

# *OACA Newsletter*

## *FALL/WINTER 2018*



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## **DIRECTOR'S CORNER**

### **Rob Younger, OACA Executive Director**

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

This past month I observed many times a high school senior playing their final high school athletic event. Watching them and their teammates hug and cry for that final time once again emphasized the value and importance of high school athletics. The experiences shared, the many commitments and sacrifices needed, the life long relationship built are all attributes that will lead to a productive and positive life for these student athletes. I have great admiration for the men and women who these athletes call "Coach." Thank You for your leadership, dedication and commitment to your student athletes, schools and communities. Being called "Coach" is one of the greatest compliments someone can receive.

We have had a great start to the 2018-19 school year and fall sports. This school year, the OACA is celebrating its 84<sup>th</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 over \$45,000. \$16 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 \$805,000 has been sent to the OSAA. The Gold Card is definitely a win/win for our membership and the OSAA.

We are proud this school year to add Chris Knudsen to our leadership team as Associate Director. Chris taught and coached for over 40 years, the last 32 years at Centennial High School in Gresham. Chris has been an active part of the OACA for many years. He was a long time Football Sport Chair and the last three years was the 6A Member at Large on the OACA Executive Board. He has represented and served on numerous OSAA Committees including this past Classification & Redistricting Committee. Chris brings a great reputation of not only being a good coach but even a better person.

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

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

***Success is in the Journey, not the Destination***

*Rob*



## DIRECTOR'S CORNER

**Chris Knudsen, OACA Associate Director**



This is my first year as the Associate Director of the OACA. Since the start of this new position for me, a couple of observations have become pretty evident.

First of all, our OACA office in Albany is a very busy place. There is a variety of things going on every day both locally as well as nationally..... committees, meetings, calls, emails, etc. are constant and never ending. Fortunately, Rob Younger our Executive Director, is very organized and detailed. He is also highly respected both in Oregon as well as around the country. Also, our office manager, Melissa Chambers, is about as efficient and hard working as you will find anywhere. And, the organization has been set up for success by the highly effective previous director's, Marv Heater and Dave Johnson. Therefore, the office runs very smoothly and represents the coaches in Oregon in a professional, dignified and efficient manner.

The second observation is the huge impact coaches have on players, their school and the communities they represent. As Rob and I go to various meetings in different communities, we get the opportunity to meet and talk to parents, administrators and community members and we always hear about the great things coaches are doing. As a coach, you are busy with practice, watching film, attending clinics, weight room workouts, etc. and may not hear that very often, but what you are doing on a daily basis has a huge impact. To be able to have the title "COACH" is an immense amount of work and a huge responsibility, but the enormous impact you have is why being a "COACH" is the best and most important profession there is. Thank you for all you do and congratulations for having such a huge impact on your athletes, your school and your communities!!!

***"If you are working on something exciting that you really care about, you don't have to be pushed. The vision pulls you."***

**- Steve Jobs**

# 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 2018 Oregon NFHS “Coach of the Year” Award nominees:**

Football:	Craig Ruecker, Tigard HS
Boys Track & Field:	Erich Herber, West Salem HS
Boys Basketball:	Tom Johnson, Barlow HS
Baseball:	Bill Crowson, Monroe HS
Boys Soccer:	Jon Fresh, Westview HS
Wrestling:	Ariah Fasana, Willamina HS
Boys Cross Country:	Dan Moody, Enterprise HS
Boys Tennis:	Chuck Eidenschink, Lakeridge HS
Other - 8 Man Football	Jack Henderson, Dufur HS
Girls Track & Field:	Bob Boyer, Beaverton HS
Girls Basketball:	Sandy Dickerson, Central Catholic HS
Volleyball:	Rosie Honl, Crook County HS
Girls Soccer:	Katie Harmon, Sherwood HS
Softball:	John Kuehnel, Yamhill-Carlton HS
Girls Cross Country:	Stan Goodell, Grants Pass HS
Girls Tennis:	Donna Roisom, Grant HS



**All of Oregon’s NFHS Coach of the Year Award Winners will be honored on May 18th, 2019  
at the annual OACA Awards Banquet.**



## OSAA UPDATE

from Kelly Foster, OSAA Associate Director



As Fall activities come to an end, we want to thank all of the coaches statewide for another season in the books and having a positive impact on the lives of so many students throughout the state. Congratulations and thanks for all that you do!

Outside of wrapping up fall state championships and kicking off winter activities, the OSAA is hard at work with two task forces that could dramatically change the processes of the Association in the next classification time block. The first one is the Computation of ADM task force that is looking at how the OSAA counts students for Classification and Districting purposes. There is no doubt that the landscape of education has changed over the past 10+ years. This task force, in working with the Oregon Department of Education, will extensively review the current processes the OSAA uses to see if there are better ways to equate school populations around the state.

The second task force the OSAA Executive Board has composed is a group to review the Petition to Play Down criteria. The Board had a number of conversations with schools about the current criteria, percentages and variables and if they are the correct ones when a school petitions to participate at a lower classification than assigned by enrollment. This group will also be watching the Football Ad Hoc Committee's process to see if the structure of individual programs at a school playing at different classifications yields positive results. As you can tell, these two groups could play a major role in the future of the Association. We welcome any feedback for these task forces; please send to [info@osaa.org](mailto:info@osaa.org).

As always, the OSAA is committed to promoting good sportsmanship at all contests. Our Sportsmanship Committee has created a new Sportsmanship Award based on nominations from game officials. The goal is to help foster the relationship between officials and our schools while promoting a positive atmosphere. Each season, a winner will be chosen from each of the seven sports utilizing game officials. Congratulations to the 86 schools who had teams nominated this fall!

