

6A Stuart Kearsley, Aloha HS
5A Greg Haga, Crater HS
4A Steve Thorpe, Sweet Home HS
3A Jeff Freeman, Glide HS
2A/1A J.D. Alley, Culver HS

*"If you don't invest very much, then defeat doesn't hurt very
much and winning is not very exciting."*

- Dick Vermeil

OACA MEMBERSHIP 2017-2018

We will begin accepting applications and renewals for 2017-2018 OACA Memberships starting August 1st. To register online, please visit our website at www.oregoncoach.org. All current OACA members and high school Athletic Directors will be emailed the membership application at the beginning of August. **(We must have your current email address on file.)**



There are many benefits to being an OACA member. Members receive \$1,000,000 General Liability insurance coverage (includes camp insurance and coverage while teaching in the classroom), discounts on OACA-sponsored clinics, OACA E-Newsletters, representation for all sports in all classifications, and eligibility for “Years of Service” awards and scholarships. Our great partnership with the OSAA Gold Card Program allows free admission to regular high school events (most schools participate but are not required) and all OSAA Championship events. Reduced admission for many intercollegiate athletic events are also available for Gold Card members.

Please note: The Regular Membership gives you all the same benefits as the Gold Card Membership **except** admission into regular or Championship events and reduced admissions for eligible intercollegiate athletic events.

PROFESSIONAL DEVELOPMENT OPPORTUNITIES at our OACA-sponsored Coaching Clinics

This past year we had 1,800 coaches participate in our OACA-sponsored coaching clinics. They are an excellent opportunity for professional development & networking.

*** MARK YOUR CALENDAR ***

10th Annual OACA/Nike Basketball Clinic

When: Friday, October 13th, 2017
State In-Service Day
Where: Liberty High School



Registration information and a list of our clinic speakers will be available in late August.



2018 OACA/Nike Coach of the Year Football Clinic *Largest Football Clinic on the West Coast*

When: March 2nd - 4th, 2018
Where: Portland Holiday Inn at the Airport

Look for registration information and a list of clinic speakers in November.



We want to thank everyone who has been directly involved with this year's Oregon Youth Suicide Prevention Campaign. We greatly appreciate **Ann Kirkwood**, Oregon Health Authority Suicide Intervention Coordinator, and **Ryan Price & Karen Meadows**, from the Oregon Chapter of the American Foundation for Suicide Prevention, who have provided outstanding professional assistance. Please see below for opportunities in using them & their resources for ongoing Suicide Prevention Activities in your schools.

The American Foundation for Suicide Prevention's mission is to save lives and bring hope to those affected by suicide. To learn more about our work and how you can bring the free evidenced based best practice program "More than Sad – Preventing Teen Suicide" to your High School Campus for Students (50 min), Educators & School Personnel (2 hours) or Parents (2 hours), contact Oregon Area Director Ryan Price at rprice@afsp.org 503.951.3012.

For information on suicide prevention and access to best practice training and school programs, contact Ann Kirkwood, Suicide Intervention and Prevention Coordinator, Oregon Health Authority at ann.d.kirkwood@state.or.us or 503-752-4660.

Following is the seventh and final article in our Suicide Prevention Campaign. It deals with "Your Role in Responding to Suicide."

Oregon Youth Suicide Prevention Campaign

by Ann Kirkwood, Oregon Health Authority Suicide Intervention Coordinator

Your Role in Responding to Suicide

Each year, many school communities must deal with the loss of a student to suicide. Faced with the shock of losing someone so young, students, parents and school staff, as well as individuals across communities, must deal with profound grief and trauma. **For youth and young adults, the risk of additional suicides (contagion) is higher than it is for their older counterparts.** This article describes both the school administration and school staff's role in effectively responding to a suicide.

People at highest risk of attempting suicide in the future include those who witnessed the suicide or its aftermath, had a psychological or social connection to the deceased, have pre-existing vulnerabilities, perceive they helped the suicide occur, or have been exposed to another suicide in the past. Other factors contributing to increased risk are people who believe they failed to identify warning signs, feel responsible for the death, have a sense of hopelessness/helplessness, have experienced recent losses or stressors, have attempted suicide themselves, have limited social support, or have a mental or substance use disorder.

