

OACA Newsletter

FALL/WINTER 2019



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DIRECTOR'S CORNER

Rob Younger, OACA Executive Director



We have had a great start to our 85th year of serving the coaches in our state. 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.

As I reflect back on my forty-five years in the coaching profession, I realize how truly blessed I have been to be associated with and influenced by so many outstanding individuals; coaches, student/athletes, support staff, officials and yes even parents. The OACA family has lost a deeply respected, admired friend & leader. Coach Marv Heater passed away on Nov. 30th at age 90. Marv served as our Executive Director from 1987-2010. Founded in the 1935-36 school year, the OACA was led by active coaches until the hiring of Marv as Executive Director in 1987. Ron Pheister, longtime coach and athletic director in the Portland area, was a vital leader for many years prior to Coach Heater. The initial OACA office was in Marv's basement until we rented our first office space in Salem in 1989 prior to moving to our present location in Albany in 2013. Under Marv's leadership, OACA membership greatly increased and the benefits that our thousands of Oregon coaches receive have vastly improved. The positive impact our association has at the state and national levels are due directly to Marv's leadership. He helped grow our annual Awards Banquet honoring Oregon high school coaches and their families from 50 in 1986 to the present number of over 350. He initiated our Membership Student Scholarship program that has awarded over \$240,000 to scholarship recipients. Marv was a great role model and mentor for all of us fortunate enough to have him as part of our lives. He is truly one of the most caring, sincere and genuine individuals that I have ever known.

I treasure the screen saver picture of Dave Johnson, Marv and myself that has been on my office computer since joining the OACA leadership team in 2010. Coach Marv Heater, a "Coach" who positively impacted all of us who had the pleasure of knowing him.



Following is a write up from an award that Marv recently received and a tribute from Dave Johnson who had him as his high school football coach and later worked with Marv on the OACA leadership team.

Few people who participate in athletics become so iconic that they are revered by virtually all who come in contact with them. Marv Heater is just such a person. Marv Heater is a graduate of Newberg High School where he was an all-conference guard on the football team. He attended Oregon State for his freshman year before transferring to Linfield College in McMinnville where he became an All-Northwest Conference offensive and defensive tackle.

"Coach Heater" began a new phase of his athletic career as a graduate assistant at Linfield before becoming an assistant football coach at Central High in Independence, then head football and track coach at Drain, and finally back to Central as head football, wrestling, and track coach in 1956. During his five year run at Central, Coach Heater won three conference titles. In 1960 the Panthers won the state football championship.

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In 1961 he began an eleven year stint as a PE teacher and head football coach at South Salem High School where his teams won or shared Valley League championships five times. His '66 team lost to Hillsboro High in the championship game and his '71 team won South Salem's second state championship. Twelve of Coach Heater's Saxon players earned Division I scholarships with Jeff Hart, Bob Horn, Craig Hanneman, and Greg Specht going on to play professionally.

In 1972 Heater moved into administration as athletic director at Sprague High School for two years before returning for five years as an assistant principal at South Salem. In '79 he became the first principal at McKay High School, retiring in 1986. With still more to offer, Coach Heater became the Executive Director of the Oregon High School Coaches Association in 1987 and served until his retirement in 2010. Coach Heater, together with his '66 and '71 football teams, has been inducted into the South Salem HS Hall of Fame.

Coach Heater was married to his wife Jeanne for 67 years. They have four children – Jan, Pam, Ann, and Brian. All graduated from South Salem. Brian was a member of the Saxon football program.

“Coach Heater is one of a kind. He has influenced my life more than any other adult. His professionalism, integrity, and kindness makes him special to many. I love that man. Marv is known for his kindness, integrity, professionalism and as a great leader. His outstanding career in coaching, school administration, OACA Executive Director and a leader in his community and the state were special.

I was fortunate to play football for Marv as he was my Head Football coach at South Salem High School. He was a legendary football coach at Central and South Salem High. His players loved him for his passion for the great game of high school football. We reunited after I retired from education at South Salem in 1998 and joined him as his assistant for the OACA. We worked together for over 12 years before he retired as Executive Director.

Marv and wife Jeanne were a big part of the Saxon community as their four children also graduated from South Salem. Jeanne would make cookies for his teams as their children were involved in many of their school activities. Their son Brian was an outstanding football lineman for me years later when I returned to the Saxons as the Head Football coach and got a chance to pay it forward.

I loved Marv and he knew it as I had another chance to tell him the week before he passed away. Men like Marv do not come along very often, so this is the time to reflect and be thankful for knowing this kind man.”

RIP Coach Heater, God Bless

Dave Johnson





DIRECTOR'S CORNER

Chris Knudsen, OACA Associate Director

Congratulations to all the Fall Sports Coaches. It was a great season with a lot of excitement, great competition and a lot of excellent sportsmanship being displayed!!! Regardless if you were champions or struggled to win many games, the life lessons learned by the players and the impact by the coaches will endure for a lifetime. So, each of you is to be congratulated!! Especially for the great sportsmanship that is being emphasized. This year officials turned in 196 nominations of great sportsmanship being displayed. That is up from 86 last Fall and encompassed 106 schools!! Great job!!!

As coaches, we need to promote more participation by athletes at the high school level. Coaches of every sport should be encouraging their athletes to play multiple sports. Last year's NFL draft included 29 of the 32 1st round picks being multiple sport athletes in high school. This percentage is common every year, which just goes to show that developing as an athlete in high school, rather than specializing, can take you further. Also, many D-1 coaches only like to recruit players that play multiple sports vs. an athlete that specializes in just one sport. So, please help your school, your athletic program and your athletes by encouraging them to play other sports. And, please read the attached article by our Sports Medical Advisory Committee (SMAC) that has done plenty of research on this important issue.

I would like to remind every head coach and assistant coach of every sport at every level, 1A-6A.... you have a voice. If you have a proposal or issue in your sport, contact your sports chairperson. They are listed on our website at www.oregoncoach.org/contact-us/our-team/. They will bring your concerns/proposals to the OACA Executive Board, which will start a process for change. We will get several every year. Some, through the chain of command, get passed. Others don't make it, but it certainly won't happen unless you try!!!