Adrian, Alsea, Amity, Ashland, Banks, Beaverton, Benson, Canby, Chemawa, Chiloquin, Churchill, Cove, Crescent Valley, Crook County, Days Creek, Eagle Point, Echo, Elkton, Estacada, Gladstone, Glide, Gresham, Griswold, Harrisburg, Henley, Hood River Valley, Horizon Christian, Illinois Valley, Jefferson, Jesuit, Joseph, Klamath Union, La Pine, Lake Oswego, Liberty, Lincoln, Madison, Marist Catholic, McMinnville, Milwaukie, Newberg, North Bend, North Lake, North Marion, North Medford, North Valley, Oakland, Oregon Episcopal, Phoenix, Powder Valley, Prospect, Putnam, Redmond, Reynolds, Roosevelt, Roseburg, Sandy, Santiam Christian, Scappoose, Sheldon, Sherman, Siuslaw, South Eugene, South Salem, South Umpqua, South Wasco County, Southridge, Sprague, St. Helens, St. Mary's School, Summit, Sunset, Sutherlin, Thurston, Tillamook, Tualatin, Umpqua Valley Christian, Valley Catholic, Valor Christian, Waldport, Wallowa, West Linn, West Salem, Westview, Wilsonville, and Woodburn.

# SUMMER ALL-STAR GAMES UPDATE

## 2019 Volleyball All-Star Matches: 1A-6A

Jennifer Teeter, Imbler High School

Based on the success of the past 5 years, I am excited to announce that the OACA and Eastern Oregon University will be hosting the 6<sup>th</sup> Annual All-Star Volleyball Matches on June 22, 2019. All 1A through 6A senior volleyball athletes that were 2018 first team all-league selections, as well as first team all-state, will be invited to participate. Consideration to second team awardees will be given, if needed to fill the teams.

Practice sessions are scheduled for Friday, June 21st and a team dinner will be provided that evening. The cost to participate in the All-Star Match is \$150.00 per athlete and all athletes will receive an all-star t-shirt and sweatshirt. Athletes are encouraged to find local sponsors to help cover this cost. Depending on the number of participants, we will have at least three matches, up to one full match for each classification. If we do not get enough for a team per each classification, we will combine 1A/2A, 3A/4A, and 5A/6A for matches.

### **Here are quotes from two past all-star match athletes:**

#### **Malia Mills, Imbler High School, Class of 2014:**

“Playing in the first all-star volleyball match was such a great experience. It was an awesome opportunity to play the game I love with such exceptional athletes and to meet new people and gain lifelong friends. I have had the privilege to be around to watch the all-star game grow from the beginning and I couldn’t be more proud to say that I had the opportunity to play in it”

#### **Cambree Scott, Bend High School, Class of 2018:**

“It was such a memorable experience. Sometimes it can be tough to play with a group of girls you have never met before but I really enjoyed my team and the experience of playing with the best in the state of Oregon at all levels.”

*Thank you for your continued sponsorship of the all-star volleyball event!*

~ ~ ~ ~ ~

The OACA also supports All-Star games for Football, Basketball, Baseball and Softball. For information relating to summer All-Star games, please check the OACA website at [www.oregoncoach.org](http://www.oregoncoach.org) under the All Star Games tab beginning in May.



**WHO? OACA, OADA & OSAA**  
**WHAT? COACHES vs. CANCER**  
**WHEN? JANUARY/FEBRUARY 2019**



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

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

The OACA, OADA & OSAA would like for schools to choose a week during the winter sport seasons, January or February, to promote Cancer Awareness throughout their community. There are various ways you can use your voice and leadership to help fight cancer. Each school's Cancer Awareness Week would be structured to best fit their individual needs.

**Goals would include:**

- Increase awareness of the importance of cancer prevention, early detection, and healthy lifestyle choices.
- Raise funds in the fight against cancer to help support individuals in their community or local/state/national organizations that work toward the fight against cancer.
- Share the importance of nutrition and physical activity in reducing one's risk of the disease.

**School Activities could include but not limited to:**

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



## Suits & Sneakers

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

With funds raised the local school can donate to a local cancer program or send the funds to the OACA office and all monies would be donated as a lump sum from the OACA, OADA & OSAA.

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



Contacts:

Prime Time Sports | 503.482.5744 | fax: 971.224.4394

John McCallum, President – jmac@primetimepdx.com

Reggie Walker, Director– 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 **SEVEN DAYS** of entertaining basketball games and fun for the entire family. This year marks **The 23rd 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 over two decades. This year also marks the inaugural year of “The Eight”, a separate 3 day tournament held a week in advance of the LSI. The Eight (December 20-22) will allow an extended field of Oregon schools to compete against national powers and will also take place at Liberty High School in Hillsboro, Oregon. The Les Schwab Invitational 16 Team Event will maintain its traditional post-Christmas dates and take place **December 26th – 29th** at Liberty High School. Since the events inception in 1996 over *\$1.5 million has been raised for Oregon schools.*

Headlining the list of teams in “The Eight” is **Eastside Catholic High School** (Sammamish, WA) and Pacifica Christian High School (Newport Beach, CA). Eastside Catholic will feature the best underclassmen backcourt on the west coast in sophomores Shane Nowell (6’6) and Nolan Hickman (6’2) both of whom have already received high major scholarship offers. Pacifica Christian features 6’7 junior forward Judah Brown who is one of the most intriguing prospects in California. The two west coast programs will battle **De La Salle** (3A), **Sandy** (6A), **Sherwood** (6A), **Silverton** (5A), **Westview** (6A), and host school **Liberty** (6A) for a chance to win The Eight’s inaugural championship trophy.

The Les Schwab Invitational 16 Team Event Presented by Express Employment Professional will feature three schools ranked in the Top 20. Returning to the 2018 LSI is 2016 runner-up is **#5 Sierra Canyon High School** (Chatsworth, CA). Making their LSI debut is **#4 University School** (Fort Lauderdale, FL). Also making their LSI debut will be reigning 4A State Champion **#19 Gonzaga Prep** (Spokane, WA).

With another banner year for both individual and team talent in the Les Schwab Invitational, the 2018 field will be headlined by University Schools **Vernon Carey** - the #1 ranked player in the country. Carey is a 6’10 275 pound specimen, possessing the perfect combination of power and grace to dominate on both ends of the court. The Florida native is considering the likes of Duke, North Carolina, and Michigan State among others. Sierra Canyon will feature as many as eight high-major college prospects led by one of the most entertaining players in country - 6’5 Guard **Cassius Stanley** who is a major target of the University of Oregon 2019 recruiting class.