Post-suicide intervention (postvention) is a set of best practices that helps those left behind with their grief and is designed to contain suicide and the risk of contagion. Schools sometimes have protocols for postvention response. Sometimes they don't and need to work on one. If everyone knows their role and responsibilities when a suicide occurs, the process will run more smoothly for students, families and staff.

When a suicide occurs:

- 1. School administration coordinates external and internal resources for rapid response.**
 - Crisis intervention teams, including behavioral health professionals, should be provided at the school as long as needed.
 - Staff should be informed about the suicide the same day or early the next day so they can respond to youth in crisis.

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- Remember the news of the suicide will spread very quickly (even within the hour) among youth through social media. They may know about it before adults do. Staff should know what your school expects them to say to students.
- Be honest with students but don't glamorize suicide. If the cause of death hasn't been determined right away, say so, then offer services and support. Be careful with statements like "he/she is in a better place" that may cause students to see suicide as glamorous or heroic. Suicide is always a tragedy.
- Inform parents as soon as possible through letters home. Letters should include warning signs for youth at risk and information on how parents can access counseling or other supports for their child. If staff are speaking with parents, tell them the warning signs of suicide and how to get counseling for their student or themselves. (warning signs list: <https://afsp.org/about-suicide/risk-factors-and-warning-signs/>)
- Do not hold assemblies or broadcast the news over the announcements. Talk to students in small groups or individually. In talking to classes or teams, have a counselor on hand to watch for signs of distress

2. School administration and staff share information.

- Make sure the cause of death is officially confirmed as a suicide.
- **Help students understand that suicide is no one's fault. They may be feeling guilt that they didn't do enough and need to understand that they are not responsible. Students dealing with guilt might need counseling support to cope.**
- Do not discuss the means of death or disclose other details. Youth already at risk of suicide can be impressionable.
- If the family does not want the suicide reported publicly, you can discuss it as a traumatic death, without mentioning suicide. Check on the statement the administration is issuing and share it as instructed.
- If reporters contact you, know who your spokesperson is and refer the reporter to them. Reporters may call you directly if the student who died was an athlete. Reporters should be provided best practices for reporting on suicide: www.reportingonsuicide.org

3. Identify those at risk in order to prevent contagion.

- As athletic staff, you have a unique perspective on student needs. You may hear students talking or they may come to you as a trusted adult. Be ready to listen non-judgmentally in private, ask open-ended questions, and refer students to school resources as needed.
- Students may be close friends with the student who died and will need intensive help. But remember that other students are impacted and their grief needs to be addressed, too.
- If siblings attend other schools, extend intervention to those schools. Even athletes on a competing school's team can be impacted so staff there should be notified. Know who at your school will notify other schools.

4. Commemorate the deceased appropriately and safely.

- Treat all student deaths the same.
- Don't create permanent or long-term memorials, such as dedicating all games to a youth for the next season, creating a memorial on the field or at the gym, or putting up benches, planting trees, etc. Permanent memorials can become locations for future suicides. At risk youth may be impressionable and see suicide as attractive if they observe special memorials for a classmate.
- Encourage students who want to commemorate their classmate to take on positive activities, such take up a collection for mental health books for the library, participate in a suicide prevention or mental health walk, or do a project on help seeking for depression and anxiety. Focus on mental health and help seeking instead of suicide.

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5. Address self-care for staff.

- Remember that staff (including you), especially in a small town, may know the family, belong to the same church, or have social relationships with others who are close to the family. Make sure to address your reactions and the grief and trauma you can experience.

6. Link impacted parties to resources.

- Let students and families know about counseling and other services available through the school. Remember that students may not recognize the need for services right away. Know what services are available over time as people grieve at their own pace.

7. Know who at your school or district is monitoring social media to ensure a healthy response to the suicide.

8. Plan for the future.

- Think about what you will do to support at-risk students at special holidays, birthdays or anniversaries. Friends and families experience emotional challenges at those times. They can be high risk periods for other students.
- Make plans for contacts with at-risk students over summer or other vacations. Does the school have a plan for reaching out? Are you the person who should be reaching out?
- Suggest community building activities at school that restore a sense of belongingness, connectedness and for students at risk to feel they have a valued role in school and Community life (Joiner, T.E. (2005). *Why people die by suicide*. Cambridge, MA: Harvard University Press).
- Take some time for grieving before launching into school-wide prevention activities for students. Address their grieving first, and after some time passes (a few months or more), offer positive trainings or events that focus on mental wellness and help-seeking.
- **Share with students that strength among athletes includes mental wellness, not just physical agility, and asking for help is okay.**