The OACA is dedicated to helping each coach in the state of Oregon. Every year there will be a few cases of a coach being charged with an offense. As a member, you have a \$2 Million liability insurance as well as various other benefits. But the liability insurance is HUGE for those that will need it. Please encourage your fellow coaches to join our association if they haven't. We want to make sure everyone is protected when they need the help. Please visit www.oregoncoach.org/member-info/ for information regarding how to join and all the benefits you receive for being a member.

It is definitely a great period of time in Oregon high school athletics. Across the college landscape, we have alumni playing significant roles, we have professional players in all sports, the number of injuries is going down and the level of competition continues to thrive. That is a direct reflection on the great coaching that is going on across the state. Keep fighting the good fight, finish the race, keep the faith and make it awesome!!! You are appreciated.

Chris

NFHS SPORTS MEDICINE ADVISORY COMMITTEE

SPORT SPECIALIZATION POSITION STATEMENT

Condensed Version edited by Michael C. Koester, MD

In recent years, we have seen a trend toward intense sport-specialized training (sport specialization) among high school athletes. This increased focus on sport specialization is evident through the proliferation of non-school affiliated "club" sport leagues and the use of personal coaches and private instructors, as well as expanding opportunities for state, regional, and national tournament showcase participation.

What is sport specialization?

Sport specialization is defined as intense, high-volume (hours per week or months per year) training and participation in a particular sport at the expense of an equal focus on other sports. Frequently, the athlete practices and competes in a school-affiliated sport while also practicing and competing in their "specialized" sport in a club (non-school) setting or while receiving personalized coaching.

While single sport participation can be considered a type of sport specialization, more often, high school athletes who specialize often participate in multiple sports throughout the year. However, despite multisport participation, these athletes focus more intensely on a single sport.

Characteristics of the Different Levels of Sport Specialization in High School Athletes

Specialization Level	Characteristics
Low	<ul style="list-style-type: none">Does not have one sport they consider their primary sport (more important than other sports)Chooses to participate, train, and compete in multiple sports equally throughout the year.Does not participate in club (non-high school) sports while simultaneously playing on a high school team.
Moderate	<ul style="list-style-type: none">Participates in a single sport or identifies a primary sport (though they may participate in multiple sports) that they consider more important than other sports.Chooses to train and compete more frequently (through club participation and/or personal coaching) for this sport compared to their other sports.
High	<p>In addition to identifying a primary sport, these athletes may do two or more of the following:</p> <ol style="list-style-type: none">Quit other sports to participate in their primary sportPlay their sport for more than 8 months per yearMiss time from family and friends to play their sportTravel to out of state competitionsPlay or train for sports (in a club setting) at the same time they are competing in a high school sport season.

Rationale for specialization

The rationale for sport specialization varies by participant. **In general, athletes (and/or their parents/guardians) believe that specializing in a single sport will help the athlete achieve an "elite" status, gaining a skills to earn a spot on their high school team, earn a college scholarship, or even be given an opportunity to play at the professional level.** Despite the widespread belief in these theories regarding the benefits of specialization, there is no supportive evidence. In fact, multisport participation actually has been shown to result in better long term performance and achievement beyond high school. Additionally, participation in multiple sports in high school is associated with better fitness as an adult.

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Adverse effects of sport specialization

Studies have shown that **sport specialization increases the likelihood of elevated levels of stress and the risk of athletic burn out**. Also, the **repetitive nature of year-round sport specific training and competition significantly increases the risk of injury** (particularly overuse injury).

Specialization and Injuries

- High school athletes who are **Moderately** specialized have a **50% increased risk** of an injury compared to Low Specialized athletes.
- High school athletes who are **Highly** specialized have a **85% increased risk** of an injury compared to Low Specialized athletes.

Recommendations

The NFHS SMAC recognizes that sport specialization is a growing concern that should be addressed. Specifically the NFHS SMAC recommends that coaches and athletic administrators actively educate interscholastic athletes, parents/guardians and coaches that sport specialization:

1. Increases the risk for over training and athlete burn out.
2. Is not associated with athletic success beyond high school, i.e. at the collegiate or professional level.
3. Is strongly correlated with an increased risk of injury in each sport the athlete participates in, regardless of their specialization in a single sport.

Specific safe sport recommendations exist for the safety of the athlete:

1. **The athlete should not participate in a single sport for the hours per week beyond their age.**
(Example: 14 yr. old should be limited to ≤ 14 hours per week of a single sport participation, 15 yr. old < 15 hrs. per week of a single sport participation, 16 yr. old < 16 hours of single sport participation per week, etc.)
2. The athlete **should not participate in a single sport more than 8 months per year.**
3. The athlete **should not participate in simultaneous sport teams/leagues.**

The NFHS SMAC strongly endorses that the coaches within a secondary school setting advocate for their athletes to participate in multiple sports. Furthermore, the NFHS SMAC stresses that parents/guardians and coaches should avoid the temptation of encouraging early sports specialization in the false hope of achieving success at the high school varsity level and beyond.

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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 recognized 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 OACA selects and contacts 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 is Sectional Coach of the Year. The NFHS is divided into eight geographical sections. They are: 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 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 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 2019 Oregon NFHS “Coach of the Year” Award nominees:

Football:	Steve Coury, Lake Oswego HS
Boys Track & Field:	Terrel Smith, Sherwood HS
Boys Basketball:	Chad Reeves, David Douglas HS
Baseball:	Jay Campbell, Crater HS
Boys Soccer:	Leroy Sanchez, Woodburn HS
Wrestling:	Mike Simons, Thurston HS
Boys Cross Country:	Bobbie Steninger, Lakeview HS
Boys Tennis:	Dave Brown, Newberg HS
Boys Golf:	Brad Harvey, Beaverton HS
Boys Swimming & Diving:	Gus Arzner, Lebanon HS
Girls Track & Field:	Chris Johnson, Siuslaw HS
Girls Basketball:	Steve Naylor, Tigard HS
Volleyball:	Shari Pimental, Marist Catholic HS
Girls Soccer:	Steve Fennah, Jesuit HS
Softball:	Sandy Fisher, Ridgeview HS
Girls Cross Country:	Rebecca Martin, Westview HS
Girls Tennis:	Bryan Lurie, Sunset HS
Girls Golf:	Kevin Klabunde, St. Mary’s School
Spirit:	Courtney Marstall, South Albany HS



All of Oregon’s NFHS Coach of the Year Award Winners will be honored on May 30th, 2020 at the annual OACA Awards Banquet.