Headlining the list of Oregon teams is **Jefferson High School**, the defending 6A runners up, who return two starters - including the lone high major recruit from the senior class in University of Washington commit **Marcus Tsohonis**.

Twelve other Oregon schools and one Southwest Washington School (League and State Classification) round out the 2018 field.

**Barlow** (Mt. Hood Conference – 6A), **Central Catholic** (Mt. Hood Conference – 6A), **Churchill** (Midwestern League 5A) **Columbia Christian** (Northwest League – 2A) **Grant** (Portland Interscholastic League – 6A) **Jesuit** (Metro League – 6A), **Lake Oswego** (Three Rivers League – 6A), **Southridge** (Metro League – 6A), **Skyview** (Greater St. Helens 4A) **South Salem** (Mountain Valley Conference – 6A) **Tigard** (Three Rivers League – 6A) **West Linn** (Three Rivers 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.





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# LES SCHWAB INVITATIONAL

LIBERTY HIGH SCHOOL, HILLSBORO, OREGON

PRESENTED BY  
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## THE 8

**December 20-22, 2018**  
8 TEAMS • 12 GAMES • 1 CHAMPION

### LOCAL TEAMS

De La Salle Knights  
Liberty Falcons  
Sandy Pioneers  
Sherwood Bowmen  
Silverton Foxes  
Westview Wildcats

### NATIONAL TEAMS

Eastside Catholic, Sammamish, WA  
Pacifica Christian, Newport Beach, CA

### OPENING ROUND:

Thursday, December 20

### SEMI-FINALS:

Friday, December 21

### CHAMPIONSHIP GAME:

Saturday, December 22

## THE 16

**December 26-29, 2018**  
16 TEAMS • 32 GAMES • 1 CHAMPION

### LOCAL TEAMS

Barlow Bruins  
Central Catholic Rams  
Churchill Lancers  
Columbia Christian Knights  
Grant Generals  
Jefferson Democrats  
Jesuit Crusaders  
Lake Oswego Lakers  
Southridge Skyhawks

Skyview Storm

South Salem Saxons

Tigard Tigers

West Linn Lions

### NATIONAL TEAMS

Gonzaga Prep, Spokane, WA

Sierra Canyon, Chatsworth, CA

University School Sharks, Fort Lauderdale, FL

### QUARTER FINALS:

Thursday, December 27

### SEMI-FINALS AND SLAM-DUNK CONTEST:

Friday, December 28

### CHAMPIONSHIP GAME:

Saturday, December 29



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@LSInvitational

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## YEARS OF SERVICE

We will be honoring those coaches who have coached for 25, 30, 35, 40, 45, 50, 55 or 60 years at our May 18, 2019 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 you have reached one of these milestone years and 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 each year.

## SCHOLARSHIP INFORMATION

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

Completed scholarship applications, including a copy of the student's transcript and two letters of recommendation, are due April 1, 2019. Scholarship applications will be reviewed by the OACA Executive Board, who will evaluate applications in the areas of academics, athletic participation and honors, extracurricular activities, and community service. Online applications can be found at [www.oregoncoach.org](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, 2019

Name: \_\_\_\_\_

Nominated by:

School: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

School: \_\_\_\_\_

City/St./Zip: \_\_\_\_\_

Position: \_\_\_\_\_

Email: \_\_\_\_\_

Email: \_\_\_\_\_

Nominee Information:

Years in coaching: \_\_\_\_\_ Years at current: \_\_\_\_\_ Sport(s) 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)



# Where Are They Now?

by Delaney Clem, 2016 Scholarship Winner

My name is Delaney Clem from Pendleton, Oregon and I was fortunate enough to be awarded the OACA coaches scholarship in 2016.

I am currently attending Central Washington University and am majoring in bio-medicine with a minor in chemistry. Currently I have a 4.0 GPA. The OACA scholarship has helped me to continue my goal of being a college athlete as I am on the Wildcat Cross Country team as well as the indoor and outdoor track teams at CWU!

As all coaches know, the benefits that I continue to receive from sports is so special, whether it be developing lifelong friendships with my awesome teammates and coaches or experiencing the invaluable life lessons in the sport itself!

At CWU, I have also found a future passion as I have become involved in the Veterinary science program! This past summer I was able to go to a veterinary program in South Africa and have the experience of a lifetime! This experience ranged from helping local, domestic animals, to working with the African wildlife in the various shelters!

**I will always remember and thank the OACA for their scholarship which helped me begin this journey!**





OREGON ATHLETIC  
OFFICIALS ASSOCIATION

*One Rule - One Interpretation - One Mechanic*



## ***OSAA Sportsmanship Award*** from Debi Hanson, Associate Executive Director, OAOA

It's hard to believe that fall sports are already winding down and winter sports are gearing up. The summer and fall months seem to have flown by.

The OSAA Sportsmanship Committee met and will soon be announcing the fall season Sportsmanship Award Winners for Football, Boys Soccer, Girls Soccer and Volleyball. We, at the OAOA, along with all officials throughout the state, appreciate those coaches who have promoted this award with their teams, fans, and parents. According to Kelly Foster, at the OSAA, 134 different nominations were made by officials across the board in all fall sports.

Personally, I noticed amazing sportsmanship at the 5A State Volleyball Championships. Almost every single 5A team took time to thank the officials, win or lose, after each match (including the supplemental officials). Parents and fans, from those same schools, showed some of the best sportsmanship I've ever witnessed from the ticket lines to the end of many hard-fought contests. It made for a great atmosphere for everyone participating in the event.

The good news ... I have heard this happened at many other venues as well. Coaches, your active participation in this program **does make a difference**. Many of your schools showed appreciation to officials in large and small ways this season and it was noted and appreciated by all.