There are groups in Oregon that offer some onsite programs to assist in suicide response and grief, such as: The Dougy Center (<https://www.dougy.org/>, 866-775-5683) and Lines for Life (<https://www.linesforlife.org/about-us/>, 503.244.5211 or 800.282.7035)

Make sure students know that crisis services for them are available via the YOUTHLINE

Call 877-968-8491

Text teen2teen to 839863

Chat at www.oregonyouthline.org

Teens available to help daily from 4-10pm Pacific Time (off-hour calls answered by Lines for Life).

For more information on school response to suicide visit:

- About suicide, American Foundation for Suicide Prevention, <https://afsp.org/about-suicide/>
- When death impacts your school, Dougy Center, <https://www.dougy.org/grief-resources/death-impacts-your-school/>
- How a school community heals after a student dies, National Education Association, <http://www.nea.org/home/38144.htm>
- After a suicide: A toolkit for schools, American Foundation for Suicide Prevention and Suicide Prevention Resource Center, <http://www.sprc.org/resources-programs/after-suicide-toolkit-schools>
- Memorials after suicide: guidelines for schools and families, Society for the Prevention of Teen Suicide, <http://www.sptsusa.org/educators/memorials-after-suicide-guidelines-for-schools-and-families/>
- Mental health for school administrators and staff, American Foundation for Suicide Prevention, <https://afsp.org/campaigns/look-ways-mental-health-awareness-month-2017/mental-health-school-administrators-staff/>

Creating S-M-A-R-T Financial Goals

in a relentless coaching world

As a follow-up to last month's article on financial apathy in the coaching world, I feel it's likely that the main problem – by far – is not SETTING GOALS. Any coach has clearly defined goals – on a clipboard – when they hit the field, the gym, the track, etc. Obviously, this directs their daily schedule and priorities, so they can have a productive day, week, month – and season. To ignite team unity, strong goals give players the means to enthusiastically prepare for ... and execute ... an agreed-upon mission. And usually the BIG GOAL is broken down into smaller ones.

Not only do you want to win the district, division, conference or state title, but how many yards do you want your offense to average per game? How many points do you want to score? What do you want your pass-run ratio to be? How many yards allowed on defense? How many turnovers do you want to create? These all start by establishing goals and then following a process to achieve what you set out to do.

**PLAY LIKE
A CHAMPION
TODAY**

It's the same thing for your personal, family and financial goals. Believing you're too busy as a football coach to get these plans in place is a cop out. Putting your head in the sand because you're unwilling to learn about investing is a mistake too many coaches pay for. Is a leather football really more important than your family's financial livelihood, getting your children through college, and preparing for your retirement years? Of course not. So what's the holdup? It's usually not having exciting goals to get started – that will keep you motivated enough to succeed. So let's explore how I help coaching families develop and crystalize their financial roadmap.

Have you ever seen the S-M-A-R-T goal process? Probably so ... and it's a simple and effective planning tool. Here's a quick example of using it for our daughter's college education goal a couple of years ago:

(S)PECIFIC:

"Emma wants to earn a communications degree from Baylor University."

(M)EASURABLE:

"How does Baylor compare to other colleges ... costs, academics, faculty, distance from home, etc.?"

(A)CHIEVABLE:

"Is this do-able? Is it realistic? Can we afford it? What about academic scholarships?"

(R)ELEVANT:

"**WHY** is it important / highly personal? **WHY** is it exciting? **WHY** would it make a positive difference?"

(T)IME-SENSITIVE:

"When do we tour campus? What's our application deadline? Are the must-do tasks on the calendar?"

How did it all pan out? Emma loves Baylor and all her new friends. The faculty is outstanding. She qualified for a partial academic scholarship and is making good grades. And we've made the finances work by saving early (and often) and encouraging Emma to find a part-time job on campus. The SMART process can help clarify and simplify any goal you can imagine ... being a better coach, being a better spouse or parent, public speaking, fitness, nutrition, time management, career progress, finances and retirement planning ... you name it.