OSAA UPDATE

from Peter Weber
OSAA Executive Director



The Oregon School Activities Association (OSAA), along with the Oregon Athletic Coaches Association (OACA), the Oregon Athletic Directors Association (OADA) and the Oregon Athletic Trainers' Society (OATS) are partnering again this year to provide resources to school personnel on a specific topic related to enhancing the well-being of students and school communities.

Our campaigns the past three years have focused on preventing youth suicides, anti-hazing and emergency action plans. While we are still developing additional resources related to those topics that we will share in the coming months, this year we are partnering to raise awareness regarding our collaborative efforts, in conjunction with leading education groups in the state such as ODE, COSA, OSBA, OASC and others, to positively impact equity and civil rights in school-sponsored activities.

We will be sending out articles every other month updating schools on our efforts and providing resources/best practices to schools and communities in this area. We ask that you forward these to all appropriate individuals at your school.

Please follow this link www.osaa.org/equity to access our first article titled ***Delineating Expectations, Raising Awareness, and Holding Schools Accountable*** and other resources related to these efforts. The body of the article is also included in the following pages for your convenience.

Thanks for everything you do to ensure our students, parents, families, and communities feel safe and welcome at school-sponsored events.



ARTICLE #1

DELINEATING EXPECTATIONS, RAISING AWARENESS, AND HOLDING SCHOOLS ACCOUNTABLE

Many of you are aware of HB 3409 that took effect September 1. This legislation prohibits school districts from being a member of or paying fees to an interscholastic organization (i.e., the Oregon School Activities Association) unless the organization implements policies that address the use of derogatory or inappropriate behavior that occurs at events; maintains a complaint process; develops a system of sanctions against schools, students, coaches, and spectators for verified complaints; and performs an annual survey of students and parents.

The leading education groups in the state are collaborating on this work and we remain focused on ensuring our students, parents, families, and communities feel safe and welcome at school-sponsored events. Collaboration across organizations is key to ensuring holistic consideration of, and planning for, all necessary actions, including policy and practice.

Together, we need to assess concerns as they arise and be prepared to respond when an incident occurs. The message that has been developed by the collaborative group is that equity and civil rights violations will not be tolerated in any form within the education system (in or out of school). This is especially true for our communities of color, tribal communities, and those who identify as LGBTQ+, who are most often the target of racism, discrimination, and bullying/intimidation. The OSAA has recently taken a number of steps to positively impact this work and the increased awareness and response from member schools has been outstanding.

Delineate Expectations

- Policy Changes by OSAA Executive Board
 - * The Board made changes to Rule 3 – Contests – Sportsmanship – Crowd Control to strengthen policy around Sportsmanship Responsibility, Spectator Conduct, a Complaint Process, and Sportsmanship Violations/Penalties at their Summer Workshop in July.
- Fall Administrator Workshops
 - * OSAA Staff spent a significant portion of this year's required August workshops setting the tone for the school year with how we got to this point in our state, HB 3409 specifically, and resulting OSAA policy changes.
- Email to Superintendents, Principals, ADs
 - * Peter Weber, OSAA Executive Director, emailed all member school Superintendents, Principals, and ADs as practices began in August regarding our focus on this work, including a new section on the OSAA website devoted to support and equity resources.
- Athletic/Activity Codes of Conduct Guidance
 - * Collaborated with ODE to share their Guidance on Discriminatory Harassment and Bullying in Student Activities and Athletics at the required August workshops. This is recommended language for schools to adopt and add to their Activities/Athletics Code of Conduct for students, including aligning consequences for Alcohol and/or Drug offenses for violations.

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Delineate Expectations *(continued)*

- Procedures for Fall Sports Officials
 - * At OSAA Commissioners Rules Clinics in August, and again in September via email to all registered Fall Sports Officials, the OSAA outlined the proper procedures for officials to follow in the event they become aware of derogatory and/or offensive language being used in a contest. Officials shall request that coaches address their teams at the time of notification to ensure that all participants understand the OSAA's zero-tolerance expectation, including derogatory and offensive terms used in conversation between members of the same team.
- Title IX/Discriminatory Harassment Webinar
 - * OSAA Staff, along with an ODE Civil Rights Specialist, hosted a webinar for member schools in late September reviewing Title IX and Athletics with an emphasis on Discriminatory Harassment.

Raise Awareness

- New Support & Equity section on www.osaa.org/equity
 - * Areas in this new section include Anti-Discrimination Resources, Title IX Information, OSAA Forms & Policies, Event Toolkits, and Sportsmanship. Resources have been continuously added since August to assist schools in their efforts.
- Required Pre-Contest PA Announcements
 - * Consistent messaging across the state is critical in this effort and this required pre-contest announcement, sent out to schools in August, helps achieve that goal. Some schools have worked with local radio stations to record students reading the announcement, while others have used their video boards for a more visual message to increase awareness of expectations.
- Sportsmanship Statement on Rosters
 - * In late August, the OSAA added a sportsmanship statement to the bottom of all team and contest rosters available through the OSAA website and in state championship digital programs.
- Custom Sportsmanship Flyers
 - * Borrowing a concept from Stayton HS, the OSAA created custom sportsmanship flyers in October that are downloadable via the website for each school in every activity. The flyers include the school's logo and colors as part of reminders for how to support your athletes and coaches while staying off the officials and respecting your opponents.
- Presentations at COSA Conferences
 - * OSAA Staff, along with our education partners around the state, have presented this collaborative work at conferences nearly every month since June, including the COSA Conference in Seaside, COSA Assistant Principals Conference in August, COSA Equity Summit in September, COSA Secondary Principals Conference in October and the OSBA Convention in November. We are slated to present at the COSA Law Conference this December as well.