We also appreciate those of you who are welcoming your local commissioners and officials into meeting with your seniors (potential recruits) and those who are actually offering officiating classes for credit. We, at the OAOA, have seen a rise in juvenile officials (under 18) due to your efforts. Thank you!

During this Thanksgiving season I want to personally thank you all for what you do as coaches. It's not an easy job but the impact you have on your students will last their entire lives! The respect many of you are showing the officials you come in contact with will help us retain our numbers. Your positive reinforcement with your athletes on the important role of the official is helping us recruit new and younger officials.

Do not hesitate to let us at the OAOA know if there is any way we can assist you. We are all in this together.

For further information, contact Jack Folliard or Debi Hanson at the OAOA at 503-682-6722 or check us out at [www.oreofficials.org](http://www.oreofficials.org).

**CONGRATULATIONS  
OSAA  
SPORTSMANSHIP  
AWARD WINNERS!**

**FOOTBALL - WILSONVILLE  
VOLLEYBALL - OREGON EPISCOPAL  
BOYS SOCCER - ST. HELENS  
GIRLS SOCCER - LIBERTY**



# FUN AND DISCIPLINE CAN COEXIST IN SPORTS

By: Elliott Waksman  
Director of Portland Sport Psychology

"If we're not having fun, I'm screwing it up" (Pete Carroll). In our sports culture where authority and subordination are the norm, this world champion coach reminds us that fun and discipline can coexist. And guess what, Seattle Seahawks Coach Pete Carroll isn't alone. Other elite athletics programs are finding success by incorporating this philosophy; and whether you have a football, basketball, or baseball team to run, you should too.

**This guest article explains why fun and discipline can coexist and lists strategies for coaches, parents, and athletes to crank up the enjoyment.**

## THE KEY TO HAVING FUN AND DISCIPLINE COEXIST IS BY BUILDING THE RIGHT CULTURE:

**Parents:** Build a family culture where the big-time stage is seen as a fun platform to show off. Remember > [A challenged mindset will dictate your child's success](#), on and off the field.

**Coaches:** Build a team culture where players (and assistant coaches!) want to be there. Remember > Players who want to be at practice, will put in the work. [When athletes feel prepared, they are confident](#). Confidence is your best friend when it comes to performance.

**Student-athletes:** Heading into practice, think of things you love about your sport. Remember > Elite athletes, like [Lionel Messi, just love to play](#).

## HOW TO CRANK UP THE ENJOYMENT:

**Parents:** How you communicate with your child certainly contributes to their level of sports enjoyment. Limiting the PGA (Post-Game Analysis) makes car rides home and family dinners more fun. Remember > [Timing is everything](#) when it comes to talking with your child about sports.

**Coaches:** Consider adding more mini competitions during practices, such as relay races, which reinforce the specific skill you are working on while also igniting that inner competitive fire. Remember > [Student-athletes enjoy learning and perform better](#) when they are more intrinsically than extrinsically motivated to achieve.

**Student-athletes:** Being eager for competitions makes gamedays more fun. Eager self-talk statements include, "I am here for a reason", "I have earned this stage", and, "This is my time". Remember > A study examined world champion athletes and identified an eager mindset as the [number one most essential attribute to being mentally tough](#).

"If we're not having fun, I'm screwing up. That's just been a guideline forever."  
- Coach Pete Carroll, Seahawks Football

"We foster team chemistry through music. If it's somebody's birthday, we play their playlist. If they have had a great game, then they get to pick."  
- Coach Steve Kerr, Warriors Basketball

## WRAP UP:

High standards and enjoyment are not mutually exclusive. Teams in the championship hunt, season after season, find ways to balance hard work and dedication with enjoyment. The tips listed above can help your team reach the next level. All the best coach!



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

Cell: (503) 309-7215

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



# Unified Sports® Programs Growing in Oregon High Schools



This year 60 Oregon high schools will have Unified Sports teams participating in Unified Soccer, Unified Basketball or Unified Softball during the 2018-2019 school year.

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

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

Robert Tadjiki coaches teams for Unified Soccer and Unified Basketball at Bend High School. According to Tadjiki, “Unified Sports is a great way to include students who have traditionally never participated on school athletic teams. It’s great to see the Unified teams compete and also receive the same recognition as our other high school athletic teams.”

Congratulations to the following high schools for having Unified Sports® programs:

Bend, Central Medford, Century, Cleveland, Corvallis, Crater, Douglas, Elkton, Elmira, Estacada, Forest Grove, Grant, Grants Pass, Glencoe, Hillsboro, Hood River Valley, Lebanon, Liberty, McMinnville, Milwaukie, Mountainside, Mountain View, Newport, North Douglas, North Medford, North Valley, Oregon City, Parkrose, Philomath, Phoenix, Rainier, Redmond, Ridgeview, Roseburg, Roosevelt, Sherwood, Silverton, Sisters, Southridge, South Albany, South Medford, South Salem, Stayton, Sutherlin, Taft, Tigard, Tillamook, Tualatin, West Albany, West Linn, Wilson, Wilsonville, Wilsonville Art and Tech, Woodburn and Yoncalla.

If you would like to coach a team or begin a Unified Sports® team at your high school, contact either your Athletic Director or Jean Hansen, VP-School Engagement and Outreach for Special Olympics Oregon [jhansen@soor.org](mailto:jhansen@soor.org) or 503.248.0600 ext 16. We have grant funds available to assist with start-up costs.



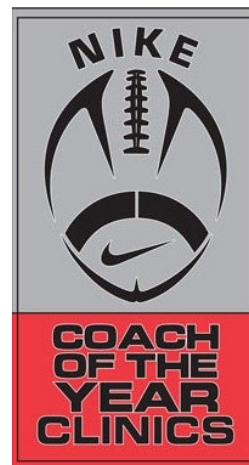
# OACA CLINICS

## ***NIKE FOOTBALL CLINIC, PORTLAND - MARCH 1-3, 2019***

The Portland Nike Coach of the Year 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 clinic will feature over 50 presentations given by 30+ speakers from all over the U.S.