You'll notice the famous Notre Dame "Play Like a Champion Today" placard that each Fighting Irish player slaps as they enter the field. Another part of goal setting is having visual reminders such as checklists, pictures and quotes to keep you focused. Reviewed daily or weekly, your odds of success are far more likely with these optical cues versus being indifferent and vague. The latter typically leads to constant distractions with little to show for it. **Living a meaningful life "on purpose" can make all the difference.**

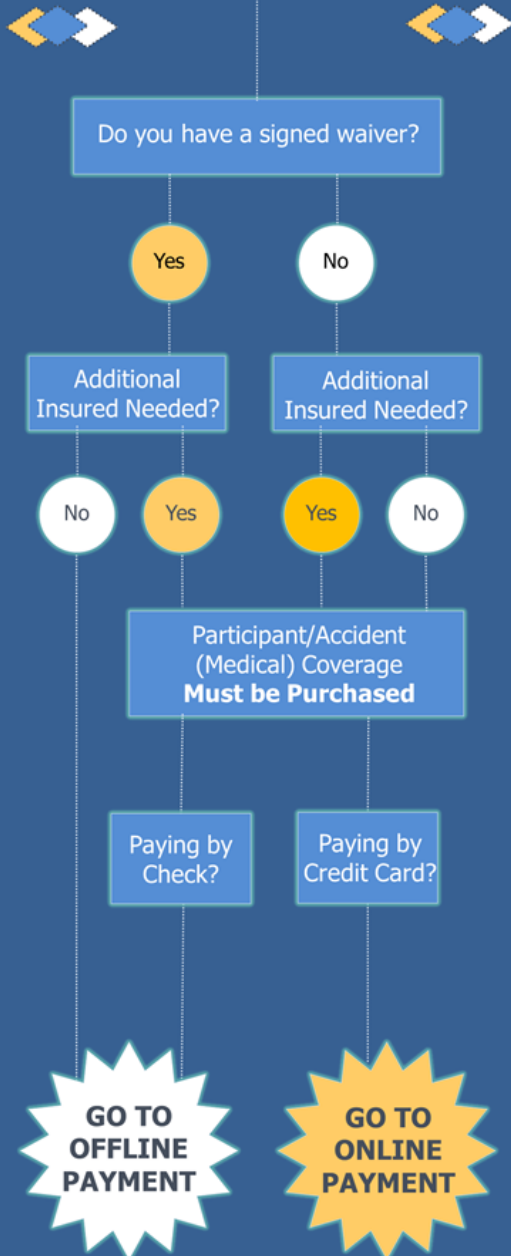
Going forward, I hope you'll make financial goal-setting a high priority, strive to get more knowledgeable, and start building a play book for your future. Your players expect this leadership from you – and your family's security is no less important. Are you ALL IN? Avoid the Hail Mary. Get the W.

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. Email: doug@davisinvestmentstrategies.com. Phone: 503-534-3690 work / 503-805-2997 cell. Investment products and services offered through Wells Fargo Advisors Financial Network (WFAFN), Member SIPC. Davis Investment Strategies, LLC is a separate entity from WFAFN. The views expressed by the author are his own and do not necessarily reflect the opinion of Wells Fargo Advisors Financial Network or its affiliates. CAR # 0517-0388



2017 CAMP INSURANCE PROGRAM UPDATE

**Are you a NOCAD Coach
and need a
Certificate of Insurance?**



If you need further assistance please contact:
Loomis & LaPann, Inc. at 800-566-6479



As the insurance administrator for NOCAD, Loomis and LaPann is constantly striving to make the insurance aspect of your camp easier. This year we have made a few changes to our certificate of insurance request form. For those of you in the early phases of our rollout, thank you for your patience and valuable feedback.

To summarize the changes: in order to receive a proof of insurance, you will need to confirm that all camp participants can prove they have Participant/Accident (Medical) coverage by providing you a waiver or you may purchase Participant/Accident (Medical) coverage from us for your campers. This coverage is still mandatory if an Additional Insured is required.

Over the years we have processed only check payments for Participant/Accident (Medical) coverage, and we are extremely pleased to offer a **new online payment option**. Our hope is to make your experience easier and reduce any delays associated with check payments.

The infographic to the left can be used as a guide when navigating through the camp insurance request form on our website. If you have any questions or concerns with the new camp insurance procedures or website layout, we would appreciate your feedback.