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Raise Awareness *(continued)*

- Coaches Symposium Professional Development
 - * The 2nd Annual Coaches Symposium, held in August, featured a variety of topics that relate to this work. Nearly 200 coaches from around the state attended a day of presentations organized by the Oregon Athletic Coaches Association (OACA) and OSAA. Elliot Hopkins, NFHS Director of Sports, Sanctioning and Student Services, delivered the opening keynote address on Equity, Diversity and Inclusion: All of Us Together.
- OSAA Equity & Diversity Advisory Committee
 - * In October, the Delegate Assembly ratified a change to the OSAA's Constitution adding a new Equity & Diversity Advisory Committee as a standing committee of the Association. The committee shall serve in an advisory capacity focusing on ways to engage and meet the needs of our member schools, students, and communities, particularly those from historically underrepresented populations, while applying an equity lens in all aspects of the Association's work.

Hold Schools Accountable

- Discriminatory Harassment Complaint Form
 - * Per HB 3409, the OSAA has added a complaint form to the new Support & Equity section of the website. OSAA Staff reviews all complaints filed and contacts the involved schools to determine what took place and actions that schools have taken to address issues/concerns. Upon a ruling by the Executive Director or the Executive Board, a school may be subject to penalties, including probation, mandatory appearance before the Board, required plan of action, forfeitures, fines, lack of institutional control penalties, suspension of membership, or expulsion from the Association.

Future articles will outline the next steps in our collaborative effort, including an emphasis on marketing and communication of our efforts in order to spread the word and garner more resources/supports from corporate partners, ways to provide access to training for school and event personnel, and adding a student voice to the work ahead of us.

We thank you for your continued support and efforts in keeping Oregon high school activities a positive and encouraging environment for all.

Feedback/Questions

We welcome feedback and questions about this campaign and our collaborative efforts. Do you have examples that have proven effective at your school that we can share with other schools? Do you have specific challenges that you need help with? Please contact the OSAA office at (503) 682-6722.

Resources

[House Bill 3409 \(effective September 1, 2019\)](#)

[OSAA Rule 3 – Contests – Sportsmanship – Crowd Control](#)

[Guidance on Discriminatory Harassment and Bullying in Student Activities and Athletics](#)

[Title IX Webinars and Resources](#)

[OSAA Required Pre-Contest Public Address Announcement and Sportsmanship Reads](#)

[Custom Sportsmanship Flyers on OSAA Website](#)

[OSAA Equity & Diversity Advisory Committee](#)

OREGON WOMEN SPORTS LEADERSHIP NETWORK

The Oregon Women Sports Leadership Network (OWSLN) is excited to announce their 2020 Workshop on February 1st at Westside Christian High School. This workshop is a great way for coaches and administrators who work directly with young women in athletics to network and discuss relevant topics. Additionally, it is intended to encourage women to become involved in athletics beyond teaching and coaching.

The issues covered at the OWSLN Workshop are designed to go beyond the X's and O's. The sessions address topics that affect the entire athlete; from mental health to physical health. They are also designed to develop our coaching professionals to grow and progress their own skills in coaching. In years passed topics have included nutrition, ACL injury prevention, how to talk to parents, social media, and college recruiting.

Join us this year as we cover Suicide Prevention, Coaching for Character, and Technology in Coaching. The cost of the workshop is \$20 which covers your registration fee, continental breakfast, and lunch. Registrations received by January 24th will also be added to list for the Nike Employee store directly following the workshop.



2020 WORKSHOP

WHEN

February 1st
9am - 1pm

WHERE

Westside Christian High School
8200 SW Pfaffle St, Tigard, OR 97223

ONLINE REGISTRATION
[Click Here](#)

This workshop, presented by the Oregon Women Sports Leadership Network, is an opportunity for women involved in athletics to connect. Additionally, it is intended to encourage women to become involved in athletics beyond teaching and coaching.

WORKSHOP FEE \$20
COST COVERS REGISTRATION
FEE, CONTINENTAL BREAKFAST,
AND LUNCH.

AGENDA:

8:30 - 9 am

Check-In & Breakfast

9 - 9:15 am

Opening Remarks

9:15 - 10 am - Session 1

Suicide Prevention

10:05 - 10:50 am - Session 2

Coaching for Character

10:50 - 11:05 am - Break

11:05 - noon - Session 3

Technology in Coaching

Noon - 1 pm - Lunch

1 pm - Shopping

Nike Employee Store



NIKE SHOPPING

Visit to the Nike Employee
Store for those registered by
Friday, Jan. 24th.

WHO? OACA, OADA, OSAA & OATS
WHAT? COACHES vs. CANCER
WHEN? JANUARY/FEBRUARY 2020



The Coaches vs. Cancer program is a statewide collaboration between the Oregon Athletic Coaches Association (OACA), Oregon Athletic Directors Association (OADA), Oregon School Activities Association (OSAA), and Oregon Athletic Trainers Society (OATS) 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 & OATS 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 **EIGHT DAYS** of entertaining basketball games and fun for the entire family. This year marks **The 24th 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 second year of “The Eight”, a separate 3-day tournament held the week after the LSI. The Eight (January 2-4) 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 – 30th** at Liberty High School. Since the event’s inception in 1996, *over \$1.5 million has been raised for Oregon schools.*

Headlining the list of teams in The Eight is **Pacifica Christian High School** (Newport Beach, CA) and **Mount Spokane High School** (Mead, WA). Pacifica Christian features senior forward **Judah Brown (6’8)** who has committed to Saint Mary’s College and is considered one of the more intriguing NBA prospects in the state of California. The two west coast programs will battle the reigning 2A and 3A Oregon State Champions in **Western Christian (2A)** and **De La Salle (3A)** as well as 6A playoff returnees **Sandy, Sherwood, Sunset & Tigard** for a chance to win The Eight Championship.