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

Our confirmed Nike college speakers are: **Pat Narduzzi** - University of Pittsburgh, **David Shaw** - Stanford University, **Clay Helton** - University of Southern California, **Mike Leach** - Washington State University, **Kevin Sumlin** - University of Arizona, and **Rocky Long** - San Diego State University.



We will also feature many other outstanding speakers from various colleges and high schools. Our clinic will begin on Friday, March 1st and end Sunday, March 3rd at the Portland Airport Holiday Inn.

You can register online to attend our football clinic at: [www.nikecoyfootball.com](http://www.nikecoyfootball.com).

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## ***11TH ANNUAL NIKE/OACA BASKETBALL CLINIC***



We recently completed our 11th annual Nike/OACA Basketball Clinic, held at Liberty High School. The clinic was an excellent opportunity for professional development and networking for the 300-plus basketball coaches who attended. Many thanks to **Brian Martin** - Liberty Head Boys Basketball Coach - and his staff for the use of their wonderful 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 **Mike Hopkins** - University of Washington, **Barret Peery** - Portland State University, **Vance Walberg** - Clovis West HS (Fresno, CA), **David Abderhalden** - Chemeketa Community College, **Mike Bergmann** - Southridge HS, **Gary Hull** - Western Christian School, **Blaine Liberatore** - Thurston HS, **Aaron Newkirk** - Oregon City HS, **Bart Valentine** - Columbia Christian School, **Bill Westerholm** - Seaside HS, and **Jean Hansen** - Unified Sports.

We look forward to the continued success of our basketball clinic. Please check our website at [www.oregoncoach.org](http://www.oregoncoach.org) beginning in August for the latest information on the 2019 Nike/OACA Basketball Clinic.

# Where Are They Now?

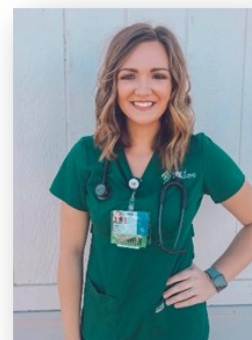
by Jacey Teeter, 2014 Scholarship Winner

My name is Jacey Teeter, and I was able to apply for the OACA scholarship because of my mother, Jennifer Teeter's involvement in the OACA. I received this scholarship in May 2014 after graduating from Imbler High School, and went to Blue Mountain Community College that fall to play volleyball. I was part of a very competitive and exciting team. In my time there, our team went 50-4, won the east region title, and a third straight NWAC championship. While at Blue Mountain I studied pre-nursing and fell in love with this career path. I moved home for the 2015 school year to attend Eastern Oregon University and continue pursuing a degree in nursing. I was able to help my mom coach volleyball at Imbler and found it very rewarding to give back to the community and volleyball program that gave so much to me.



I applied to the OHSU nursing program and was accepted for the 2017 school year. During my first year of nursing school, I accepted the JV volleyball coaching position at Imbler and had a blast running my own team. My first year coaching brought many new challenges and exciting moments. I loved working with a young group of athletes, in hopes of preparing them for varsity one day. Working with my mom, Jennifer is one of the best things about the job. She has coached for 27 years, been in numerous state title matches, and won three state titles during her time at Imbler. In 2013, I was lucky enough to be part of one of her state championship teams, and it is our dream to coach more young girls to that title game. Coaching offers me a great deal of joy and knowledge that I would not get anywhere else. It is one of my most favorite activities and it makes the fall the best time of the year!

I am in my second year of nursing school now and just finished my second year as a JV volleyball coach. Life is going very well, and I am staying very busy too! I will graduate from the OHSU nursing program in the spring of 2020 with my Bachelors of Science in Nursing. I plan to be an OB nurse in the Family Birthing Center in La Grande, OR. My plan is to continue coaching as long as my schooling and job allow. Volleyball is something I could never see myself giving up, and I am so thankful I have had the opportunity to continue my education and coach volleyball at the same time. Thanks to the OACA scholarship, I was able to pursue my degree without the worry of finances and focus on things that bring me joy, like volleyball and nursing! I am forever thankful for this opportunity and could never say enough great things about the OACA and the support it has provided my family and me!





MaxPreps is proud to sponsor the Oregon Athletic Coaches Association and provides a free platform for coaches to manage their team. From scores and stats to messaging your team, the [Teams by MaxPreps app](#) puts all the tools a coach needs into the palm of their hand. Stats can be sent immediately to local media outlets using MaxPreps' [Send Stats](#) feature.

Get started by downloading the [Teams by MaxPreps app](#). You can email MaxPreps/OACA Representative Josh Taylor at [jtaylor@maxpreps.com](mailto:jtaylor@maxpreps.com) with your sport and school if you need access for the first time.

### GET THE APP

Teams by MaxPreps



### SHARE THE CODE

to athletes & parents



### STAY CONNECTED

with chat, posts & more



### How do I use MaxPreps?

1. [Create a MaxPreps account here](#)
2. Download the [Teams by MaxPreps app](#) to start managing your team including reporting scores and communicating with your team. [View Directions on inviting your team to the app](#).
3. Edit your roster & schedule
4. Enter scores/stats after each game. [Directions on entering scores](#)

By using the Teams by MaxPreps app coaches can:

- Send direct or group messages to their team
- Get 'delivered' and 'seen' message confirmations
- Enter or edit your roster, schedule, scores and stats
- Share photos, videos and file attachments
- Sync your team's schedule with your iOS or Google calendar. Student-athletes & parents will be notified of calendar changes once they've synced the calendar to their phone.



### How to Track Stats

MaxPreps is partnered with [many stat partners](#) and also provides the [free MaxStats iPad app for basketball](#). Track your stats live during the game and then submit them to MaxPreps.com to verify before publishing. For step by step instructions to enter stats & scores, [click here](#). You can also use the Teams by MaxPreps app for [iOS](#) and [Android](#) to help report scores.