Best of luck for this upcoming camp season and thank you for your continued membership.

The Administrative Team at Loomis and LaPann, Inc.
www.loomislapann.com (P) 800-566-6479 | (F) 518-792-3426

Loomis & LaPann, Inc.

INSURANCE SINCE 1852

Please click on the link below to visit our Camp Insurance Frequently Asked Questions page:

[**NOCAD Camp Insurance FAQ's**](#)

Sign up today for Touchdowns Against Cancer 2017!

Coaches,

We are proud to announce that the Oregon Athletic Coaches Association has joined as an official partner of Touchdowns Against Cancer! This nationwide charitable program is our opportunity to teach our players to make an impact beyond the playing field and support a cause that truly needs our help -- defeating childhood cancer.

You can sign your team up today at touchdownsagainstcancer.com. Our state has set a goal of having at least 50 teams participate. Your team's participation in the program will help support St. Jude patients like Allison from Oregon (shown below).

As football coaches, our primary responsibility is to teach young men how to work together to accomplish a worthy goal, how to be selfless and how to be positive force for good in their communities. Our state now has a collective opportunity to make an impact beyond the playing field this season. I hope you consider joining teams across our state in the fight!

For any questions about the program, contact Ryan Gmerek at Pledge It (rg@pledgeit.org or 814-553-3277).

Thank you

Your support will help St. Jude patients, like Allison from Oregon.

St. Jude patient Allison
9 years old | Oregon

Ewing sarcoma



MEET ALLISON

When Allison's family learned she had a type of bone cancer, they turned to St. Jude, where she underwent chemotherapy and radiation therapy. Now done with treatment, Allison visits St. Jude for regular scans. "She's the strongest little girl," her mom said. "She's upbeat, positive and tough." Allison is a straight A student in third grade who likes art and math.





Video has Become a Mainstream Part of Basketball Culture

Video is an indispensable tool for NBA and college teams, and high schools are joining them. Have you fully experienced video's benefits?

It's truly difficult to overstate the value of video. NBA and [college coaches](#) alike swear by its power, and its influence has trickled down to the high school level. As more coaches get their hands on time-saving equipment such as Hudl, we've heard more and more stories of how it's changed seasons.

"Kids learn by seeing," Bob Rodgers, the head coach at Whitman-Hanson HS (Mass.), said. "Everybody has different learning styles, but everyone does well when they actually see it on video."



"I think most people didn't even think we'd make the state tournament, much less win a league championship and a sectional and go to the Boston Garden. I think it's because we're able to emphasize the little details that most people wouldn't even realize. But we're able to do that because of the work we do behind the scenes."

Whether your motivation is looking ahead at the upcoming opponent or reviewing your team's performance, video unearths insights that might go unnoticed in real time.

Rewatching video also removes biases or and subjectivity from the equation, something psychologists say the [human mind is simply not capable of doing](#) on its own. Once you've established the right mindset, you'll have more accurate information to share with your players.

"I think that showing film to players provides much greater clarity when you're trying to bring home a point about how we need to play or about the way a player should behave on the court," said Kevin Cullen, the Duke Basketball Director of Information Technology. "You can tell them about something that's happening or you can tell them that they're playing well or poorly, but when you actually show them the video, they can't look away from it and say, 'You're not right.' The tape never lies, as they say. The video is really important for that."

Hudl takes video to the next level, [tying it directly into statistics](#) to make finding critical judgements even easier.

And now is the perfect time to see for yourself [what Hudl has to offer](#). Teams that sign up and pay by Sept. 1 [will receive a free mobile analysis kit](#), complete with an iPad, hard-shell iOgrapher case, a tripod and a carrying case.

Video has become mainstream in basketball culture. Don't get left behind. Experience how Hudl can level up your team this season.

Jake Wesch

Territory Manger | Hudl

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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 14.

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 their article about the benefits of video on page 15.

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 provided 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.

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.



2017-18 OACA EXECUTIVE BOARD

President: Shawn Stanley, West Salem HS
President Elect/Secretary: Chris Roche, Wilsonville HS
Vice President: Aimee Esplin, Adrian HS
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5A - Jaime Rivera, Hood River Valley HS
6A - Chris Knudsen, Centennial HS

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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.



OREGON ATHLETIC COACHES ASSOCIATION

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