The Les Schwab Invitational 16 Team Event Presented by Express Employment Professionals will feature three national powers who are making repeat appearances in the LSI and on making their LSI debut. **Bishop Gorman** (Las Vegas, NV) returns for the third time (2010, 2013) and will look to bring home their first LSI Championship. The Gaels will be led by a very talented roster with up to seven division 1 players highlighted by their backcourt duo of Top 50 junior **Zaon Collins (6’1)** and Stanford commit **Noah Taitz (6’3)**. Also returning for their third trip (2001, 2017) and first LSI Championship is **Mater Dei** (Santa Ana, CA). The Monarchs are led by future Kentucky Wildcat Guard **Devin Askew (6’3)** and coached by **Gary McKnight** who is in his 38th season, having amassed over 1,000 career wins. **Eastside Catholic** (Seattle, WA) will make the trip down the I-5 corridor returning to the LSI after capturing the inaugural LSI Eight Championship last December. The Crusaders are led by the dynamic junior backcourt of **Nolan Hickman (6’1)** and **Shane Nowell (6’5)**, who both have Washington and Washington State scholarship offers. In the front court, Eastside Catholic features punishing junior forward **J.T. Tuimoloua (6’5)**, who is the #1 football recruit in the country with offers from Alabama, Oregon and USC, among others. Making their LSI debut is **Norcross** (Atlanta, GA), who has a strong pedigree of NBA and high-level college players, and features **J.T. Thor (6’8)**, ranked the #38 player in the senior class.

Headlining the list of Oregon teams is **Jefferson High School**, the defending 6A runners up, who return two front court starters - in Washington State University commit **Nathan Rawlins-Kibonge (6’7)** and **Kamron Robinson (6’8)**. The Democrats will also welcome in **Marquis “Mookie” Cook (6’6)**, regarded as a top 25 player nationally in the freshmen class.

Ten other Oregon schools and one Southwest Washington School (League and State Classification) round out the 2019 field. **Barlow** (Mt. Hood Conference – 6A), **Battle Ground** (Greater St. Helens – 4A), **Central Catholic** (Mt. Hood Conference – 6A), **Churchill** (Midwestern League – 5A), **Clackamas** (Mt. Hood Conference – 6A), **Crater** (Midwestern League – 5A), **Grant** (Portland Interscholastic League – 6A), **Jesuit** (Metro League – 6A), **Lake Oswego** (Three Rivers League – 6A), **West Linn** (Three Rivers League – 6A) & **Wilsonville** (Northwest Oregon Conference – 5A).



www.facebook.com/LesSchwabInvitational



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

Fans are encouraged to visit 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.



OREGONLIVE
The Oregonian

YEARS OF SERVICE

We will be honoring those coaches who have reached their 25th, 30th, 35th, 40th, 45th, 50th, 55th or 60th year coaching at our Annual Awards Banquet in May. We need to hear from you if you fall into one of these categories. Please check for your name at www.oregoncoach.org under **Awards**. If you have reached one of these milestone years and your name is not on the list, please email us at: melissa@oregoncoach.org. We receive this information from the membership application/renewal form submitted each year.

SCHOLARSHIP INFORMATION

The OACA will award eight \$1,000 scholarships to high school graduating sons and daughters of OACA members this year. We greatly appreciate the following OACA sponsors who generously fund these scholarships: **Pacific Office Automation, Adrenaline Fundraising, BSN Sports/Nike, Hudl, MaxPreps, Oregon State Credit Union, and Sheraton/Pollin Hotels.**

Completed scholarship applications, including a copy of the student's transcript and two letters of recommendation, are due April 1, 2020. Scholarship applications will be reviewed by the OACA Executive Board, who will evaluate applications in the areas of academics, athletic participation and honors, extracurricular activities, and community service. Online applications can be found at www.oregoncoach.org under **Scholarships**. If you have any questions, please call the office at 541-928-2700 or email: melissa@oregoncoach.org.

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

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

Deadline: April 1, 2020

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 - [ocacarb@gmail.com](mailto:ocacarb@gmail.com)



## ***Oregon Athletic Directors Association***

[www.oadaonline.org](http://www.oadaonline.org)

What an exciting Fall to be an Oregonian and someone who loves administrating, coaching, officiating, participating in or watching athletic competitions. The regular high school sport seasons have concluded and the much-anticipated state championships are almost complete.

As is usual during the year there are a number of key athletic issues being proposed, discussed and decided at the state level. It is the opportunity for all coaches of our 290 schools, representing six classifications, to stand up and be heard during these discussions. Even though unanimity is rarely achieved on a decision, being a part of the process affords coaches from the smallest to the largest school to have a voice and express their opinion on important issues facing the OSAA and our member schools. Please read, connect with others and be knowledgeable about the issues and initiatives being discussed. Then, share your opinion with your athletic director throughout the process to the final decision.

The OADA Executive Board is hard at work planning another outstanding state conference next April in Sunriver. ADs from all member schools will gather to take classes and attend workshops. Many ADs will also connect with other schools to discuss and potentially finalize sport schedules.

The OADA Hall of Fame Committee, lead by Bill Bowers, has selected the 11<sup>th</sup> class into the OADA Hall of Fame. Inductees include Craig Rothenberger of Junction City HS, Kris Welch, formerly of Century HS, currently at OSAA and Mike Henderson, formerly of Wilsonville HS. We are very excited to celebrate the induction of these special athletic administrators during the annual Conference Banquet Monday evening, April 20 in Sunriver. Special thanks to the committee for their time and effort: Bill Bowers, Boyd Bjorkquist, Marianne Mills, Terry Hanson, Cindy Simmons, Mike Maghan, Margaret Sturza and Rob Holstrom.

On a sad note, our former Co-Executive Director, Terry Hanson, recently lost his battle with cancer. Terry coached many sports and retired from Barlow HS in 2013. He is a member of the OADA Hall of Fame Class of 2015 and was a valued administrator to many across Oregon. Please keep Terry's family in your thoughts and prayers.