**Who can I contact with further questions?** Coaches may contact MaxPreps at [800-329-7324 x1](tel:800-329-7324) or [support@maxpreps.com](mailto:support@maxpreps.com) with any questions. Support articles and videos on how to login, post scores and more are available at [support.maxpreps.com](http://support.maxpreps.com). Coaches and ADs may also reach out to MaxPreps/OACA representative Josh Taylor at [jtaylor@maxpreps.com](mailto:jtaylor@maxpreps.com).

Thank you to the OACA and best of luck this season!



# Coaching Family Focus on Year-End Tax Planning

By Doug Davis, Davis Investment Strategies, LLC

In communicating with coaching families, here are five considerations to think about when it comes to tax planning.

## 1. Analyze your investment portfolio.

- Review your portfolio to help ensure your allocation still aligns with your goals.
- Assess tax consequences if you have sold assets earlier in the year.
- Review tax-loss selling strategies if you have capital gains but wish to keep exposure to a depreciated sector or security.

## 2. Manage your taxes.

- Evaluate the pros and cons of deferring taxable income, if you expect to be in the same or a lower tax bracket next year.
- Talk to your CPA about increasing your tax deductions.

## 3. Maximize your tax-saving opportunities.

- Consider increasing your retirement savings for the year.
- Find the right type of IRA for you.
- If suitable for your circumstances, consider consolidating your assets.
- Take advantage of an FSA or HSA for health care expenses.

## 4. Protect what matters.

- Review your insurance coverage to help make sure it is adequate for your needs.
- Review your beneficiary designations and make any necessary adjustments due to life changes (i.e., marriage, divorce, birth of child/grandchild, death, etc.).

## 5. Leave a legacy.

- Review your estate plan to help ensure it is aligned with your wishes.
- Think about creating or adding to a tax-advantaged college savings plan.
- Consider developing a plan to complete charitable and family member gifts by year-end.

Taking the time to create, review, or update your investment plan can help you reach your short-term and long-term financial goals.

*Wells Fargo Advisors is not a legal or tax advisor. However, we will be glad to work with you, your accountant, tax advisor, and/or attorney to help you meet your financial goals.*

*Doug Davis is Managing Principal of Davis Investment Strategies, LLC, in Lake Oswego, OR. He has been a guest speaker at the AFCA Convention, the Nike Football "Coach of the Year" Clinic, and at university athletic departments providing investment & retirement education. 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](http://www.davisinvestmentstrategies.com).*

*Email: [doug@davisinvestmentstrategies.com](mailto:doug@davisinvestmentstrategies.com). Phone: 503-534-3690 work / 503-805-2997 cell.*

*This article was written by Wells Fargo Advisors Financial Network and provided courtesy of Doug Davis, Managing Principal, in Lake Oswego, OR at 503-534-3690. **Investments in securities and insurance products are: NOT FDIC-INSURED/NOT BANK-GUARANTEED/MAY LOSE VALUE.** 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. WFAFN uses the trade name Wells Fargo Advisors. © 2017 Wells Fargo Advisors Financial Network, LLC. All rights reserved. CAR# 0817-02327*

*This article was written by Wells Fargo Advisors Financial Network and provided courtesy of Doug Davis, Managing Principal in Lake Oswego, OR at 503-534-3690.*

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# HOTEL TRAVEL NEEDS

This winter are you planning on attending any major tournaments that will require travel with your team?

As a coach we understand that your number one priority is to get your players prepared for their upcoming games/competition/meet. Taking the time to become an adequate travel agent for your out-of-state tournaments or contests is not something you signed up for.

The team at Pollin Hotels Portland can help you with not only your in-state team travel but out-of-state as well. As members of both the Marriott and Hilton family of hotels our resources allow us to send your information out to hotels in the area you are looking to travel to. No need for spending hours online looking for the hotel closest to the venue or airport. We can forward those leads to our sister hotels on your behalf.

As you budget for your hotel stay remember that the room rate does not include a room tax or in some cases even a sales tax. Also if you are planning on a team meal in the meeting spaces at the hotel keep in mind that most larger hotels charge a service charge in addition to the per person meal price.

Don't be afraid to ask for a complimentary coaches suite or a complimentary upgrade to a suite for the coach. Hotels expect that to be a common request amongst teams.

Hotel contracts can also be tricky with cancellation and room attrition clauses. Giving your hotel close to exact numbers will make a lot less headaches on the coaches part of not having to be on the hook for unused guestrooms.

As a proud sponsor of the OACA we are here to help you with these negotiations and to answer any hotel questions that may come your way during your travel planning.

While planning travel can be stressful remember that these are some of the most memorable times you can create for your team. The bonding and memories that will come from these trips will truly last a lifetime.

So sign up for that out-of-state event today!

Contact a team travel specialist today and let them know you are with OACA.

[sales@pollinhotels.com](mailto:sales@pollinhotels.com)

503-335-2857





# Key Tips to Help Athletes Learn through Video

It's one thing to watch video, but are your players doing it effectively? Check out our tips on how to teach them.

The value of video is undisputed. The best coaches in the country swear by its power not only to scout opponents, but to break down one's own tendencies and uncover insights about your players and where they perform best.

But how do you pass that information along? A coach can have the most advanced video breakdowns around, but if he can't translate what he's learned to his athletes it doesn't do a lick of good.

We're here to help. We talk with great coaches all the time, and through their feedback we've generated some tips to help get through to your players.

## Keep Team Sessions Short

Video sessions longer than 15 or 20 minutes can have diminishing returns. At a certain point, most athletes' eyes glaze over and their mind wanders to other things. You could be providing valuable information, but if your players aren't listening and comprehending, it won't do you any good.

So be strategic with the clips you use to get their attention. Use filters to sift through the stats and find the best teaching moments from your previous games or scout video. Athletes have neither the time nor the attention span to make it through an entire game, so pull out the moments they absolutely need to see.

It's best to schedule video sessions before practice so you can immediately put what you've watched into action. Say your next opponent runs a unique defense - you can show your athletes that video and have them see it in real time against the scout team minutes later. Their chances of retaining what you teach greatly increase.

Ask questions both during and after the video session to make sure the players are paying attention and grasping the concepts you're hitting on.

## Teach Athletes to Watch on Their Own

As much as you'd love to supervise every video session with your athletes, it's simply not possible. You only have a certain amount of time with them each day, so you have to trust them to spend some time with the video on their own.

Entrusting teenagers to get the most out of a video session is tricky, but you can help them. Devote part of a preseason practice to video, showing your athletes what to look for when they're watching. Create playlists of what you want the players to focus on and leave comments or drawings so they know exactly what to look for. In this way, you can still relate valuable information without physically being with them. You can also use the messaging tool to help them remember what to watch.

## Recognize That Everyone is Different

No two players consume video in exactly the same way. Some will dive into the video, aggressively breaking down their own play. Others will view video as a spectator, as if they were watching a college or professional game.

You have to tailor your notes and instructions to fit your players' tendencies. For the obsessive viewers, remind them not to overanalyze what they're seeing. You want to avoid paralysis by analysis. For the more casual observers, leave more notes and really point out the things you want to hammer home.

Follow up with your athletes, asking them questions about what they saw in the video. Showing faith in your athletes to watch on their own will build trust between you both.

For more information visit  
[hudl.com/sports](https://hudl.com/sports)



# Oregon State Credit Union

November 2018

Dear OACA Members:

The highlight of our annual involvement with the OACA Scholarship program is to play a part in making higher education possible for one of the outstanding high school senior recipients who present so well as kin to the OSAA coaching family!

Our selection this year was McMinnville High's Kalina Buhler and her achievements through her time as a Grizzly go well past her 4.0 grade point average, National Honor Society membership and a stellar three-sport career in track and field, swimming and volleyball. Her community involvement and volunteerism exude the leadership and ideals that will make her a solid ambassador for MHS and this scholarship program.

We will follow her future successes with George Fox University track and field as a Communication Arts major with minors in French and International Studies. We only aspire to match the pride of her mother in long-time McMinnville coach Wendy Buhler!

Oregon State Credit Union proudly invested its 2018 scholarship in the future of McMinnville's Kalina Buhler, and thank the OACA for this opportunity again in 2019.

Best of all seasons, athletic and otherwise, to the coaching families of our State,

Mike Corwin  
Asst. Vice President-Public Relations and Business Development  
PO Box 306, Corvallis, Oregon 97339  
541-714-4286 (direct), 541-760-6132 (cell)  
[mcorwin@oregonstatecu.com](mailto:mcorwin@oregonstatecu.com)



*Additional information about 100,000-member+, \$1.2 billion Oregon State Credit Union is available at [oregonstatecu.com](http://oregonstatecu.com) or by calling me at (541) 714-4286.*

Hello Coaches,

Gatorade is happy to announce its new partnership with the OACA. Gatorade offers extremely discounted pricing exclusively for high school teams in our Gatorade Performance Packages ( 70-80% Off! ).



Sports nutrition plays a huge factor in the success of your athletes. You can get **Fuel Bars, Energy Chews, and 20g Whey Protein Bars & Shakes** in the "Create Your Own" package. If you need equipment like **coolers, squeeze bottles, bottle carriers, towels, or cups** the "G-Series Performance Package" is going to be the best value for your team. Please see the following page for details.

**Deadline for ordering kits is Dec. 14<sup>th</sup> and will resume again Jan. 14<sup>th</sup> 2019.**

Want a free Gatorade mini fridge for your office? Reach out to me for more details.

Please don't hesitate to call or email if you have any questions about Gatorade. Thank you and good luck this season!

**Blake Hartsook | Gatorade Athletic Channel**

Market Development Associate – Portland, OR

Cell Phone: 515-770-5258

Email: [blake.hartsook@pepsico.com](mailto:blake.hartsook@pepsico.com)

Web: [www.Gatorade.com](http://www.Gatorade.com)

# THE EQUIPMENT YOU GET FOR THE PERFORMANCE YOU NEED

As a valued Gatorade partner, you're eligible to receive a Gatorade-branded, glass-front beverage cooler to keep Gatorade chilled and readily available for your athletes.

## THE BENEFITS:

- Great tool for fundraising — sell product from the cooler to cover costs or make a profit
- Includes a lock to keep product secure
- Optional base stand for floor usage and extra storage

## HOW IT WORKS:

- You sign the cooler agreement
- You agree to purchase at least \$1,000 of Gatorade product in a year (e.g., 7 orders of \$145)
- Initial purchase must include Gatorade Prime®, Gatorade Recover® and/or straight cases of Gatorade® Thirst Quencher
- Gatorade will provide you with a beverage cooler designed for floor or countertop usage
- Beverage cooler is 22"W x 25"D x 39"H
- Cooler remains owned and serviced by Gatorade
- Chews and bars merchandising attachments also available



**GATORADE**  
THE SPORTS FUEL COMPANY

CONTACT YOUR GATORADE REP TODAY FOR MORE INFORMATION.  
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# GATORADE®

## 2018 HIGH SCHOOL PERFORMANCE PACKAGES



### G SERIES® PERFORMANCE PACKAGE

**\$225**

(Up to \$1,115 retail value)

#### OUR PREMIUM PERFORMANCE PACKAGE

- (6) Cases of Gatorade Prime® Energy Chews  
OR (8) Cases of Gatorade Prime® Fuel Bars (96 servings)
- (2) Cases of Gatorade® Thirst Quencher Powder (yields 168 gallons total)
- (8) Cases of Gatorade Recover® Whey Protein Bars (96 servings)

#### CHOOSE UP TO THREE OF THE BELOW PREMIUMS

- (1) 7 gallon cooler
- (1) 10 gallon cooler
- (1) 60 quart ice chest on wheels
- (10) Gatorade® towels
- (24) Gatorade® contour bottles
- (4) Gatorade® contour bottle carriers
- (1) Case of 7 oz. cups (2,000/case)



### CREATE YOUR OWN G SERIES

**\$145**

(Up to \$840 retail value)

#### CHOOSE TWO OF THE BELOW OPTIONS\*

- OPTION #1 – (10) Cases of Gatorade Prime® Energy Chews (160 servings)
- OPTION #2 – (10) Cases of Gatorade Prime® Fuel Bars (120 servings)
- OPTION #3 – (1) Case of Gatorade® Thirst Quencher Powder  
and (1) Case of 7 oz. cups (yields 84 gallons total)
- OPTION #4 – (10) Cases of Gatorade Recover® Whey Protein Bars (120 servings)

\*Create Your Own G Series must consist of two different options.