Coaches, remember that the two most important words in the English language are 'coach says...' Please know that you are making a positive difference in the lives of many student-athletes. You may be the one person that keeps kids coming to school. Congratulations to all of you for making the commitment to become a coach. We appreciate you!

As we approach the holiday season please celebrate and enjoy valuable time with family and friends!

Dave Hood, CAA  
OADA Executive Director





OREGON ATHLETIC  
OFFICIALS ASSOCIATION

*One Rule - One Interpretation - One Mechanic*

## ***Recruiting New Officials***

**from Jack Folliard, Executive Director, OAOA**

Recruiting – we continue to find ways to recruit new officials to help with the shortage. Coaches can help by inviting an official(s) to your team's year end banquet or meeting. We can briefly explain what officiating is all about including the money your athletes can make – which, depending on the sport, can be as much as \$100-200 a week! A great way to continue in their sport after playing days are over. And, the OSAA has a program allowing under 18-year olds to also officiate! Just contact your local commissioner for arrangements.



## ***Fall Sport Update***

**from Debi Hanson, Associate Executive Director, OAOA**

We've just finished the volleyball and soccer seasons and are on the last championship rounds for football as basketball and wrestling are gearing up. It is with great pleasure we announced our fall "Official of the Year" at the various championship sites.

Volleyball – Gail Dubisar, Central Oregon Volleyball Officials Association  
Soccer – Gibby Reynolds – Mid-Valley Soccer Referee Association  
Football – Dave Robbins – Portland Football Officials Association



The OSAA Sportsmanship Committee, which I'm also privileged to serve on, has announced their 2019 Fall Sportsmanship Awards. There were so many great choices from the official's nominations that we also had to give a "shout-out" to a few additional teams in some of the sports.

**Football – Cleveland High School**  
*Honorable Mention – Wilsonville High School*  
**Boy's Soccer – Cottage Grove High School**  
**Girl's Soccer – Pleasant Hill High School**  
*Honorable Mention – Central High School*  
**Volleyball – Milwaukie High School**  
*Honorable Mention – Clackamas, Oregon City, & Hidden Valley High Schools*

Congratulations to the above award winners, those who received honorable mentions and to the 80+ schools that received nominations. We appreciate the work your schools are doing to educate your students, coaches, and fans in the area of better sportsmanship.

Last, I want to take a personal moment and thank the OSAA for honoring all volleyball officials at the state tournaments this past November. It was a special moment for officials to be recognized publicly for the hard work they put in during the season and it meant a lot to those who were working the final sites.

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).





# CONCUSSION RESOURCES

By: Sam Johnson

Oregon Athletic Trainers Association



Concussions continue to be an important topic for coaches. We wanted to briefly answer some common questions and provide some resources that are available to help guide managing concussions. Most of these resources are available on the OSAA website. <http://www.osaa.org/health-safety>

## Oregon's Youth Concussion Laws (Max's and Jenna's Laws)

**After an athlete suffers a concussion, what does the law require to be done before the athlete can return to sports participation?**

Oregon law requires the:

1. The athlete no longer exhibits signs, symptoms, or behaviors consistent with a concussion,
- AND**
2. Receives a medical release from a "qualified" health care professional.

**Who is considered a "qualified" health care professional?**

A physician (M.D. or D.O.), physician assistant, nurse practitioner, or psychologist licensed or certified in Oregon can provide a medical release.

Beginning July 1, 2020, the list of qualified health care professionals will expand to include chiropractic physicians, naturopathic physicians, physical therapists, and occupational therapists licensed in Oregon **AFTER** those professionals complete a concussion education course offered through OHSU.

**Can an athlete with a suspected concussion return to participation on the day of the injury?**

Any athlete suspected of a concussion must be removed from play immediately and cannot return to play until receiving a release from a medical profession no sooner than the following day, with one exception. If an athletic trainer or physician licensed or registered in Oregon determines that the athlete has **not** suffered a concussion the athlete may return to play.

## Return to Play Criteria

**How quickly can the athlete return to play following a concussion?**

Current recommendations are that the athlete complete a gradual return to participation protocol. This is a 6-step process with each step increasing exertional demands on the athlete.

**Where can I learn the specifics of the 6-step return to participation process?**

The 6-step process is included as part of the OSAA Return to Participation Form. <http://www.osaa.org/docs/forms/Concussion-ReturntoParticipation.pdf>

We have also created a video to help guide schools and coaches through the 6-step process with example activities for each step. <https://www.youtube.com/watch?v=ogMaJoAyQi0&feature=youtu.be>

**I have questions regarding a student's ImPACT test. What can I do?**

The OSAA Foundation has provided support for a network of physician and athletic trainers across Oregon that are trained and available to assist you with interpretation of ImPACT tests and concussion management. <http://www.osaafoundation.org/impact/>

## Return to Learn

**Where can I find resources regarding returning the athlete to classroom?**

The OSAA has form with information on return to learn including a release form to be completed by the student's health care provider. <http://www.osaa.org/docs/forms/Concussion-ReturntoLearn.pdf>

Additionally, the University of Oregon's Center on Brain Injury Research and Training (CBIRT) has many resources available returning the student to school activities following a head injury. <https://cbirt.org/back-school>



# UNIFIED SPORTS® PROGRAMS CONTINUE TO GROW IN OREGON HIGH SCHOOLS



This year 70 Oregon high schools will have Unified Sports teams participating in Unified Soccer, Unified Basketball or Unified Softball during the 2019-2020 school year.

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

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

Jill Hertel coaches Unified Soccer and Unified Basketball at Forest Grove High School. According to Hertel, “Unified Sports is a great way to include students who have traditionally never participated on school athletic teams. It’s great to see the Unified teams compete and also receive the same recognition as our other high school athletic teams. It is having such a positive impact on our entire school community”

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

Beaverton, Bend, Central Medford, Century, Cleveland, Corvallis, Crater, Douglas, Elkton, Elmira, Estacada, Forest Grove, Junction City, Grant, Grants Pass, Glencoe, Harrisburg, Hillsboro, Hood River Valley, Lebanon, Liberty, Madison, 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 116. We have grant funds available to assist with start-up costs for equipment, uniforms and transportation.