### REFUEL & RESTORE

**\$70**

(\$185 retail value)

#### IDEAL TO REPLENISH ANY TEAM'S INVENTORY

- (1) Case of Gatorade® Thirst Quencher Powder (yields 84 gallons total)
- (1) Case of 7 oz. cups (2,000/case) OR (24) Gatorade® contour bottles

Visit us online for additional tools and information.

**GATORADE  
PERFORMANCE  
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PerformancePartner.Gatorade.com



# THANK YOU TO OUR SPONSORS



## PACIFIC OFFICE AUTOMATION

— PROBLEM SOLVED —

The OACA is pleased to announce Pacific Office Automation as a **Gold Sponsor** of our association. Pacific Office Automation is dedicated to the belief that a team of individuals who constantly challenge each other will develop the skills and manpower necessary to solve any problem. Pacific Office Automation is dedicated to supporting local communities with philanthropic efforts to support academics and athletics. They contribute to these communities through sponsorship, volunteer work, fundraisers, and local business outreach. Their generous sponsorship of the OACA will fund our annual awards banquet. Please visit [www.pacificoffice.com](http://www.pacificoffice.com).

**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. Don't miss page 17 for information on their free Teams by MaxPrep app that helps coaches manage their teams.



## hudl

We are excited by our continued partnership with **Hudl, Silver Sponsor** of the OACA and the OACA's Official Video Software Partner. 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. Don't miss their article on page 20 "Key Tips to Help Athletes Learn Through Video."

**Adrenaline Fundraising** as our newest **Silver Sponsor** and the Official Fundraising Partner of the OACA. Their sponsorship provides funds that allow us to continue to offer OACA membership at an affordable rate, as well as

provide an annual \$1,000 scholarship to a high school graduating son or daughter of an OACA member. Adrenaline Fundraising has also chosen to be the primary sponsor of our annual Coach of the Year awards and will be an integral part of our basketball and football clinics.



**Prime Time Sports**, owned by **John McCallum**, is a **Bronze Sponsor** of the OACA and does a great job in management of the Les Schwab Bowl and Les Schwab Invitational. Please see pages 8-9 for information on the 23rd annual Les Schwab Invitational which will take place Dec. 26th through 29th.



# THANK YOU TO OUR SPONSORS



**Sheraton**  
PORTLAND AIRPORT HOTEL

The OACA is pleased to welcome Sheraton as our newest **Bronze Sponsor**. The Sheraton Portland Airport has been operating as the closest hotel to the airport for 45 years. With 215 rooms and 22,500 square feet of meeting space it is the perfect location for teams traveling in/out of PDX. The Sheraton can also host large conventions or team banquets with their exceptional culinary and banquet teams. The Sheraton works in conjunction with the Aloft and Hampton at the Portland Airport to offer even more options when using the Portland Airport area as your home base for team events and travel. Please see their article on team travel on page 19.



**BSN Sports** and **Nike** 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 sponsorship of our Nike/OACA Football and Basketball Clinics.



We are proud to have **Oregon State Credit Union** as a 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. To learn more, please visit **oregonstatecu.com** or call Mike Corwin at (541) 714-4286. Don't miss Mike's letter on page 21.



We are excited by our new partnership with Gatorade. Gatorade offers subsidized kit packages exclusively for high school athletics—up to 80% off the retail price. They also offer free mini fridges and sports nutrition messages for athletes that come with free product and equipment for qualifying high schools. For more information, please refer to pages 22-23.

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



## 2018-19 OACA EXECUTIVE BOARD

President: Chris Roche, Wilsonville HS  
President Elect/Secretary: Aimee Esplin, Adrian HS  
Vice President: Tony Smith, St. Paul HS  
Past President: Shawn Stanley, West Salem HS

### **Members At Large:**

1A - Janin McGrath, Country Christian  
2A - Greg Grant, Heppner HS  
3A - Josh Grotting, Sutherlin HS  
4A - Levi Webber, Philomath HS  
5A - Jaime Rivera, Hood River Valley HS  
6A - Marshall Cho, Lake Oswego HS

Assistant Coach Rep - Bill Masei, Dallas HS  
Women's Leadership Rep - Ronda McKenzie, Westview HS  
OSAA Liaison - John Beck, Crater HS  
OADA Liaison - Kyle Cowan, Portland Christian  
OAOA Liaison - Jack Folliard/Debi Hanson  
Past OACA Executive Director, OACA Advisory/Nike Clinic - Marv Heater  
Past President/Football Clinic/ Les Schwab Bowl Team Advisor - Larry Knudsen

### **Staff:**

Rob Younger, Executive Director  
Chris Knudsen, Associate 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](http://www.oregoncoach.org)



## OACA MISSION STATEMENT

**The OACA is committed to serve its members by promoting:**

- Education through athletics and coaching, which will enhance a positive experience for coaches and athletes.
- Coaching Profession certification.
- Enhancement and support of the Coaching Profession.
- Current and pertinent information regarding the Coaching Profession.
- Affordable liability insurance to coaches.
- Recognition of outstanding individuals in coaching and athletics.
- Representation of Oregon coaches at the local, state and national levels.



### OREGON ATHLETIC COACHES ASSOCIATION

222 First Avenue West, Suite 220, Albany, OR 97321

Phone: 541-928-2700

Email: [oacarob@gmail.com](mailto:oacarob@gmail.com) Website: [www.oregoncoach.org](http://www.oregoncoach.org)



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