# OACA CLINICS

## ***NIKE FOOTBALL CLINIC, PORTLAND - FEBRUARY 28 - MARCH 1, 2020***

The Portland Nike Coach of the Year Football Clinic is the largest football-only clinic on the West Coast. Held at a new venue this year - the Sheraton Portland Airport Hotel - over 900 football coaches attend this 3-day event. This clinic will feature over 60 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. Attendees 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: **Jeff Brohm** - Purdue, **David Cutcliffe** - Duke, **Bryan Harsin** - Boise State, **Mike Leach** - Washington State, and **Bronco Mendenhall** - Virginia. You can register online to attend our football clinic at: [www.nikecoyfootball.com](http://www.nikecoyfootball.com).



## ***12TH ANNUAL NIKE/OACA BASKETBALL CLINIC***



We recently completed our 12th 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 **Kelly Graves** - University of Oregon, **Steve Lavin** - Fox Sports Network, **Grant Rice** - Bishop Gorman HS (Las Vegas), **Scott Aker** - Franklin HS, **Tyler Allen** - South Salem HS, **James Broadous** - De La Salle North Catholic HS, **Mardy Benedict** - Lebanon HS, **Marshall Cho** - Lake Oswego HS, **Greg Griffin** - Rex Putnam HS, **Josh Grotting** - Sutherlin HS, **Matt Gruhler** - Skyview HS (WA), **Eric Knox** - Benson HS, **Chuck Matthews** - Madison HS, **Marcus Roche** - Banks HS, **Melanie Wagoner** - Liberty HS, and **Ken Yarnell** - Aloha HS.

We look forward to the continued success of our basketball clinic. Information on the 2020 Nike/OACA Basketball Clinic will be posted to our website at [www.oregoncoach.org](http://www.oregoncoach.org) beginning in August 2020.

## ***2ND ANNUAL OACA, OSAA, OADA, OAOA & OATS COACHES SYMPOSIUM***

The 2nd annual OACA, OSAA, OADA, OAOA & OATS Coaches Symposium was held August 17th at Wilsonville HS. A sampling of the topics covered included: *Social Media Do's & Don'ts*, *Mental Health 101*, *Dealing with Parents*, *Getting Para-athletes Involved in HS Athletics*, and *Sports Medicine*. We were excited to feature keynote speaker **Elliot Hopkins** - NFHS Director of Sports & Educational Services, who presented "*Equity, Diversity & Inclusion - All of Us Together*", and **Diana Cutaia** - Founder of Coaching Peace, who presented "*Cultivating a Positive Team Culture*". Please watch for information on the 3rd Annual Coaches Symposium to be released in June 2020.







To Our Oregon Coaches,

This year the Oregon Army National Guard is a proud supporter of the Oregon Athletic Coaches Association. On behalf of our team, I would like to thank you for making an investment in our community's youth. We recognize that our youth is our community's greatest asset of the future. Your investment of time, skills, discipline, compassion, and direction is acknowledged.

Each year, many of Oregon's youth choose to forge a path through college and employment as a member of the Oregon Army National Guard. Service in the National Guard gives students the flexibility to train and serve part-time close to home while still attending college. Through advanced training, education benefits, and desire to help their community, students in the Guard develop skills and qualities that help them reach their full potential.

I would like to highlight a few benefits that students should consider when planning for college. As members of the Oregon Army National Guard we are eligible for:

- 100% college tuition paid to any of Oregon's public universities and community colleges.
- \$50,000 in student loan re-payment.
- Instate tuition rate if attending schools out of state.
- Low cost medical insurance
- \$20,000 Signing Bonus

As students serve in the National Guard, not only will they have financial aid towards their educational goals, but they will grow and learn transferable skills to reach their full potential.

Please take a moment to connect with us. Our website: [www.OregonArmyGuard.com/educators](http://www.OregonArmyGuard.com/educators) is for coaches, administrators, and teachers to learn more about how the Oregon Army National Guard can support you in and out of the classroom or on and off of the field/court. You can also contact me by email at [nick.marshall.ng@gmail.com](mailto:nick.marshall.ng@gmail.com). We are very excited about our partnership we have with OACA and we are available to answer any questions you may have.

Respectfully,

Nick Marshall  
SFC, ORARNG  
Marketing and Education NCO

M: 541-430-5759  
O: 541-440-1717  
F: 541-440-0573  
Roseburg Armory  
111 NW General Ave.  
Roseburg, OR 97470

I am a Marketing NCO for the Oregon Army National Guard. Any request for information is a necessary part of the process to conduct market research and does not obligate the federal government to the expenditure of funds. The only binding authority for obligating funds is through a contract signed by a warranted contracting officer located in the United States Property & Fiscal Offices (USPFO) Contracting Office. Include your cage code, DUNS, Tax ID in your correspondence.

Disclaimer: This is a request for information only and does not obligate the government to purchase any goods or services discussed for the purpose of market research.



MaxPreps is proud to sponsor the Oregon Athletic Coaches Association and provides a free platform for coaches to manage their team.

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.



#### How do I use MaxPreps?

1. [Create a MaxPreps account here](#)
2. Download the [Teams by MaxPreps app](#). Instruct your team to download the Teams app so you can chat and sync the team calendar.
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 [800-329-7324x1](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!



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## Oregon State Credit Union

Dear OACA Members:

As a former high school basketball official, high school football and basketball coach in Oregon and OACA member, I want to thank you all for the impactful work you do as educators, mentors and coaches for our student-athletes.

At Oregon State Credit Union we value the focus on our members, integrity, education, cooperative spirit, passion and social responsibility. Those values align with the work being done across Oregon by OACA members and it is in that spirit that we are proud to again partner with the Oregon Athletic Coaches Association by recognizing high achievers in the classroom and in athletic competition and awarding a \$1000 scholarship to a student athlete who lives in our field of membership.

Our commitment to youth, education and impact is unwavering. We are a member-owned, not-for-profit credit union, open to anyone who lives or works in 24 western or central Oregon counties. In addition to this OACA scholarship, we annually award \$2,000 scholarships to ten Oregon high school seniors within our membership area and more than 70% of our community investment dollars are dedicated to education and youth-related donations and grants right here in this state.

I look forward to continuing the collaboration we started 6 years ago with Rob Younger and the OACA team in helping another accomplished scholar-athlete embark upon their college education.

We thank the OACA for this mutually beneficial partnership.

Best wishes to the coaching families of our State and thank you for all you do.

Jim Patterson  
Executive Vice President /  
Chief Communications and Experience Officer



*Additional information about 118,000-plus member, \$1.4 billion Oregon State Credit Union is available at [oregonstatecu.com](http://oregonstatecu.com) or by calling (800) 732-0173.*

Hello Coaches,

Gatorade supports coaches by offering discounted pricing exclusively for high school athletics. Gatorade Performance Packages contain product and equipment for 75% off retail price! Sports nutrition plays a major part in optimizing your athletes potential. You can start a protein regimen for your athletes with our 20g Whey Protein Shakes & Bars in the "Create Your Own" package. You will get 120 Protein Bars and 120 Protein Shakes for only \$155. These are approved products that will help strengthen your athletes and recover their muscles. If you need equipment, you can purchase coolers, squeeze bottles, bottle carriers, towels, or cups in the "G-Series Performance Package". Please see the following page for details on the three different kits.



Do you want a free Gatorade mini fridge to store all this product? Reach out to me for more details.

Please shoot me an email/text 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)

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- 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



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# 2020 GATORADE HIGH SCHOOL PERFORMANCE PACKAGES

Welcome to the Gatorade Performance Partner team. We know how dedicated you are to getting the most out of your athletes, and we're here to help you every step of the way. You fuel them. We fuel you. And together, we fuel greatness.



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RETAIL VALUE ~~\$1115~~  
\$235

### OUR PREMIUM PERFORMANCE PACKAGE

- (6) Cases of Gatorade Prime® Energy Chews
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- (8) Cases of Gatorade Recover® Whey Protein Bars (96 servings)

Choose flavors on reverse.

### CHOOSE UP TO THREE OF THE BELOW PREMIUMS

- (1) 3 Gallon Cooler
- (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

RETAIL VALUE ~~\$840~~  
\$155

### CHOOSE UP TO TWO OF THE BELOW OPTIONS

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

\*Create Your Own must consist of two different options. Choose flavors on reverse.  
(Gatorade Recover® Super Shake available to ship March 2020)



## REFUEL & RESTORE

RETAIL VALUE ~~\$185~~  
\$75

### 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

Choose flavors on reverse.

GET MORE PRODUCT INFORMATION AT  
[GatoradePerformancePartner.com](http://GatoradePerformancePartner.com)

FOLLOW US FOR THE LATEST UPDATES

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# THANK YOU TO OUR SPONSORS



## PACIFIC OFFICE AUTOMATION

— PROBLEM SOLVED —

The OACA is pleased to have **Pacific Office Automation** as a **Platinum 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 funds our annual awards banquet. Please visit [www.pacificoffice.com](http://www.pacificoffice.com).

The OACA is proud to announce the **Oregon Army National Guard** as a **Gold Sponsor** of our association. The National Guard is the state's premier defense force who serves our community and country in a variety of ways to include emergency response, disaster relief, and state and federal missions. National Guard leaders are highly interested in partnering with our Oregon High School coaches to further the development of our state's young men and women. They believe in mentoring youth to their maximum potential and support our schools in their efforts to educate and grow quality citizens. In addition to providing an annual \$1,000 student scholarship, the National Guard offers its service members 100% State Tuition Assistance towards attending Oregon colleges or universities. They also provide job training and experience to those seeking opportunities to serve and give back along with a potential for \$50,000 in Student Loan Repayment and \$20,000 for enlistment and officer bonuses. To learn more about the Oregon Army National Guard please see their article on page 21 or visit: [www.OregonArmyGuard.com](http://www.OregonArmyGuard.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 22 for information on their free Teams by MaxPrep app that helps coaches manage their teams. Please visit [www.maxpreps.com](http://www.maxpreps.com) for more information.

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



**Adrenaline Fundraising** is an appreciated **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 is also the primary sponsor of our annual Coach of the Year awards and an integral part of our basketball and football clinics. [www.adrenalinefundraising.com](http://www.adrenalinefundraising.com).

## THANK YOU TO OUR SPONSORS



**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 page 14 for information on the 24th annual Les Schwab Invitational which will take place Dec. 26th through 30th.



**Sheraton**<sup>®</sup>

PORTLAND AIRPORT HOTEL

The OACA is pleased to have **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. Don't miss their ad on page 23.



**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 118,000 member-owned, \$1.4 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](http://oregonstatecu.com) or call Jim Patterson at (541) 714-4239. Don't miss Jim's letter on page 24.



**Oregon State**  
Credit Union



We are excited by our partnership with Gatorade. Gatorade offers subsidized kit packages exclusively for high school athletics—up to 75% 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 25-26.

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



## 2019-20 OACA EXECUTIVE BOARD

President: Aimee Esplin, Adrian HS  
President Elect/Secretary: Tony Smith, St. Paul HS  
Vice President: Bill Masei, Dallas HS  
Past President: Chris Roche, Wilsonville 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 - Gina Dhom, Willamette HS  
6A - Marshall Cho, Lake Oswego HS

Assistant Coach Rep - Damien Ramirez, West Salem HS  
Women's Leadership Rep - Ronda McKenzie, Westview HS  
OSAA Liaison - John Beck, Crater HS  
OADA Liaison - Dave Hood  
OAOA Liaison - Jack Folliard/Debi Hanson  
OATS Liaison - Sam Johnson,  
Past OACA Executive Director, OACA Advisory/Nike Clinic - Dave Johnson

### **Staff:**

Rob Younger, Executive Director  
Chris Knudsen, Associate 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

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